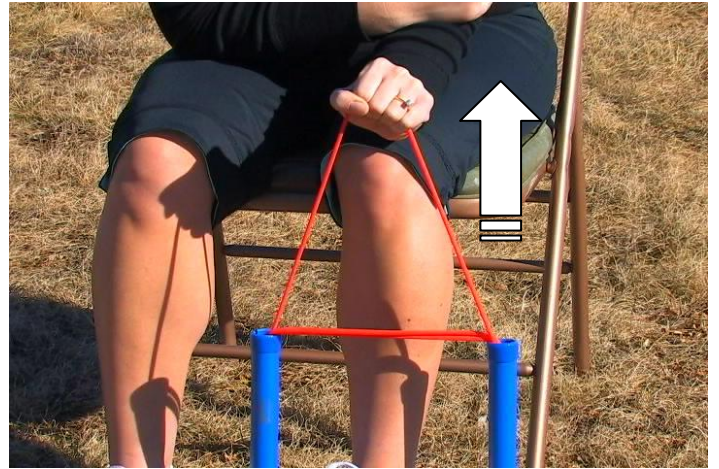


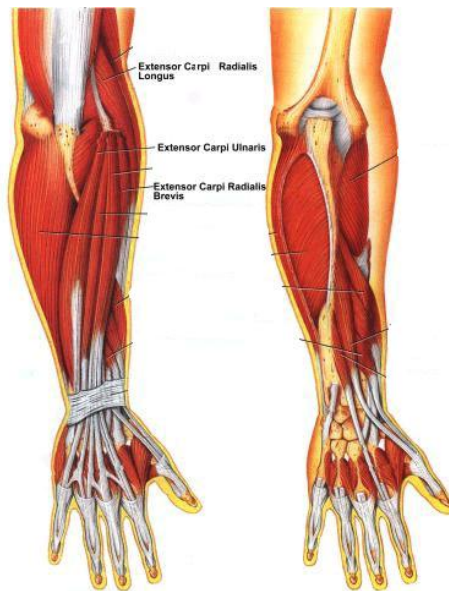
Wrist Extension

While sitting, place the Cufline handle under the foot of the same side as the wrist you will be exercising. With your forearm on your thigh and the palm down, choose your resistance. Starting with your wrist bent in a down position, move it upward.



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



The primary muscles used are the extensor carpi radialis longus and brevis, and the extensor carpi ulnaris.