



Wrist/Forearm | Pronator & Supinator

Place the MSD-Band under your foot. Insert your hand in the loop and hold firmly. Place your forearm on your thigh, stabilizing it with your other hand, your palm facing up. Rotate your wrist inward, so your palm faces down.



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Place the MSD-Band under your foot. Insert your hand in the loop and hold firmly. Place your forearm on your thigh, stabilizing it with your other hand, your palm facing down. Rotate your wrist outward, so your palm faces up.