

Elbow & Wrist Exercises

If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.

Repeat for 3 sessions per week - Rest 1-2 minutes between sets and exercises

Alternate between Day one and Day Two, but follow the warm up before each session.

Warm Up:

[Wrist Rocks – 2 minutes](#)

[Wrist Eccentrics – 3 sets of 8, slow lowering over 6-8 seconds](#)

Day One:

[Finger Extensions – 2 sets of 10](#)

[Wall Pogo – 2 sets of 10](#)

[Co-Contraction – 2 rounds of 3](#)

[Tricep ISO – 2 sets of 30 second holds](#)

Day Two:

[Pronation Supination – 3 sets of 12](#)

[Fist Push Up – 3 sets of 6](#)

[Wall Push Up – 2 sets of 12](#)

[Ulnar Deviation – 3 sets of 12](#)