



Wrist Curls

Seated in readiness position stepping on tubing. Support forearm on thigh, and hold tubing with palm facing up. Start by curling fingers up into palm then pull tubing up by curling the wrist. Lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
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



Wrist Reverse Curls

Seated in readiness position stepping on tubing. Hold tubing with forearm resting on thigh and palm facing down. Bend wrist back to pull tubing straight up. Lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
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



Wrist Supination

Hold piece of tubing in hands with thumbs touching and palms facing each other. Roll wrists away from each other until palms face up and baby fingers are touching. Return to start and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
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



Wrist Pronation

Cross wrist over wrist (back to back). Hold tubing in bottom hand with palm facing down. Top hand holds tubing with palm facing up. Roll top wrist from palm up position to palm down. Return to start and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
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