



Home Alone - Training N.3

All videos are in the “Home-Along” Program section under the “Home-Along Training 3” Channel

- Warm-up (**Checkout Video N.1 on Home-Along Training 2**)
- Wrist Preparation; 1st drill around 30-60 Seconds, 2nd Drill 10 Repetitions (**Checkout Video N.2 on Home-Along Training 2**)
- Repeat each set demonstrated on **videos N.1-N.4 on the “HOME-ALONE 3” Channel** for 2-3 times
- Try to make each drill without any rest
- Rest 1-2 Minutes between each exercise