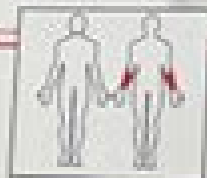


SEATED REVERSE BARBELL WRIST CURL



Muscles Involved

MAIN MUSCLES: extensor digitorum**SECONDARY MUSCLES:** extensor carpi radialis longus and brevis, extensor indicis, extensor pollicis longus, extensor carpi ulnaris**ANTAGONISTS:** flexor carpi ulnaris, flexor carpi radialis, palmaris longus, flexor digitorum

2. SEATED REVERSE WRIST CURL

Muscles used

extensor digitorum, extensor carpi radialis longus and brevis, extensor indicis, extensor pollicis longus, extensor carpi ulnaris

Technique

This is the same as the barbell exercise, but your hands work independently. Keep the barbell in an overhead grip (palms down). If you like, you can grip with hands.

Some people find it more comfortable to maintain a balanced wrist position using only one barbell in Reverse Curls than in the Reverse Curl.



Execution



Get on a bench in the same position as for the Barbell Curl, with your forearms resting on your thighs comfortably or along slightly downward, your wrists at the end of your arms and your hands free. Hold the barbell in an overhead grip (palms down) and extend your wrist upward (flexing) in a maximum of 20°-30°. Lower the barbell back to the starting position in a controlled movement. You can also do this exercise kneeling with your forearms resting across the width of a bench and your hands free. Breathe naturally.

Comments

As mentioned above, wrist extensors are weaker than flexors, but in maximal physical fitness, these muscles shouldn't be ignored. Also for a moderately long, joint stress movement to work the extensor muscles effectively, hand strength is more important than weight, which should never be heavy. Remember that the wrist and hands are made up of numerous small bones and muscles, and wrist work should always be done carefully, as in the case of sports. Too much weight or too wide a range of movement can hurt the hand.



Common mistakes: lifting the barbell too fast, after doing it, bending the elbow to rest it, and using too much weight, preventing wrist movement.



Use a chair to do this curl if you wish to increase the finger extension. If your grip is stronger, the wrist extensor, you should use a much heavier barbell or a bar to grip at your feet.

2. SEATED REVERSE WRIST CURL

Muscles used

extensor digitorum, extensor carpi radialis longus and brevis, extensor indicis, extensor pollicis longus, extensor carpi ulnaris

Technique

The position is the same as the barbell version but here you use one hand. Flexion is more constant, but you need to keep the movement slow to avoid using the momentum of the wrist. However, there is little difference from the preceding exercise.



Muscle Exercises Encyclopedia

Oscar Moran



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