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## **Exercise The Right Way – The Wrist Extension**

**By Rick Mitchell**

### **Exercise The Right Way – The Wrist Extension by Rick Mitchell**

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

MUSCLES TARGETED: extensor carpi radialis, extensor carpi ulnaris

STARTING POSITION

UPWARD MOVEMENT

DOWNWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

## **Wrist Rests**

**By James Brown**

No Hands - Foot Controlled Mouse

James Brown writes about

<http://www.Ergo-Items.com/>

,

<http://www.ergo-items.com/cursorControl.htm>

and

<http://www.ErgoRest.us>



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