

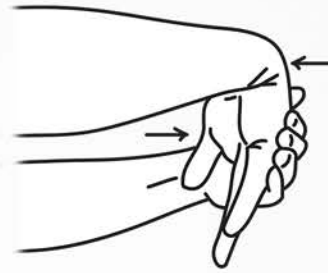
# wrist mobility

DAREBEE WORKOUT © [darebee.com](https://darebee.com)

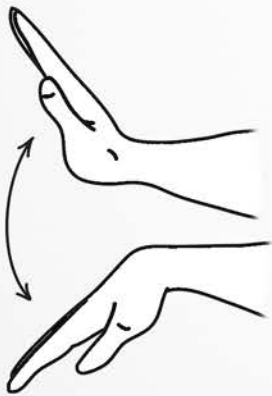
20 seconds each exercise



resistance stretch



resistance press



up & down stretch



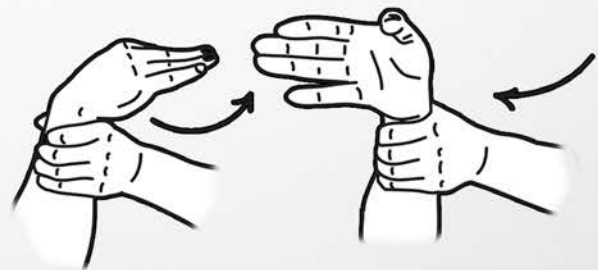
up & down side stretch



fist rotations



rotations



side flickers