



Wrist Flexor/Elbow Move and Stretch

Holding your wrist like in picture, with elbow completely strait, provide a strong but comfortable stretch. **NO PAIN**

THEN, slowly bend elbow back to your side, keeping wrist bent, and then straighten elbow again.

Hold 3 Seconds

Repetitions: 3

Complete 1 Set

Perform As many times to keep your flexibility throughout the day.

FOR AT WORK AND HOME!