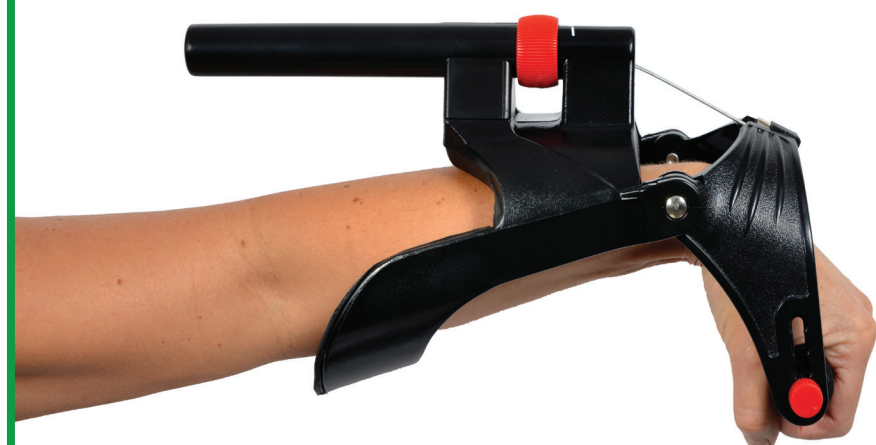




Exercise 1

Insert either arm in your Wrist Exerciser, the tension control facing up and the palm of your hand facing down. Move the grip down.



Exercise 2

Insert either arm in your Wrist Exerciser, the tension control facing up and the palm of your hand facing up. Move the grip down.



Exercise 3

Insert either arm in your Wrist Exerciser, the tension control facing down and the palm of your hand facing down. Move the grip up.



Exercise 4

Insert either arm in your Wrist Exerciser, the tension control facing down and the palm of your hand facing up. Move the grip up.



More exercises on www.moves-you.com, [f](#) and [y](#)