



Sitting Wrist Strength 1

Purpose:

Strengthen the muscles of the front of the forearm.

Benefit:

Helps prevent tendonitis in the elbow, increase power in wrists at impact position.

Instructions:

While sitting on the ball, lean forward and rest the _____ forearm on the top of _____ thigh with the palm up and the wrist completely extended over the knee. Grasp one end of the tubing with the _____ foot. Next, curl the wrist up as far as possible, holding at the top for one breath. Controlling the tubing, slowly lower to the starting position. If needed, use the other hand to support the _____ forearm.

Quantity:

Hold _____ breaths _____ reps

