

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.

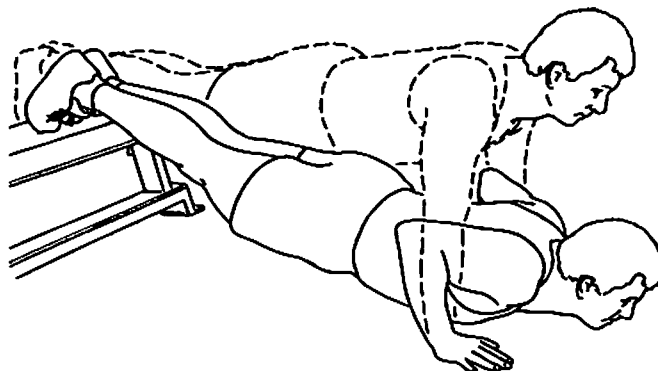
Do not lock elbows or knees when performing exercises.

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

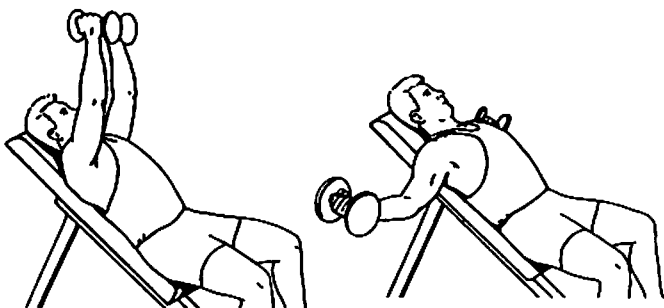
CHEST - 3 Push-Up: Decline – Medium Hands



With feet on bench, chest a few inches from floor, push up until arms are straight.

Do 2-3 sets. Complete 8-12 repetitions.

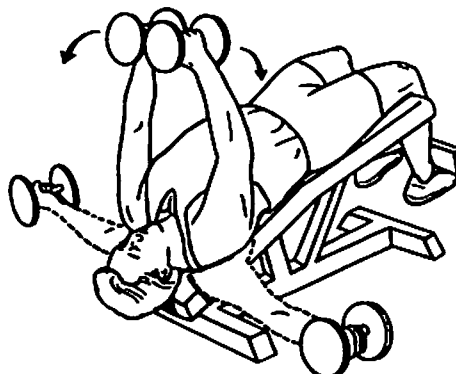
CHEST - 13 Fly: Incline (Dumbbell)



Elbows slightly bent, lower arms until parallel with floor, palms up.

Do 2-3 sets. Complete 8-12 repetitions.

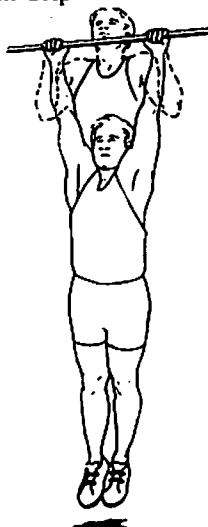
CHEST - 14 Fly: Decline (Dumbbell)



Elbows slightly bent, lower arms until parallel with floor, palms up.

Do 2-3 sets. Complete 8-12 repetitions.

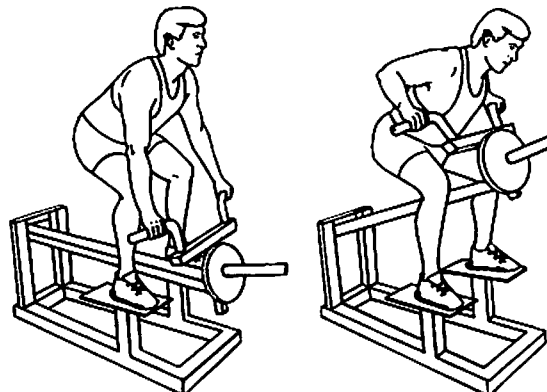
BACK: LATS - 6 Pull-Up: Medium Grip



Pull body up until bar touches chin.

Do 2-3 sets.
Complete as many repetitions you can until muscle fatigue.

BACK: LATS - 5 Row: Bent Over (T-Bar)

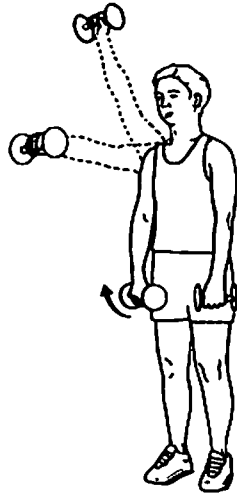


Pull handles to sides of chest, keeping back flat and knees bent.

Do 2-3 sets. Complete 8-12 repetitions.

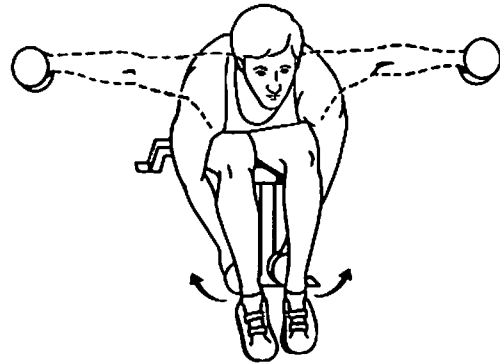
SHOULDERS - 11 Front Deltoid Raise: Single Arm (Dumbbell)

Knees slightly bent, raise dumbbell to parallel with floor or over head if comfortable, keeping elbow slightly bent. Alternate arms.



Do 2-3 sets.
Complete 8-12 repetitions.

SHOULDERS - 18 Rear Deltoid Raise: Sitting (Dumbbell)

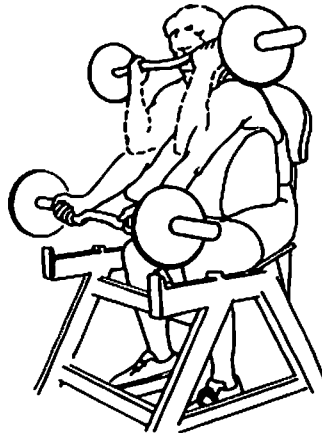


Elbows slightly bent, palms in, raise arms to parallel with floor.

Do 2-3 sets. Complete 8-12 repetitions.

ARMS: BICEPS - 7 Curl: Sitting – Medium Grip (Preacher Bench, EZ Curl Bar)

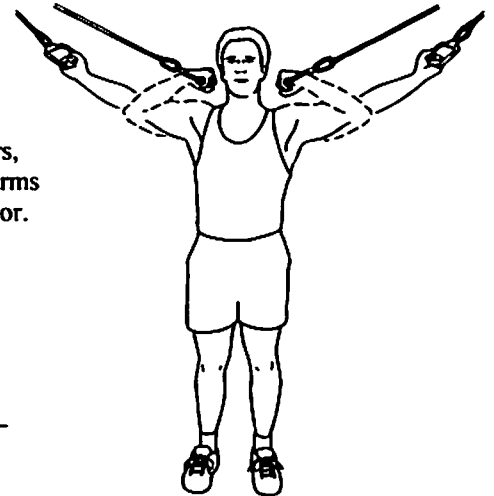
Curl arms toward shoulders.



Do 2-3 sets.
Complete 8-12 repetitions.

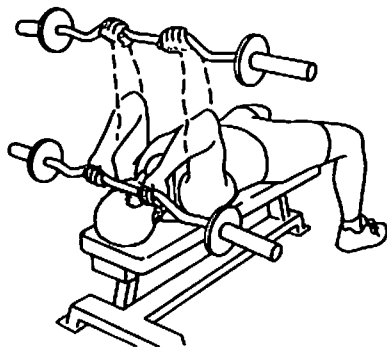
ARMS: BICEPS - 22 Curl: Standing (Cable)

Knees slightly bent, curl arms toward shoulders, keeping upper arms parallel with floor.



Do 2-3 sets.
Complete 8-12 repetitions.

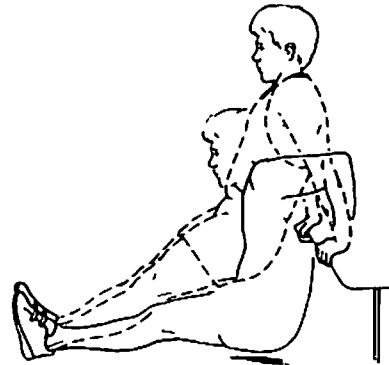
ARMS: TRICEPS - 12 Extension: Lying – Narrow Grip (EZ Curl Bar)



Hold bar just off forehead. Straighten arms, keeping elbows as close together as possible.

Do 2-3 sets. Complete 8-12 repetitions.

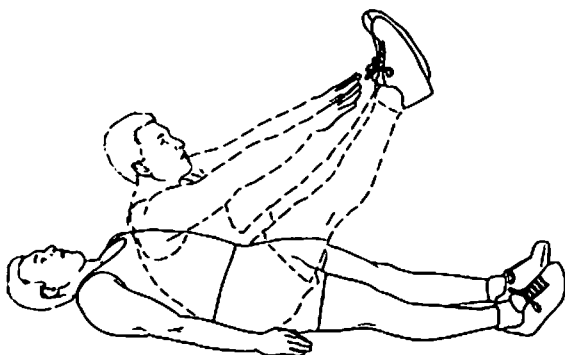
ARMS: TRICEPS - 32 Dip (Bench)



Body almost to floor, elbows close to sides, press upward until arms are straight.

Do 2-3 sets. Complete as many repetitions you can until muscle fatigue.

ABS - 13 Sit-Up: Jack Knife



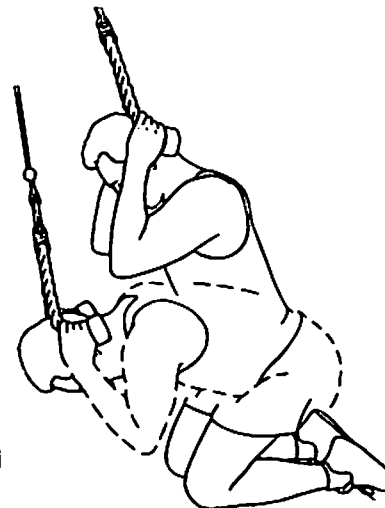
Tighten abdominals, simultaneously raise upper body and legs, attempting to touch hands to feet or ankles.

Do 2-3 sets. Complete as many repetitions you can until muscle fatigue.

ABS - 42 Crunch: Cable

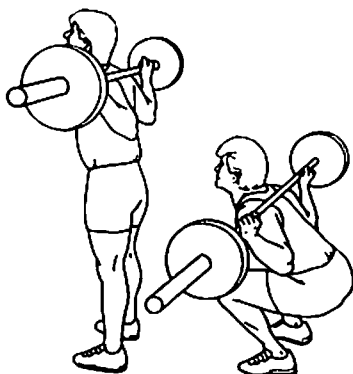
Tighten abdominals and curl upper body downward moving elbows toward knees.

Do 2-3 sets.
Complete as many repetitions you can until muscle fatigue.



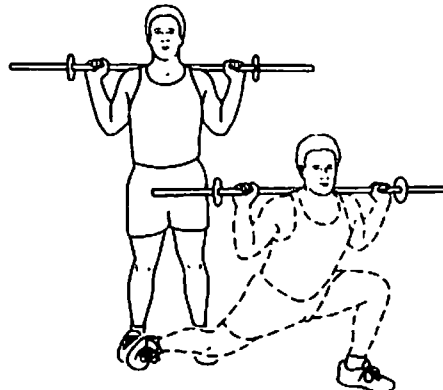
LEGS: GLUTES / THIGHS - 3 Back Parallel Squat (Barbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do 2-3 sets.
Complete 8-12 repetitions.

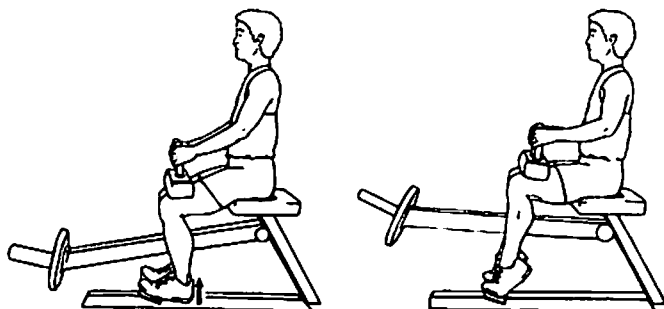
LEGS: GLUTES / THIGHS - 14 Lunge: Side (Barbell)



Head up, back straight, step forward and to side, bending forward leg until thigh is parallel with floor. Alternate legs.

Do 2-3 sets. Complete 8-12 repetitions.

LEGS: CALVES - 5 Heel Raise: Sitting (Machine)



Weight on lower thighs, rise up on toes as high as possible.

Do 2-3 sets. Complete 8-12 repetitions.