



## **Five Way Wrist**

1. Start on your hands and knees. Keep your arms straight, fingers pointing forward and spread wide. Slowly shift your weight forward to stretch your hands, wrists, and forearms. Hold for 15 seconds then return to the starting position.
2. Turn your hands 90 degrees so that the fingers are pointing outwards. Shift your weight side to side holding 15 seconds on each side.
3. Turn your hands 90 degrees so that fingers point towards you then move your hips back. Hold 15 seconds.
4. Turn your hands so that fingers point towards each other then shift your weight side to side. Hold 15 seconds each side.
5. Place back of hands on the floor, fingers pointing towards you and shift hips back. Hold 15 seconds.