

ANATOMY OF THE FOREARMS

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BRACHIORADIALIS

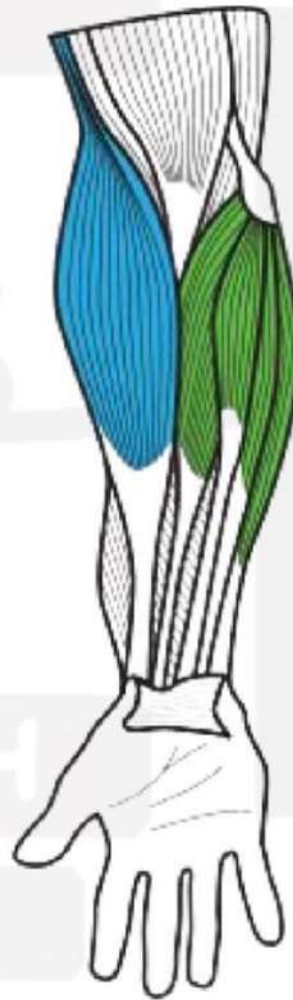
This muscle flexes the forearm at the elbow.

FLEXORS

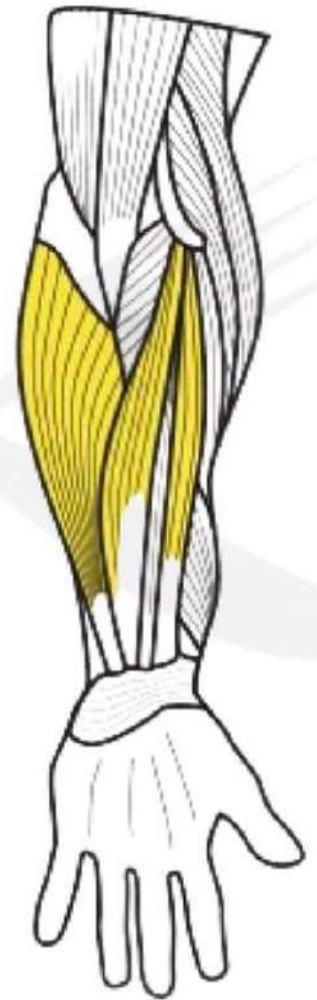
A group of muscles located on posterior side of forearm. These help with extension of wrist.

EXTENSORS

A group of muscles located on anterior side of forearm. These help with flexion and pronation of forearm.



PALM UP



PALM DOWN

LIKE | COMMENT | SHARE

SAVE FOR
LATER



BRACHIORADIALIS



**REVERSE BARBELL
CURLS**



**REVERSE DUMBBELL
CURLS**



**REVERSE DUMBBELL
CONCENTRATION CURLS**



**REVERSE CABLE
CURLS**

**SAVE FOR
LATER**



FLEXORS



**EZ BAR WRIST
FLEXIONS**



**BEHIND THE BACK
BARBELL WRIST FLEXIONS**



**SEATED DUMBBELL WRIST
FLEXIONS**



EXTENSORS



**SEATED BARBELL WRIST
EXTENSIONS**



**DUMBBELL WRIST
EXTENSIONS**



**SEATED CABLE WRIST
EXTENSIONS**

