



Standing Wrist/Forearm Strength 2

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 in front of the body. Keeping the elbow straight, tilt the wrist up slowly. Hold at the top position for one breath and control the putter back to the starting position.

Quantity:

Reps _____ sets _____ arm(s) _____

