

Exercise 18. Wrist Strengthener

This exercise helps strengthen the wrists.

What do I need?

- 1 Chair
- 1 Tea towel



1. Sit Tall with a straight back and neck.
Place feet hip distance apart.
Hold a tea towel with both hands.

2. Rotate hands inwards flexing the outer wrists
Rotate hands outwards flexing the inner wrists



3. Repeat exercise 4 times