

DOJINDO®

ROCKOUT. WORKOUT.

"POUND has been a hit, inspiring cardio catharsis - and a scramble for spots - at gym chains across the world" - *The New York Times*



SWEAT. SCULPT. ROCK.



**POUND® IS THE WORLD'S FIRST CARDIO JAM SESSION
INSPIRED BY THE ENERGIZING, INFECTIOUS,
SWEAT-DRIPPING FUN OF PLAYING THE DRUMS.**



**WHAT STARTED AS ONE CLASS IN 2011 HAS EXPLODED INTO A
NETWORK OF OVER 23,000 INSTRUCTORS IN 90+ COUNTRIES.**



THE CLASS

POUND® is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses. Replacing the quintessential arm pumping of Pilates with the rapid arm movements of drumming, POUND® incorporates lightly-weighted exercise drumsticks (Ripstix®) and choreography based on a series of four positions with endless techniques, cadences and advanced variations.

Twice the weight of a standard drumstick (¼ lb each) and slightly shorter in length, Ripstix® are designed to maximize your workout and get you ripped by altering the physics of your arm movement to burn more calories.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. POUND® hooks gym-goers, exercise novices and conditioned athletes alike by condensing all the best hand-picked cardio, strength training, Pilates and HIIT techniques into a streamlined sequence intensified by the intermittent conditioning and stability elements of drumming.

THE BENEFITS

Rhythm, timing, coordination, speed, agility, endurance, and musicality drastically improve.

Burn up to 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Adding the core-engaging element of drumming to dynamic, full-body movements increases caloric burn, improves precision and thoroughly targets all the large and supporting muscle groups in the body.

POUND® allows participants to see, feel and hear their body's movements. The auditory component of striking sticks and simulated drumming is rewarding, motivating, and most of all, allows the student to adjust for symmetry, exertion and accuracy.

This teaming of sound and motion gives students another modality of feedback, making progress and improvements in coordination occur more quickly.

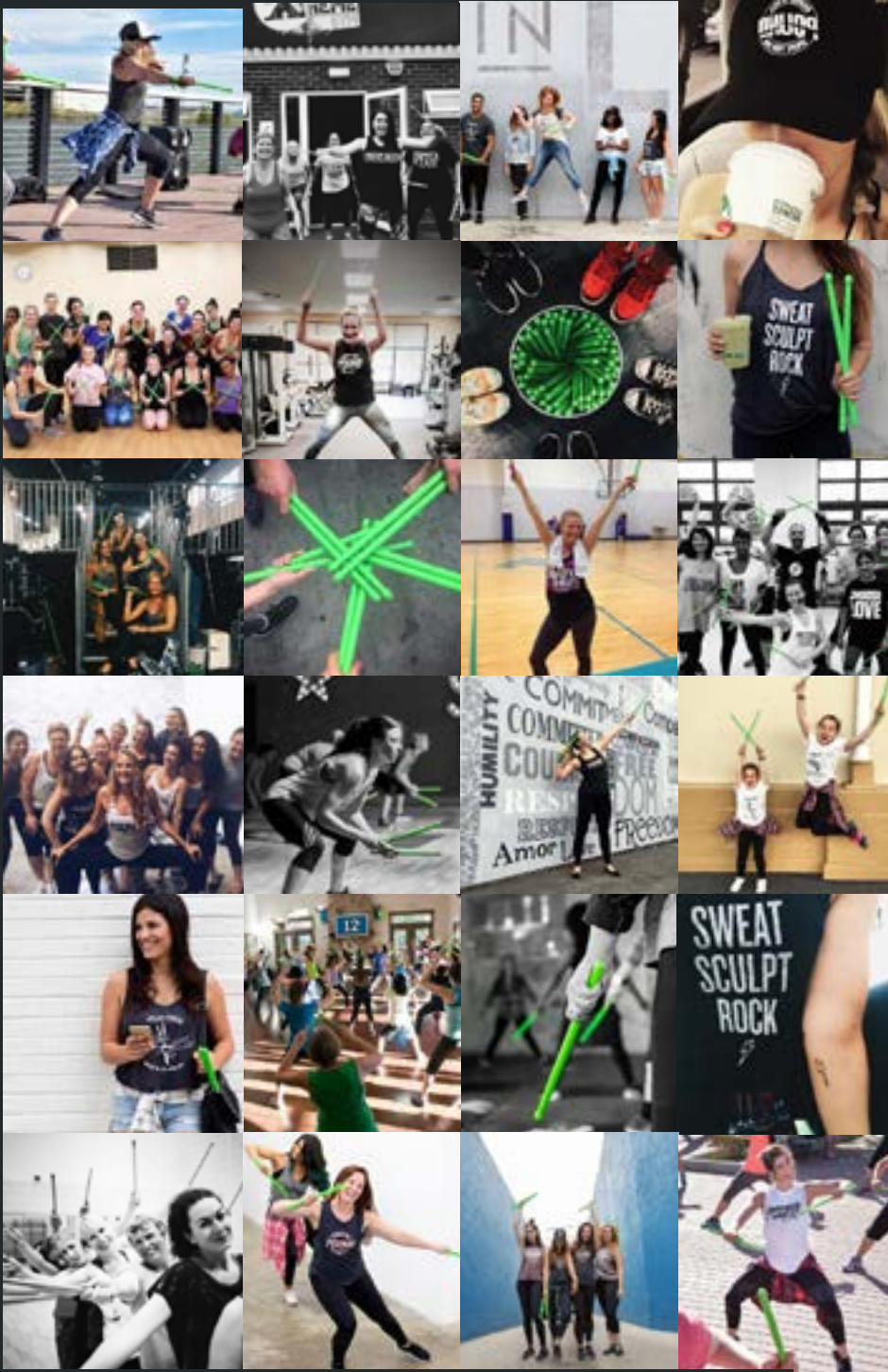
WHO WE ARE



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 born to stand out, make noise and disrupt norms. We turn workouts into Jam Sessions and balance into a lifestyle. We're not afraid to turn up the volume -in class, as humans, or in life.

As a community, we believe that we have the ability to inspire a nation, to turn the fitness world on its head, and to truly find alternative ways to ROCK. We POUND with PASSION and we AIM for Progress. We aspire to change minds before bodies and use beat to launch people to new heights of self-worth, happiness and human connection.





ONE BEAT, HEARD AROUND THE WORLD.

POUND® has created a strong community by breaking boundaries and transforming bodies.

It's not just a workout, it's a way of life with an active, supportive and passionate online community of POUND® enthusiasts.



@POUNDFIT

**WE CAN'T WAIT
TO ROCK WITH YOU**



WWW.POUNDFIT.COM