



STRONG 30™

**HIGH-INTENSITY.
FULL-BODY.
NO EQUIPMENT.**

TORCH + TONE LIKE NEVER BEFORE.

STRONG 30 is a revolutionary 30-minute, high-intensity, **full body workout** where every single **cardio and muscle-conditioning** move is perfectly synced to original music. So instead of counting reps, **you train to the beat**, pushing past your limits and torching more calories.

GOT 30 MINUTES? THEN STRONG 30 IS THE PERFECT WAY TO REACH YOUR TOTAL BODY TRANSFORMATION.



STRONG BY ZUMBA®

STRONGbyZumba.com