

Phase 3

GOOD FOR:

- Strengthening the extensor tendons and forearm muscles
- Preventing tennis 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: dumbbells

wrist extensor curl

Support your arm on a table so that only your hand is hanging over the edge and your palm is facing down. Holding a dumbbell, slowly bend your wrist, then extend (lift up). 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.



radial deviator curl

Keeping the outside of your forearm and back of your elbow in contact with the table and the inside of your wrist facing up, lower the top of the dumbbell toward the ground, then lift it toward your body (bending only at the wrist).



bent-over lateral raise

Holding dumbbells at your sides, hinge from your hips and bend your knees (keeping your shins vertical and back flat) so that your torso is at a roughly 45-degree angle. With a slight bend in your elbows, raise your arms to about shoulder level with your palms down.



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.

