



# Wrist/Elbow Strength

EXERCISES	REPS AND SETS	SPECIAL NOTES
<b>Wrist Flexion</b>	8-15 Reps 2-4 sets	Palm Up
<b>Wrist Extension</b>		Palm Down
<b>Radial Deviation</b>		Thumb Up then extend back to pinky side. Keep elbow still.
<b>Pronation/Supination</b>		Palm down then rotate palm up.
<b>Biceps Curl</b>		Keep your arm by your side as you raise the dumbbell.
<b>Triceps Extension</b>		Keep upper arm tight to your side as you make the movement.

## REMINDERS

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## WRIST/ELBOW EXERCISE DESCRIPTIONS

### Wrist Flexion



- Start with a dumbbell in your hand and your forearm on a table.
- Have your palm facing up.
- With your hand hanging off the edge of the table lower and raise the dumbbell while keeping your forearm on the table.

### Wrist Extension






- Start with a dumbbell in your hand and your forearm on a table.
- Have your palm facing down.
- With your hand hanging off the edge of the table lower and raise the dumbbell while keeping your forearm on the table.

### Radial/Ulnar Deviation



- While standing, hold a dumbbell by your side.
- Raise up to the thumb side, being sure to make the motion from your wrist.
- Then move the dumbbell in the opposite direction toward your pinky side.

<b>Pronation/Supination</b>	
	<ul style="list-style-type: none"> <li>• Start with your forearm on a table and a dumbbell in your hand.</li> <li>• Rotate the dumbbell back and forth by turning your palm up and palm down.</li> </ul>
<b>Biceps Curl</b>	
	<ul style="list-style-type: none"> <li>• Start with your arm at your side and a dumbbell in your hand.</li> <li>• Bring the dumbbell up to your shoulder then lower down to start position.</li> </ul>
<b>Triceps Extension</b>	
	<ul style="list-style-type: none"> <li>• Take a slightly bent over position, keep your upper arm tight to your side.</li> <li>• Hold a dumbbell in your hand, extend it back by straightening your elbow.</li> <li>• Be sure to keep a flat back during the exercise.</li> </ul>