Routine For:
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NECK - 1  Flexors
Pull head straight back, keeping jaws and eyes level. Hold 5-10 seconds.
Repeat 5 times.

NECK - 2  Side Benders
Slowly tilt head toward one shoulder. Hold 10-20 seconds. Repeat toward other shoulder.
Repeat 2 times.

SHOULDER - 1  Rotator Cuff
Pull right arm down with left hand until stretch is felt. Hold 10-20 seconds. Repeat with other side.
 Repeat 2 times.

ARMS - 8  Triceps
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 10-20 seconds.
Repeat 2 times.

SHOULDER - 5  Deltoids
With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold 10-20 seconds.
Repeat 2 times.

CHEST AND ABDOMEN - 1 Primary Abdominals
With hands in small of back, arch back until stretch is felt. Hold 10-20 seconds.
Repeat 2 times.

HIP OBLIQUE - 7  External Rotators
From position shown, pull knee across body toward the opposite shoulder until stretch is felt. Hold 10-20 seconds. Repeat with other knee.
Repeat 2 times.

LOWER LEG - 4  Ankle
Support one leg on the other and rotate that ankle clockwise, then counterclockwise, 10 revolutions. Repeat with other ankle.
Repeat 2 times.

General Tips
Consult a medical care provider before starting an exercise program if you have any concerns about your health.
Always stay in a pain free range when performing exercises.
Questions? Contact Cornell Wellness at 607-255-5133 or email wellness@cornell.edu