

STRONG 30

STRONG 30™ is a revolutionary 30-minute high-intensity workout led by music to motivate you to crush your ultimate fitness goals. Stop counting the reps. Start training to the beat. STRONG 30™ combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees, and jumping jacks all SYNCed to original music. If you've got 30-minutes, you've got time to blitz this high-intensity workout experience with us.