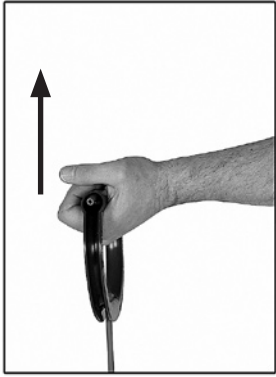


Wrist Exercises:



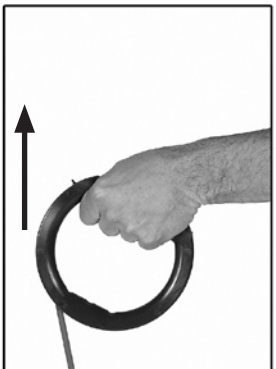
Flexion

Set the MARV Handle up in stirrup grip position. Hold the MARV Handle with palm facing upwards and the handle and tubing projecting back from the rear of your hand. The tubing should be secured from a position below the handle (i.e. step on it). Allow your wrist to bend down and back into full extension. This is the starting position. The tubing should have some tension in it at this position. Curl your wrist up into full flexion, keeping a loose grip on the handle. Relax and repeat for the recommended number of repetitions and sets. Note: The grip position is the traditional grip used for this exercise and keeps the rotational forces distributed equally in the hand.



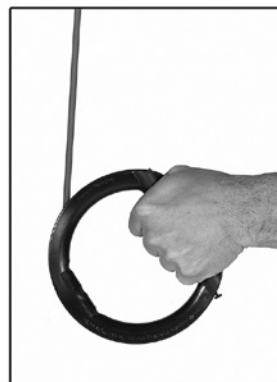
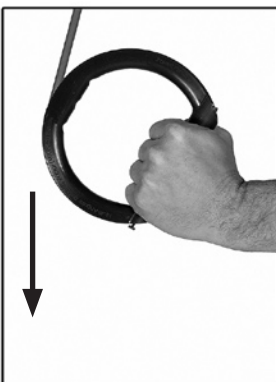
Extension

Set the MARV Handle up in stirrup grip position. Hold the MARV Handle with palm facing downwards and the handle and tubing projecting down from the palm side of your hand. The tubing should be secured from a position below the handle (i.e. step on it). Allow your wrist to bend down into full flexion. This is the starting position. The tubing should have some tension in it at this position. Curl your wrist up into full extension, keeping a loose grip on the handle. Relax and repeat for the recommended number of repetitions and sets. Note: The grip position is the traditional grip used for this exercise and keeps the rotational forces distributed equally in the hand.



Radial Deviation

Set the MARV Handle up in channel grip position. Hold the MARV Handle with the thumb side of your hand facing up and the tubing projecting down from the channel side of the MARV Handle. The tubing should be secured from a position below the handle (i.e. step on it). Allow your wrist to bend down at the pinky side into full ulnar deviation. This is the starting point. The tubing should have some tension in it at this position. Bend your wrist up into full radial deviation. Relax and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the moment arm to be increased, thereby increasing the effective tension and the effective range of tension. As well, the universal tube adapter allows for infinite levels of resistance.



Ulnar Deviation

Set the MARV Handle up in channel grip position. Hold the MARV Handle with the thumb side of your hand facing up and the tubing projecting upwards from the channel side of the MARV Handle. The tubing should be secured from a position above the handle (i.e. hold it with your free hand). Allow your wrist to bend up at the thumb side into full radial deviation. This is the starting point. The tubing should have some tension in it at this position. Bend your wrist down into full ulnar deviation. Relax and repeat for the recommended number of repetitions and sets. Note: The unique channel feature of the MARV Handle allows for the moment arm to be increased, thereby increasing the effective tension and the effective range of tension. As well, the universal tube adapter allows for infinite levels of resistance.

