

# WRIST & ARM STRETCH

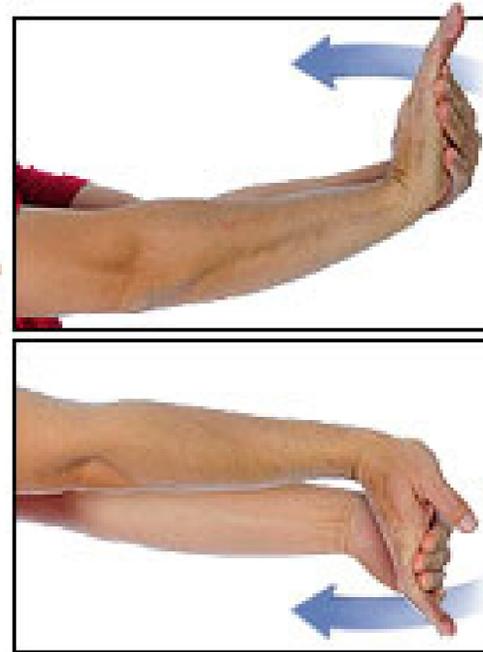
Hold each pose for at least 30 seconds



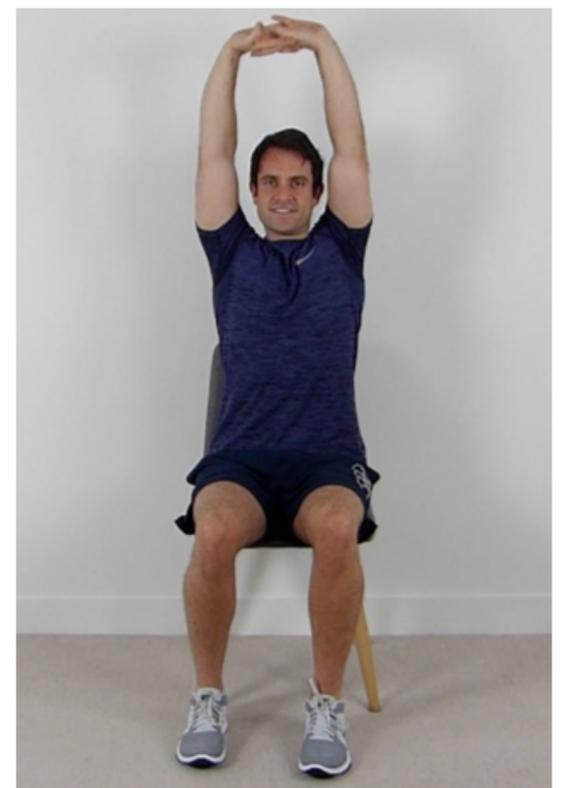
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## Fist Pumps | 5 reps



## Wrist Rollout | 5 reps per side

