

**General Tips**

Consult a medical 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 performing between 8 to 12 repetitions.

Do not lock elbows for upper extremity press exercises.

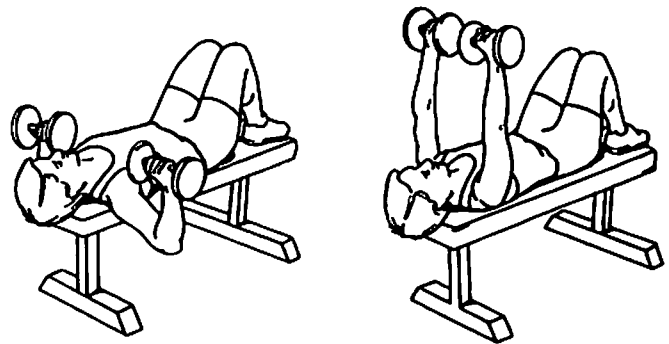
Keep abdominals tight to help stabilize trunk.

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](mailto:wellness@cornell.edu)

**CHEST - 15 Bench Press (Dumbbell)**

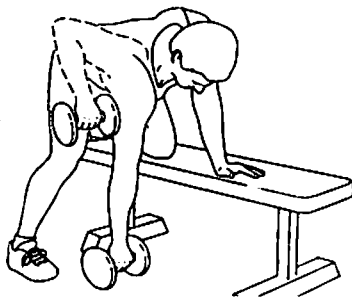


If you do not have a bench, lie on the floor. Press to straight arms.

Do 2 sets. Complete 8-12 repetitions.

**BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)**

If you do not have a bench, use a chair. Lift weight to side of chest, keeping elbow close to body.



Do 2 sets.  
Complete 8-12 repetitions.

**SHOULDERS - 1 Press: Standing (Dumbbell)**

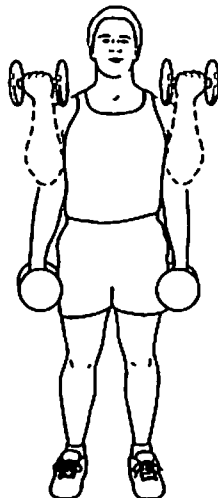
Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.



Do 2 sets.  
Complete 8-12 repetitions.

**ARMS: BICEPS - 8 Curl: Standing (Dumbbell)**

Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.



Do 2 sets.  
Complete 8-12 repetitions.

**ARMS: TRICEPS - 3 Extension: Standing - Single Arm (Dumbbell)**

Knees slightly bent, straighten arm, using other hand to keep upper arm stable.



Do 2 sets.  
Complete 8-12 repetitions.