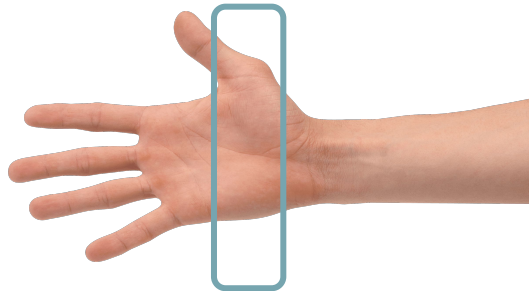
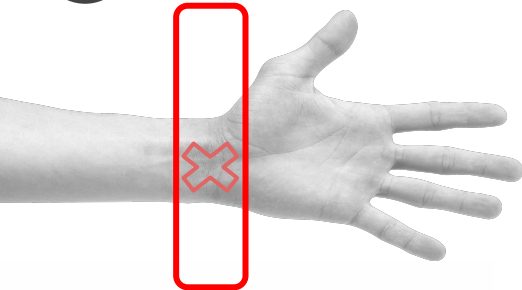




ERGONOMICS & WELLNESS | RETHINKING THE WRIST REST

Consider where your hand bears most of the weight during a push-up or plank... it's known as the heel of the hand, and it's precisely where the wrist rest should provide support. Using the wrist rest incorrectly applies pressure on the delicate Carpal Tunnel region (which is NOT meant for weight bearing) and can lead to discomfort and injury.

Keep your wrists healthy and support the heel of your hand! 🙅🙋👉



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