

RESULTS:



1. Rest your elbow on a table and have the protective material underneath where your hand rests on the table.
2. Hold the 1 kg mass in your hand.
3. Start the stopwatch and record how many times you can lift the mass in 2 minutes. Your hand must touch the table at the beginning of each lift and touch your shoulder at the end of the lift.
4. Record the number of lifts for minute 1 and minute 2 without rest.
5. Repeat again, but lift the mass for 1 minute, rest for 30 seconds, then lift again for 1 minute.
6. Repeat once more, but lift the mass for 1 minute, rest for 1 minute, then lift again for 1 minute.

	NUMBER OF TIMES MASS LIFTED		
	1ST MINUTE	2ND MINUTE	TOTAL NUMBER OF LIFTS
NO REST			
30 SECOND REST			
1 MINUTE REST			