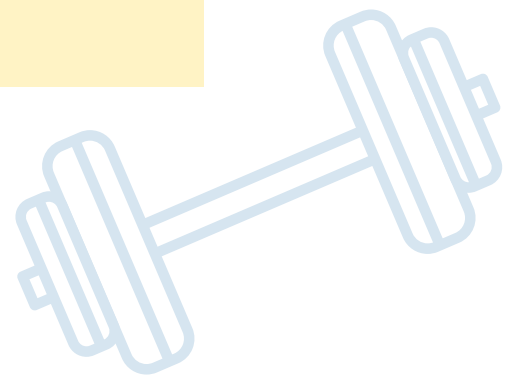
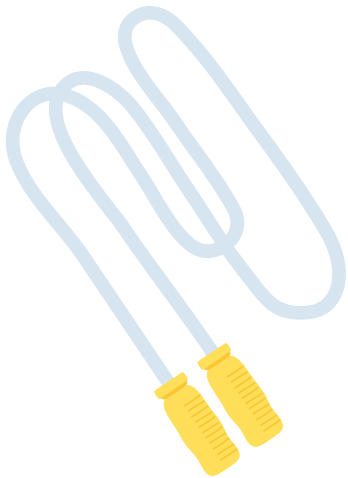


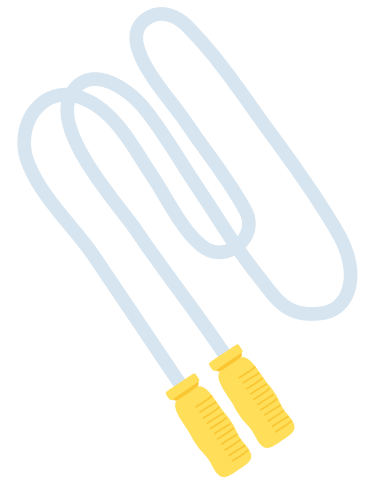
**SOUND BODY  
SOUND MIND**

# **FITNESS SERIES ONE**

**10 workout videos for middle school  
and high school students**



# INTRODUCTION



# FITNESS SERIES



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



**UCLA** Health

Sound Body Sound Mind  
10 Week Home Fitness Series



presented by Coach Julius from UCLA Health Sports Performance, Powered by EXOS

0:00 / 1:58

# FITNESS SERIES ONE: PART 1

# PUSH UP



## TODAY'S WORKOUT

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

## FITNESS SERIES ONE: PART 2

# ROMANIAN DEAD LIFT



## TODAY'S WORKOUT

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



# FITNESS SERIES ONE: PART 3

# SQUAT



## 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

## FITNESS SERIES ONE: PART 4

# PLANK ROW



## TODAY'S WORKOUT

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

## FITNESS SERIES ONE: PART 5

# HAND RELEASE PUSH UP



## 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

## FITNESS SERIES ONE: PART 6

# SINGLE-LEG RDL



## 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

## FITNESS SERIES ONE: PART 7

# LATERAL LUNGE



## TODAY'S WORKOUT

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



# FITNESS SERIES ONE: PART 8

# BENT OVER FLY



## TODAY'S WORKOUT

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



## FITNESS SERIES ONE: PART 9

# ROTATIONAL PRESS



## 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

## FITNESS SERIES ONE: PART 10

# SINGLE-LEG GLUTE BRIDGE



## TODAY'S WORKOUT

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