

Intro Video

Hey, my name is David Robbins and I am majoring in Exercise Science to become a physical therapist. My name is Brandy and I am majoring in nursing to become a nurse practitioner. This video series brought to you by UHS and RecSports will introduce safe and effective exercise techniques as well as show proper use of exercise equipment. It will also highlight places to work out on campus, such as Gregory, RecSports Center, and Clarke Field.

So David, how many days a week should I be exercising? Students should be exercising at least two days a week with a mixture of moderate and vigorous physical activity. This activity should get your heart rate and breathing rate up. In addition to cardiovascular exercise, the American College of Sports Medicine and the Centers for Disease Control and Prevention recommend at least one set of muscle strengthening activities two days per week. These activities can be performed with your bodyweight or weights and should work a large portion of your body.

So I heard that regular exercise should be a part of college life and it is important for having a great college experience with benefits coming physically, mentally, socially, and academically. David, tell me more. Exercise increases endurance, decreases stress, and makes muscles and bones stronger. Regular exercise also improves cognitive function, increases attention processing speed, reaction time, and memory really helping you out in the classroom.

As a member of the club triathlon team, I can say that taking the time to exercise is really important in an already busy college student's full schedule. Campus and RecSports offer a ton of enjoyable opportunities to get started with physical fitness. Well David, I will see you next week.

This video series will give you a roadmap for usage and etiquette of the weight room and other places to work out on campus. This video series will also show you how to put together these exercises in planned workouts. Whether your goal from exercise is relaxation, sports specific, or body composition, this series will cater to you and help you reach your fitness goals.

TeXercise

Hi, I am Marielle and I teach Texercise classes here at UT. I have been teaching for over two years now, and I teach Total Body Conditioning, Step, Ab lab, and Glute Camp and I absolutely love it. Come work out, sweat, and have fun with your fellow Longhorns with Texercise classes this semester. We have every class you can imagine from kickboxing to Zumba from boot camp to yoga and cycling to water aerobics. No matter what type of fitness you enjoy, we definitely have the perfect class for you. All you have to do is purchase a semester pass and you can go to as many classes as you want every week. Classes are fun and challenging and are great for all fitness levels. If you have an injury or special limitation, let your instructor know before class starts. Your instructor will show different levels and options for each move. No matter your fitness level you can get an amazing workout. Join us this semester and get fit with Texercise.

Warm Up and Cool Down

My name is David Robbins and I am a cycling instructor at UT Recsports and I am going to talk about a proper warm up. A proper warm up prepares the heart, muscles, joints, blood vessels, and lungs to go from a resting state up to an exercising state. Warm up should last between 5 to 10 minutes with more intense exercise sessions requiring a longer warm up. A warm up should include dynamic movement patterns that mimic the exercise you are about to do. Examples of a proper cool down would be easy cycling, brisk walking, or slow jogging.

Triceps Dips

I'm Marielle and today we are showing David how to do a triceps dip. To perform this move you need to find an elevated surface such as a sturdy table or a bench or a wall. Come to the elevated surface and place your hands about shoulder width apart, palms on the surface, and your fingers facing forward. Walk your feet out forward but keep you back close to the bench. Lower down hinging at the elbows. Press up with arms extended. As you come down inhale and as you press up, you will exhale. Make sure you keep your chest lifted and your core engaged throughout the movement. To kick the exercise up a notch and to create a more challenge, bring your feet out more so they are further forward and straighten your legs while keeping your back close to the bench. You will do the same movement lowering down and pressing back up.

Step Ups

My name is David and I am going to show Gabe how to do a proper step up. Step ups are an important exercise for building thigh and glue strength. Like other movements, brace your core during the movement while drawing your belly button up and in to maintain a neutral spine and keep from swaying during the movement. Keep the chest up nice and tall to prevent leaning over during the movement. Facing the steps, Gabe is going to step up placing the whole foot on the step and he is going to push up through the heel using his thigh and glute. He is going to slowly lower down because we don't want gravity to do all the work. Again, Gabe is going to step up pushing through his heel and keeping the knee over his second toe while slowly lowering down. The next progression is going up to the next step. Gabe will step up to the next step push through the heel and return down nice and slowly.

Squats

Hi name is Allison and Joey is going to show my how to do a proper squat. When you walk to the squat rack you want to make sure the guards are set right below where the bar will stop. For the sake of this video, we removed one of the guards so you can see where Allison's knees and hips are. You want to make sure the bar is set just below your shoulders so you can get the bar out without standing on your tippy toes. The bar weighs 45 pounds so if you want to start with a lower weight, you can get a lighter bar from the free weight room.

Allison is going to show me a few squats. Allison initiates the movement with her hips which means she will start with moving the hips back. She will then lower down to where her thighs (femur) are parallel

with the ground. You want to make sure your knees are not crossing over your toes or converging or diverging over the midline of your body

In terms of sets and reps, you can start with higher repetitions and as you get good with the movement and balance you can add weight. You should feel the center of your balance a little bit in front of your heels. Keep your core tight and braced so the lower back does not round during the movement.

The clamps are usually found on the hooks and they prevent the weights from falling off the bar while doing the squat in case the bar is wobbling and sometimes the weights may fall off. We are going to apply some weights here. Increase weights at small increments. Put the clamp on and make sure it is locked in place and the weights and clamps should not budge. In case you are doing a squat and you are not able to come back up with the weights, we have the guards set here to demonstrate what happens. Let the guards catch the bar. Alison keep going down and she can go under the weight in case she cannot come back up. When the bar is held by the guards, you can remove the weight and then bring it back up to the holders.

Side Lunge

My name is David and I am going to show Gabe how to do a proper side lunge. Like the forward lunge, he is going to start by bracing his core so drawing his belly button up which will help him maintain a neutral spine throughout the movement and keep him in good posture. He is going to keep his chest nice and tall throughout the movement and his eyes facing forward. Gabe is going to step out to the side and he is going to make sure he sits his hips back like he is sitting in a chair, keeping his knee over his second toe, and keeping the knee from converging and diverging from the center midline of leg. Push back up and lunge out to the side again. He pushes up through his heel using his thigh and glute muscles. Also, he wants to keep heel flat on the ground throughout the movement while keeping the other leg straight. Sometimes the trailing leg cannot be kept straight depending on strength and flexibility so whatever is comfortable for you will work. One more time, Gabe is going to lunge to the side and push back through the heel.

Pushups

Hi, my name is Tina and we are going to do pushups. David is going to start with option 1 where he is on his hands and knees. His back is completely straight, shoulders over the wrists. He is going to move lower all the way down with his chest lightly touching the ground. He is going to work his lats, triceps, and pectoral muscles by pressing back up. For option 2, David will perform the pushup with his knees off the ground. Lower all the way down and then press up. Keep eyes looking down and slightly to keep spine aligned along with squeezing the glutes to keep your hips from sagging.

Pull Ups

Hi my name is David and I am going to show Lewis how to do a pull up using the assisted pull up machine. The assisted pull up is pin loaded so the amount of weight on the machine is the amount of assistance you will get. The more weight you put on it, the greater assist you will get. Lewis is going to

line up. He is going to have his shoulders down and back so they are in a good position for this movement. He is going to brace his core by drawing his belly button up and in. He is going to put his weight on the pad lowering down and as he pulls up he is going to pull his elbows down to the ground keeping them by his side.

He is going to lower in a nice and controlled manner so gravity is not doing all the work. He is going to pull up so his chin is even with the bar.

Pull ups can be done with an overhand or underhand grip keeping your hands close to shoulder width.

Plank Walk Downs

David is going to start with his legs slightly wider than shoulder width apart. Taking his hands he is going to walk all the way out, making sure his back is aligned and he is going to walk it back up. To complete the repetition he will place his hands over his head to open up his chest.

Overhead Press

Hi my name is Joey and this is Lewis and today we are going to demonstrate the overhead press. First, you can set the bench to a 7 position so it is mostly vertical. The weights are resting in a tepee position so you do not fatigue your shoulders before the exercise starts. When he is ready he is going to lift the weights to 90 degrees and out to the sides and then push to 11 or 11:30 over his head so he can see the weights. It is recommended that you only lower down to 90 degrees but if you want to go lower then you should bring your elbow in by your side with palms facing forward. Breathe in out the way down and breathe out on the way up. If you are new to this exercise you should start with a weight you can do 8-12 repetitions with and perform 1-2 sets and then progress from there.

Mountain climbers

Hi, my name is Tina and I am going to show David how to do mountain climbers. He is going to have his shoulders over his wrists and his legs extended back. Option 1, he is going to hold a plank position engaging his core. Option 2, he is going to drive the knees in slowly, one at a time. Option 3, he is going to pick up the pace. If you even want to take it up a little more, you can take the knees to the opposite elbow as you drive them in engaging the oblique muscles. Perfect.

Lumbar Extension

My name is Tina and for this exercise we want to balance out our entire core by working our back. David is going to lay out extending his arms and legs. For option 1, he is going to crunch up with his elbows right by his sides. He can incorporate his legs if he wants to increase the challenge. For option 2, he extends his arms outwards and then keep crunching up. For option 3, he will put his arms out in front which is the most challenging position.

Low + High Row

Hi, my name is Joe and I am going to show Lewis how to use a row machine at the Rec Sports Center. This row machine is plate- loaded and there are pin-loaded machines in Gregory gym as well. To add weight to the plate-loaded machine, you place weighted plates at the bottom of the machine on the right and left ends. Set the chair height so you are comfortable and can rest your feet on the foot rests. For a low row, you want to keep your elbows by your side as you move your arms back. For a higher row with a higher hand position the elbows will form more of a 90 degree angle when the palms are facing down. Squeeze the shoulder blades together to bring the arms towards the body and exhale. Inhale while returning to the starting position. Start with a repetition range from 8 to 12 reps and use a weight that allows you to maintain proper form while causing fatigue at the end of this repetition range.

Inverted Row

Hi, my name is David and I am going to show Carl how to do an inverted row. When Carl sets up for the inverted row, he wants to make sure his hips, knees, and shoulders are aligned. He does not want his hips to drop and he wants to keep his neck relaxed. For the first variation he will keep his feet on the ground with knees bent. Exhale on the up and row upwards by pulling your elbows down by your sides using the muscles in your upper back and then slowly inhale while lowering down to the starting position. The lowering down phase should be controlled as we do not want gravity to do all the work. Progressions include using a lower bar and having your legs extended throughout the movement.

Hip Abduction

Hi, my name is David and I going to show Carl how to do a correct hip abductor exercise. Carl is going to lie on his sides with his hips, ankles, and knees in a line with his head resting on his bottom arm for support. He will place his top hand on his top hip. Keeping the top leg extended, Carl is going to use the muscles on his outer hip to lift the top leg up to 45 degrees and slowly lower down. The toes of the top leg should point forward or slightly down throughout the movement. The hips should be stable throughout the movement.

Glute Kicks

Hi, my name is Tina and we are going to be doing the glute kicks exercise today. Start on your hands and knees with shoulders over your wrists. Take one leg and move it straight out behind you. Using your glutes not your lower back move the leg up and down. Option two is to bend your knee so your upper and lower leg form a 90 degree angle. Then press your foot up to the sky/ceiling again using your glute muscles not your lower back. Then switch sides. Extend the leg and move it up and down. Option two is to bend the knee to 90 degrees and move up and down using the glute muscles.

Forward Lunge

Hi my name is David and I am going to show Gabe how to do a proper lunge. Start with the feet pointing forward and close together. To keep his spine neutral and upper body from swaying, he will pull his belly button up and in. Gabe is going to step forward and drop from the hips and keep the knee over his second toe. The heel of the front foot should maintain contact with the ground. If the knee comes past

the toes it will put excessive stress on knee. Gabe is going to push back up through the heel of his front foot using his thigh and gluteal muscles. Also, you want to keep your chest up to prevent your torso from tilting excessively forward.

Flutter Kicks

Hi, my name is Tina and I am going to show David Pilates kicks and flutter kicks. David is going to start by making sure his back is glued to the ground. He is going to kick one leg up in the air and lightly grabbing underneath the leg in the air. He will then continue to alternate kicking one leg up in the air. Option 2 he is going to place his hands underneath his back for support. He is going to take his legs in a flutter kick that moves quickly. If you feel your back overarching then you can bring your legs down six inches above the ground and hold this hovered position.

Crunch Series

Hi, my name is Tina and I am going to show David a series of crunch exercises. David will lie on his back and put his hands behind his head and draw his belly button in. To prevent his chin from burying into his chest he will pretend like there is an apple underneath his chin. He is going to start performing basic crunches. He is then going to take his legs up to table top and keep doing the crunch exercise making sure his lower back is staying flat. Next, he will extend his legs up and he can reach one arm to the opposite shoe laces, alternating each crunch. Exhaling with each movement. He will then lower back down to table top and perform more crunches. Now move into a v formation with your legs and perform the crunch which is great for working your lower abdominal muscles extending your arms as far as you can go. Bring the feet down to the ground and perform more crunches also targeting your lower abdominals. Place the feet flat on the ground and perform the crunch concentrating on keeping the lower back on the ground. Bring your knees to one side for an oblique crunch which you will feel on your side. Take your knees to the opposite side and keep crunching through. Bring your knees back to center and finish.

Russian Twists

Hi, my name is Tina and we are going to do Russian Twists. If you have a weight you can grab it, and move side to side engaging our core and oblique muscles. Toes are pointed upward and heels are on the ground. For option two, David can raise his heels off the ground and continue to crunch from side to side. If you have a weight, keep the weight close to the center of the body.

Tabletop

Hi my name is Tina and we are going to do Tabletop heel tap. David is going to lie on his back and put his hands behind for support. He will pretend there is an apple under his chin and keep eyes to the sky. David is going to bring in his knees and his hips up a little bit and then bring his legs back down and tap the ground with his heels and then bring his legs back up. Option 2 he is going to hover his heels slightly above the ground and then bring his legs back up.

Bridges

Hi, my name is Tina and I am going to show David how to do a bridge. He is going to start on his back with his hands to the sides, palms facing up. He will raise his glutes up and he can hold the top position for about a minute. For an additional challenge he can raise one leg in the air and half way through switch legs. To add a challenge you can add a pulse. Pretend like you have a pencil on your legs and lower down one inch and go back up one inch

Bird Dogs

David will start on his knees and his shoulders over his wrists. He will extend his right arm and left leg and then crunch in. Then extending to where his body is right arm and leg are straight. If this is too difficult you can practice holds with the arm and leg extended. Half way through you will then switch to the left arm and right leg and perform the movement.

Bench Press

Hi, my name is Alison and I am a student at UT and Carey is going to show me how to do a proper bench press. Hi, I am Carey and I am one of the personal trainers here at UT in the Recreational Sports division. The bar has these lines on it that allow you to make sure your hands are evenly spaced on the bar. The width that which you are going to place your hands depends on your should width. Alison is going to have her pinky fingers on the line. On the exhale she will lift the bar up and bring it out over her chest right above sternum. Tuck your shoulders underneath your torso just a little bit. Keep your core strong with the lower back on the bench and with the feet firmly on the floor. On the inhale, she will slowly lower the bar down and then pressing on the exhale to lift it back up. As she inhales, she comes down with the elbows coming out at a slight angle and exhale as pressing up. It is important to keep the low back down. Strength is important as you do not want to contort your back and risk injury. One more time, inhale slowly lowering down and pressing back up. It is important that you do not add too much weight too quickly as you may run into the problem of overarching your lower back and risking a possible injury to your back on your shoulder.

Now we are going to cover proper etiquette for spotting someone. So Alison will lie on the bench and put her hands in the proper position. Torso and core nice are nice and stabilized. Whenever you are doing a set and getting to the last few repetitions in the set, you may have some struggles finishing up. This is not necessarily a bad thing as you are going to failure but you need to have someone spot you so you stay safe. Alison is going to lift this up and as she inhales and lowering the bar to her chest, I am here to help her. At first, while she is pushing, I am helping her a little bit. As she may be struggling a little bit further, I will pull up a little further so we can rack the weight safely.

Accordion Crunch

Hi, my name is Tina and I am going to show David how to perform an accordion crunch. He will start on the ground lying on his back. He is going to put his hands behind his head nice and soft and pretend like there is an apple under his chin. Keeping his eyes to the sky, he is going to bring up his shoulder and legs together at the same time to resemble an accordion.

Nike Training Club

Hi, my name is Flor Beckman and I am a Nike master trainer and I also get the pleasure to work here at the University of Texas at Austin. I teach NIKE training club. Not only is it an app that gives you all different types of workout but we also bring that experience here live. We train you like an athlete anywhere from strength training, agility balance, core stability, and partner drills to get you moving and in shape. If you are new to exercise, I would still encourage you to come as instructors are trained to give you plenty of options and modify the workout so it will work for you. We are trained to give you cues and make sure your form is proper and also give you advice on how to take it easy or kick it up a notch. Equipment that we use includes dumbbells, mats, benches, and medicine balls. To get involved with NIKE training club, go to utrecsports.org and purchase your Texercise pass.