

**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.

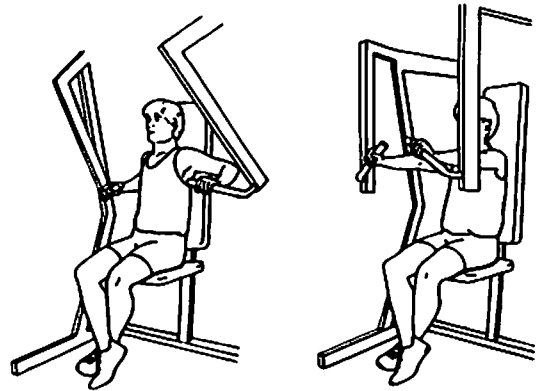
Do not lock elbows or knees when performing exercises.

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)

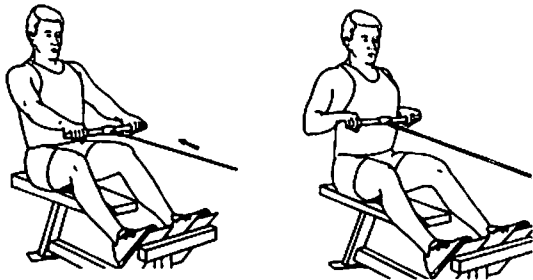
**CHEST - 40 Seated Chest Press**



Press to straight arms.

Do   2   sets. Complete  8-12  repetitions.

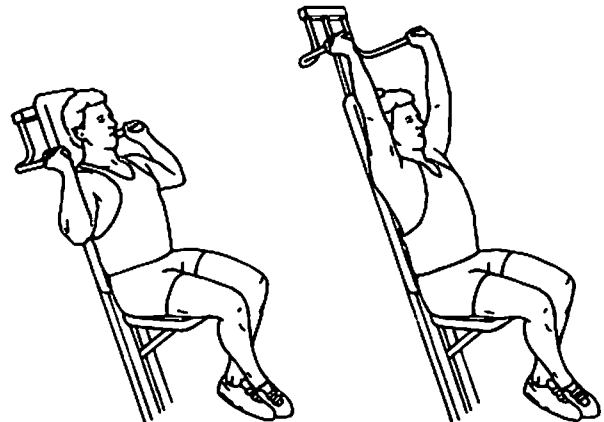
**BACK: LATS - 17 Seated Row**



The machine in the fitness center looks somewhat different. There are handles that are independent of each other that you grab ahold of instead of the straight bar shown above. Torso erect, pull handles towards lower chest, squeeze shoulder blades towards spine.

Do   2   sets. Complete  8-12  repetitions.

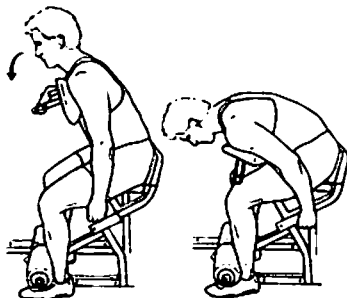
**SHOULDERS - 7 Rotary Shoulder**



Press handles to straight arms.

Do   2   sets. Complete  8-12  repetitions.

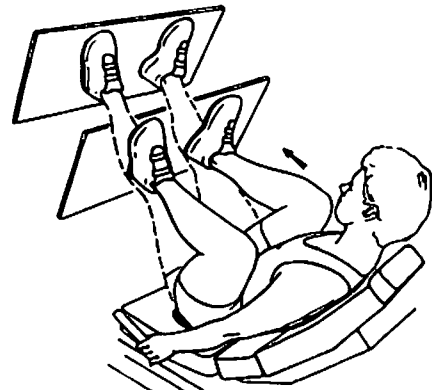
**ABS - 41 Abdominal**



The machine in the fitness center looks somewhat different. Lower the shoulder pads down against your shoulders. Keeping hold of the handles, perform a crunch contracting your abdominal muscles.

Do   2   sets. Complete  8-12  repetitions.

**LEGS: GLUTES / THIGHS - 20 Leg Press**



Press forward until legs are just short of locked knee position.

Do   2   sets. Complete  8-12  repetitions.