General Tips

Consult a medical provider before starting an exercise program if you have any concerns about your health.

Do not lock elbows for upper extremity press exercises.

Keep abdominals tight to help stabilize trunk.

Keep knees slightly bent for stability.

Always stay in pain free range.

Questions? Contact CU Wellness Program at 607-255-3886 or email wellness@cornell.edu

CHEST - 1 Press

Face away from anchor in shoulder width stance. Palms down, press arms forward.

Repeat _15_ times per set.
Do _2_ sets per session.
Do _2_ sessions per week.

Anchor Height: Shoulder

MID BACK - 5 Low Row: Thumbs Up

Face anchor, medium to wide stance. Thumbs up, pull arms back, squeezing shoulder blades together.

Repeat _15_ times per set.
Do _2_ sets per session.
Do _2_ sessions per week.

Anchor Height: Waist

SHOULDER / UPPER BACK - 1 Press: Over Head

Anchor tubing under back foot in stride stance. Palms up, press arms up over head.

Repeat _15_ times per set.
Do _2_ sets per session.
Do _2_ sessions per week.

BICEPS - 1 Curl: Standing

Anchor tubing under front foot in stride stance. Palms forward, curl arms.

Repeat _15_ times per set.
Do _2_ sets per session.
Do _2_ sessions per week.

TRICEPS - 4 Press: Standing - Over Head

In stride stance, tubing anchored under back foot, grasp handles behind head. Thumbs down, straighten arms, rotating to palms forward.

Repeat _15_ times per set.
Do _2_ sets per session.
Do _2_ sessions per week.