



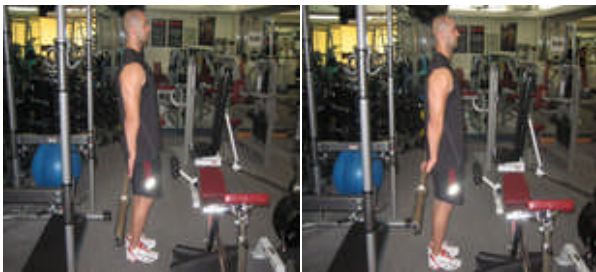
Reverse Forearm Curls w/ Bar

let wrists hang over edge of bench
hold bar over hand
extend wrists towards the body
do not lift arms off surface

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
All Except Power



Behind the Back Wrist Curls

hold bar behind body
let bar roll to finger tips
curl bar up to palm then flex the wrist to get the last motion

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
S.T.



Plate Rotation

Grab plate with fingertips on the plates edge
rotate the plate clockwise and then counterclockwise for extended period

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
S.T.
A.T.



Wrist Curl

Seated with arms resting on quads, hold dumbbells in each hand, with palms facing up. Relax wrist, then curl upward. Repeat.

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
All Except Power



Wrist Twist

Seated with arms resting on quads. Hold dumbbells in each hand with palms facing down. Twist wrists outward, so that palms are facing up. Repeat.

Notes:
ADL

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |
| | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31