

SYNC | STRONG NATION[™]
NETWORK

THE POWER OF THE **SYNC** NETWORK



The SYNC™ Instructor Network is a monthly membership program created to give you ongoing support and tools for success.

Here is a rundown of all the SYNC™ Benefits you receive upon completion of the program:

[LEARN MORE](#) ►

LICENSE TO TEACH (ONGOING)

ABILITY TO USE THE BRAND

MONTHLY MUSIC + ROUTINES

- Quadrants
- Progressions + Modifications
- Warm Ups + Cooldowns
- Personal Coaching

CLASS MANAGEMENT + SELF PROMOTION

- ClassBuzz App
- Classes posted on strongnation.com
- Class Management Dashboard
- Instructor Profile Page
- Printable Marketing Materials

CLASS PREP TOOLS

- SYNC Go App
- SYNC Now
- Class Prep Guide

CONTINUING EDUCATION

- Skills Trainings
- E-Learnings
- SYNC Lab Sessions

EXCLUSIVE EVENTS + COMMUNITY SUPPORT

- SYNC Summit
- SYNC Champions
- Community Social Groups

LICENSE THAT NEVER EXPIRES + ABILITY TO USE THE BRAND

The Licensing Program gives you an instructor license for 6 months, but as a SYNC Member your license to teach never expires.

Plus, only SYNC Members can use the STRONG Nation brand on social media, flyers, and marketing materials so they can really drive people to their classes.

MONTHLY CONTENT

= FRESH CLASSES

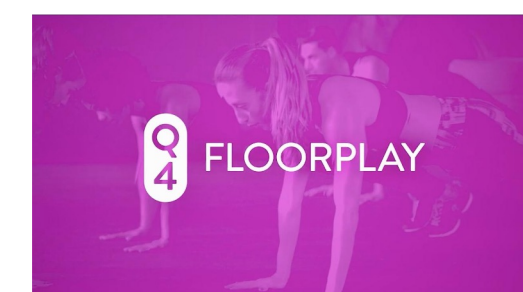
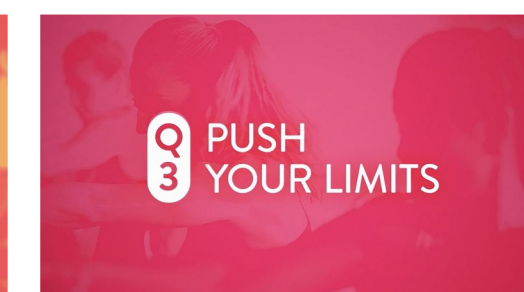
NEW MUSIC + MOVES EVERY MONTH



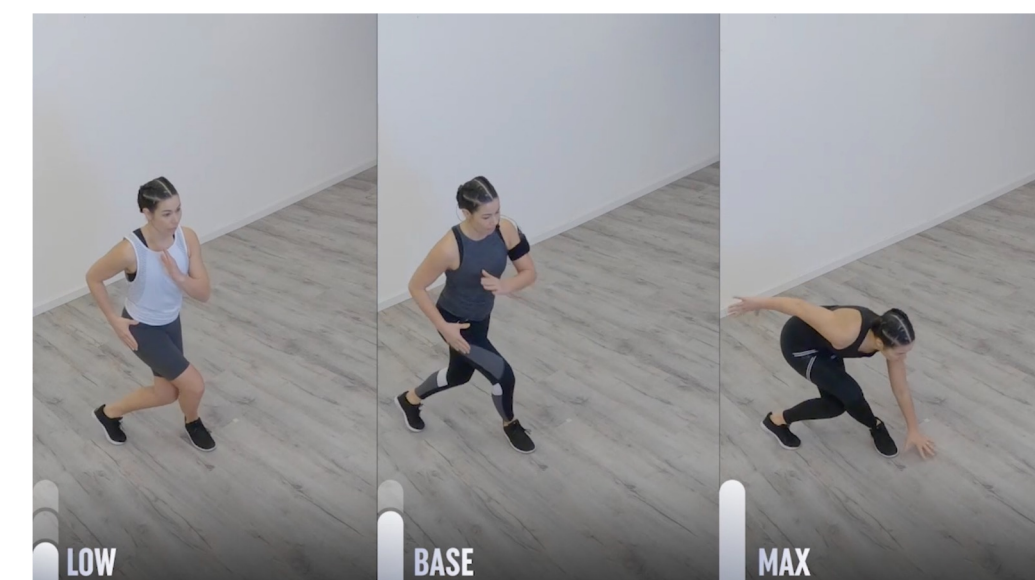
WARM UPS & COOLDOWNS



ONE NEW QUADRANT EVERY MONTH



PROGRESSIONS & MODIFICATIONS FOR EACH QUADRANT



EXCLUSIVE MUSIC

- REVERSE-ENGINEERED
- MADE JUST FOR STRONG NATION®
- MOTIVATES + PUSHES STUDENTS HARDER
 - NEW TRACKS MONTHLY
 - CAN'T TEACH WITHOUT IT

SYNC NOW

The SYNC exclusive digital platform for music, routines and educational videos. Access **STRONG Nation®** Quadrants, Personal Coaching, take E-Learnings, all on your desktop or laptop.

SYNC Now automatically syncs with the **SYNC Go** app.



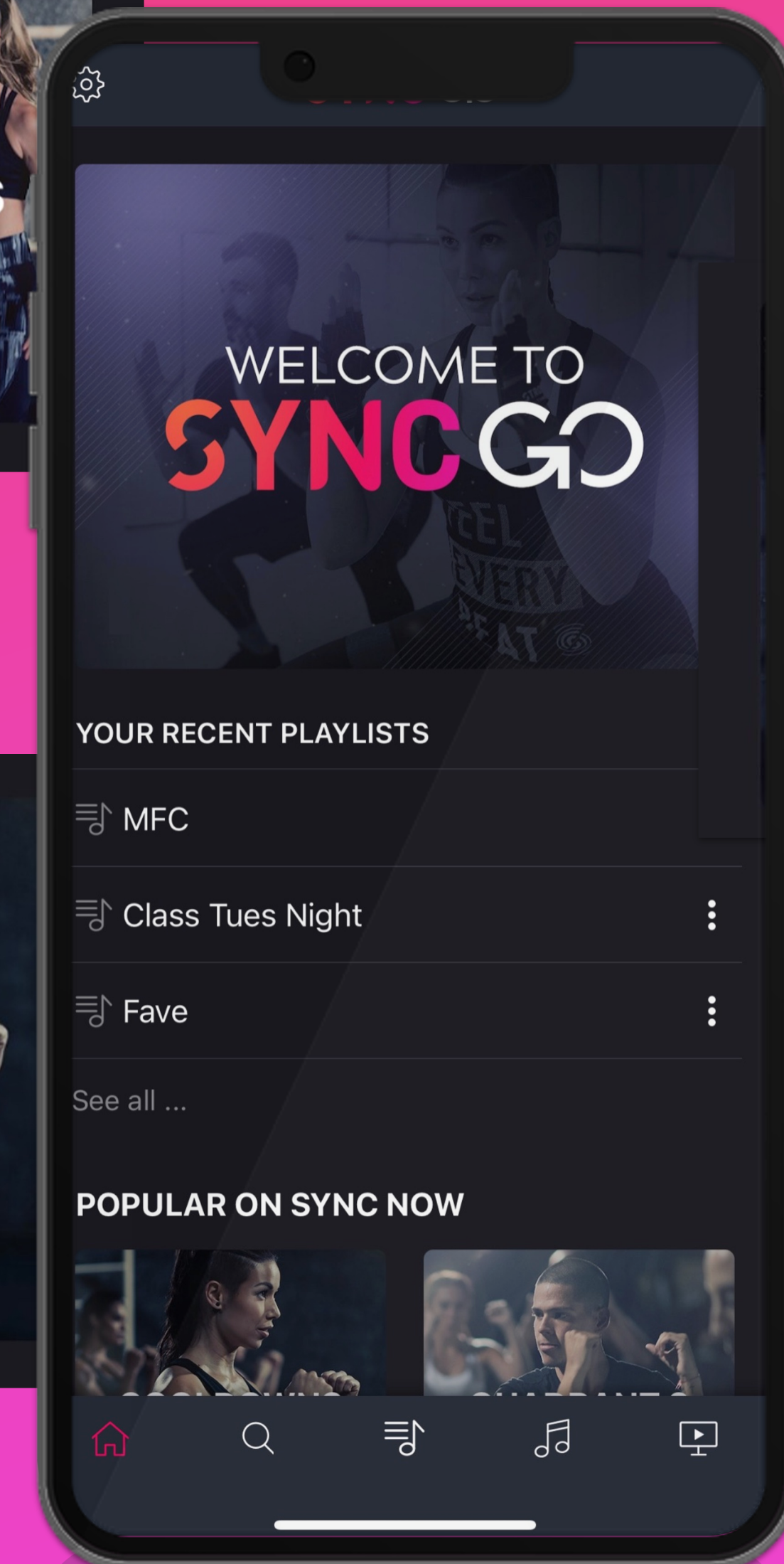
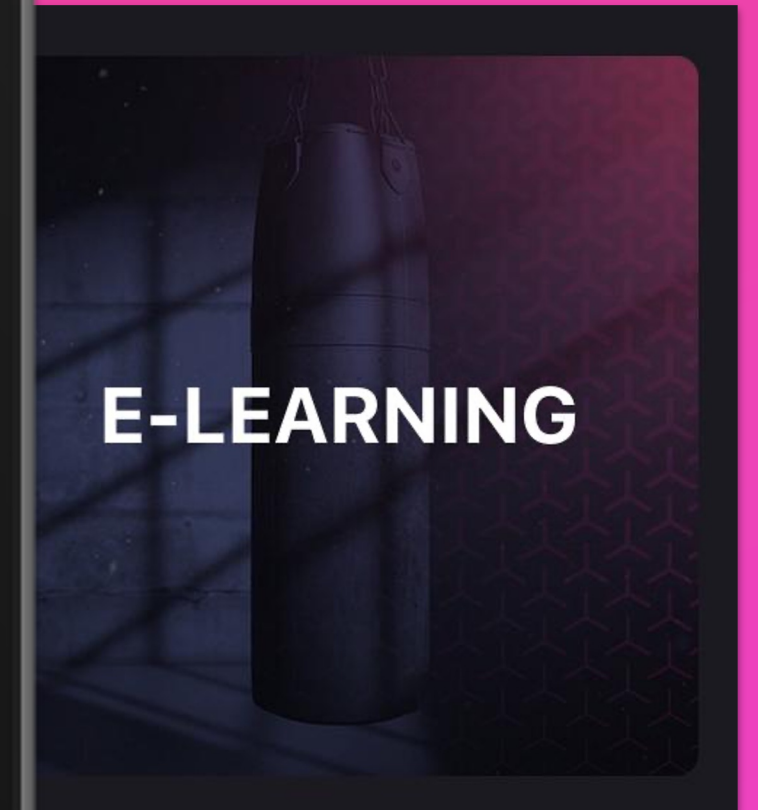
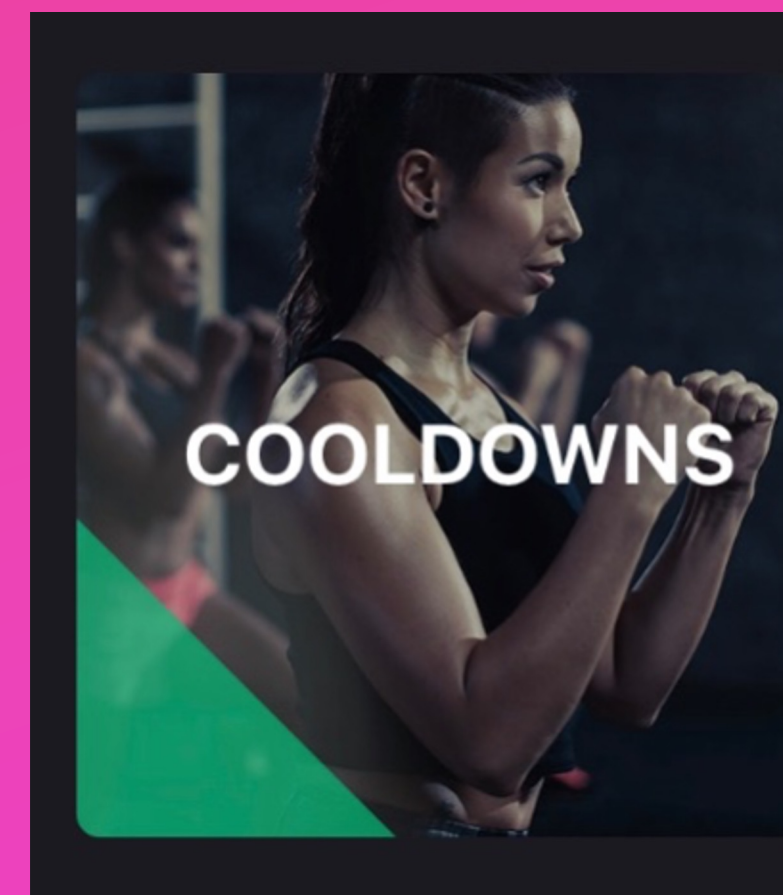
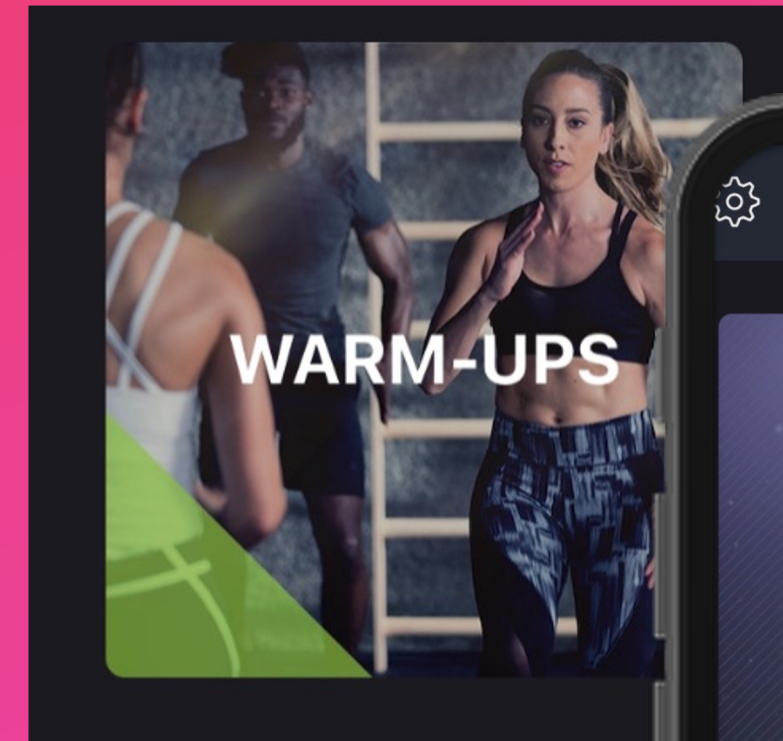


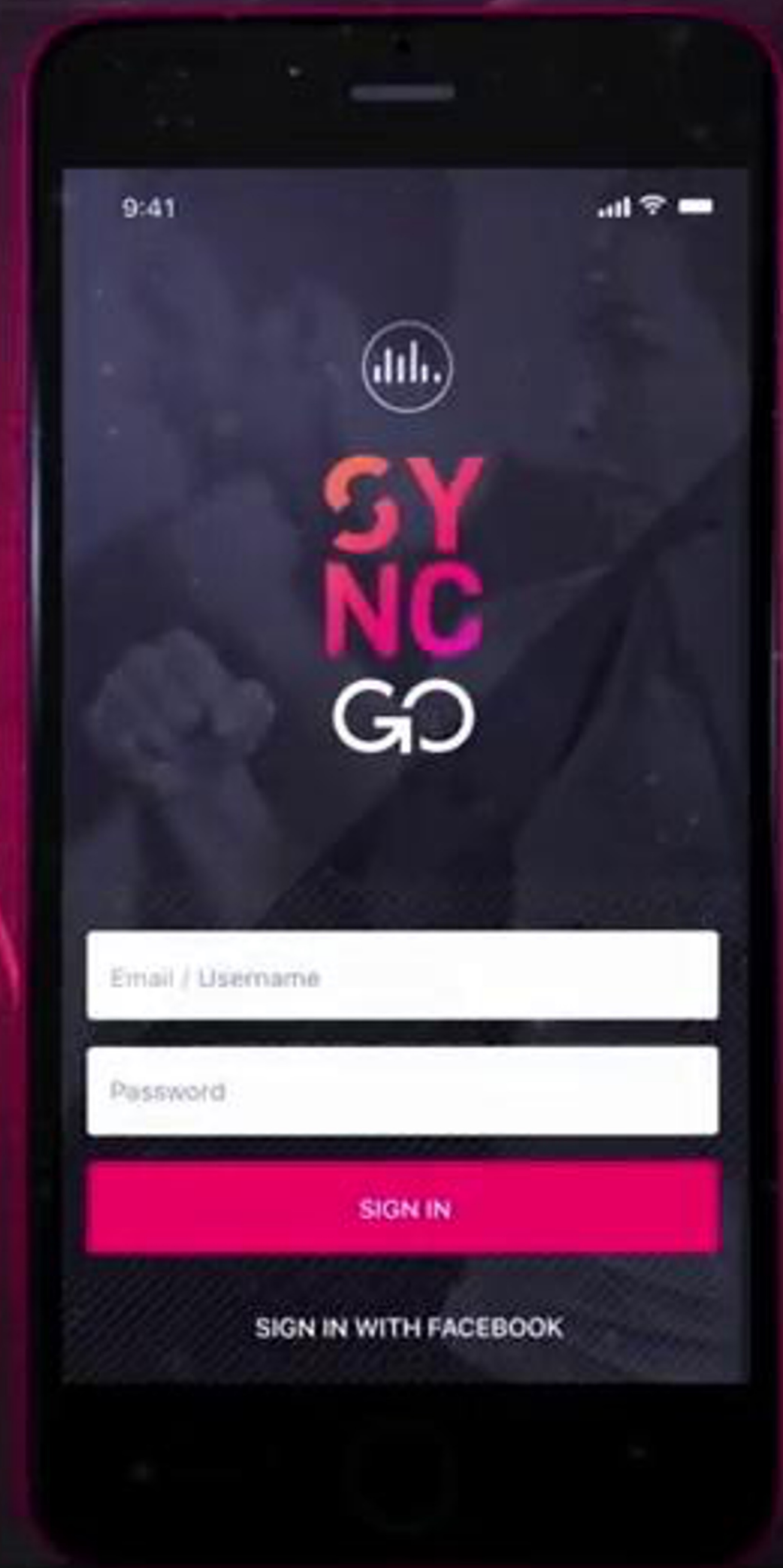
Your easy to use, free all-in-one mobile app that allows you to build and personalize playlists to create the optimal **STRONG Nation®** class.

- Build your music playlists
- Practice your routines
- Trim your classes



[LEARN MORE](#) ►



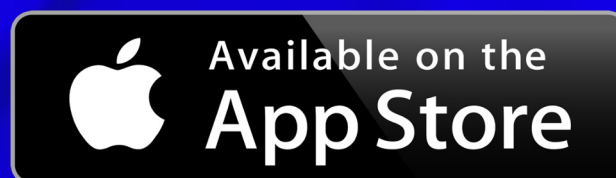


[LEARN MORE](#) ►

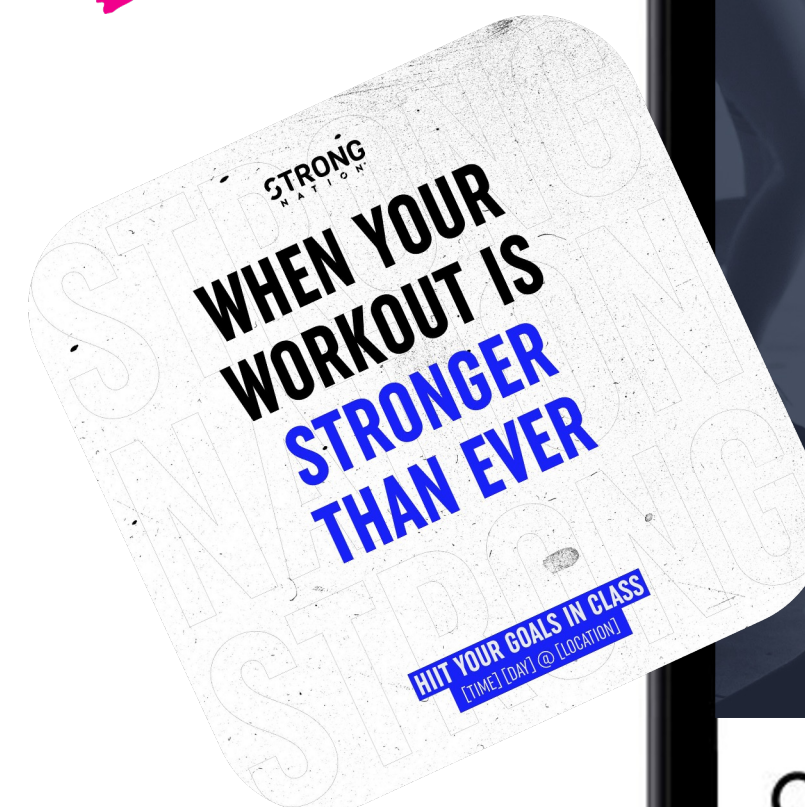
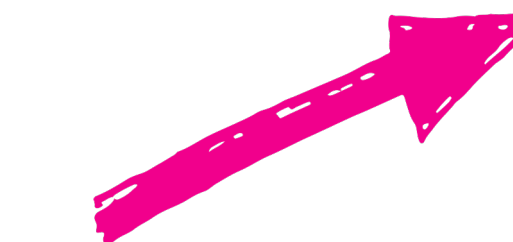
STRONG
NATION®



Market yourself on social media like a pro with ClassBuzz™, the member-exclusive mobile app that lets you easily create + personalize content promoting yourself and your STRONG Nation® classes!



[LEARN MORE](#) ►

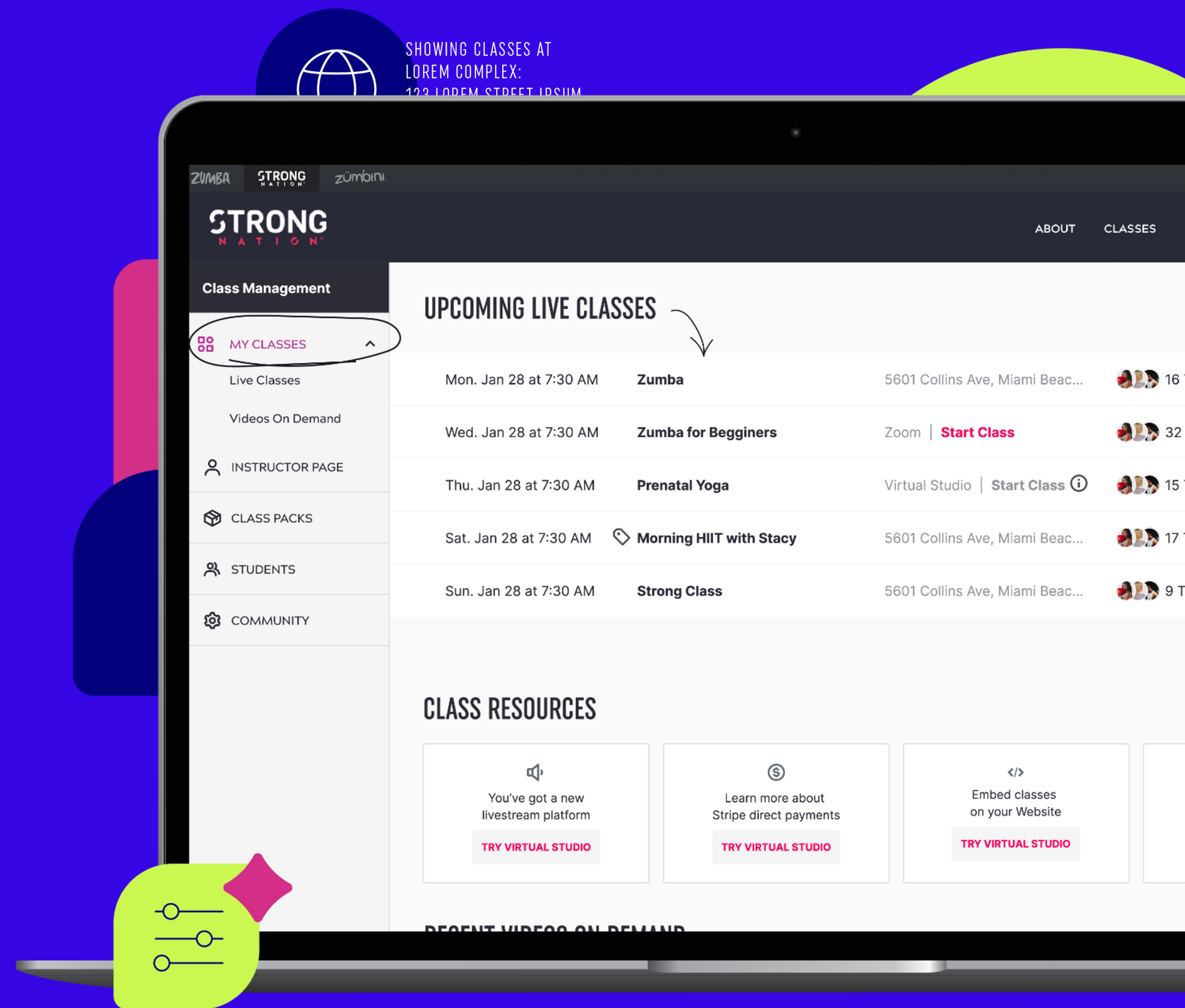


The New

Class Management Dashboard

This **all-in-one solution** streamlines SYNC™ class posting and management, saving you valuable time!

- **Post + manage all your classes** (in-person, on-demand, and virtual)
- Take **payments + attendance** for all class types
- **Instructor page** that will help increase class bookings
- Receive **tips**
- Sell **class packs**
- **Edit, share**, and add **notes**



Class Management Dashboard

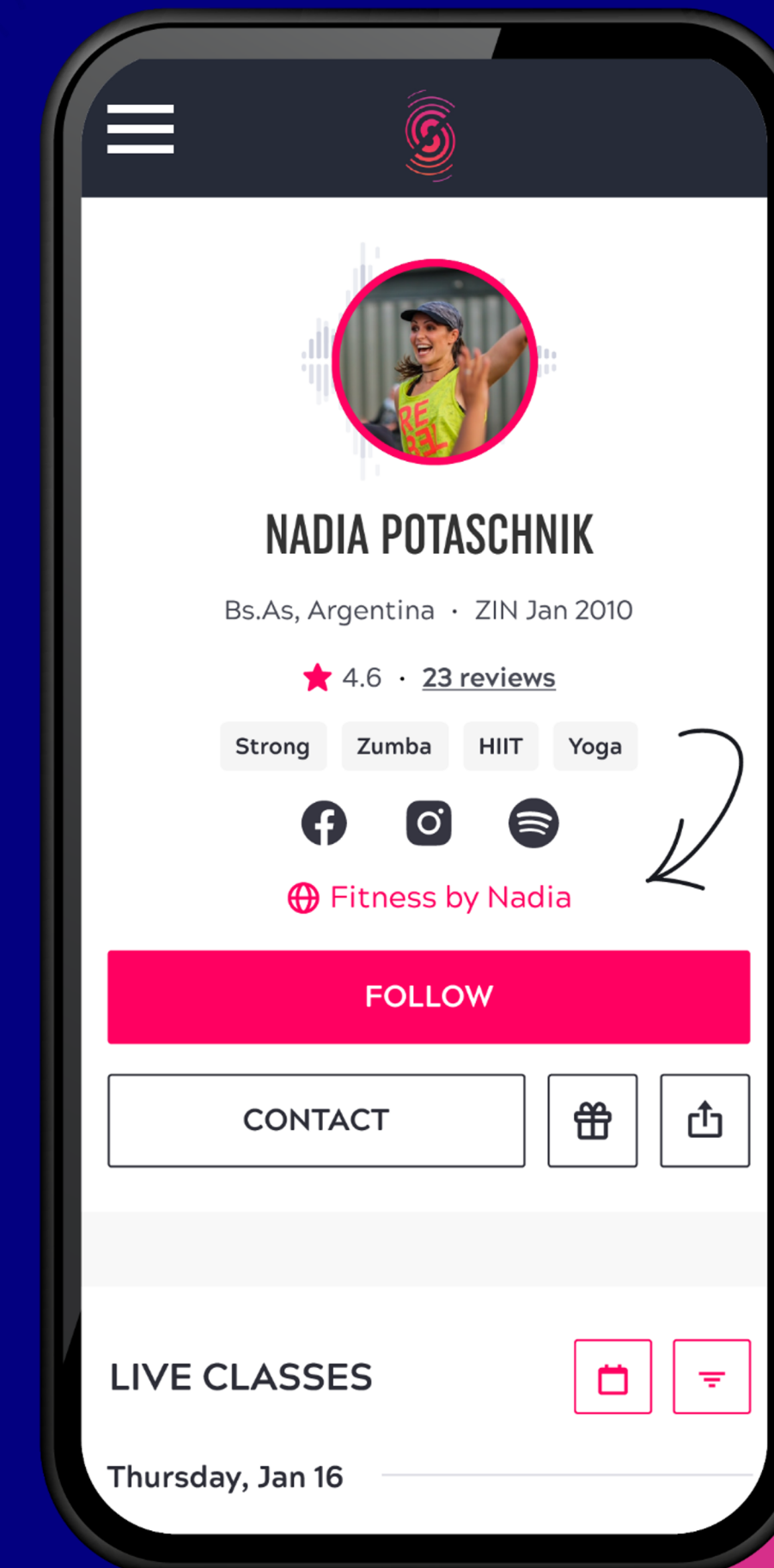
Create Your Instructor page

INTRODUCE YOURSELF TO STUDENTS AND PROMOTE YOUR CLASSES

- List all of your upcoming classes and take registrations
- Upload a profile photo
- Show your trainings + certifications
- Show ratings and reviews
- Post your social media and website URLs
- Give students the ability to leave a monetary tip
- Includes follow button so students can keep track of your classes



1. BASIC INFO
2. SCHEDULE
3. DETAILS



CLASS PACKS



SHOWING CLASSES AT
LOREM COMPLEX:
123 LOREM STREET IPSUM,
FL 38263



FIGHTING ELEMENTS

YOUR FREE E-LEARNING
IS HERE!

[LEARN MORE](#) ►

Fighting Elements e-learning helps you master the core martial arts movements which are the foundation of the **STRONG Nation®** program.

After your training, you'll receive a unique code via email to access.

SYNCLAB SESSIONS

- 3-Hour workshops
- Led by a STRONG Tech
- Specialized, interactive drills
- 1-1 coaching
- Personalized feedback
- Improve form & technique
- Learn the latest content

[LEARN MORE](#) ►

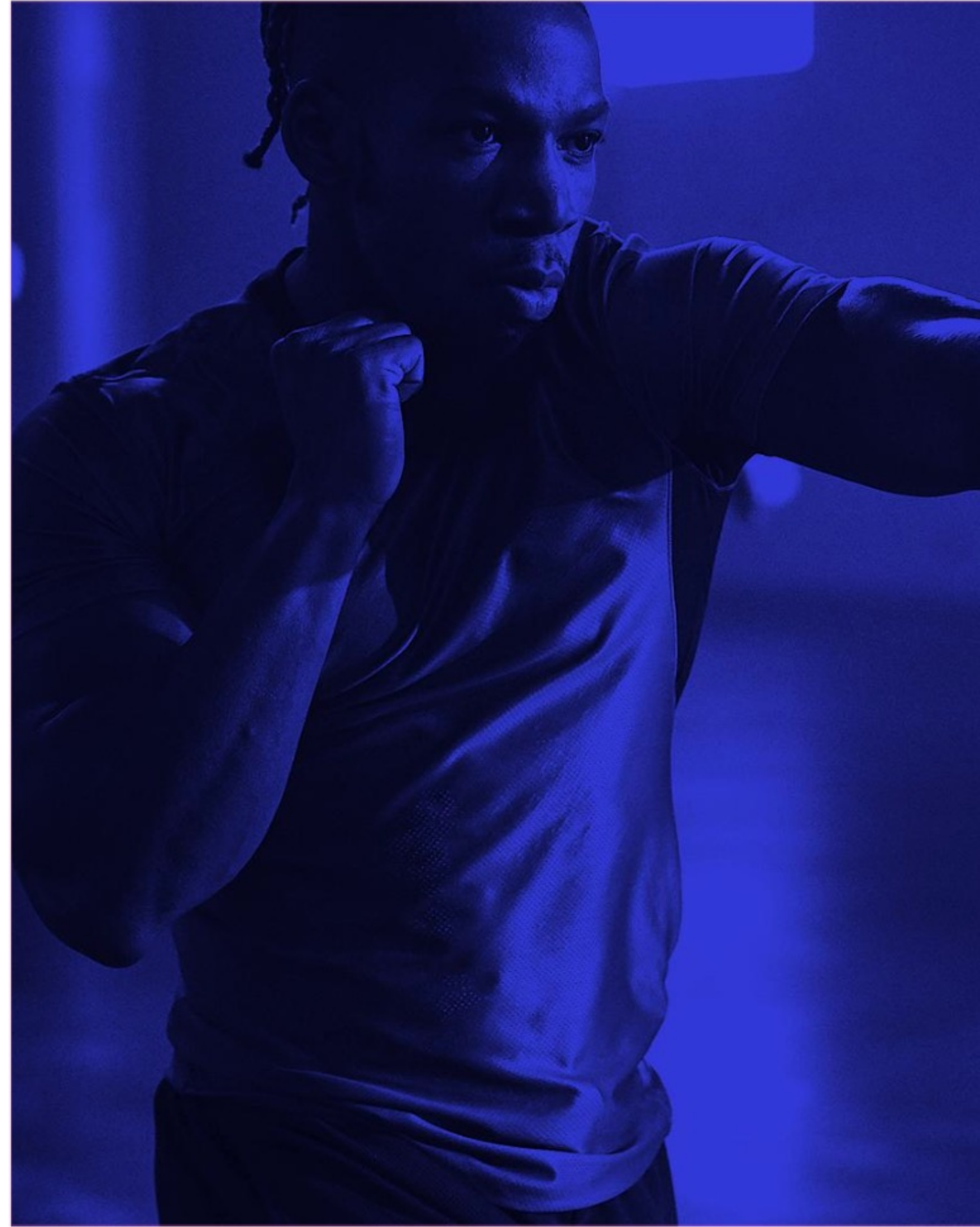
PERSONAL COACHING

Teach individual + small group classes with
STRONG Nation Personal Coaching.

This additional format allows you to attract a new
audience and add more classes to your schedule.

New routines are delivered every month

[LEARN MORE](#) ►



EVENTS + COMMUNITY SUPPORT

SYNC SUMMIT

Attend SYNC-exclusive events, learn new skills and connect with fellow instructors all over the world.

CHAMPIONS

A group of SYNC volunteers in your community that help you connect with others, and stay informed with Home Office news. Attend a Meet + Greet with your local Champion.

JOIN THE FAMILY

Join a network of instructors just like you, and connect on exclusive Forum spaces, social media channels and more.



THANK YOU