



WRIST WORKOUTS (II)

1. Flexion (both): forearms on thighs, flex wrists up, palms up.
2. Extension (both): forearms on thighs, extend wrists up, knuckles up.
3. Front Raise (one arm at a time): arm extended at side, end of weight forward, raise wrist up in forward motion.
4. Back Raise (one arm at a time): arm extended at side, end weight backward, raise wrist in a backward motion.
5. Rotate Palm UP (one arm at a time): arm at side, elbow bent at 90 degrees, rotate palm up.
6. Rotate Palm Down (one arm at a time): arm at side, elbow bent at 90 degrees, rotate palm down.

SCAPULAR STRENGTH

1. Table Top Pushups Plus
2. Chair Dips