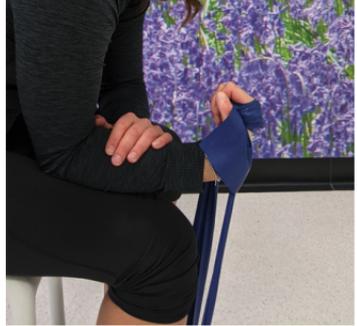
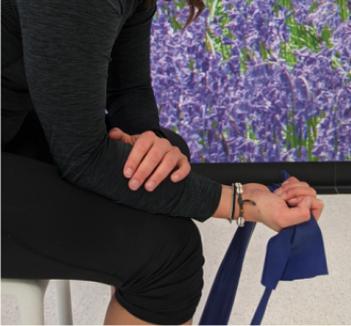


## exercise 12



# Wrist curl I

## Instructions

1. Place the band under your foot
2. Hold the band ends firmly
3. Place your forearm on your thigh
4. Lift your palm up towards your body count to 3, then release

Repeat with your other hand

## wrist/arm

• **Areas of the body:**

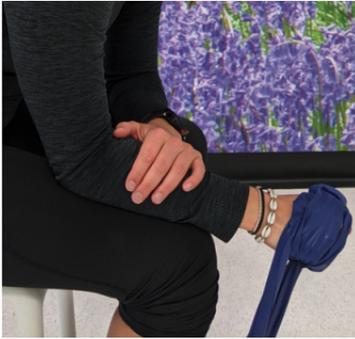
• Forearm

• **Equipment:**

• Band, chair

• **Difficulty:** ★★★☆☆

## exercise 13



## Wrist curl II

## wrist/arm

### Instructions

1. Place the band under your foot
2. Place your forearm on your thigh
3. Lift your hand up with your palm facing down count to 3, then release

Repeat with your other hand

### Areas of the body:

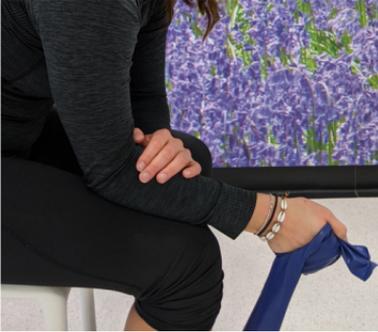
Forearm

### Equipment:

Band, chair

Difficulty: ★★★☆☆

## exercise 14



### Wrist curl III

#### Instructions

1. Place the band under your foot
2. Place your forearm on your thigh
3. Lift your hand up with your thumb facing upward count to 3, then release

Repeat with your other hand



### wrist/arm

• **Areas of the body:**

• Forearm

• **Equipment:**

• Band, chair

• **Difficulty:** ★★★☆☆