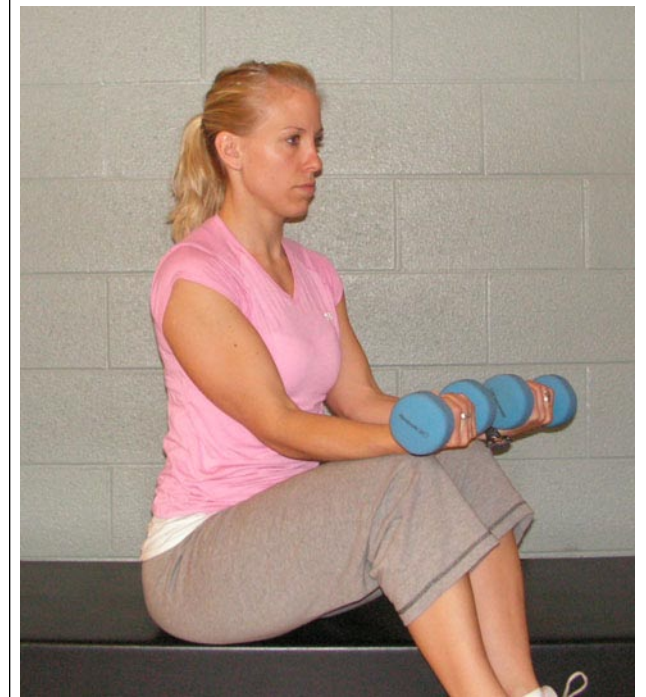


Exercises for the Forearms (Brachioradialis) (Important for baton and firearm training)

Wrist Curl

Major Muscle Group: Forearm (brachioradialis)

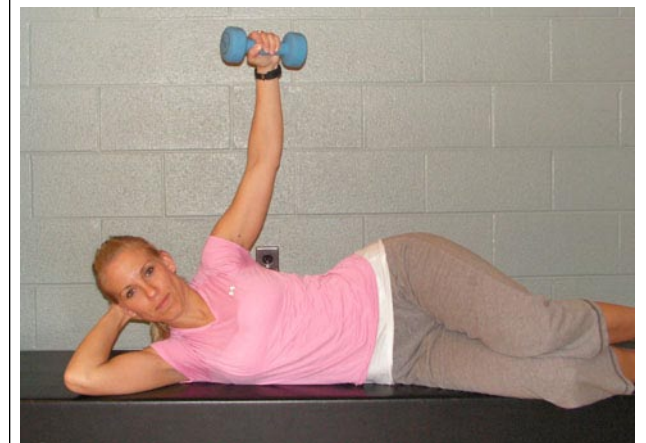
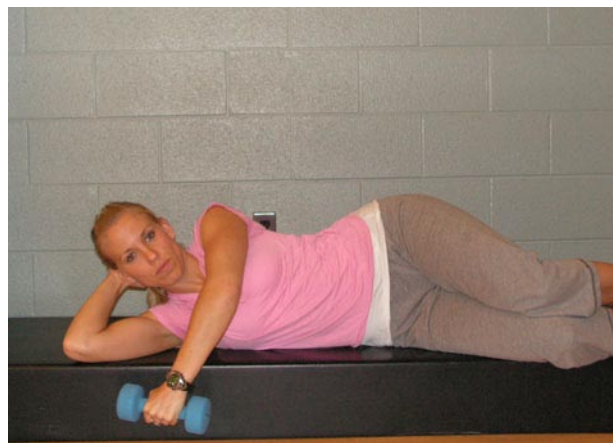
Sit and grasp the barbells with a narrow to shoulder-width underhand grip. Rest forearms on thighs with wrists just beyond knees. Allow the barbells to roll out of the palms down to the fingers. Grip the barbells back up and flex wrists. Lower and repeat.



Dumbbell Lying Supination

Major Muscle Group: Forearm (brachioradialis)

Grasp a dumbbell with weight placed on side. Lie on the floor or a bench on your side with your elbow bent in on your side at a 90° angle and the weight in your hands. Keep bent elbow tucked under body. Position thumb up (pronated). Rotate dumbbell so thumb turns downward (supinated). Return and repeat.



Palms-Down Dumbbell Wrist Curl over a Bench

Major Muscle Group: Forearm (brachioradialis)

Place two dumbbells beside a flat bench and then kneel on the opposite side of the bench. Hold dumbbells with your palms down. Place forearms flat on the bench with the back of your wrists on the edge of the bench. Lower dumbbells as far as possible, keeping a tight grip. Curl dumbbells up as high as possible. Do not let your forearms move. Return to original position.

**Wrist Roller**

Major Muscle Group: Forearm (brachioradialis)

Hold a wrist roller device straight in front of you, with your arms completely straight and parallel to the floor. Rotate one wrist at a time in order to roll the rope around the roller. Go until the weight is all the way up to the top. Return the weight to the starting position and start again. Don't move your arms from the starting position. Repeat.