STRENGTHENING THE FOREARM AND ELBOW

The muscles around the elbow joint play an important role in the acceleration and deceleration of the arm. They can be strengthened using the following four exercises.

Begin this set of exercises using two-to-three pound weights. Perform each exercise slowly. Begin with a set of 10 and work up to 15 repetitions. When you can do a set without difficulty, try two-to-three sets. Increase the weights only after you can do three sets of exercises easily. When you increase the weights, reduce the number of sets to two until you can perform them easily. Do these exercises three-to-five times a week. Perform these exercises on both arms.

ELBOW FLEXION

1. Stand with your arm at your side, palm facing your body.

2. Bend your elbow, while rotating your palm to face upward, lifting the weight slowly.

3. Return to the starting position.

ELBOW EXTENSION

1. Lie on your back with your elbow pointed toward the ceiling and arm flexed.

2. Place the opposite hand on the triceps for support.

3. Extend your elbow completely.

4. Return slowly to the starting position and repeat.
FOREARM SUPINATION

1. Sit with your arm supported on a table or on your thigh. With your palm facing down, hold a bar, weighted at one end, as shown in the illustration.

2. Rotate your forearm until the bar is pointed at the ceiling, keeping your elbow as still as possible.

3. Return to the starting position and repeat.

FOREARM PRONATION

1. Sit with your arm supported on a table. With your palm facing up, hold a weighted bar.

2. Rotate the bar until the weight is pointed toward the ceiling.

3. Return to the starting position and repeat.