
Wrists

Posted by Mari - 2008/05/20 14:50

Hello,

I started the P90x yesterday and while i was doing to push ups my wrist were killing me. Any suggestions as to what i should do?

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Re:Wrists

Posted by Iskarp - 2008/05/20 15:47

Push-up bars

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Re:Wrists

Posted by Namaste - 2008/05/20 19:15

I don't own push up bars, so I just use my 15 or 20 pound dumb bells.

Works great for me.

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Re:Wrists

Posted by Coy G - 2008/05/20 19:21

Might want to look into getting a supporting wrist band. Weight lifting gloves give great wrist support.

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Re:Wrists

Posted by Iskarp - 2008/05/20 19:55

Either way. You can get a set of bars at Target for \$15, or Sports Authority for a bit less for a crappier version.

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Re:Wrists

Posted by Coy G - 2008/05/21 00:06

I just purchased a set of push up mounts from walmart for \$8 give or take a couple cents. There was also a nicer set there that rotated to help increase proper form and I believe they were about \$20. Just a little helpful info.

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