

# Standing Wrist Curl w/ Extension

Equipment Needed: Fixed Barbell, Barbell

## Start at this Position:

- Grip a bar with your hands at shoulder width. Palms face down.
- Stand with your feet shoulder width apart with your knees slightly bent.
- Keep your arms extended, but do not lock out your elbows. Do not let the bar rest on your thighs.
- Keep your back straight and your head aligned with your spine.

## Steps in Performing the Exercise:

### 1. Start Position



Exhale as you slowly curl the bar, by bending your wrists toward your body.

### 2. End Position (Curl)



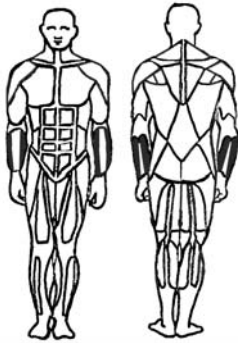
As you curl, concentrate on bending your wrists only. Curl as high as possible, moving only your wrists, keeping your arms stationary. *Refer to Figure A.* Hold for 1/2 a second, squeezing your forearms.

### 3. Return to Start



Inhale as you slowly reverse the movement to start position.

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### Region: Arms

■ Primary Muscle Worked:  
Forearm Both

### Focus on Your Form:

- Throughout the entire range of motion:
  - Keep your back straight, head aligned with your spine, and knees slightly bent.
  - Keep your hands shoulder width apart. Do not lock out your elbows.
  - Keep the bar parallel to the floor. Do not tilt the bar.
  - Move by bending at your wrists only.
- At start and end positions, do not lock out your elbows.

### 4. End Position (Extension)



Exhale as you slowly extend your wrists upward, away from your body. As you extend concentrate on bending your wrists only. Extend as high as possible, moving only your wrists, keeping your arms stationary. *Refer to Figure B.* Hold for 1/2 a second, squeezing your forearms.

### 5. Return to Start



Inhale as you slowly reverse the movement to start position. Repeat the movement for the recommended number of repetitions.

Figure A

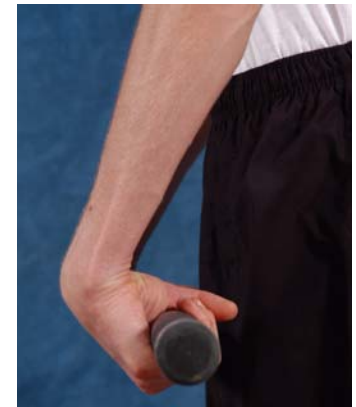


Figure B

