



Standing Wrist/Forearm Strength 1

Purpose:

Strengthen the muscles of the wrist and forearm.

Benefit:

Increase power in forearms at impact position.

Instructions:

While standing, hold the putter (or any club) in ____ hand at or near the end of the handle with that arm straight down at the side of the body and the palm facing inward. The club head should be behind the body. Keeping the elbow straight, tilt the wrist back slowly. Again hold at the end of the available wrist motion for one breath, slowly returning the wrist to the starting position.

Quantity:

Reps ____ sets ____ arm(s) ____

