

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.

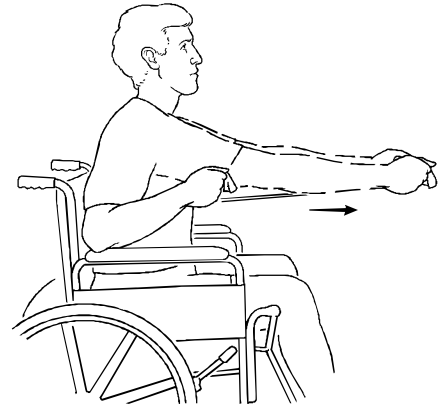
Lock brakes before performing exercises.

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 - 2 Horizontal Press

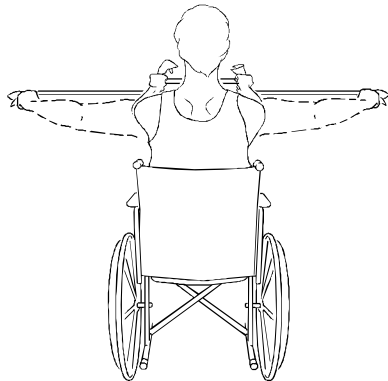
Exercise band around back and under arms, hold ends near chest. Extend arms straight out in front.



Repeat 15 times.  
Do 2 sets per session.  
Do 2 sessions per week.

UPPER BACK - 2 Shoulder Blade Squeeze

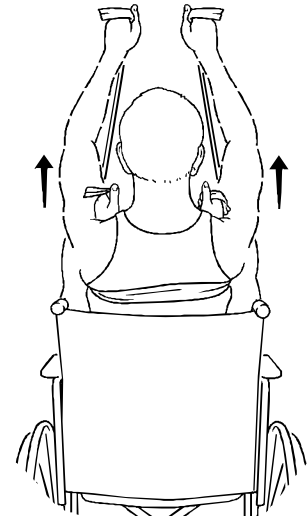
Arms forward, holding band. Pull out to sides, keeping elbows straight, squeezing shoulder blades together, hands below shoulder level. OR perform exercise one side at a time.



Repeat 15 times.  
Do 2 sets per session.  
Do 2 sessions per week.

SHOULDER - 16 Overhead Press

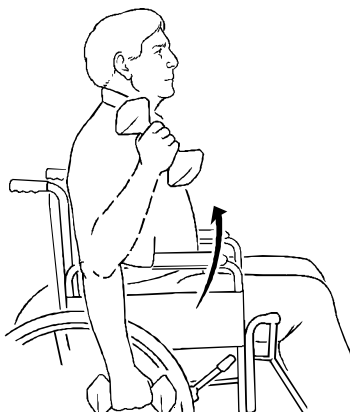
Exercise band behind back and under arms, end in each hand. Palms facing in and fists against front of shoulders, straighten arms over head.



Repeat 15 times.  
Do 2 sets per session.  
Do 2 sessions per week.

ARM - 1 Biceps Curl

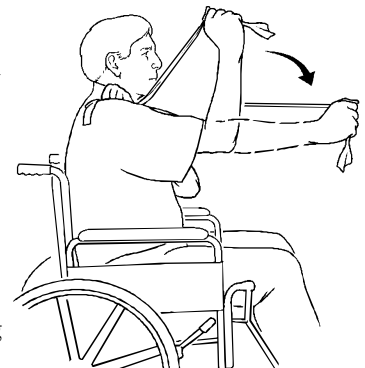
Extend one arm, holding dumbbell at side of chair, palm in. Lift hand toward shoulder. OR, securely grasp end of tubing with one hand palm up, while other hand secures opposite end of tubing against the leg palm down - perform curl.



Repeat 15 times each arm, alternating.  
Do 2 sets per session.  
Do 2 sessions per week.

ARM - 4 Triceps Extension (Frontal)

One arm forward at chest height and bent to 90°, end of band in hand, other end secured on same side shoulder by other hand, extend arm.



Repeat 15 times, alternating arms.  
Do 2 sets per session.  
Do 2 sessions per week.