

THE POUND BEAT BALLAD



POUND IS A PLACE WHERE THE RHYTHM RULES
WHERE THE BEAT BECOMES US
AT EVERY AGE AND ANY STAGE
MOVEMENT MUSICIANS ARE BORN

WE ARE A FAMILY OF FITNESS REBELS
WE'RE NOT AFRAID TO TURN UP THE VOLUME
IN CLASS, AS HUMANS, OR IN LIFE
WE MAKE NOISE AND WE POUND WITH PURPOSE
WITH EACH STRIKE WE BREAK BARRIERS
AND AWAKEN OUR INNER ROCKSTARS

WE POUND WITH PASSION AND AIM FOR PROGRESS
WE BAND TOGETHER
WE SHOW UP. EVERY BEAT. EVERY TIME.

WE ARE ONE
AND NO ONE IS LOUDER THAN POUND