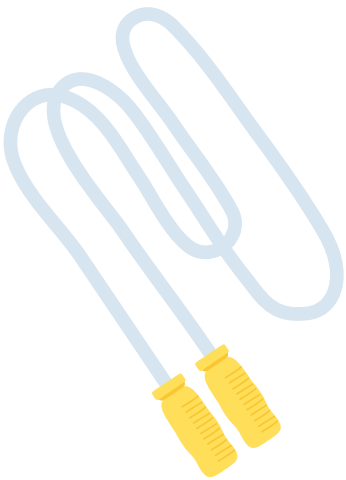
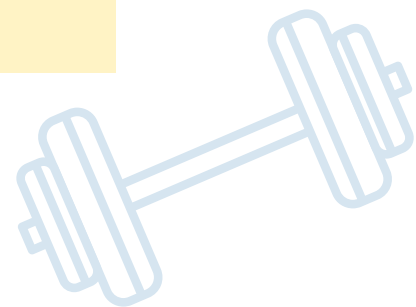


**SOUND BODY
SOUND MIND**

FITNESS SERIES TWO



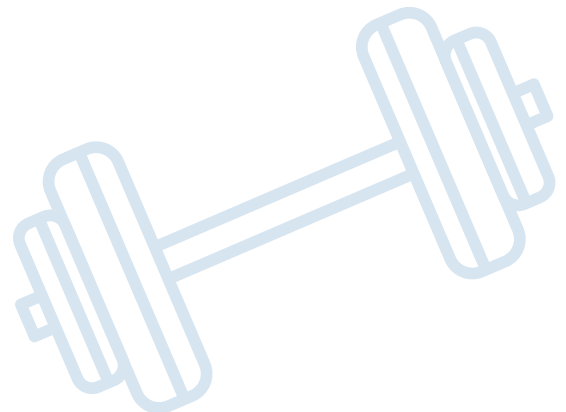
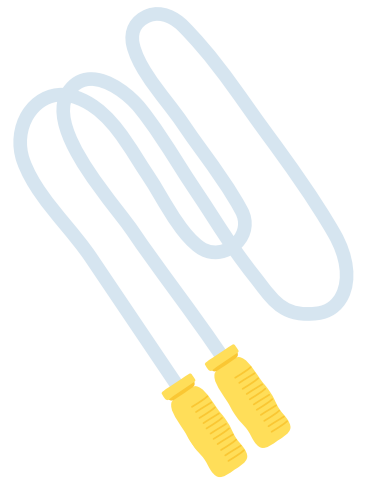
**5 workout videos focusing on tabata
and eccentric strength for middle
school and high school students**



INTRODUCTION

FITNESS SERIES

Coach Julius is a trainer with UCLA Health Sports Performance powered by Exos. He is back again with another set of five workouts in new and exciting formats! These full-body workouts incorporate Tabata training and eccentric strength.



FITNESS SERIES TWO

TABATA PART 1



TODAY'S WORKOUT

Join Coach Julius Charles for Tabata Part 1 of the of the SBSM Fitness Series! Learn how to do a proper Push Press, then join him in a high intensity interval training circuit, where we will put four exercises together in a Tabata-style workout.

- 1) Primary Exercise - Push Press
- 2) Corrective Exercise - Plank with Shoulder Tap
- 3) Secondary Exercise - Single Leg Glute Bridge
- 4) Energy Systems Development - Run in Place

FITNESS SERIES TWO

TABATA PART 2



TODAY'S WORKOUT

Join Coach Julius Charles for Tabata Part 2 of the SBSM Fitness Series! Learn how to do a proper Push Press, then join him in a high intensity interval training circuit, where we will put four exercises together in a Tabata-style workout.

- 1) Primary Exercise - RDL
- 2) Corrective Exercise - Alternating Leg Lower
- 3) Secondary Exercise - Plank to Bridge
- 4) Energy Systems Development - Broad Jump

FITNESS SERIES TWO

TABATA PART 3



TODAY'S WORKOUT

Join Coach Julius Charles for Tabata Part 3 of the SBSM Fitness Series! Learn how to do a proper Bent-over row then join him in a high-intensity interval training circuit, where we will put four exercises together in a Tabata-style workout.

- 1) Primary Exercise - Bent-Over Row
- 2) Corrective Exercise - Dead Bug
- 3) Secondary Exercise - Reverse Lunge
- 4) Energy Systems Development - Jump Squat

FITNESS SERIES TWO

ECENTRIC STRENGTH PART 1



TODAY'S WORKOUT

Join Coach Julius Charles for Eccentric Strength Part 1 of the SBSM Fitness Series! Learn how to do a proper Eccentric Squat then join him in a guided circuit, where we will work on putting four exercises together to create a routine.

- 1) Primary Exercise - Eccentric Squat
- 2) Corrective Exercise - Quad Opposites
- 3) Secondary Exercise - Bent Over L
- 4) Energy Systems Development - Plank Jacks

FITNESS SERIES TWO

ECCENTRIC STRENGTH PART 2



TODAY'S WORKOUT

Join Coach Julius Charles for Eccentric Strength Part 2 of the SBSM Fitness Series! Learn how to do a proper Eccentric 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 - Eccentric Push-Ups
- 2) Corrective Exercise - Swimmers
- 3) Secondary Exercise - Single-Leg RDL
- 4) Energy Systems Development - V-Up