

# Preventing Women's Heart Disease Through Education



**CAROL For Heart**

## Exercise #14: Shoulder Pumps

Straighten arms out to the sides, with palms facing down. Perform small pumps (or pulses) upwards like you're pushing the backs of your hands toward the ceiling (targets the middle deltoids).

Next turn arms so the palms are facing the same direction you are, and pump palms in that direction (anterior delts).

Next turn arms so the palms are facing behind you, the opposite direction you are, and pump palms in that direction (rear delts).

Try to do 30 to 50 repetitions of each. Start at 30 and increase your reps as you get stronger. The pumps (or pulses) are small controlled movements.

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](http://www.CarolForHeart.org)