



Wrist Stretch Seated

Target: wrists, forearms

STARTING POSITION: Sit in a stable chair. Rest your forearms on your thighs so that your wrists hang off. Your hands are in a loose fist.

1. Slowly lift your knuckles toward the ceiling and hold 1–2 seconds.
2. Slowly lower your knuckles toward the floor and hold 1–2 seconds.

Repeat as feels comfortable.

Advanced: After you lift your knuckles upward in Step 1, extend your fingertips, then make a fist, lower your knuckles, and extend your fingers downward.

