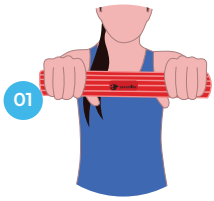


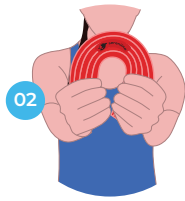
FLEX BAR EXERCISE GUIDE

WRIST AND FOREARM EXERCISES

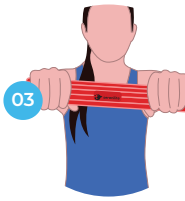
Supination (Exercises muscles you see on your arm when palms are facing up)



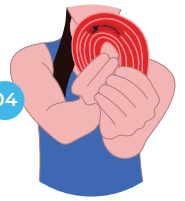
01
Begin by holding the flex bar out in front with palms facing down.



02
Bring the flex bar into a rainbow shape bringing palms together facing each other and elbows straight.



03
Slowly bring the flex bar back to the starting position. Repeat for 8-10 repetitions.

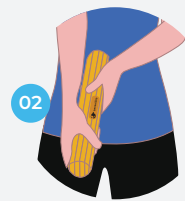


04
More challenging version: Extend twist in Step 2 until one hand is behind the other. Relax and switch sides.

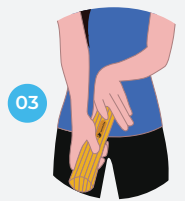
Supination Inline (Exercises muscles you see on your arm when palms are facing up)



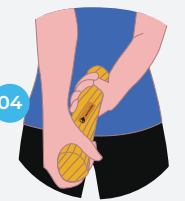
01
This is a more functional variation where you can pretend that you are holding a golf club or baseball bat.



02
Hold the flex bar with both hands out in front of you and arms straight.

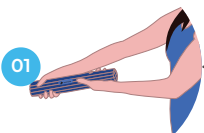


03
The top hand should be palm down while the bottom hand is palm up.



04
Twist the flex bar by bringing the top hand to a palm up position. Relax and repeat for 8-10 repetitions.

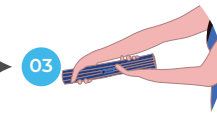
Pronation Inline (Exercises muscles you see on your arm when palms are facing down)



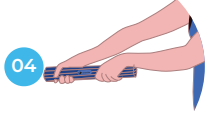
01
Grip flex bar firmly in front of you as shown. Both hands start in palm up position.



02
Bring the hand closest to you from palm up to palm down position i.e. underhand grip to overhand grip.

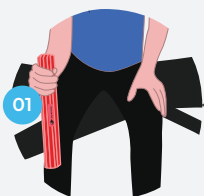


03
Slowly bring the flex bar back to the starting position. Repeat for 8-10 repetitions.

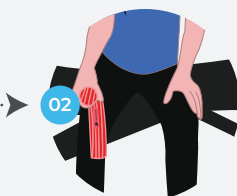


04
Note hand furthest from you does not move while the other the hand goes from supination to pronation.

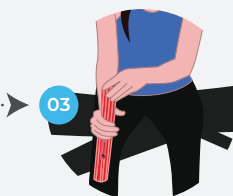
Ulnar Deviation (Exercise to strengthen wrist, fingers, and forearm)



01
Hold top of flex bar with one hand while placing the other end on your knee at the same side as your hand.



02
Then flex the bar away from the body with thumb facing up as you push the bar towards your pinky finger.



03
Slowly bring the flex bar back to the starting position. Repeat for 8-10 repetitions.

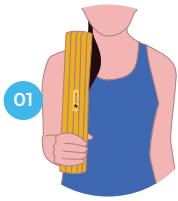


04
More challenging version: Grip lower down on the flex bar closer to where the bar touches your knee.

FLEX BAR EXERCISE GUIDE

ELBOW EXERCISE – TENNIS & GOLFERS ELBOW

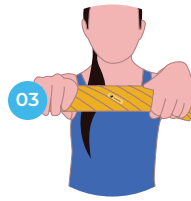
Tyler Twist (Recommended for lateral epicondylitis also known as Tennis Elbow)



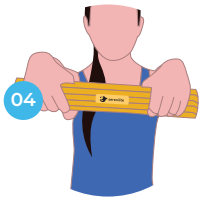
01
Begin by holding the bottom of the flex bar with the injured arm at a 90-degree angle.



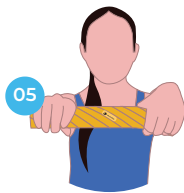
02
Put the other hand (uninjured) on the flex bar with the top palm facing away from you.



03
Twist that top hand (uninjured) away from you and bring the flex bar in horizontal position in front of you.



04
Untwist the flex bar fully using the injured arm by allowing it to glide forward stretching your wrist extensors.

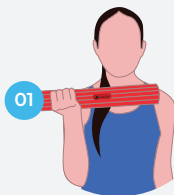


05
Twist the flex bar again with the injured arm.



06
Slowing bring the flex bar vertical back to your side and untwist the top hand. Repeat for 8-10 repetitions.

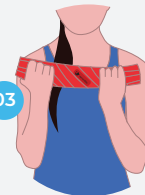
Reverse Tyler Twist (Recommended for medial epicondylitis also known as Golfers Elbow)



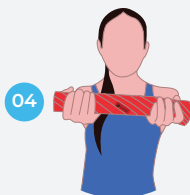
01
Begin by holding the flex bar on one side with the injured arm. Palms are facing up.



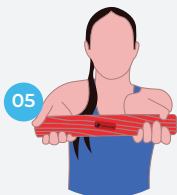
02
Put the other arm (uninjured) on the other end of the bar with elbow high and palm facing away from you.



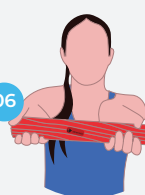
03
Twist the flex bar upward as you drop your elbow (uninjured arm) down.



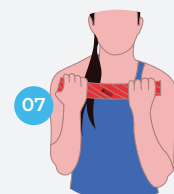
04
Straighten elbows so the flex bar is horizontal to the ground.



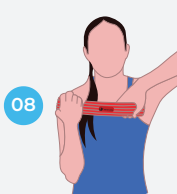
05
Untwist the flex bar fully by allowing the palm on your injured arm to turn away from you.



06
Twist the flex bar again with the injured arm.



07
Slowly drop elbow on injured arm and bring the flex bar towards you.



08
Same time elbow on the uninjured arm moves up and untwists the flex bar. Repeat for 8-10 repetitions.



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