



Our staff has come up with this platform to offer options for physical activity for our students and their parents to engage in during this period of virtual school.

The workouts come straight from the CHAMPIONS curriculum and our coaches filmed them to guide you through the process. Our workouts focus on strength, speed, agility, flexibility and endurance. These workouts are designed to be fun and interactive for you and your families.

A new workout will be posted to the site every morning and available to you to perform during the day. **Click the link: [titusprograms.com](https://titusprograms.com).**  
**Click on the Training tab and find your school!**

Let's Workout!