General Tips

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

Pick weights for each exercise that are heavy enough so you feel muscle fatigue when doing between 8-12 reps.

Do not lock elbows or knees when performing exercises.

Always stay in a pain free range.

*please note - Some strength machines may not be an identical image match to the machines in the fitness ctr.

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

CHEST - 52 Pec Fly

Bring handles together, keeping elbows slightly bent.

Do _2_ sets. Complete _8-12_ repetitions.

BACK: LATS - 10 Chin-Up - Assisted

Pull body up until hands are even with shoulders.

Do _2_ sets.

Complete _8-12_ repetitions.

SHOULDERS - 21 Rear Delt

Upper body firmly against pad, rotate arms backward squeezing shoulder blades towards spine.

Do _2_ sets.

Complete _8-12_ repetitions.

ABS - 33 Knee Raise

Tighten abdominals and bend legs, pulling knees toward chest.

Do 2 sets.

Complete as many repetitions you can until muscle fatigue.

LEGES: GLUTES / THIGHS - 11 Squat (Smith Machine)

Head up, back straight, squat until depth you are comfortable with, no more than parallel with ground. Keep abdominals tight and maintain weight on heels.

Do _2_ sets.

Complete _8-12_ repetitions.