



Exercises are created by Martin Padar

THE TRAINING PROGRAM ON WRIST EQUIPMENT FOR OFFICE WORKERS



PURPOSE

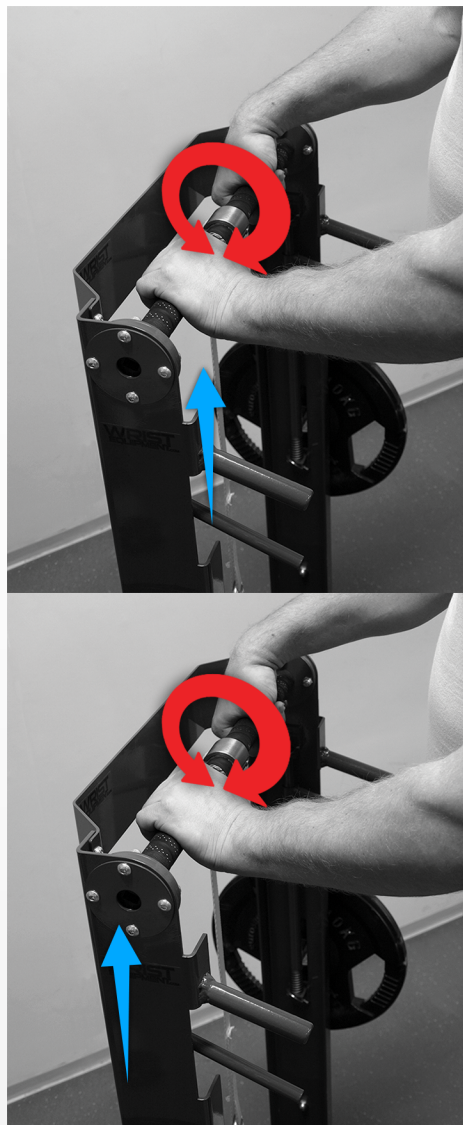
The prevention of “mouse disease”, which means to prevent the pinches and inflammations of the median nerve in carpal tunnel as a result of over-tension and also the physiotherapy of that disease.

THE WARM-UP

A proper local warming is primary, it includes both the forearm and wrist circles, but also the warming rubbing of the area and fingers (5 minutes).

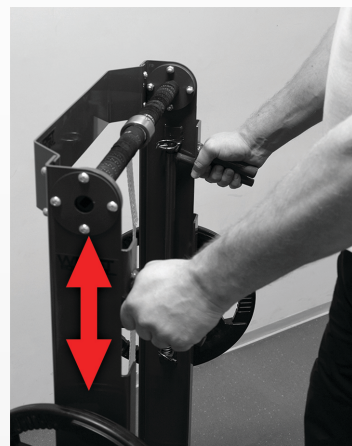
TRAINING

On wrist flexors-extensors consecutively 3+3 (6 **S**), 30 **REPS**, W-10%, R 1- 2 mins (**NLC**)



After the workout with wrist flexors-extensors, 4-5 min break and begin to work out with the finger-flexing function of **WRIST EQUIPMENT**:

2(with face ahead)+2(with back ahead), together 4**S**, 30 **REPS**, **W**-10%, **R** 1- 2 mins (**NLC**)



Abbreviations: **S** –serie (set) **RE**- rest interval **W**- weight of max **R**- number of repetitions (reps) **NLC**- not till the last capability



For further information contact European Judo Champion Martin Padar
martinpadar@wristequipment.com