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## Injured Hand or Wrist Workout for Baseball

The following circuit may be used for an athlete that has an injured wrist, hand, or finger and cannot hold bars or dumbbells. Using manual resistance, the athlete can keep strengthening the injured arm without causing further damage or pain.

1. [Manual Bench Press](#)
2. [Manual Arm Abduction](#)
3. [Manual Row](#)
4. [Manual Bicep Curl](#)
5. [Manual Tricep Extension](#)

You may use various [tempo](#)s for this type of manual training.

Check one of the following boxes to indicate what level you want to complete for each exercise.

Level 1	1 Sets of 10	
Level 2	2 Sets of 8	
Level 3	2 Sets of 10	
Level 4	2 Sets of 12	
Level 5	3 Sets of 6	
Level 6	3 Sets of 9	
Level 7	3 Sets of 12	

**Strength Training Clinics**



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