

**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.

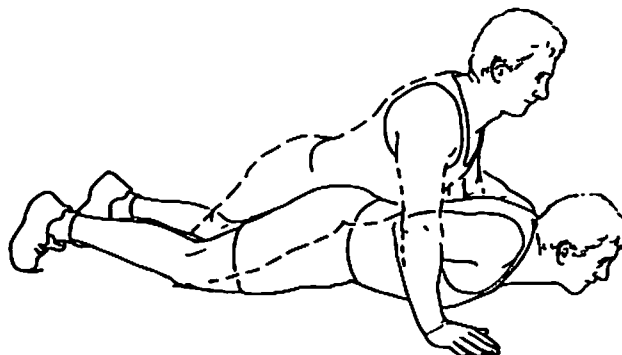
Do not lock elbows or knees when performing exercises.

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](mailto:wellness@cornell.edu)

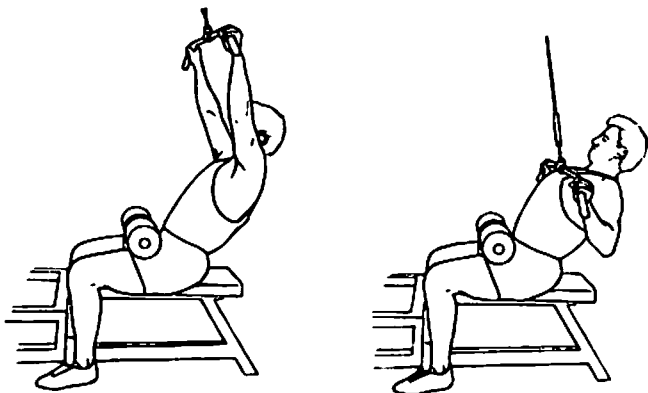
**CHEST - 6 Push-Up: Modified – Medium Hands**



Chest a few inches from floor, push up until arms are straight, bending at knees.

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

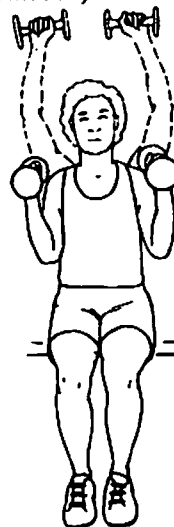
**BACK: LATS - 12 Pull-Down: 45° Angle (Cable)**



Leaning back slightly, pull bar to upper chest.

Do 2 sets. Complete 8-12 repetitions.

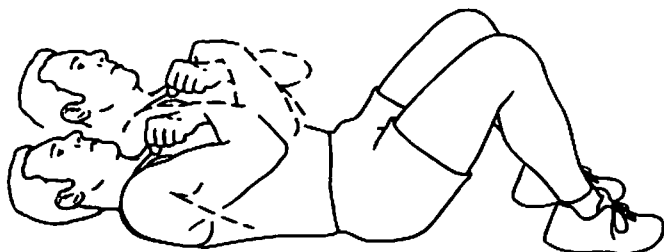
**SHOULDERS - 2 Press: Sitting (Dumbbell)**



Palms in, press to straight arms, rotating to palms forward at end of movement.

Do 2 sets.  
Complete 8-12 repetitions.

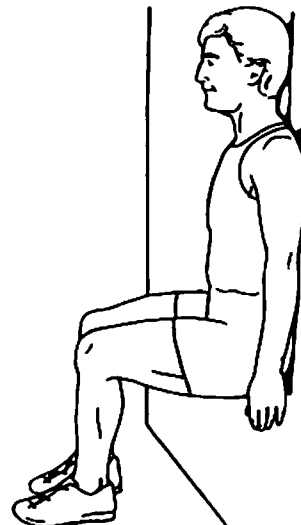
**ABS - 8 Crunch: Bent Knee**



Arms crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

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

**LEGS: GLUTES / THIGHS - 2 Wall Sit**



Back against wall, slide down so knees are at 90° angle. Hold for as many seconds as you can.

Do 2 sets.