

A.H.S.S®15

A.H.S.S® 15 is a fitness system specializing in abs using anatomical principles.

Anaerobic. Hypoactive. Static. Stabilization.

MISSION

The A.H.S.S®15 mission is to help strengthen the abs and minds of individuals around the globe.

OUR STORY

What started with a prayer by Justin Shaw in 2015, A.H.S.S®15 has evolved into a fitness system that has impacted hundreds of lives. Ranging from the youth, professional athletes, celebrities, and every day individuals.

Connectivity defines this story. A.H.S.S®15 has proven to be a universal fitness system that changes the life of anyone who has 15 minutes to experience a mind-to-muscle connection like never before.

- ▲ Mind
- ▲ Body
- ▲ Soul



JUSTIN SHAW

Justin Shaw AKA The Ab Artist and creator of A.H.S.S.®15 started training in LA! Offering a 15 minute approach focused on strengthening the abs and the mind. Justin has steadily earned the trust of hollywood's elite and pro athletes.

 [@Justinshawofficial](#)

Innovative Training
Philanthropy
Time **Freedom**

- ▲ [Click here to see Justin Shaw on KTLA](#)
- ▲ [Click here to see live event at Nike/Jordan](#)
- ▲ [Click here to see live event at W Hollywood](#)
- ▲ [Click here to see Justin on Mental Health Panel](#)
- [Click here to see Justin Shaw working with Miss Universe Pageant](#)



AREAS Of SERVICE

► Celebrities:

Mara Akil
Christina Milian
Sadie Stratton
Matt Pokora
Elijah Allan Blitz
Dan Lin
Keri Hilson
Gourdan Banks
And more

► Athletes:

Odell Beckham Jr.
Marcades Lewis
Evan Ingram
Sterling Shepherd
Kimberley Duncan
And more

► Corporate wellness:

Disney Principal ballet dancers
RideBack productions
Miss universe 2018
And more

► Film Prep:

Josh Brolin
Elizabeth Banks
Nafessa Williams
Heather Tom
Marvin "Krondon" Jones
Neicy Nash
Jovain Wade
And more

► Live events:

Nike/Jordan
W Hollywood
U.S Army (Fort Irwin)

► 818.538.9110

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