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Fitness Test #2: Arm Curl Sit on a sturdy chair with your feet hip-width

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apart. Hold a dumbbell down at your side in your dominant hand, palm facing your body. (Women should use a five-pound dumbbell, and men an eight-pound dumbbell.)

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protocol (Rose et al., 2002).

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Senior Fitness Test Manual - 2nd Edition. Human Kinetics . has been cited by the following article: Article. Time Spent in Select Physical Activity

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Intensities and Sedentary time, Associations with Physical Capacity in Inactive Older Adults. Craig CM 1, Sénéchal M 1, McLellan AG 1, Slaght J 2, Bouchard DR 1,

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The Senior Fitness Test Manual (Rikli and Jones, 2001), published by Human Kinetics, includes a complete description of the test items. The manual describes the theoretical basis and developmental procedures for the test, and contains complete information on how to administer and

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score the test, interpret results,  
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Fitness Test battery (Rikli & Jones, 1999). Normative standards increase the usefulness of a test and improve the interpretability of test scores in several ways: They provide information about the range of performance that can be expected of individuals at different ages, they



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**Rikli, R. E., Jones, C.J. (2013).  
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