

HIP HOP ABS

Get hot, sexy abs with Shaun T's exciting new program! Using his revolutionary *Absolute Engagement™* technique you'll **FLEX, TUCK & TIGHTEN** your way to get flat abs and a leaner 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 boring video. It maximizes calorie burn that targets your ABS, so you burn off the fat while revealing a tight, toned, sexy midsection. Shaun's energy, hot music, and exciting moves like the "Shove down" and "up over" make the time fly by.

AB SCULPT

Are you ready for your very own abs party? Shaun teaches you the most innovative standing sit-up and core moves you'll ever experience! With Shaun's **FLEX, 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 possibility 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, **FLEX, TUCK & TIGHTEN**, which activate your upper, middle, and lower abs and obliques at the same time so you get beautiful, flat, sexy abs!

Special Features

- EVER-LOUDED MUSIC
- MEET THE CAST

This DVD is a member of the Shaun T's *Body Training* series and is available for rental on Amazon.com. For more information visit www.beachbody.com.

For Beachbody's exclusive *Shred Zone* Customer Service program, call 1-800-848-2226 or go to www.beachbody.com.

Product and packaging design by Beachbody Design Studio.

Warning: Do not use alcohol or other substances while participating in this workout.

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Approx. workout time
2 hours 30 minutes



HIP HOP ABS

FAT BURNING CARDIO
TOTAL BODY BURN

PLUS SECRETS TO FLAT ABS
AB SCULPT

DVD

HIP HOP ABS

Includes **3** workouts!

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