



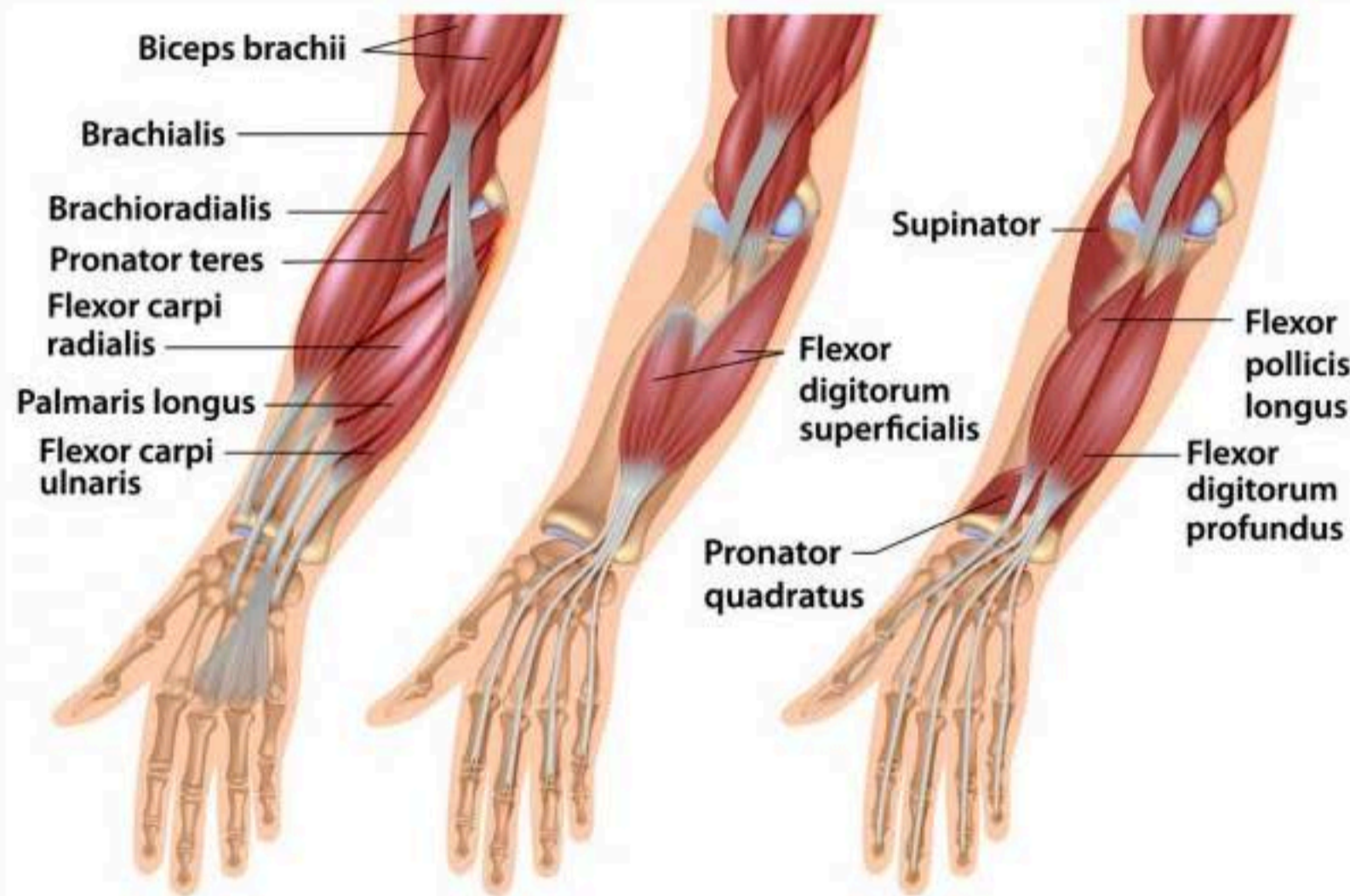
# 7 Exercises to Maximize Hand, Wrist, and Forearm Strength

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It is extremely important not to neglect working your forearms during your exercise routines. The hands, wrists, and forearms should be prioritized while warming up and while working out. Below, I will review and demonstrate several stretches and essential exercises that will allow you to build strong and symmetric forearms.



## The Benefits of Forearm and Wrist Exercises

So often, the biceps and triceps are the focal point of upper extremity development, while the forearms and wrists are given minimal attention. But the forearms and wrists allow us to perform the exercises that develop and maximize biceps, triceps, deltoid, chest, and back strength. Therefore, it is imperative that we devote time and energy to optimize the strength of our hands, wrists, and forearms.

As an orthopedic surgeon, I speak with many of my athletes and patients about forearm and leg development on a regular basis. Many of them complain about having thin, bird-like legs and forearms. But if you work your legs and forearms, they will respond and develop. We have to do the work and eliminate any excuses such as "my legs are always small" or "my forearms just don't seem to bulk up." Do the work and get the results.

## 7 Essential Forearm and Wrist Exercises

Here are my seven essential tips to really help you to develop strong and symmetric wrists and forearms. I recommend doing these exercises three times per week. Watch the video for a visual demonstration of the exercises.

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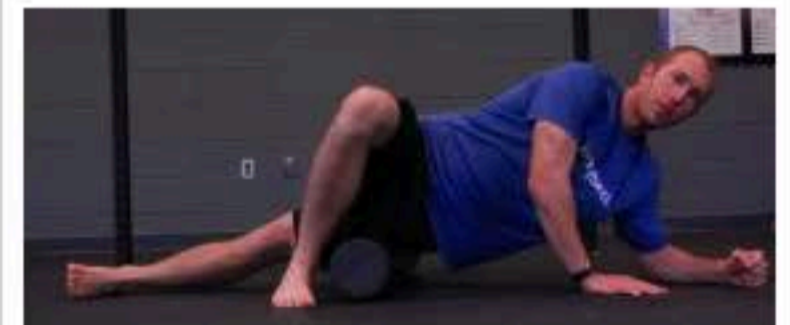
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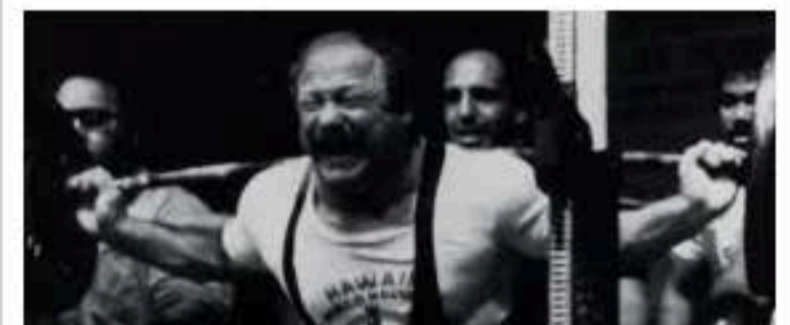
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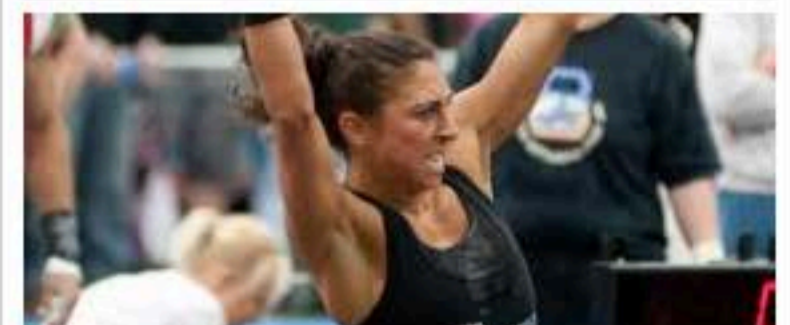
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