

Wrist Mobility & Strength

Complete 10 Reps of each Mobility Exercise.

Mobility

1. Figure of 8's
2. Wrist Rock Forward
3. Wrist Rock Side
4. Wrist Rock Inwards
5. Wrist Rock Backward
6. Wrist Rock Inverted
7. Inverted Push Ups
8. Back of Hand
9. Finger Extensions
10. Knuckle Rocks
11. Knuckle Push Ups
12. Circles
13. Loading to 1 Arm

Strength

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| 1. Rope Reels Arms Rested | X5 Each Direction |
| 2. Rope Reels Arms Extended Straight | X5 Each Direction |
| 3. Wrist Curls with Weight in 3 Directions | X10 Each Direction |
| 4. Wrist Rotations with Weight (short and long) | X10 |
| 5. Drop & Catch with Plate | X30 |
| 6. Under Grip Hang | 1 Minute |
| 7. Grip Squeeze | X50 |