

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #15: Horizontal Bicep Curls

Straighten arms out to the sides with palms facing the ceiling.

Perform horizontal bicep curls with hands kept flat (no making fists). While you're doing this, contract the muscle, don't simply move your arms back and forth.

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