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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Exercise The Right Way – The Wrist Curl

By Rick Mitchell

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In this article we'll take a close look at the wrist curl.

MUSCLES TARGETED: flexor carpi radialis, flexor carpi ulnaris

STARTING POSITION

UPWARD MOVEMENT

DOWNWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

Target: Rear Delts. One simple movement and they'll be on fire!

By Nick Nilsson

How to Do It:

Your arms should be hanging straight down in the start position.

For pictures on how to execute this technique go the following URL:

<http://www.fitstep.com/Misc/Newsletter-archives/issue10-delt-tip.htm>

Exercise The Right Way – The Wrist Curl

<http://www.thebestexercises.com>

or visit

<http://www.fitstep.com>

. You can contact him at

betteru@fitstep.com

or subscribe to BetterU News, his fitness newsletter at

betterunews@fitstep.com

Target: Rear Delts. One simple movement and they'll be on fire!

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Wrist Rests

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