Anna White: My name is Anna White, and I’m a personal trainer at the University of Minnesota Recreation Center.
Ryan Gage: My name is Ryan Gage, and I’m a personal trainer at the University of Minnesota Rec Center.
Anna White: Today, we’re going to show you some exercises using proper form, and making sure that we do everything safely.

Page 2: Bench Press (video)

Anna White: This exercise is called a bench press. It works the muscles of the chest and the shoulder. Ryan’s going to lie down on the bench, keeping his back flat on the bench, and he’s going to grab a hold of the bar, making sure that his hands are spread evenly apart. And with this exercise, it’s important to have a spotter. And the spotter can help you lift off the bar and stabilize it before you begin the movement. Ryan’s going to lower the bar slowly to his chest. Gently touching his chest and reversing the motion. It’s important not to bounce the bar off of your chest. When you’re doing the bench press, as long as your shoulders are healthy, and you don’t feel any pain in your joints, you can lower the bar all the way towards your chest, just gently touching before you reverse the motion. And when you’re finished with your set, the spotter can help you guide the bar back to the rack.
Ryan Gage: Any time you’re using free weights, such as a bench press or a squat exercise, you want to make sure to safely secure the weights to the barbell. You’ll put the desired amount of weight onto the barbell, and then using a safety clip, you’ll secure it onto the barbell so the weight will not move.

Page 3: Squat (video)

Ryan Gage: Anna will be doing the back squat. So first she’s going to place her hands evenly apart on the bar. She’s going to get underneath the bar placing it on the muscular part of her upper back, not too high on her spine. Her feet are shoulder-width apart. She’ll be pushing the weight through her heels, so she is not up on her toes when she’s doing the squat. And she’ll lift
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the bar off, slowly step backwards, gain her stability before she lowers the bar down towards the ground. Her eyes are up, and she’s pushing through her heels, so the weight is not on her toes. She’s going down until her knees bend until 90 degrees. There’s no joint pain or discomfort, you should go through the full range of motion all the way down to 90 degrees. She’s going to slowly walk the bar back in, and place it on the rack.

Page 4: Lat Pull-Down

Anna White: Ryan is performing a lat pull-down. This is works the major muscle groups of the back. He’s going to fasten a safety bar onto his thighs so that it’s nice and snug. He’s going to lean back just slightly, and pull the bar slowly towards his chest. He’s making sure to pull the bar in front of his head, instead of behind his head where he could cause neck strain. You want to make sure that your wrists are nice and straight when you’re doing this exercise.

Page 5: Row (video)

Ryan Gage: Anna is performing a low-lat row, which also works the major muscle groups of the upper back. She firmly places her feet on the platform, just about shoulder-width apart. Grabs the handle and gets situated in the resting position. She then pulls her elbows backwards, squeezing the top of her shoulder blades.

Page 6: Overhead Shoulder Press (video)

Anna White: Ryan is going to start with his hands just above shoulder height, and then press the dumbbells straight up so that they’re centered right over his head. He’s going to keep his arms right in line with his ears, and keep his core tight so he’s not arching his back excessively.

Page 7: Torso Rotation (video)

Ryan Gage: Anna is now performing a torso rotation for the oblique muscles of the abdominal muscle group. She starts with her arms fully extended away from her body, using her core muscles to turn. She has to concentrate on not using her upper body specifically, or shoulder muscles, to perform this movement. This movement, it’s important to keep a nice, slow rotation without any jerking motions.

Page 8: Abdominal Crunch (video)

Anna White: This exercise is an abdominal crunch on a stability ball. So Ryan’s going to sit down just forward of center of the ball, and slowly roll forward a
little bit. There’s three variations of this exercise.

So the first one we’re going to show you is the beginner variation where your hands are next to your body. You’re going to use your abdominal muscles to crunch your upper body towards your legs.

The next variation of this exercise will have your arms crossed in front of your chest, so this makes it just a little bit more difficult, because there’s a little extra weight towards the upper part of your body.

And the last variation is just to tuck your hands underneath your neck, and this does the same thing. Just adds a little bit more weight.

**Page 9: Lower Back Extension (video)**

Ryan Gage: Anna’s performing lower back extensions on a stability ball. With her feet about shoulder-width apart on the wall, she’ll cross her arms over her chest, and then using the lower back muscles, she’ll pull her body upwards towards the ceiling. It’s important to use a nice slow controlled manner during this exercise to not injure the lower back muscles.

To increase resistance, Anna will put her arms behind her head with her elbows as far away from her head as possible.

And lastly, another variation is to add a twist near the top of the extension. Anna will lead with one of her elbows and look over that shoulder.

**Page 10: Plank (video)**

Ryan Gage: Anna is performing a plank exercise, which works both the lower back and the abdominal muscle groups of the core with her arms fully extended onto the stability ball, she’ll hold that position.

A more advanced version is when Anna has her forearms on the stability ball. Notice her nice flat back and tight core muscles. It’s important to remember to continue breathing during this exercise as well.

**Page 11: Pike (video)**

Anna White: This exercise is a pike, using a stability ball. So for the starting position, you’ll get into what looks like the top of a push-up position, with your feet and shin on the ball, then you’re going to slowly tuck your knees towards your chest, rolling the ball towards your body. It’s important to keep
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your core nice and tight, and you’re also going to be engaging your arms, but mostly working your abdominal muscles.

Page 12: Lateral Crunch (video)

Ryan Gage: A lateral crunch on a stability ball will work the obliques on the side of the abdominal muscle group. Anna’s positioned the ball directly underneath her waistband with her arms out behind her head, she’ll crunch. Using the side of her body to pull her towards the wall. Her feet are stationed against the wall in such a way to keep her balance.

Page 13: Bicep Curls (video)

Ryan Gage: Bicep curls work the biceps, the muscle on the front of the upper arm. Anna is using a nice slow controlled motion to bring the dumbbells from just roughly around her waist up towards her shoulders. Notice that she is not leaning forward when she is doing this exercise, as she’s keeping a nice tight core.

Page 14: Tricep Push-Down (video)

Anna White: This exercise is called a tricep push-down. It works the tricep muscles which are the large muscles on the back of your upper arm. Ryan’s going to grab the handles and keep his elbows nice and tight towards his body, so that they’re stationary. And then slowly extend his arms, flexing the muscles, and then slowly raise back in a smooth motion.

Page 15: Outdoor Strength Workout Intro (video)

Ryan Gage: Today we’ll be showing you body weight exercises that you can do anywhere. Today we’re working out outside, because it’s a beautiful day. The exercises that you’ll do today are efficient enough to give you a great workout, and you can do them up to three times a week.

Anna White: Today we’re going to use a pair of dumbbells, and an exercise band. So both of those are pretty inexpensive and they’re small enough that you can keep them in your dorm or your apartment. A chair or a bench works well for some of the exercises that we’ve used, and also something to hook an exercise band around, so something sturdy that you can tie it onto or loop it around. This is a full body workout, so we have exercises for all the different major muscle groups, and if you do them all together on one day, you can do it up to three times a week, with a day of rest in-between.

Page 16: Lunge (video)
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Anna White: Ryan's going to show you a few variations of a lunge. The first one is a forward lunge. So he's going to take a nice big step forward, making sure that his knee doesn't go past his toe, but stays over his heel. You're going to keep your core tight when you're doing these, so that you don't lean forward or swing your upper body.

The next variation is a backward lunge. So it's the same idea, except that you step backwards instead of forwards.

Page 17: Squat (video)

Ryan Gage: Anna is now performing body weight squats. She lowers her body towards the ground until she reaches 90 degrees. She's pushing the weight of her body through her heels. So she's not leaning forward onto her toes.

Anna has now made this a little more difficult by holding dumbbells out towards her knees. As you can tell she has a nice flat back, and a tight core to protect her lower back during this exercise.

Page 18: Push-Ups (video)

Anna White: Ryan's going to do several variations of a pushup. The basic pushup is hands shoulder-width apart, keeping your body nice and tight. Nice straight lines. You're going to lower your body towards the ground till you're a few inches away, and push back up using your chest, shoulder, and tricep muscles.

This next variation is a close-grip pushup, so Ryan's going to put his hands close together, and repeat the pushup motion. This gives you a little more emphasis on the tricep muscles.

And the third variation of the pushup is called a Spiderman pushup. As he lowers his body towards the ground, Ryan's going to pull his knee towards his elbow, alternating legs. This just adds a little bit more weight to the exercise and gives you a little more bit of a challenge.

Page 19: Tricep Dips (video)

Ryan Gage: Anna is performing dips, which works the triceps, the muscle on the upper arm on the backside. She lowers her body towards the ground until her elbows are at 90 degrees, and then pushes herself back up.

To increase the difficulty, Anna will move her legs further away from her
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hands and perform the same motion, lowering her body until her elbows are at 90 degrees, then slowly raising her body back up.

**Page 20: Calf Raise [video]**

Anna White: Ryan is performing a calf raise. This works the muscles on the lower half of the back of your leg. He’s going to drop his heels down beneath the step, and then raise up until he’s on his toes. He’s holding onto a bar to keep him steady.

If you want to increase the intensity of this exercise, you can do one leg at a time as he’s doing now.

**Page 21: Bridge [video]**

Ryan Gage: Anna is performing a hamstring bridge exercise for the muscles on the backside of the leg. Pushing through her heels, she'll raise her hips.

To increase the intensity, you can do this on one leg at a time. As you can tell, her core is very tight, keeping a nice flat back.

**Page 22: Row [video]**

Anna White: Ryan is going to perform a row with an exercise band. So he has hooked the band around a pole securely. He’s going to pull his elbows backwards, squeezing the muscles between his shoulder blades. This exercise works the muscles of the upper back.

**Page 23: Chest Press [video]**

Ryan Gage: Anna is using the workout bands to perform a chest press. After she secures the band to the pole. She'll start with the bands right at her chest level. Arms about shoulder-width apart, and then extend her arms fully out in front of her face.

**Page 24: Bicep Curl [video]**

Anna White: Ryan is performing a bicep curl with the exercise band, so he’s tucked the band underneath his shoe, making sure that it’s secure. And then he’s going to raise his hands up towards his shoulders with his palms up, using the bicep muscle, which is the muscle in the front of your arm on the upper portion.

**Page 25: Tricep Extensions [video]**
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Ryan Gage: Anna is performing tricep extensions with the elastic bands. Keeping her elbows near her face, she fully extends her arms, and then returns them to 90 degrees near her head.

Page 26: Shoulder Press (video)

Anna White: Ryan is going to perform a shoulder press with the exercise band. He’s tucking the band through the pole. He’s going to start with his hands about shoulder-width apart. And right about shoulder height and his hands are facing forward. Then he’s going to press through his shoulders so that his arms are straight up above his shoulders. He’s working the muscles of his shoulders and his triceps right now.

Page 27: Stretching (video)

Ryan Gage: Anna is starting with a stretch for her quad muscles. She’ll start by reaching her leg behind her, grabbing her shoe with her hand, and then holding that stretch for about 15 to 20 seconds.

This next stretch is a hurdler stretch for hamstrings. With one leg fully extended out in front of her, she’ll reach forward with both hands towards her shoes as far as she can go, and then hold the stretch.

The hip-flexor stretch will stretch the front of her leg, her quadriceps and hip flexor with one knee down on the ground, and the other foot fully extended out in front. She’ll push forward with her hips.

An upper body stretch for the shoulder, she’ll start by placing one arm fully extended out in front of her, and then crossing it over her chest. Using her other hand on the opposite elbow, she’ll hold that stretch.

The tricep stretch, one hand will go straight over her head, the opposite hand will grab the first elbow and pull the stretch behind her back.

A lower back stretch, putting most of her body weight over her feet and sitting back and holding the stretch. She will then curve her back upwards towards the ceiling, and then stick her abdominals towards the floor.

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