

Wrist

- 1) **Prayer**- Place your palms together and slowly bring your arms out to the sides in “praying” position. You can also put the back of your hands together (inverted) to stretch your forearms.
- 2) **Push Grab**- Push your hands/arms straight out in front of you with your palms facing forward using your forearm muscles to extend your wrists. Then pull your arms back and flex wrists (looks like “boxing kangaroo”). Push out and pull back. Repeat until muscle warms or feels pumped up.
- 3) **Newspaper**- Lay several pages of newspaper on a flat surface. Lay your hand on top, using only your fingers pull the paper toward your palm until you’re able to make a ball of paper. Do until a pump is felt in your forearms.
- 4) **Pull Back**- Push hand forward in stop or “halt” position, with the other hand pull back gently on your fingers to stretch. You can also complete this with your fingers spread.