Fitness Forum: Hammer time - Metronomic repetitions build forearm muscles

by CNS

The moves: Performing pronation and supination of the forearm with resistance.

BE FLEXIBLE - To strengthen and increase flexibility of the forearm muscles, firefighter Jay Albrandt moves a hammer (or any weighted object) from side to side while keeping his elbow stationary. CNS Photo by Nadia Borowski Scott. Works on: Strength and flexibility of the intrinsic muscles of the forearm.

Set up: Sit with your right side toward a table or bench. Rest the entire forearm on the table or bench but have the wrist protruding over the edge. The table or bench height should be such that the shoulder is at a natural and relaxed height. Choose an implement for resistance. A hammer is the perfect weight and length, but a dowel and exercise wand, even a dumbbell can be used as long as it can be gripped comfortably.

Steps: Visualize how a musician's metronome moves side to side on a pivot. This exercise simulates that movement with forearm motion on a stationary elbow. Keeping the wrist flat in relation to the forearm, allow the weight to gently fall to the right until the palm is facing up. Pause at the end range to stretch, then return the other direction until the palm is facing the ground. Return and repeat.

Repetitions: Three sets of 10 to 15 repetitions with each arm.

Precautions: All movements are slow and controlled.

Options: The longer the implement sticks out above the thumb, the more resistance this activity will have. Experiment with different lengths and objects as your comfort level improves.