

Exercise Spotlight

Wrist Roller

Muscles Worked	- Wrist Extensors, Wrist Flexors, Erector Spinae, Transverse Abdominis
Benefits	- Strengthen the forearms and improve grip strength - Reinforce 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

