

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.

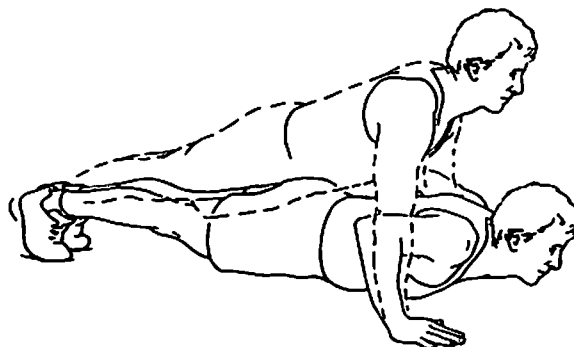
Do not lock elbows or knees when performing exercises.

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

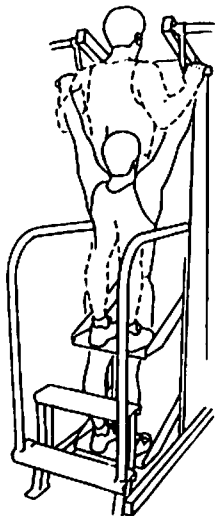
CHEST - 9 Push-Up: Medium Hands



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

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

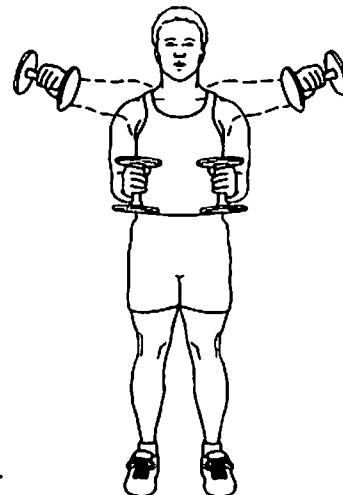
BACK: LATS - 10 Pull-Up: Machine Assist



Pull body up until hands are even with shoulders.

Do 2 sets.
Complete 8-12 repetitions.

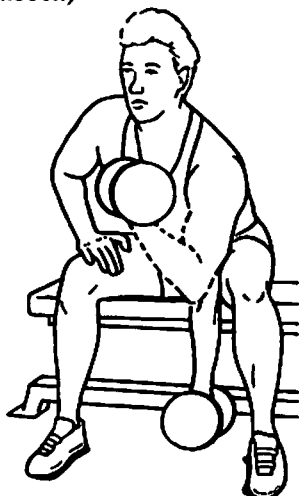
SHOULDERS - 14 Lateral Deltoid Raise: Standing (Dumbbell)



Knees slightly bent, hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.

Do 2 sets.
Complete 8-12 repetitions.

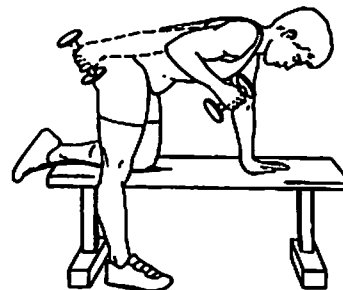
ARMS: BICEPS - 12 Curl: Sitting Single Arm, Concentration (Dumbbell)



Curl arm toward shoulder, bracing upper arm against inner thigh and keeping upper arm perpendicular to floor.

Do 2 sets.
Complete 8-12 repetitions.

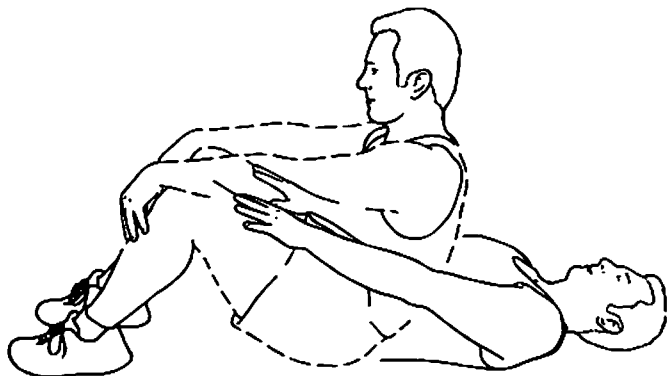
ARMS: TRICEPS - 1 Kickback: Bent Over - Single Arm (Dumbbell)



Straighten arm, keeping upper arm in line with body.

Do 2 sets.
Complete 8-12 repetitions.

ABS - 1 Sit-Up: Bent Knee

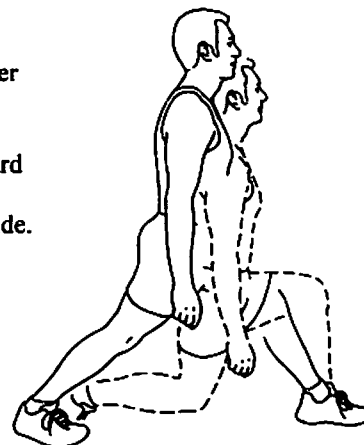


Arms straight, tighten abdominals, bend at waist, curling upper body toward knees.

Do 2 sets. Complete 8-12 repetitions.

LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.



Do 2 sets.
Complete 8-12 repetitions.