**Wrist Flexion with Resistance**

**REPS:** 15 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**
- Begin sitting in a chair with your elbows resting on your knees, and a resistance band looped around your hand and anchored under your foot.

**Movement**
- Bend your wrist up against the resistance, then lower it back down and repeat.

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**Wrist Extension with Resistance**

**REPS:** 15 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**
- Begin sitting upright in a chair with your arm resting on a table and your hand off the edge, holding one end of a resistance band that is anchored under your feet.

**Movement**
- Slowly bend your wrist backward against the resistance, then lower it back down and repeat.

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**Seated Wrist Radial Deviation with Anchored Resistance**

**REPS:** 15 | **HOLD:** 5 | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**
- Begin sitting upright in a chair with your hand hanging off the edge of a table, palm facing inward, holding one end of a resistance band anchored around your feet.

**Movement**
- Bend your wrist upward against the resistance, then lower it back down and repeat.
Wrist Ulnar Deviation with Resistance
REPS: 15 | HOLD: 5 | WEEKLY: 5x | DAILY: 2x

Setup
- Begin in a sitting upright position holding one end of a resistance band that is looped around the bottom of your foot on the same side, with your palm facing inward.

Movement
- Slowly bend your wrist backward against the resistance, then return to the starting position.

Forearm Supination with Resistance
REPS: 15 | HOLD: 5 | WEEKLY: 5x | DAILY: 2x

Setup
- Begin sitting with your forearm resting on your thigh, holding one end of a resistance band that is anchored under your foot. Your palm should be facing up with the band running between your thumb and index finger.

Movement
- Slowly rotate your wrist so your palm faces downward, then rotate it back to the starting position and repeat.

Forearm Pronation with Resistance
REPS: 15 | HOLD: 5 | WEEKLY: 5x | DAILY: 2x

Setup
- Begin sitting with your forearm resting on your thigh, holding one end of a resistance band that is anchored under your foot. Your palm should be facing down, with the band running between your thumb and index finger.

Movement
- Slowly rotate your wrist so your palm faces upward, then rotate it back to the starting position and repeat.