Our 4200 sq. ft. core facility is well-equipped to provide a clean, safe and user
friendly exercise training and testing environment for supervised exercise clinical
trials. Three laboratories and a clinic are available for a wide array of clinical
assessments physiological and performance tests.

Exercise Training Zone
- 24 resistance exercise stations
- Olympic barbells, dumbbells, and over 2000 pounds of free weight
- 13 stationary cycle ergometers
- 9 treadmills
- 3 water rowers
- 1 NuStep

Cardiorespiratory Function Lab
- 12-lead ECG diagnostic graded exercise stress testing
- Aerobic power, i.e. maximal oxygen uptake (VO2max)
- Anaerobic power (e.g., Wingate cycle test)
- Steady state cardiorespiratory and metabolic demand (e.g., stair climbing, walking)
- Resting Metabolic Rate

Neuromuscular Function Lab
- Joint kinematics (electrogoniometry) and kinetics
- Maximum voluntary strength testing
- Electrically evoked maximum force measurement
- Neuromuscular power assessment
- Muscle fatigue testing
- Muscle activation via wireless surface EMG
- Computerized gait analysis

NIH National Multi-Center Trials
- PHITE - Precision High Intensity Training through Epigenetics
- MoTrPAC – The Molecular Transducers of Physical Activity Consortium
- STEP – Supervised VS Telerehab Exercise Program For People with Multiple Sclerosis
- ACES – Antihypertensives Combined with Exercise for Seniors with Hypertension
- TWEEN – Overcoming TWEEN Signaling to Restore Muscle and Mobility After Joint Replacement
- MASTERS – Metformin to Augment Strength Training
- PDE – Impact of Intensity on Efficacy of Exercise Rehabilitation in Parkinsons Disease

Meet the Team
Craig Tuggle, MA, CSCS, EP-C, Supervisor
tugg12@uab.edu
Grace Cunningham, MS
gracecn@uab.edu
Brandon Peoples, MS, EP-C
bpeeps@uab.edu
John Reams, MA, CSCS, CIFT
jreams@uab.edu
Lauren Geter, Office Specialist
lgeter@uab.edu