

Wrist Curls



- Start sitting upright with your back straight.
- Step on the exercise band with the foot on the same side as the wrist you will be performing the curls with.
- Support the back of your forearm against your thigh.
- Begin by slowly curling your wrist up.
- Gently return the wrist to neutral.
- It is important to be very controlled in both flexing and relaxing your wrist. Bringing the wrist back to neutral is just as important as flexing it.
- Repeat 3 sets of 10 or as directed.