

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #10: Standing Shin Raise

The exercise:

Stand with feet flat. Establish correct posture with knees soft, abs pulled inward, and shoulder blades back. Slowly lift your toes/balls of feet up off the floor, balancing only on your heels. Remain that way for a 30-second count, lower toes down, and repeat.

Be sure to have something sturdy to place a hand upon if you need assistance with balance.

Alaina M. Eichinger • Certified Personal Trainer • Lansdale, PA • In-home training also available
Training sessions available at the Horsham Athletic Club, Horsham, PA • 215-675-4535

For more information, visit us at: www.CarolForHeart.org