

# Wrist Circles



**Description:** Wrist Stretch (flexion & extension, flexibility). Use this stretch to work on flexibility and to lower your heart rate at the end of a workout.

## Instructions

1. Rotate your wrists in a clockwise direction 10 times.
2. Repeat in a counter-clockwise direction.

## Tips & Modifications

- Make sure your fingers are relaxed.



Click here or scan  
the QR Code to the  
right to watch video  
instructions!

