

**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.

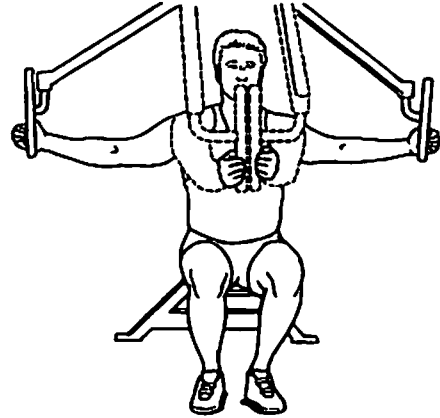
Do not lock elbows or knees when performing exercises.

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 - 52 Pec Fly**

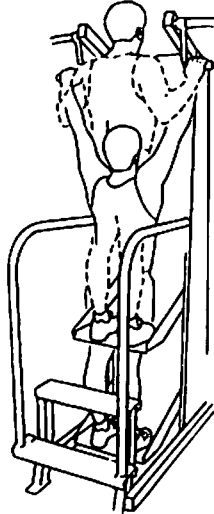


Bring handles together, keeping elbows slightly bent.

Do 2 sets. Complete 8-12 repetitions.

**BACK: LATS - 10 Chin-Up - Assisted**

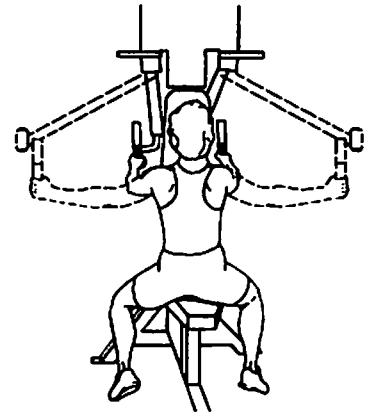
Pull body up until hands are even with shoulders.



Do 2 sets.  
Complete 8-12 repetitions.

**SHOULDERS - 21 Rear Delt**

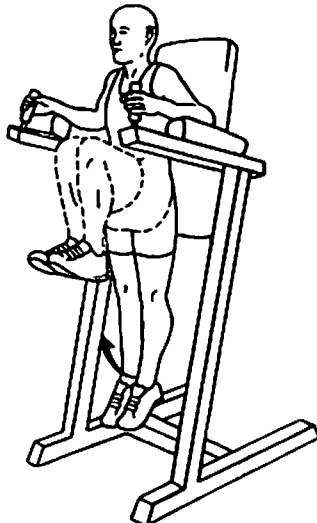
Upper body firmly against pad, rotate arms backward squeezing shoulder blades towards spine.



Do 2 sets.  
Complete 8-12 repetitions.

**ABS - 33 Knee Raise**

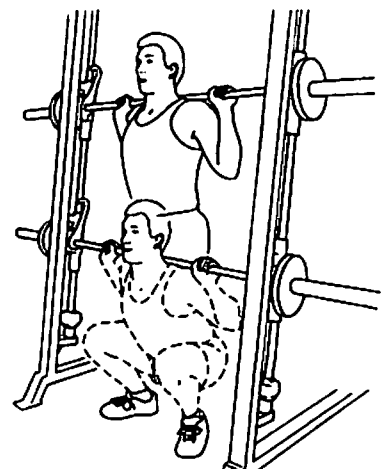
Tighten abdominals and bend legs, pulling knees toward chest.



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

**LEGS: GLUTES / THIGHS - 11 Squat (Smith Machine)**

Head up, back straight, squat until depth you are comfortable with, no more than parallel with ground. Keep abdominals tight and maintain weight on heels.



Do 2 sets.  
Complete 8-12 repetitions.