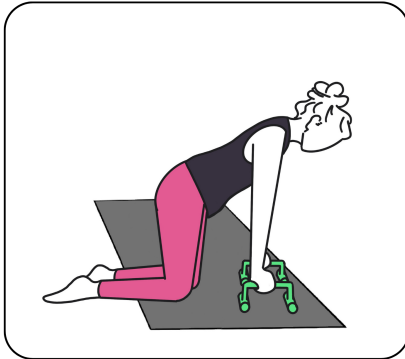
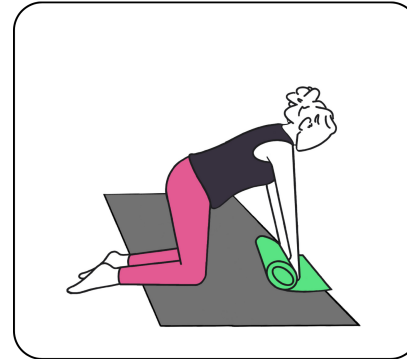


# TOOLS FOR WRISTS



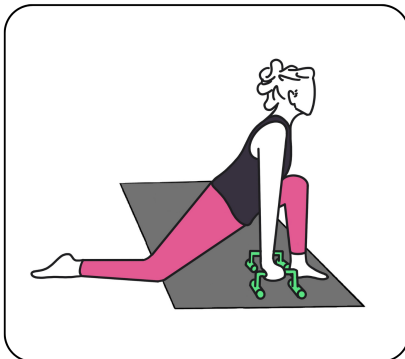
## Grab a grip

This would be the best option as not only does it make it less painful on the wrists but also strengthens them.



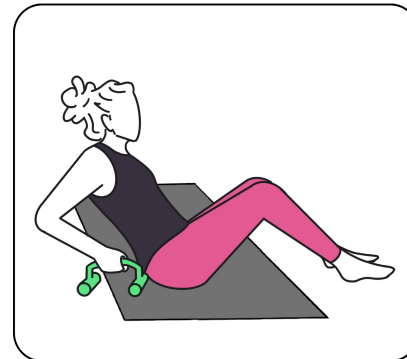
## Rolled mat grip

Make certain to grip the mat so that you activate the muscles that run from the forearm to the wrist.



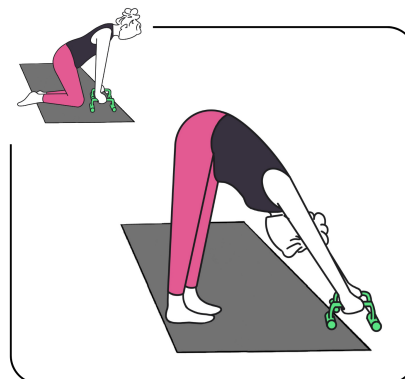
## Grab a grip

This helps with those with sore wrists and also due to adding extra height it can improve this pose for tight backs.



## Grab a grip

This is quite handy for those who have short arms. If this pose is correctly taught there is very little weight into the wrists.



## Grab a grip

If you bring the grips in closer when on all fours and push from there, this will place less pressure into the wrists and shoulders.

## Quick Note

I would encourage your class to purchase their own grips. They are totally affordable and light n easy to bring to class.