



## The Complete YH Wrist Warm Up

1. Wrist CARs in Malasana
2. Wrist Extensor Compressions
3. Upper Body Rotations
4. Wrist Flexor Stretch (leaning forward)
5. Wrist Flexor Stretch (leaning backward)
6. Wrist Extensor Stretch
7. Radial Deviation
8. Ulnar Deviation
9. Wrist Push Ups
10. Downward Facing Dog (Adho Mukha Shvanasana)