



11

Self-Assessment

Student text pages 181-184

DETERMINING YOUR MODIFIED 1RM AND GRIP STRENGTH

Objective: To perform strength self-assessments to determine 1RM and grip strength.

Procedure: Follow the instructions in the text on page 181-184. In the chart for part 1, record the weight lifted, the number of reps, your estimated 1RM, your calculated strength-to-weight ratio, and your fitness rating.

Part 1: Estimating Your 1RM

Exercise	Weight	Number of reps	Estimated 1RM	Strength-to-weight ratio	Rating
Seated Arm Press					
Leg Press					
Additional exercises (optional; see pages 193-196 for descriptions)					
Bench Press					
Knee Extension					
Hamstring Curl					
Biceps Curl					
Heel Raise					
Lat Pull-Down					
Triceps Press					

Part 2: Grip Strength

To test the strength of your hand grip using the dynamometer, follow the instructions on textbook page 184. Use the chart below to record your results. Then use the Grip Strength Rating Chart to determine your strength rating.

Hand used		First trial	Future trial	Future trial
		Date: _____	Date: _____	Date: _____
Right hand	Best score			
Left hand	Best score			
	Total score			
	Grip strength rating			