

SPOTLIGHT: 3D30

3D30® revolutionizes your whole body using the ground-breaking science of Loaded Movement Training. This three-dimensional experience integrates strength, cardio, and mobility training to build an unbreakable body that performs like an athlete. Dynamic music drives the energetic 30-minute workout that includes high-intensity interval training. *GET 3D STRONG!*

WHAT MAKES 3D30 INNOVATIVE?



LOADED MOVEMENT TRAINING

3D30 incorporates the revolutionary science of Loaded Movement Training. Loaded Movement Training is three-dimensional, full-body, task-oriented movement patterns combined with the external load of the ViPR Pro®. This external load helps to create full-body resilience – a body that can be long and still be very strong.



IMPROVE MOVEMENT IQ

A hallmark of 3D30 is that it helps to improve an individual's movement IQ. By introducing brand new movements in each release, participants are appropriately challenged to figure things out and adapt. In doing so, this “self-organizing”, gained efficiency, and gained efficacy translates to improved movement quality and skill in all aspects of life and sport.



TOTAL-BODY STRENGTH & CARDIO TRAINING

3D30 is incredibly time efficient in that many things are happening simultaneously in only 30 minutes. The whole body is getting stronger and more resilient while simultaneously getting more powerful, exhibiting more endurance, and improving speed (not to downplay the fact that mobility is also a key benefit of moving this way).



PROFESSIONAL SOUND DESIGN

The music in 3D30 is custom sound designed for the experience. In the Performance phase, or HIIT section of the workout, the soundtrack is engineered into working intervals and recovery. This means the instructor can press play and go – never having to look at a stopwatch and take their eye off the participants. This offers a unique and compelling sound experience that creates the extra motivation to push hard in each interval cycle – even including sound design to indicate 10 seconds to go. Sound design through the use of sound effects is also used to teach participants how to exhibit power and speed.



HIGH-INTENSITY INTERVAL TRAINING (HIIT)

3D30 incorporates High Intensity Interval Training (HIIT) to enhance performance and ensure a well-rounded exercise program. Power, endurance, and speed are trained with scientifically designed intervals to include the proper number of intervals and work-to-rest ratio to ensure effectiveness and safety. This approach to HIIT leaves participants feeling worked-out but not wiped-out.



VARIETY

The ViPR Pro equipment offers a very unique and innovative training experience. The vast variety of grips, holds, and movements means that no two experiences are the same. This is the cornerstone of each 3D30 release having the appropriate variety to enhance one's movement IQ, fitness, and performance.