

# Wrist Mobility Guide

Keep Your Wrists Strong, Flexible & Injury-Free

## Why Wrist Mobility Matters

Wrist pain during lifting isn't just annoying—it can seriously derail your training. Tight or weak wrists affect everything from bench presses and overhead lifts to push-ups and front squats.

This guide will walk you through daily mobility drills and strength-building moves to bulletproof your wrists.

## Daily Mobility Routine (5–7 Minutes)

Do this every day—before your workout or during downtime.

### 1. Wrist Rolls (2x30 seconds each direction)

✅ Rotate your wrists in slow circles—first clockwise, then counterclockwise. Loosen up those joints.

### 2. Wrist Flexor Stretch (2x20 seconds each hand)

✅ Extend your arm, palm up. Use your opposite hand to gently pull your fingers back.

💡 *Stretch should be firm, not painful.*

### 3. Wrist Extensor Stretch (2x20 seconds each hand)

✅ Arm straight, palm down. Pull fingers down and in with the opposite hand.

💡 *Great for push-up and press prep.*

### 4. Prayer Stretch (3x20 seconds)

✅ Press palms together in front of your chest, fingers pointing up. Lower your hands to feel a deep stretch.

### 5. Tabletop Wrist Rock (10 rocks each way)

✅ On all fours, fingers facing forward → gently rock back and forth.

Then fingers to the sides → side-to-side rocks.

💡 *Don't lock out your elbows.*

## Strength-Based Drills (2–3x per week)

### 1. Wrist Curls (3x15)

✅ Use a light dumbbell. Rest forearm on a bench, palm up. Slowly curl the wrist.

### 2. Reverse Wrist Curls (3x15)

✅ Same as above, but palm faces down. Focus on control.

### 3. Rice Bucket Twists (1–2 minutes total)

✅ Dig hands into a bucket of rice and twist/squeeze.

💡 *Old-school but incredibly effective.*

### 4. Farmer's Carries (3 sets x 20-30 seconds)

✅ Grab heavy dumbbells or kettlebells and walk.

💡 *Improves grip, forearm endurance, and wrist resilience.*

### 🔧 Pro Tips

- Warm up wrists before lifting—don't skip it.
- Progress slowly: increase reps/resistance weekly.
- If something hurts, pause and adjust.
- Consistency > Intensity when it comes to mobility.

### ✅ Weekly Plan Overview

Week	Focus	Goal
1	Daily Mobility + Light Curls	Increase range of motion
2	Add Resistance Work	Build endurance & control
3	Add Farmer's Carries + Rice	Boost grip & stability
4	Combine Full Routine	Total wrist conditioning

## Perfect For:

- Weightlifters & CrossFitters
- Office workers with wrist tension
- Athletes doing push-ups, planks, presses
- Anyone recovering from wrist stiffness

## Want More?

 Download this guide as a PDF, stick it in your gym bag, and make wrist pain a thing of the past.