



Notes:

Wrist Flexors - Wall

Standing, place arm straight out in front with fingers pointing to ceiling and try to flatten palm onto the wall. Keep elbows straight and hold.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Notes:

Wrist Extensors - Elbow Extended

Sitting with arm straight out in front, fingers pointed down to floor. Grasp palm with opposite hand and gently bend wrist down as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Notes:

Reverse Curls / Wrist

Seated in readiness position, bent over slightly, with forearm resting on knee. Start with the hand in the "up" position. Place the dumbell in your hand and then slowly (count to 5 seconds) lower the weight towards the knee. At the end take the weight out of your hand and start again.

Sets:	3
Reps:	15-20
Weight:	2-10lbs
Hold:	
Rest:	30-60 sec
4 x/week	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				