

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.

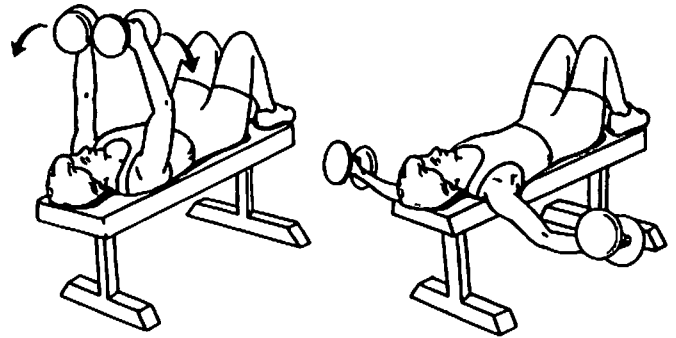
Do not lock elbows or knees when performing exercises.

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 - 12 Fly (Dumbbell)

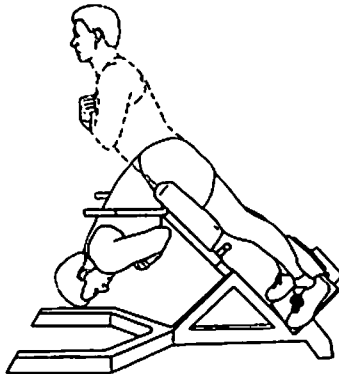


Lower arms until parallel with floor, elbows slightly bent, palms up.

Do 2 sets. Complete 8-12 repetitions.

BACK: LOW - 10 Extension: Incline

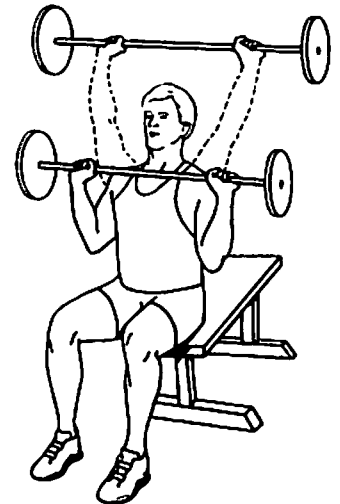
Bent at hips, back straight, hands crossed on chest, raise torso until in line with legs.



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

SHOULDERS - 3 Press: Sitting – Medium Grip (Barbell)

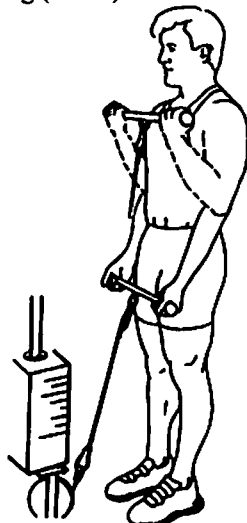
Press bar to straight arms.



Do 2 sets.
Complete 8-12 repetitions.

ARMS: BICEPS - 19 Curl: Standing (Cable)

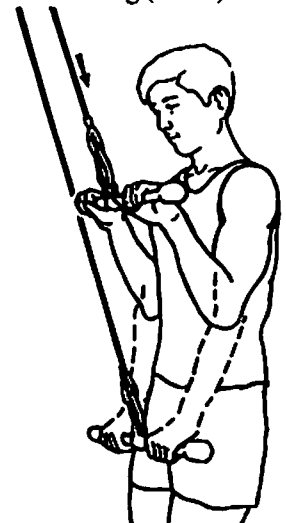
Knees slightly bent, curl arms toward shoulders, keeping upper arms close to sides.



Do 2 sets.
Complete 8-12 repetitions.

ARMS: TRICEPS - 18 Extension: Standing (Cable)

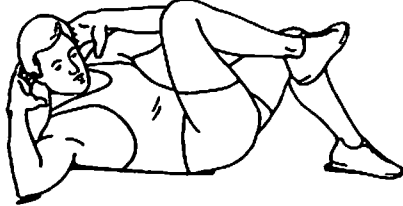
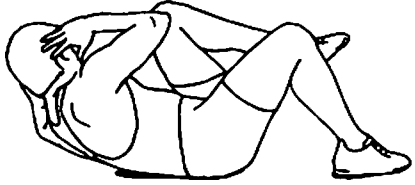
The tricep cable extension in the fitness center looks somewhat different. Place back firmly against pad, cable is attached to the machine above and behind your head. Knees slightly bent, straighten arms, keeping upper arms close to sides of body.



Do 2 sets.
Complete 8-12 repetitions.

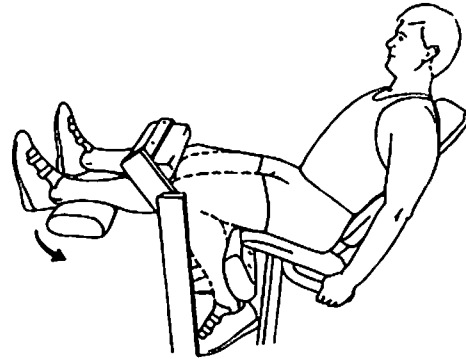
ABS - 17 Crunch: Twist – Bent Leg, Alternating

Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.



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

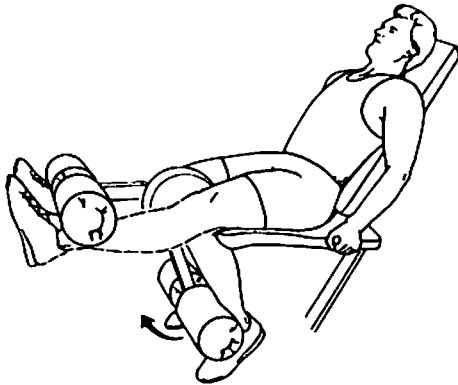
LEGS: HAMSTRINGS - 5 Leg Curl: Sitting (Machine)



Bring heels as close to buttocks as possible keeping feet flexed toward knees.

Do 2 sets. Complete 8-12 repetitions.

LEGS: GLUTES / THIGHS - 25 Leg Extension (Machine)



Straighten legs to just before locked knee position, keeping toes flexed toward knees.

Do 2 sets. Complete 8-12 repetitions.