

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #7: Shoulder Circles

The exercise:

Stand with arms straight out at your sides and wrists flexed so that palms are vertical, like they are against invisible walls on either side of you. Make like you are pressing against those "walls", and at the same time move your arms in small circles. Make the circles larger. Switch directions and make the circles smaller again. Repeat until you have built up some muscle burn in the shoulders, which should occur with about 50 reps forward, and 50 reps backward.

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