

# Phase 3

## GOOD FOR:

- Strengthening the wrist and forearm muscles
- Preventing wrist pain and injury

## GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps
- Push sets to fatigue
- Tools: dumbbells, bench, resistance tube band

Add load or reps to increase difficulty

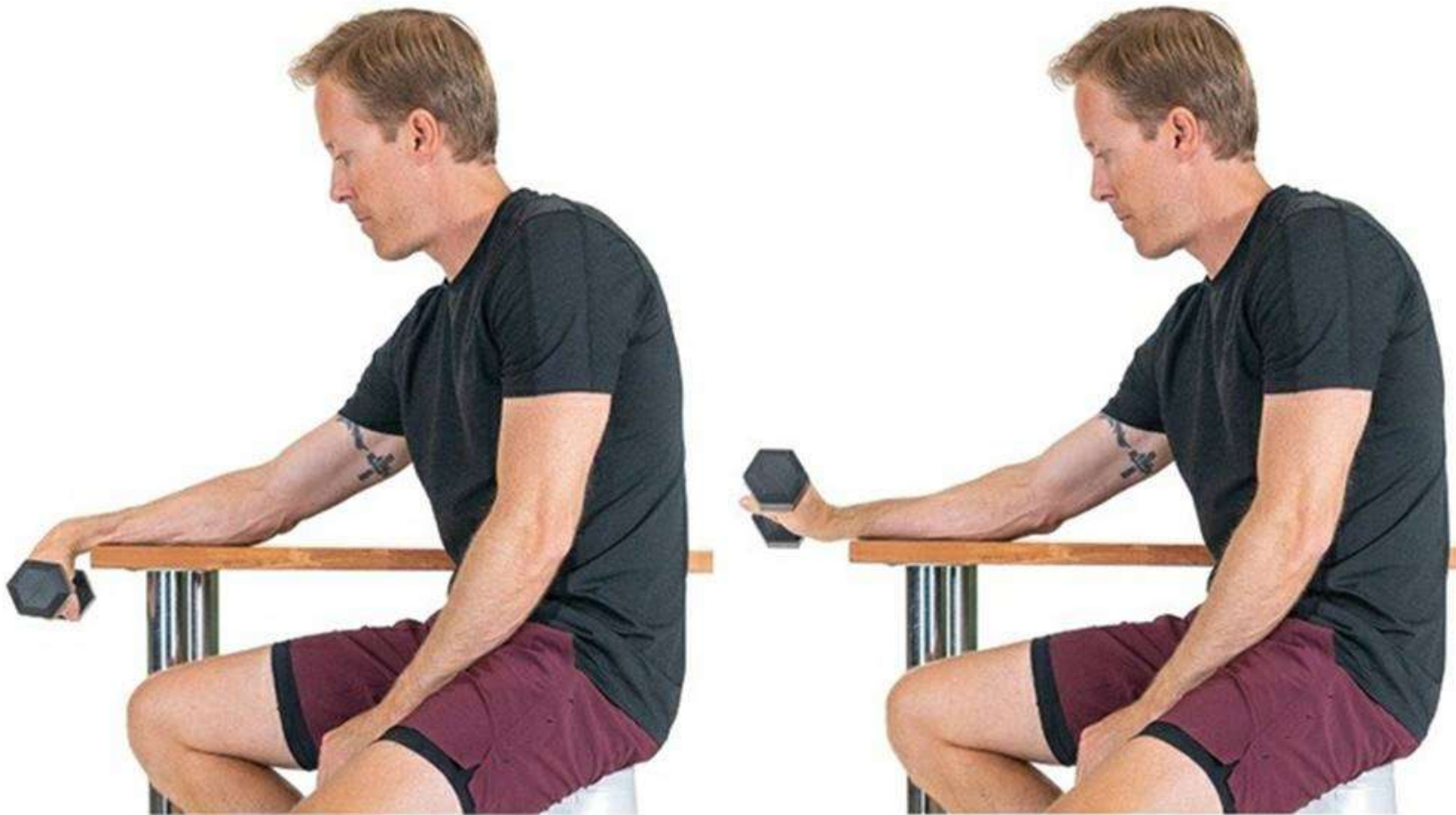
## wrist flexor curl

Support your arm on a table so that your palm is facing up and only your hand is hanging over the edge. 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.



## **wrist extensor curl**

With your arm supported and your palm facing down, slowly flex 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).





## **ulnar deviator curl**

Wrap a band around the pinky side of your hand with your palm facing down. Apply tension to the band with your other arm. Slowly move your hand from side to side against the resistance to strengthen the ulnar deviator muscles.

