

# WRIST ROLLER

The Sorinex Wrist Roller is a plate loaded rack attached machine. It is one of the best machines for increasing forearm and wrist strength. Simply insert the nylon strap around your weight plates and secure the carabiner. Work multi-directional and angled positions to increase complexity. Take off the rack and use stand-alone for increased difficulty.

## SPECIFICATIONS

LENGTH	19.5"
HANDLE WIDTH	4.75"
HANDLE DIAMETER	2"
WEIGHT	15 LBS
INCLUDES	Sorinex Wrist Roller (1)



## FEATURES



PLATE LOADED DESIGN



RACK ATTACHED



USE STAND ALONE FOR INCREASED DIFFICULTY