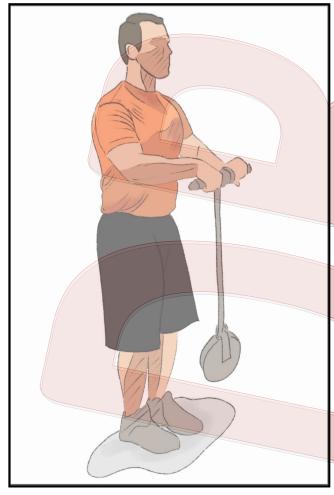
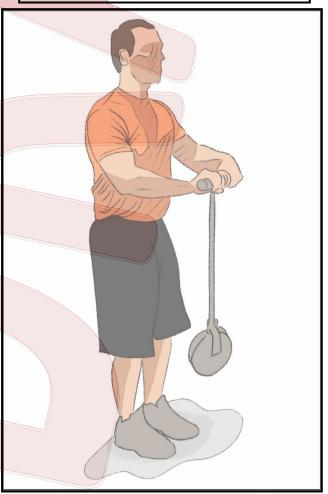
Exercise Spotlight Wrist Roller

Muscles Worked	- Wrist Extensors, Wrist Flexors, Erector Spinae, Transverse Abdominis
Benefits	Strengthen the forearms and improve grip strengthReinforce an athletic stance and practice essential postural habits
Precautions	- Make an effort to keep the core braced and avoid the temptation to stand up too tall and overarch at the low back when practicing this exercise
Instructions	 From a standing position with your knees and hips slightly bent, hold a wrist roller in front of your waist with an overhand grip and bent elbows With the weight plates lifted off the floor, curl your wrists in a controlled manner, flexing one while extending the other Repeat this pattern until the weight plates reach their peak height, then lower with the same pattern and pace Maintain steady breathing and minimize any interruption in tempo as you work through the movement Repeat for desired number of sets and repetitions

Right Wrist Flexed and Left Wrist Extended

Right Wrist Extended and Left Wrist Flexed





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