

STAGE 1

- Clenching fist strongly
- Resisted upward wrist curls
- Resisted downward wrist curls
- Wrist rotation with a stick
- Downwards wrist stretch
- Upwards wrist stretch

STAGE 2

- Upwards wrist curls elastic band palm down
- Downwards wrist curls elastic band palm down
- Upwards wrist curls elastic band thumb up
- Downwards wrist curls elastic band thumb up

STAGE 3

- Rotatory upwards wrist curls elastic band palm down
- Rotary downwards wrist curls elastic band palm down
- Press hands against wall

STAGE 4

- Soft ball squeeze
- Transferring beads
- Twisting a towel