

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #13: Push-Ups

Regular Version:

Place hands slightly wider than shoulder-width apart, with fingers/wrists turned slightly inward to allow the elbows to track outward during repetitions. You may support yourself on either knees or toes, depending on ability. Straighten your body so there is no bending at the hips. Bring chest down toward the floor between your hands and pause where upper arms are parallel to the floor (to avoid straining the shoulder joints -do not bring chest all the way down and "wing" your elbows above your back). Push up, and repeat.

Triceps Version:

Place your hands side by side, thumbs together on the floor, and perform pushup tracking your elbows close to your body. Bring your chest down toward the tops of your hands, and bring shoulder blades together, pause, and push up. 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