

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 "up rock" 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 fat 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! Shaun T's workout is so exciting, you'll love it! Contact your local fitness store for more information and support. Or log on to www.beachbody.com

For more information, visit www.beachbody.com or call 1-800-854-2226 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! This is a workout!

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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

SB Merriam



Hip Hop Abs Nutritional Guide:

Whispering the Techniques of Language: An Emotional Quest through **Hip Hop Abs Nutritional Guide**

In a digitally-driven earth where monitors reign supreme and instant transmission drowns out the subtleties of language, the profound strategies and psychological nuances hidden within words usually go unheard. Yet, situated within the pages of **Hip Hop Abs Nutritional Guide** a fascinating literary prize pulsing with natural thoughts, lies a fantastic quest waiting to be undertaken. Published by a talented wordsmith, this charming opus encourages readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very fabric of each word. Within the emotional depths of this touching evaluation, we can embark upon a sincere exploration of the book's primary themes, dissect its fascinating publishing model, and succumb to the effective resonance it evokes strong within the recesses of readers' hearts.

<https://staging.conocer.cide.edu/About/detail/Documents/Introduction%20To%20Kinesiology%20Final%20Exam%20Answers.pdf>

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Hip Hop Abs Nutritional Guide Introduction

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