

# RACKET FOREARM TWISTS



## CHALLENGE YOURSELF TO IMPROVE!

### OVERVIEW:

HOLD THE RACKET IN THE MIDDLE OF THE FRAME AND AT RIGHT ANGLES TO YOUR FOREARM, AND TWIST THE RACKET FROM LEFT TO RIGHT.

### BENEFITS:

- IMPROVES FOREARM STRENGTH
- IMPROVES ABILITY TO USE CORRECT TECHNIQUE
- IMPROVES SHOT CONTROL AND POWER

### PREREQUISITES & TARGET AUDIENCE:

NO PREREQUISITES  
FROM BEGINNER TO ADVANCED CLUB PLAYER STANDARD

### CHALLENGE:

**10,000  
IN  
30 DAYS**

### ADVICE

AIM TO TWIST AT 100 REPETITIONS PER MINUTE. DO NOT EXTEND ON EITHER SIDE TOO FAR. DO NOT ATTEMPT MORE THAN 110 REPS PER MINUTE. IF YOU PREFER, YOU CAN USE A TIMER RATHER THAN COUNTING EACH TWIST.

### DAILY CHECK BOX TRACKER

100	100	100	200	200	200
200	200	300	300	300	300
300	300	300	400	400	400
400	400	400	400	400	400
500	500	500	500	500	500

### TIME/LOCATION

### YOUR NOTES AND OBSERVATIONS

### WATCH THE VIDEO



DO SOMETHING EVERY SINGLE DAY TO IMPROVE YOUR SQUASH

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