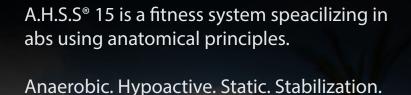
A.H.S.SR15



MISSION

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



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

onnectivity defines this story.

A.H.S.S®15 has proven to be a unviersal fitness system that changes the life of anyone who has 15 minutess to experience a mind-to-muscle connection like never before.

▲ Mind

▲ Body

▲ Soul





