

# wrist pain

DAREBEE WORKOUT © [darebee.com](https://darebee.com)

20 seconds each exercise.

Repeat every couple of hours.



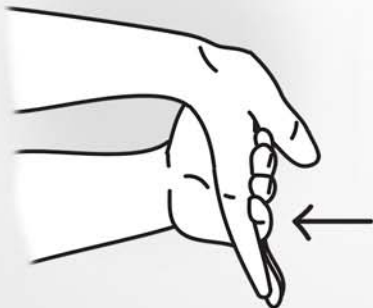
wrist curl



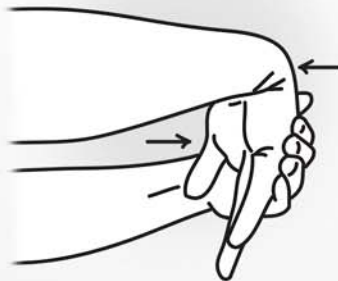
tilt back



“hammer”



wrist stretch



resistance press



fist rotations