

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.

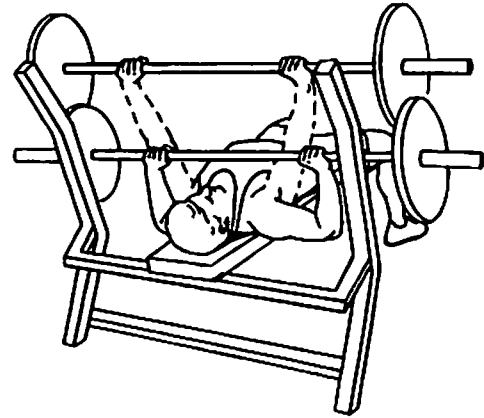
Do not lock elbows or knees when performing exercises.

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

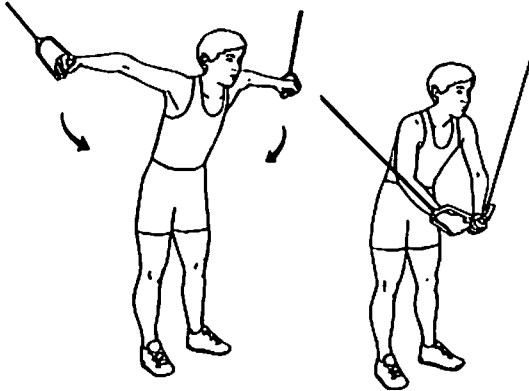
CHEST - 21 Bench Press: Medium Grip (Barbell)



Press to straight arms.

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

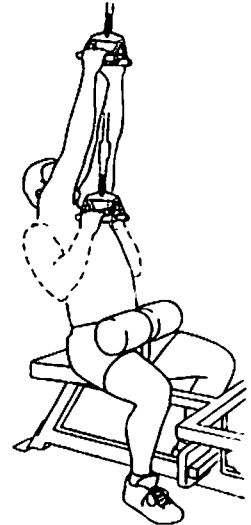
CHEST - 50 Fly: Standing (Cable)



With loose grip, cross arms just past midline of body under lower chest, keeping elbows and knees slightly bent.

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

BACK: LATS - 21 Pull-Down: 45° Angle (V-Bar, Cable)

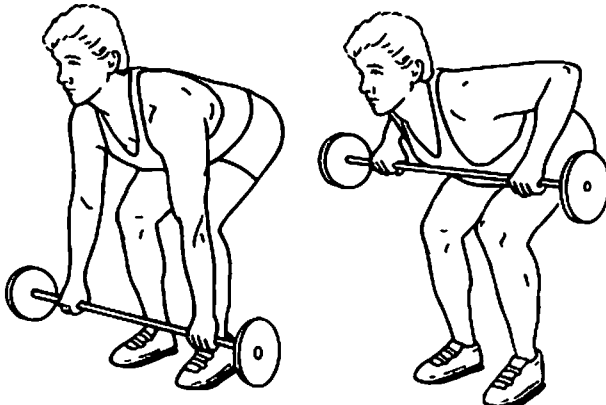


Leaning back slightly, pull bar to upper chest.

Do 2-3 sets.

Complete 8-12 repetitions.

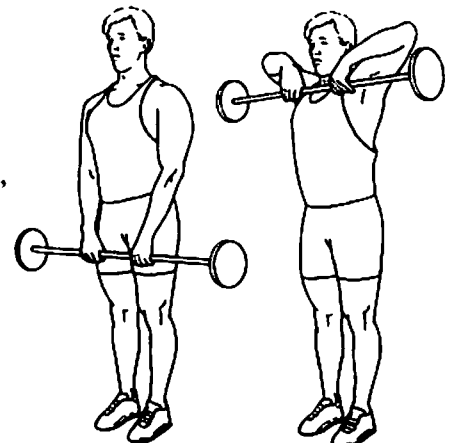
BACK: LATS - 4 Row: Bent Over (Barbell)



Lift barbell to chest, keeping back flat and knees bent.

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

BACK: TRAPS - 3 Row: Upright - Narrow Grip (Barbell)



Knees slightly bent, lift bar to chin, leading with elbows.

Do 2-3 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.

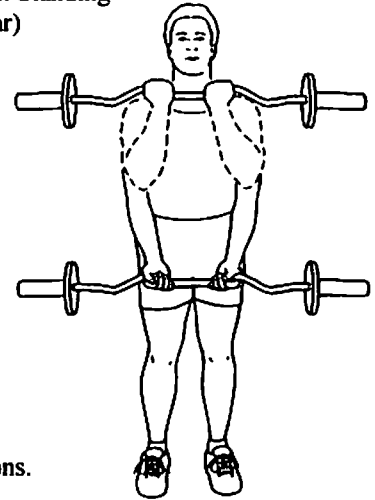
Do 2-3 sets.
Complete 8-12 repetitions.



ARMS: BICEPS - 5 Curl: Standing Narrow Grip (EZ Curl Bar)

Knees slightly bent, curl arms toward shoulders.

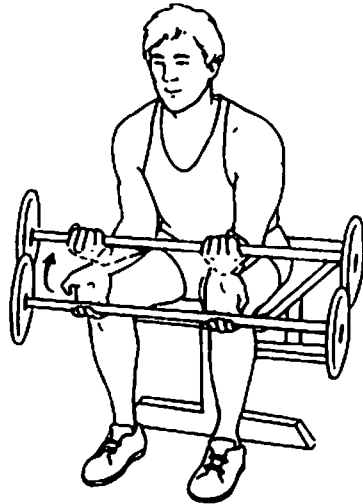
Do 2-3 sets.
Complete 8-12 repetitions.



ARMS: FOREARMS - 8 Wrist Curl: Sitting (Barbell)

Flex wrists up toward body. Keep forearms on thighs.

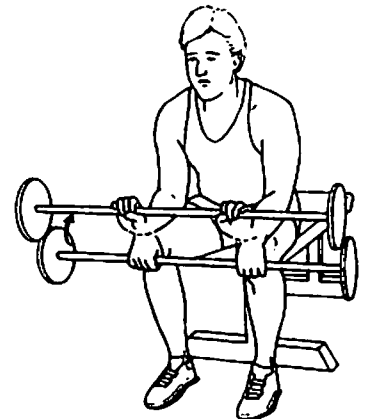
Do 2-3 sets. Complete 8-12 repetitions.



ARMS: FOREARMS - 9 Wrist Curl: Sitting Reverse Grip (Barbell)

Using reverse grip, extend wrists back toward body. Keep forearms on thighs.

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



ARMS: FOREARMS - 18 Rotation: Single Arm (Thor's Hammer)



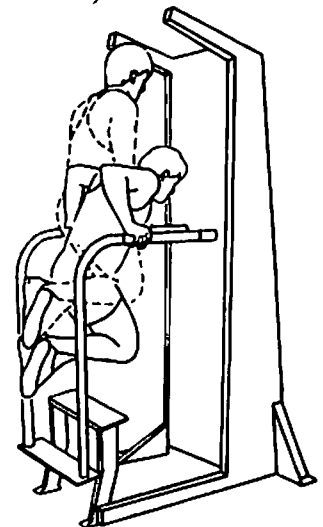
Holding forearm with other hand, slowly rotate hand to one side then the other, as far as possible.

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

ARMS: TRICEPS - 29 Dip (Machine)

With upper arms parallel to floor, press upward until arms are straight.

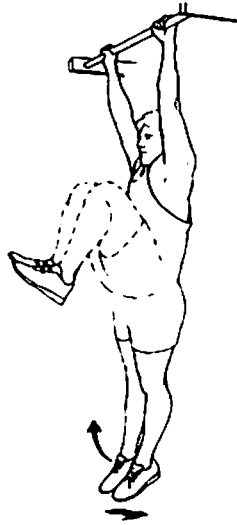
Do 2-3 sets.
Complete as many repetitions you can until muscle fatigue.



ABS - 34 Knee Raise: Hanging

Tighten abdominals and bend legs, pulling knees toward chest.

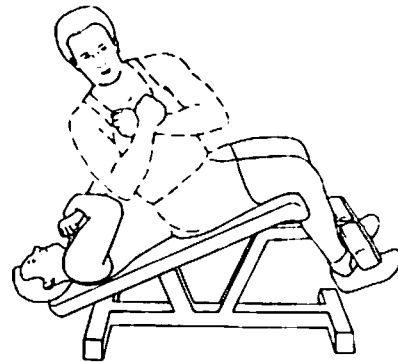
Do 2-3 sets.
Complete as many repetitions you can until muscle fatigue.



ABS - 24 Sit-Up: Twist - Decline

Arms crossed on chest, tighten abdominals, raise upper body, twisting to side. Keep back straight. Alternate sides.

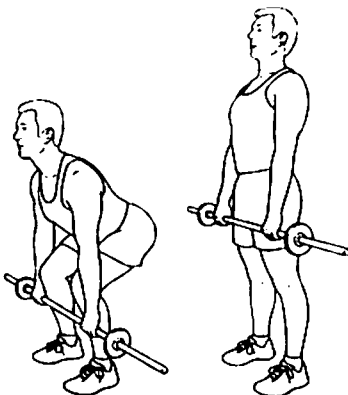
Do 2-3 sets. Complete 8-12 repetitions. To increase difficulty of exercise, grasp a weighted plate in arms.



LEGS: HAMSTRINGS - 8 Dead Lift: Three Quarter (Barbell)

From three quarter squat position, straighten legs, keeping head up and back straight.

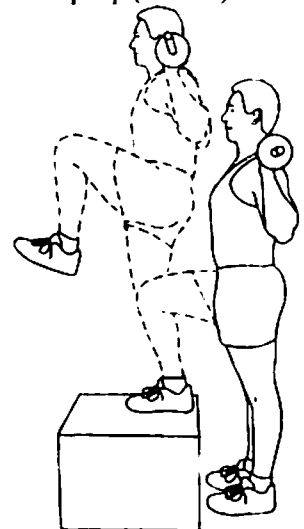
Do 2-3 sets.
Complete 8-12 repetitions.



LEGS: GLUTES / THIGHS - 16 Step-Up (Barbell)

Head up, back straight, step up on box, bringing other leg up toward chest. Alternate step-up leg.

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



LEGS: CALVES - 4 Heel Raise: Standing (Dumbbell)

Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.

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

