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woeisemma

February 4th, 2004, 10:03 PM

The most I can do is 40 lbs with both arms for the last 6 max reps. My max for other upper body parts is around 80-90 lbs. What can you ladies do? :flex:

Destiny

February 5th, 2004, 09:17 PM

The most I can do is 40 lbs with both arms for the last 6 max reps. My max for other upper body parts is around 80-90 lbs. What can you ladies do? :flex:

Wow! 40 ls is pretty impressive! I have never tried weights heavier than 5 lbs and I am looking to get a set of dumbbells. I want to get really toned without bulking up (which I know is unlikely for girls anyway) What do you suggest using? I was thinking no heavier than 20 lbs but I am really not familiar with what women should use. You sound more experienced. Should I be using the same amount consistently? Or do a several of reps with various weights? Right now I am working on lowering my bodyfat percentage but will be purchasing a bench and some weights very soon. :bb:

Lisa Stone

February 5th, 2004, 09:38 PM

I can curl between 30 and 40 lbs. I used two 15 LB dumbbells-because the barbell alone weighs 45 lbs and that is too heavy for me. I'm think 35lbs is probably my limit. The two 20lb. dumbbells are just a bit too heavy too-

woeisemma

February 5th, 2004, 10:55 PM

I do 12 reps 50-60% effort, 10 reps 70%, 8 reps 80% 6 reps 90-100%, 24 reps 50-60% effort. This works for me but I dont know enough about weight lifting to tell you what you should do. I am no where near toned, I am just a strong girl :) When I began lifting I could hardly curl 10 pounds. I haven't lifted weights since November so I am amazed at the strength I kept w/out lifting for almost 3 months. I have pix on my webpage and you can tell I'm not toned. I would love to get toned, but I've only been lifting for a week. Once I figure out how to get toned, I'll let you know! Wow! 40 ls is pretty impressive! I have never tried weights heavier than 5 lbs and I am looking to get a set of dumbbells. I want to get really toned without bulking up (which I know is unlikely for girls anyway) What do you suggest using? I was thinking no heavier than 20 lbs but I am really not familiar with what women should use. You sound more experienced. Should I be using the same amount consistently? Or do a several of reps with various weights? Right now I am working on lowering my bodyfat percentage but will be purchasing a bench and some weights very soon. :bb:

Chopaholic

February 9th, 2004, 11:58 AM

[QUOTE=Destiny]What do you suggest using? I was thinking no heavier than 20 lbs but I am really not familiar with what women should use.

You use what you can lift. There's no recommended weight for women, anymore than there's a recommended weight for men. You need to experiment to see which weights challenge you.

Should I be using the same amount consistently?



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No. This won't get you anywhere. Muscle burns calories, muscles takes up less space than fat: you want to replace your fat with muscle. To do that, you need to stress the nuscles that you want to grow. Work harder with each set til you hit failure. There are a lot of lifting programs on there... a google search should set you up with oodles to read. Also, check out: http://www.stumptuous.com/weights_index_revision.html

QUOTE]

JetGirl

February 10th, 2004, 06:35 PM

I can do 40lbs, two 20lb weights in each hand. Tough though, but challenging - which I like. :D

Destiny

February 10th, 2004, 09:03 PM

[QUOTE=Destiny]What do you suggest using? I was thinking no heavier than 20 lbs but I am really not familiar with what women should use.

You use what you can lift. There's no recommended weight for women, anymore than there's a recommended weight for men. You need to experiment to see which weights challenge you.

Should I be using the same amount consistently?

No. This won't get you anywhere. Muscle burns calories, muscles takes up less space than fat: you want to replace your fat with muscle. To do that, you need to stress the nuscles that you want to grow. Work harder with each set til you hit failure. There are a lot of lifting programs on there... a google search should set you up with oodles to read. Also, check out: http://www.stumptuous.com/weights_index_revision.html

QUOTE]

I checked out that website and it was very helpful. I actually bought my bench this weekend along with some eight pound dumbbells. I guess I am a lot wimpier than I estimated. I plan on working with my eight pound weights for a couple weeks then increasing the weight gradually every few weeks. Thanks!!

Kirby

February 11th, 2004, 03:44 PM

Yay! Fun topic for me b/c I recently increased my weight here. My "max" (I haven't actually checked it) is 20 lbs - dumbell curls. I usually do 8-12 reps, but then for hammer curls I'm between 15 and 17.5lbs.

Kirby :db:

woeisemma

February 12th, 2004, 11:51 AM

Today I curled 50 lbs!

Yay! Fun topic for me b/c I recently increased my weight here. My "max" (I haven't actually checked it) is 20 lbs - dumbell curls. I usually do 8-12 reps, but then for hammer curls I'm between 15 and 17.5lbs.

Kirby :db:

Lisa Stone

February 12th, 2004, 07:52 PM

:tucool: Good work!! :)

BlackBeauty

February 19th, 2004, 04:56 AM

I curl approx 40lbs too (approx 'cos i gotta convert it from kg's) using an ezy bar but only do 2 sets of 12-15 reps, supersetted with triceps.

Danielle

February 19th, 2004, 06:15 AM

When I first started, I too struggled to curl 10lbs in each hand...now, I am curling 20lbs each hand max. Very challenging but ... ouch..oh so good! :tucool:

Fitgurl

February 25th, 2004, 11:30 AM

When I first started, I too struggled to curl 10lbs in each hand...now, I am curling 20lbs each hand max. Very challenging but ... ouch..oh so good! :tucool:

I'm most impressed with you ladies! I can curl about 25lbs dumbbell curls! Still have quite some ways to go to reach 50lbs! haha You're a machine!

Christina

February 25th, 2004, 01:59 PM

Today I curled 50 lbs!

I moved up from 40 to 45 lbs. on my barbell curls the other day. I barely did three sets of 6-8. I have my sights set on 50, but it will definitely take some work to get there. Good job!

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