

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #5: STANDING KNEE LIFT

This exercise works your lower abdominals, quadriceps, and lower leg by challenging balance.

The exercise:

Stand up straight, and slowly lift one foot off the floor, aiming the knee toward your chest. Lift the knee as high up as you can, and pause for about 5 seconds, keeping the quadriceps and lower abdominals engaged. Slowly lower the foot to the floor, and repeat with the other leg. Do 6 - 10 reps per leg.

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