

**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.

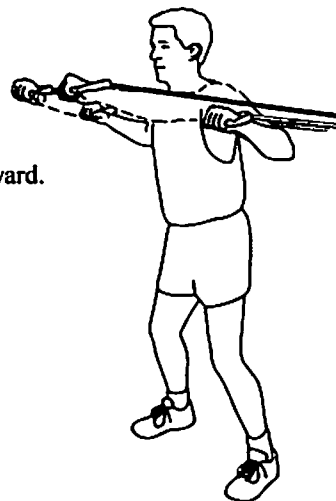
Always stay in pain free range.

Questions? Contact CU Wellness Program at 607-255-3886 or email [wellness@cornell.edu](mailto: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.

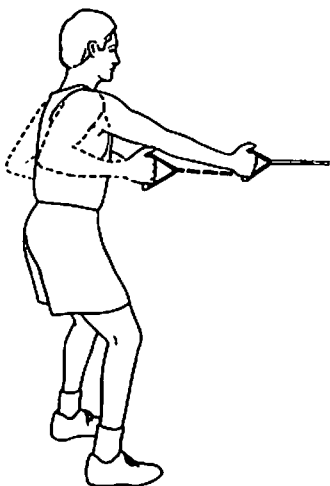


*Anchor Height: Shoulder*

**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.

