

WRIST STRENGTHENING EXERCISE

SEATED FINGER RAISE

FEEL THIS EXERCISE IN THE BACK OF YOUR FOREARM

- Sit on middle of bench with band across hand and step on the sides of the band with your feet
- Now lift your fingers up as high as you can
- Now raise and lower your hand in a range where you can feel the back of your forearm stay the tightest
- **LROME™**



FOREARM STRETCHES

