

Flexibility (Forearms)



Exercise Description:

Forearms (kneeling)

Classification:

Flexibility (Forearms)

Instructions:

Starting Position: Start by kneeling on your knees and placing your hands on your lower back or upper hips.

Lean back and push your elbows towards the floor.

The stretch should be felt in your forearms.

Forearms (kneeling 2)



Exercise Description:

Forearms (kneeling 2)

Classification:

Flexibility (Forearms)

Instructions:

Starting Position: Start on your hands and knees with your fingers pointed back towards your knees.

Lean backwards with your hips and shoulders.

You should feel a stretch on the outside of your forearm.

Forearms (praying)



Exercise Description:

Forearms (praying)

Classification:

Flexibility (Forearms)

Instructions:

Stand and place your hands together like your are going to pray without interlacing your fingers.

Keeping the palms together drop your hands towards the floor until you feel a stretch in your forearms.

Forearms (seated)



Exercise Description:

Forearms (seated)

Classification:

Flexibility (Forearms)

Instructions:

Sit on a bench with one leg crossed over the other knee.

Place your right hand on the top outside edge of your thigh.

Push down with the heel of your palm until you feel a stretch.

Forearms (standing wrist extension)



Exercise Description:

Forearms (standing wrist extension)

Classification:

Flexibility (Forearms)

Instructions:

Stand with your right arm extended straight out.

Pull back your fingers with the other hand until you feel a stretch in your forearm.

Repeat with other arm.

Forearms (standing wrist extension 2)



Exercise Description:

Forearms (standing wrist extension 2)

Classification:

Flexibility (Forearms)

Instructions:

Stand with your right arm extended and your palm facing you with your fingers pointed down.

Take your other hand and pull the back of your fingers towards you until you feel a stretch on the top of your forearm.