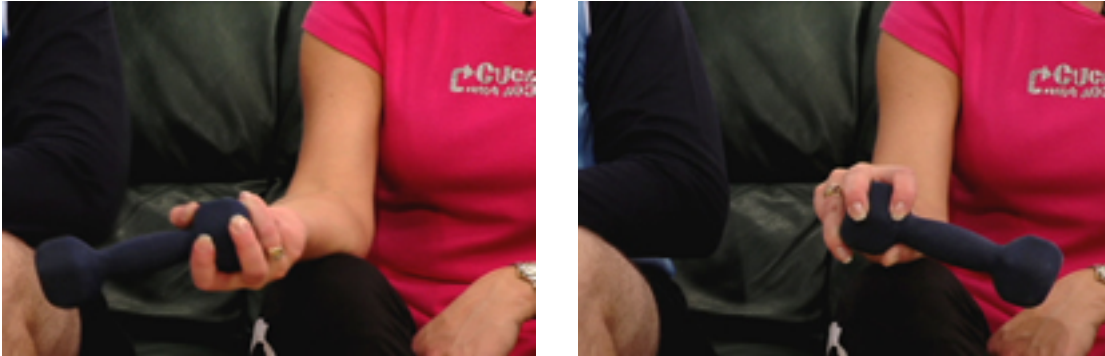


Wrist Rotations (Thor's Hammer)



- Sit on a bench or other surface and hold a hammer, a dumbbell by the end, or if possible remove the weight on one side of the dumbbell and hold the side without the weight
- Brace the elbow of the arm that is holding the weight against your thigh
- With your opposite hand, hold firmly against your thigh the wrist of the hand that is holding the weight
- Lower the weight to one side, rotating at the wrist. Slowly rotate your wrist to the other side. This is one repetition; complete the desired number of repetitions and repeat on the other side
- It will be tempting to move the elbow; limit the movement to your wrist and forearm. It won't take much weight to feel the resistance, don't overdo it!
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
