

Forearms (resistance bars)

Extended Forearm Twist



Exercise Description:

Extended Forearm Twist

Classification:

Forearms (resistance bars)

Instructions:

1. Holding the resistance bars in front of you at chest level, palms facing downward open the resistance bars as wide as you possibly can.
2. Slowly extend your arms directly in front of you and lock them out.
3. Keeping the resistance bars open turn them up, flip forward, turn them up and return to original position. Slowly return the resistance bars to your chest and repeat.
4. To increase difficulty once you extend the resistance bars keep turning bars until almost reaching muscle failure.
5. Keep a normal breathing rhythm as you do this exercise.

Forearm Twist



Exercise Description:

Forearm Twist

Classification:

Forearms (resistance bars)

Instructions:

1. Open resistance bars as wide as you possibly can. Extend and lock your arms in front of you.
2. Maintaining the distance between the bars, twist the resistance bars alternating hands.

3. Do 3 sets of about 25-100 reps.

4. Breathe normally as you do this exercise. Monitor your breathing as there is a tendency to hold your breath during this exercise.