

# Phase 3

## GOOD FOR:

- Strengthening the flexor tendons and forearm muscles
- Preventing golfer's elbow-related pain

## GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps unless otherwise noted
- Push sets to fatigue
- Tools: dumbbell, bench

### wrist flexor curl

Support your arm on a table so that only your hand is hanging over the edge and your palm is facing up. Holding a dumbbell, slowly extend your wrist, then flex (curl toward your body). Momentarily pause in the top position before transitioning to the next rep.



## supinator and pronator curl

With your arm supported, hold one end of the dumbbell and rotate through pronation and supination. Keep your elbow on the table, isolate the movement through your wrist and forearm, and focus on slowly rotating from a palm-up to a palm-down position.





## dumbbell row

Place one hand and knee on a bench with your spine neutral. Let your opposite arm hang down to the side of the bench, then bend your elbow and pull the dumbbell straight up toward your chest.



## single-arm supinated curl

Hold a dumbbell with your arm at your side and your palm facing inward. Keeping your elbow close to your side, lift the dumbbell toward your shoulder. As you curl your arm, rotate your palm upward and toward your body (supination).



### farmer's carry

Hold a heavy dumbbell at your side and walk 15–20 meters (or take 20–30 steps), then turn around and return to the starting point. Do this 3 times on each arm.

