

## **Isometric Instructions:**

### **Part 1:**

Measure the length from your elbow to your hand where you grip the handle. You will also need to measure the length from your shoulder to your elbow.

### **Part 2:**

1. Sit at edge of the bench so that upper arm lays flat on the surface of the benchtop.
2. Place feet underneath the chair. This will prevent you from using your legs.
3. Grab the handle attached to the load cell and adjust the length of the chain so that your arm is at a 135 degree angle (fully extended arm is 180 degrees). There should be no slack in the chain. The reading on the protractor should be 35 degrees. Have your partner confirm the angle of the arm.
4. Sketch the arm and position of the protractor at each angle test so that you do not forget which angle is being measured.
5. Pull on the load cell for 3 seconds, have your partner record the maximum load achieved.
6. Repeat for arm angles 120, 90, 75, and 60 degrees by adjusting the length of the chain.
7. At each angle, sketch the arm and position of the protractor so that you do not forget which angle is being measured.