

MoVeS Wrist Exerciser

Use the MoVeS Wrist Exerciser only after consulting a trained licensed healthcare professional.

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, 🖬 and D



