

Hip Hop ABS

Get fit, easy abs with Shaun T's exciting new program! Using his revolutionary **Absolute Engagement™** technique you'll **FIL, TUCK & TIGHTEN** your way to get fat abs and a flatter body without sit-ups or crunches. Even if you've never danced, you'll learn the easy Hip Hop moves in no time!

FAT BURNING CARDIO

This is not your mom's aerobics video. A maximum calorie burn that targets your ABS, so you burn off the fat while revealing a tight, toned, sexy midsection. Shaun's energy, fat music, and exciting moves like the "Shove down" and "Tap foot" make the time fly by.

AB SCULPT

Are you ready for your very own workout? Shaun teaches you the most innovative standing up and core moves you'll ever experience! With Shaun's **FIL, TUCK & TIGHTEN** technique you'll really fire up those abs muscles and melt the fat!

TOTAL BODY BURN

This heart-to-be workout combines cardio with total body sculpting, while you target your midsection so you burn off the fat and reveal a tight, toned body ... the possibilities to lose inches and say hello to a slimmer waist and flat, sexy abs!

PLUS SECRETS TO FLAT ABS

Are you ready for a secret? The secret to flat abs, that is. Shaun got his rock-hard abs without sit-ups or crunches, and now you can too. Shaun shares the targeted training techniques, **FIL, TUCK & TIGHTEN**, which activates your upper, middle, and lower abs and obliques at the same time so you get beautiful, flat, sexy abs!

Special Features

- EVEN LOUDER MUSIC • MEET THE CAST

It's not a lie, it's the truth. Hip Hop ABS™ is the only workout that gives you the motivation and support to stay motivated and fit.

For more information, visit www.HipHopAbs.com or call 1-800-854-3334 or go to www.Beachbody.com

Produced and Directed by Andrew Schwartz (Sagittarius Productions)

Warning: You may sweat your shirt out before you begin the workout because you're so excited!

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BEACHBODY®

Approx. workout time
2 hours 10 minutes



Hip Hop ABS

FAT BURNING CARDIO
TOTAL BODY BURN

PLUS SECRETS TO FLAT ABS
AB SCULPT

DVD

Hip Hop ABS

Includes **3** workouts!

FAT BURNING CARDIO

AB SCULPT

TOTAL BODY BURN

PLUS SECRETS TO FLAT ABS



BEACHBODY®

Hip Hop Abs Nutritional Guide

Sarah Hentges



Hip Hop Abs Nutritional Guide:

Eventually, you will no question discover a additional experience and ability by spending more cash. still when? attain you bow to that you require to acquire those all needs in the manner of having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to comprehend even more in relation to the globe, experience, some places, considering history, amusement, and a lot more?

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Hip Hop Abs Nutritional Guide Introduction

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