



JOINT PREP
WRISTS



WRIST ROLLS



Technique

5 - 10 reps / 20 - 30 seconds



Begin on all fours resting on your closed fists, ensuring your hands are directly under your shoulders and your knees directly below your hips.



Slowly and carefully roll your wrists outward until your wrists reach the floor as shown before returning to the start position. Aim to keep the arms straight throughout and perform 5 - 10 reps, either with both wrists at the same time or alternating left and right.



If its difficult to maintain the straight arm just perform the 1 rep and hold in the bottom position for 20 - 30 seconds



WRIST STRETCH



Technique

10 reps



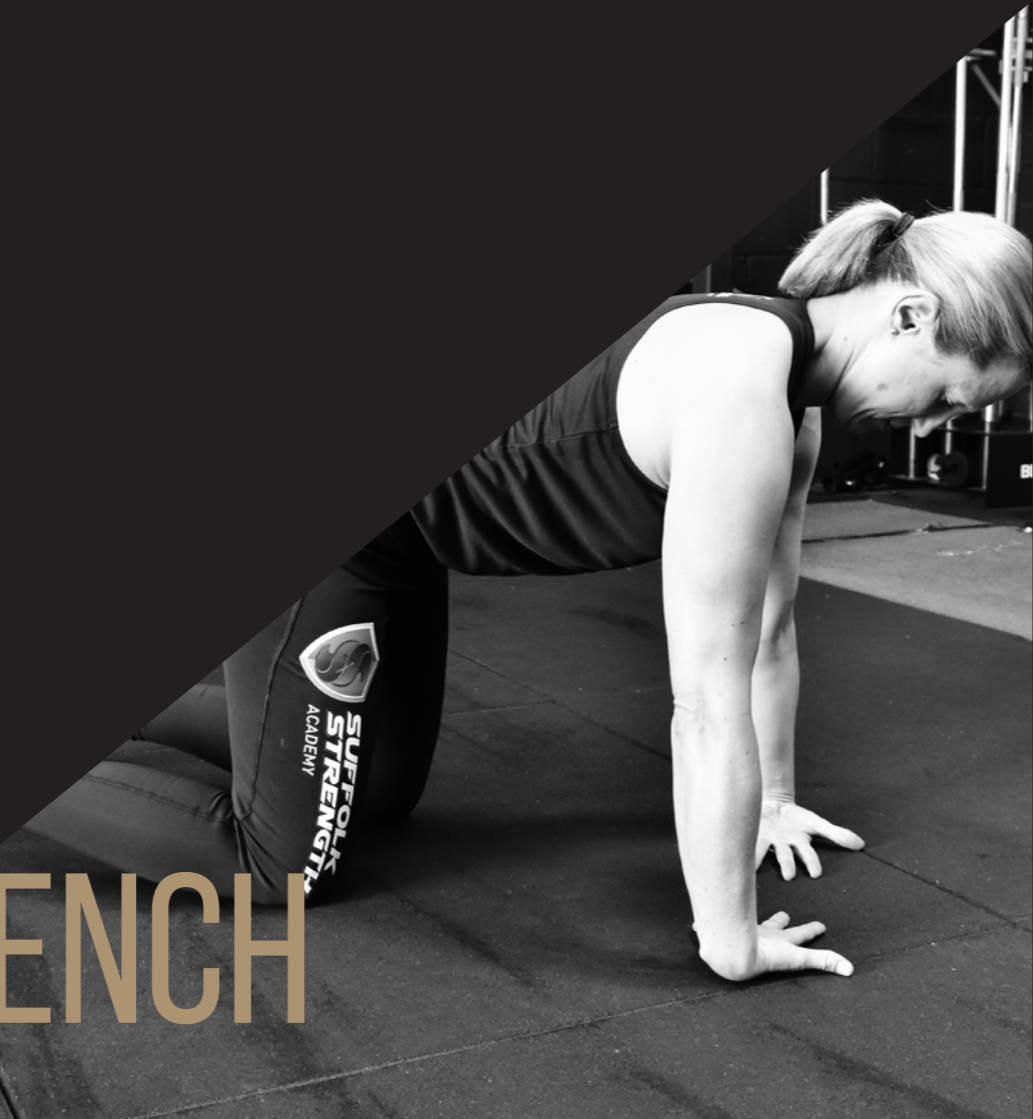
Begin on all fours resting on your open palms with your fingers facing your knees, hands directly beneath your shoulders and your knees directly beneath your hips



Gently rock your hips and shoulders back until the heels of your hands start to lift off the floor. At this point, rock forward again, returning to the start position and repeat 10 times



FIST CLENCH



Technique

10 reps



Begin on all fours resting on the back of your hands with palms open and fingers facing each other. Ensure your hands are placed directly beneath your shoulders with arms straight and your knees directly beneath your hips.



Whilst maintaining the start position and keeping your arm straight make a fist with both hands, focussing primarily on the closing of the thumb and forefinger as much as possible before opening again – Repeat 10 time



FINGER PUSH



Technique

10 reps



Begin on all fours resting on your open palms with fingers pointing forwards and arms straight. Ensure your hands are placed directly beneath your shoulders and your knees directly beneath your hips.



Use your finger tips to push up hard, focussing on pushing into the floor hard enough to allow the palms to raise off the floor before returning to the bottom position – Repeat 10 times



KNUCKLES



Technique

10 reps



Begin on all fours resting on the back of your hands with palms open and fingers facing each. Again ensure your hands are directly beneath your shoulders with arms straight and your knees directly beneath your hips.



Close your fists whilst raising your wrists off the floor, finishing with your fist clenched and your knuckles on the floor before returning to the start position – Repeat 10 times