

Improving Wrist Strength

Weak or painful wrists can often be the limiting factor during a workout. Here are some exercises you can do at home to improve strength in the wrists and forearms.

Wrist Roller

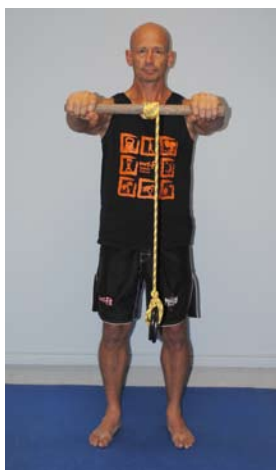


The wrist roller device is an excellent way to strengthen the muscles of the forearm, wrist and hand. The weight attached to the rope can be modified to suit a variety of goals.

For muscle endurance use a light weight (around 1 kg). The aim is to keep rolling the weight up and down for a long period - many minutes. If strength is the goal, use a heavier weight that just allows you to roll the weight up and down about 5 times.



To make the wrist roller, use a piece of thick dowell or broom handle. Cut a suitable length piece of rope and screw one end onto the dowell. Attach a suitable weight, any object can be attached to the end of the rope - for example a bottle of water.



Hold the roller at arms length. Roll the handles so that the rope wraps around the dowell. Roll it all the way up then lower it down using the same technique.

Perform this activity once or twice per day trying to increase the time on each attempt.

The Wrench

Using a wrench (or hammer) rotate in circles and also perform forward and back, plus side to side moves. Perform two or three sets of one minute duration.



Wrist Curls

Use any heavy object (even a can of food), rest the arm on a bench and curl the hand upwards then lower slowly. Perform two or three sets of one minute duration.



Wringing the towel

Using a small hand towel, twist it as though you are trying to wring out the moisture from it. Perform in both directions and use all of your available strength. Perform two or three sets of one minute duration.

