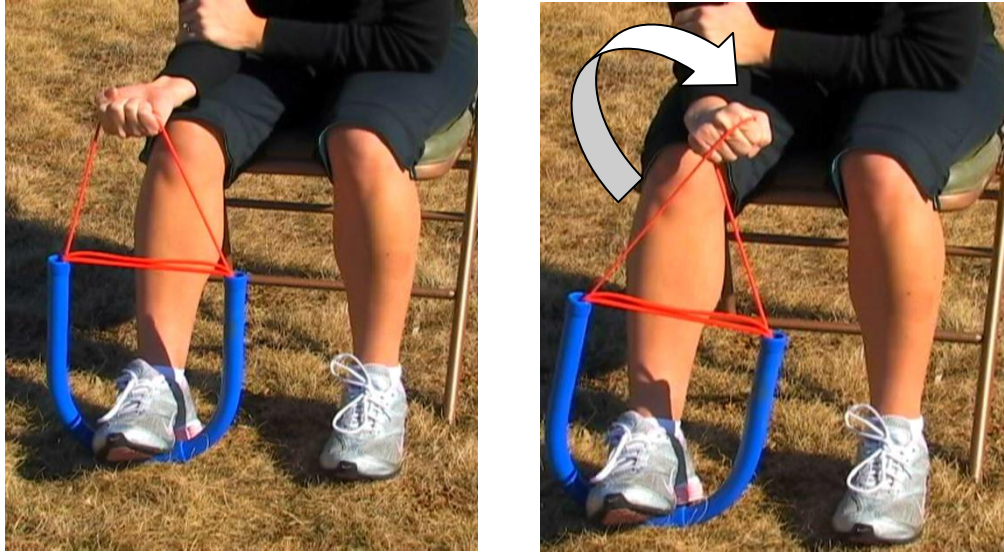
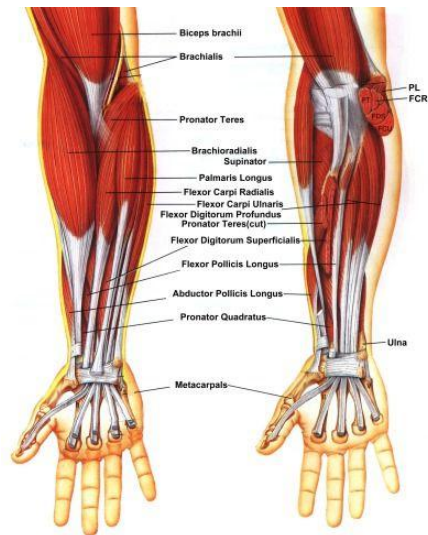


# Forearm Pronation

While sitting, place the Cuflinec under the foot of the same side as the forearm you will be exercising. With your forearm on your thigh and the palm up, choose your resistance and then rotate the palm downward, until the palm is facing down.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week. All routines are done standing unless noted otherwise.



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The primary muscles used are the pronator quadratus and the pronator teres.