FITNESS SERIES ONE

10 workout videos for middle school and high school students
Coach Julius is a trainer with UCLA Health Sports Performance powered by Exos. Throughout these videos, he will guide you through a full-body workout that includes a warmup, main focus exercise, and a cooldown.
JOIN COACH JULIUS CHARLES FOR PART 1 OF THE SBSM FITNESS SERIES!

LEARN HOW TO DO A PROPER PUSH UP, THEN JOIN JULIUS IN A GUIDED CIRCUIT, WHERE WE WILL WORK ON PUTTING FOUR EXERCISES TOGETHER TO CREATE A ROUTINE.

1) Primary Exercise - Push Ups
2) Corrective Exercise - 90/90 Stretch
3) Secondary Exercise - Glute Bridge
4) Energy Systems Development - High Knees In Place
Join Coach Julius Charles for Part 2 of the SBSM Fitness Series! Learn how to do a proper RDL, then join him in a guided circuit, where we will work on putting four exercises together to create a routine.

1) Primary Exercise - RDL
2) Corrective Exercise - Bent Knee Hamstring Stretch
3) Secondary Exercise - Plank with Shoulder Taps
4) Energy Systems Development - Broad Jumps
TODAY'S WORKOUT

Join Coach Julius Charles for Part 3 of the SBSM Fitness Series! Learn how to do a proper Squat, then join him in a guided circuit, where we will work on putting four exercises together to create a routine.

1) Primary Exercise - Squat
2) Corrective Exercise - Quad Hip Flexor (QHL) Stretch
3) Secondary Exercise - Bent Over Y's & T's
4) Energy Systems Development - Mountain Climbers
Join Coach Julius Charles for Part 4 of the SBSM Fitness Series! Learn how to do a proper Plank Row, then join him in a guided circuit, where we will work on putting four exercises together to create a routine.

1) Primary Exercise - Plank Row
2) Corrective Exercise - Child's Pose
3) Secondary Exercise - Alternating Reverse Lunge
4) Energy Systems Development - Squat Jumps
TODAY'S WORKOUT

Join Coach Julius Charles for Part 5 of the SBSM Fitness Series! Learn how to do a proper Hand Release Push Up, then join him in a guided circuit, where we will work on putting four exercises together to create a routine.

1) Primary Exercise - Hand Release Push Up
2) Corrective Exercise - Floor Slides
3) Secondary Exercise - Single Leg Glute Bridge
4) Energy Systems Development - Lateral High Knees
TODAY'S WORKOUT

Join Coach Julius Charles for Part 6 of the SBSM Fitness Series! Learn how to do a proper Hand Release Push Up, then join him in a guided circuit, where we will work on putting four exercises together to create a routine.

1) Primary Exercise - Single Leg RDL
2) Corrective Exercise - Glute Bridge
3) Secondary Exercise - Alternating Leg Lower
4) Energy Systems Development - Plank to Pillar Bridge
Join Coach Julius Charles for Part 7 of the SBSM Fitness Series! Learn how to do a proper Lateral Lunge, then join him in a guided circuit, where we will work on putting four exercises together to create a routine.

1) Primary Exercise - Lateral Lunge
2) Corrective Exercise - Tripod Rocking
3) Secondary Exercise - Bent Over L
Join Coach Julius Charles for Part 8 of the SBSM Fitness Series! Learn how to do a proper Bent-Over fly, then join him in a guided circuit, where we will work on putting four exercises together to create a routine.

1) Primary Exercise - Bent-Over Fly
2) Corrective Exercise - Heel Sit with Reach through
3) Secondary Exercise - Squat
4) Energy Systems Development - Ice Skaters
TODAY'S WORKOUT

Join Coach Julius Charles for Part 9 of the SBSM Fitness Series! Learn how to do a proper Rotational Press, then join him in a guided circuit, where we will work on putting four exercises together to create a routine.

1) Primary Exercise - Rotational Press
2) Corrective Exercise - Prone Swimmers
3) Secondary Exercise - Glute Bridge Marching
4) Energy Systems Development - Half Burpee
Join Coach Julius Charles for Part 10 of the SBSM Fitness Series! Learn how to do a proper Single Leg Glute Bridge, then join him in a guided circuit, where we will work on putting four exercises together to create a routine.

1) Primary Exercise - Single Leg Glute Bridge
2) Corrective Exercise - Alternating Leg Lower
3) Secondary Exercise - Half Kneeling Overhead Press
4) Energy Systems Development - Shuffle