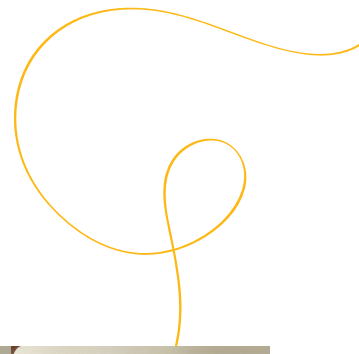


## EXERCISES

# ARM AND WRIST



### 1 WRIST STRETCH ON THE UNDER SIDE

- STRETCH YOUR ARM STRAIGHT OUT IN FRONT OF YOU WITH THE PALM FACING UPWARDS.
- USE THE OTHER HAND TO PULL YOUR FINGERS DOWNWARDS, FEELING THE STRETCH IN YOUR WRIST.
- HOLD THE STRETCH FOR APPROXIMATELY 15-30 SECONDS. REPEAT ON THE OTHER HAND.



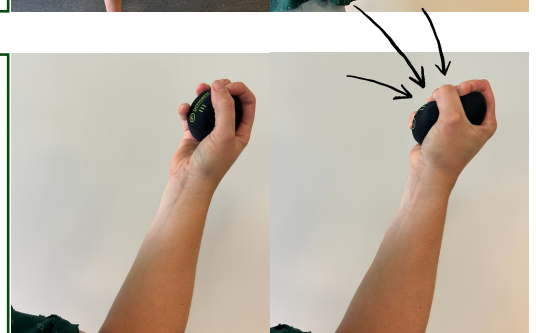
### 2 WRIST STRETCH ON THE TOP SIDE.

- STRETCH YOUR ARM STRAIGHT OUT IN FRONT OF YOU WITH THE PALM FACING UPWARDS.
- USE THE OTHER HAND TO PULL YOUR FINGERS DOWNWARDS, FEELING THE STRETCH IN YOUR WRIST.
- HOLD THE STRETCH FOR APPROXIMATELY 15-30 SECONDS. REPEAT WITH THE OTHER HAND.



### 3 GRIP EXERCISES

- TAKE A SMALL RUBBER BALL/STRESS BALL IN YOUR HAND. SQUEEZE THE BALL TIGHTLY FOR A FEW SECONDS. RELAX YOUR GRIP AND REPEAT THE EXERCISE. THIS WILL STRENGTHEN YOUR HAND MUSCLES AND IMPROVE GRIP STRENGTH.



### 4 WRIST ROTATION

- MAKE CIRCULAR MOVEMENTS WITH YOUR WRISTS, FIRST CLOCKWISE AND THEN COUNTERCLOCKWISE.
- DO 10-15 CIRCULAR MOVEMENTS IN EACH DIRECTION.



### 5 ARM STRETCH

- INTERLACE YOUR FINGERS IN FRONT OF YOUR BODY WITH PALMS FACING OUTWARD, STRETCH YOUR ARMS AND BRING THEM UP OVER YOUR HEAD.
- TAKE A DEEP BREATH AND STRETCH YOUR ARMS AS FAR BACK AS POSSIBLE.

