

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #9: The Pull Down

The exercise:

Sit or stand with a straight back. Raise your arms over your head, palms facing forward. Your elbows should be near the sides of your head. Slowly lower your arms, bending your elbows away from your head, and pinching your shoulders and shoulder blades down and back as you go. Pull your elbows all the way down to your sides. 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