

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #8: Shoulder Roll

The exercise:

Sit or stand with a straight back. With arms down by your sides, slowly roll your shoulders forward, and then upward, like you are shrugging your shoulders. Continue rolling your shoulders backward, as far back as you can get them, so that your shoulder blades pinch together. Then slowly ease your shoulders down, and pretend that you are sliding your shoulder blades "into" your back pockets. End the movement there. Then repeat.

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