

Wrist Strengthenener

Purpose

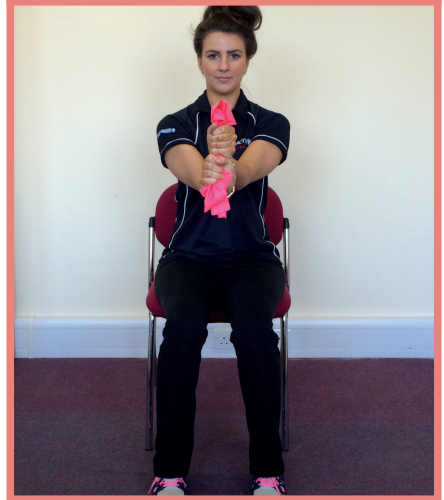
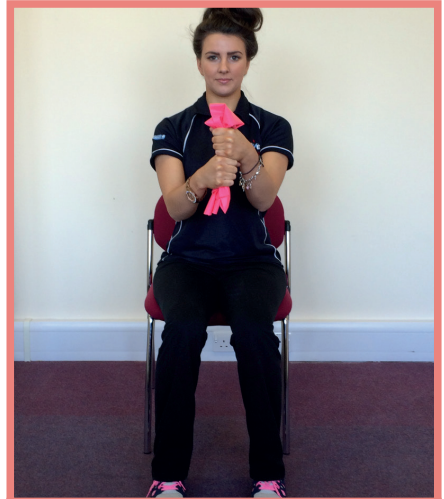
- To condition the muscles of the wrist and strengthen the wrist bones.

Position

- Sitting upright on the chair, hip walk forward so you are sat on the first third of the chair. Keep knees and feet hip width distance apart.
- Roll or fold the band. Place both arms out in front and grip the band with both hands, one above the other. Keep elbows soft.
- Sit tall and relax the shoulders down, away from the ears.

Action





- Keeping arms close to the body, twist wrist inwards and squeeze the band as hard as possible, taking care not to hold breath then release.
- Wrists remain stacked and firm throughout.
- Repeat for recommended amount.



Sets Reps

Comments

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