POWERLIFT®
Lifting Training that Works!

Brachialis

Biceps brachii

Pronator teres

Brachioradialis

Flexor carpi radialis

Palmaris longus

Flexor carpi ulnaris

Flexor digitorum superficialis

- Straighten your arm out in from of you. Make sure there is no bend in you elbow.
- Using the index finger of your opposite hand, pull back on the fingers of the extended arm.
- Pull on one finger at a time and feel the stretch in the corresponding muscle of the forearm.
- Do not pull so hard as to cause pain, just a gentle stretch is all that is needed.
- Repeat for the other hand and follow with Forearm Muscle Stripping if possible.

FOREARM FLEXOR STRETCH