

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 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 a total body workout that will help you lose weight and get fit.

For more information on this DVD, please contact our Customer Service Department at 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

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PLUS SECRETS TO FLAT ABS

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Hip Hop Abs Fast Food Eating Guide

David Zinczenko, Jeff Csatari



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Billboard ,1996-07-06 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends Ebony ,2000-12 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **The Video Librarian** ,2005 *The Compact Edition of the Oxford English Dictionary* Sir James Augustus Henry Murray,1971 Micrographic reproduction of the 13 volume Oxford English dictionary published in 1933 Guide to Healthy Fast-Food Eating Hope S. Warshaw,2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America This book contains Nutrition facts for calories carbohydrates fiber fat trans and saturated fats protein and moreExchange and serving sizes for every menu itemCommon pitfalls of fast food eating and how to avoid themTips for making healthier fast food choicesRealistic ways to deal with diabetes related dining dilemma The Abs Diet Eat Right Every Time Guide David Zinczenko,Ted Spiker,2004-12-09 Smart Eating Choices Made Simple TENS OF THOUSANDS OF AMERICANS HAVE CHANGED THEIR BODIES AND THEIR LIVES with the help of The Abs Diet the New York Times bestseller from David Zinczenko editor in chief of Men s Health magazine The principles of The Abs Diet are simple Eat more healthy food six delicious meals a day and crowd out the bad stuff that s making you fat The Abs Diet has been proven to strip off 10 15 even 20 pounds of flab from your belly first in six weeks or less Now Zinczenko makes eating

smart and healthy easy with this eye opening portable weight loss manual THE ABS DIET EAT RIGHT EVERY TIME GUIDE This on the go guide pinpoints the foods you should choose to burn away belly fat no matter where you are at home in the supermarket even at the fast food counter And it reveals the hidden killers that are adding inches to your waistline and taking years off your life Discover these amazing weight loss secrets Should you toast a bagel or an English muffin Did you know that making the wrong choice will cost you 150 extra calories What s healthier a bean burrito or a taco salad Would you believe the healthy salad will pile 130 more calories onto your plate Which will make you fatter a Whopper or a Big Mac You ll be stunned to discover the shocking truth Learn why a hot fudge sundae is a treat you should eat why potato chips are better for you than french fries and why Swiss cheese is three times healthier than Cheddar You don t have time for complicated plans or fancy recipes In THE ABS DIET EAT RIGHT EVERY TIME GUIDE Zinczenko tells you how to strip away belly fat in every situation from the frozen food aisle to the deli from a five star restaurant to the drive thru On the go eating doesn t have to end up on your gut The Fast Food Diet Stephen T. Sinatra,Jim Punkre,2008-05-02 Lose weight eating at McDonald s Burger King KFC and Wendy s Yes it s possible and this book shows you how Dr Steve Sinatra is one of the top preventive cardiologists in America In The Fast Food Diet he shows readers how to eat smarter and more nutritiously at any fast food establishment in America so they will actually become healthier as they lose weight What a brilliant strategy and practical approach BARRY SEARS bestselling author of The Zone We re a nation on the go and we re gaining weight at alarming levels Chances are you realize you should lose weight and eat healthier foods but when you re hungry and hurried all too often you choose the drive through over a healthy home cooked meal This breakthrough guide presents a practical real world solution that teaches you how to make healthier fast food choices and save hundreds of calories per meal without giving up the delicious taste and convenience of fast foods In addition to tips for dining guilt free at all types of fast food restaurants The Fast Food Diet includes A Six Week Fast Food Diet Eating Plan that lets you choose among 150 meal selections for breakfast lunch dinner and snacks from more than fifty of the most popular fast food chains Valuable tips for business travelers holiday revelers and kids who are fast food junkies Advice on eating well at food courts sit down restaurants airports and convenience stores Recipes for nutritious home cooked meals you can prepare in 15 minutes or less If you cut just 500 calories from your meals every day you ll lose a pound a week That s 50 pounds a year and The Fast Food Diet makes it easy *Complete Guide to the Fast Food Diet* Dr. Emma Tyler,2025-07-02 In her new book Complete Guide to the Fast Food Diet A Beginners Guide 7 Day Meal Plan for Weight Loss Dr Emma Tyler breaks down the Fast Food Diet into a simple to understand and easy to follow weight loss and healthy eating plan that anyone can use to lose additional body weight and improve their overall health and wellness Inside her weight loss guide Emma will teach you about the following aspects of the Fast Food Diet What the Fast Food Diet is Rules of the Fast Food Diet Major Health Benefits of Following the Fast Food Diet What Foods Should be Eaten when Following the Fast Food Diet What Foods Should be Avoided or Minimized

on the Fast Food Diet A Simple Nutritious 7 Day Fast Food Diet Meal Plan How to Grocery Shop to Lose Weight How Exercise can Increase Weight Loss with the Fast Food Diet Lifestyle Benefits of Losing Weight on the Fast Food Diet Plus so much more Let Emma help you take control of your weight and guide you through the process of losing extra pounds and maintaining your body weight by using the tried and tested Fast Food Diet and its easy to follow eating plan to improve your quality of life in as little as just 2 weeks

ABSolutely Lean Fast Food Tanner Gers, **The New Abs Diet Cookbook** David Zinczenko, Jeff Csatri, 2010-12-21 A delicious follow up to the groundbreaking The Abs Diet this cookbook delivers more than 200 healthy mouthwatering breakfasts lunches dinners snacks desserts and outdoor grill favorites Each recipe incorporates one or more of the Abs Diet Power 12 Foods such as almonds spinach turkey and olive oil that are scientifically proven to burn fat and build muscle The meals in this book take the guesswork out of weight loss and make calorie counting unnecessary For beginners and seasoned cooks alike this selection of classic and innovative meals such as Fig and Prosciutto Tortilla Bites Walk the Plank Grilled Salmon with Grilled Pineapple and Blackberry Parfait Martinis makes losing weight and eating healthier both easy and delicious Special features include speedy meals that take under five minutes to prepare a beginner s guide to food prep basics and The New Abs Diet Cheat Sheet and Portion Distortion Decoder Based on cutting edge nutrition research on how to prevent high cholesterol diabetes and heart disease with tasty healthy foods The New Abs Diet Cookbook is the perfect weight loss guide for anyone who despises dieting and loves eating

The Smart-carb Guide to Eating Out Tracy Jones, 2004-01-12 Offers advice on keeping to a low carb diet while eating at a fast food restaurant providing the caloric and carb content of actual menu items and suggestions on how to combine these items into a low carb meal

Smart Fast Food Meals Peggy Reinhardt, Peggy Reinhardt, M.P.H., L.N., 1999-01-01 The hottest thing in fast food restaurants these days are pre selected meal combinations It s convenient to order a 4 meal but it likely contains a lot more calories and fat than anyone should stomach In this pocket sized guide licensed nutritionist Peggy Reinhardt recommends 48 different lower calorie lower fat meal combinations from the top 12 fast food chains Includes healthy eating tips and fast food trivia

The Abs Diet 6-Minute Meals for 6-Pack Abs David Zinczenko, Ted Spiker, 2006-05-16 The best selling Abs Diet series continues with the perfect cookbook for anyone who wants to eat sensibly to get a flat sculpted set of abdominals but doesn t have a lot of time to cook Tens of thousands of Americans have changed their bodies and their lives with the help of The Abs Diet the New York Times bestseller from David Zinczenko editor in chief of Men s Health magazine A key factor in the diet s success is the meal plan with its healthy great tasting easy recipes featuring the Abs Diet 12 Powerfoods Now to meet the demands of today s time strapped society Zinczenko and coauthor Ted Spiker present The Abs Diet 6 Minute Meals for 6 Pack Abs to help readers make the right food choices in less time than it takes to pick up a meal at a drive thru The Abs Diet 6 Minute Meals for 6 Pack Abs features 101 6 minute recipes fast and easy recipes like Barbecue Chicken Pizza Smokehouse Salad Summer Vegetable Couscous and more the 12 Abs Diet Powerfoods plus what makes them nutritional

powerhouses and how they increase lean muscle mass and discourage storing fat shopping lists appliance recommendations and more a 7 day meal plan for those who prefer not to mix and match a bonus chapter with 60 minute Sunday creations and 15 minute meals when you have more time This user friendly cookbook is the perfect resource for followers of The Abs Diet as well as anyone who wants to change their body to improve their health their looks or their athletic performance **Eat This, Not That! for Abs** Mark Langowski, 2015-12-29 Strip away belly fat and unveil lean hard rippling abs with the power of simple swaps and the scientifically proven new diet system from the bestselling authors of Eat This Not That Can you get abs in just five weeks by eating bacon pizza burgers even ice cream Yes you can with the unique eating and exercise program from celebrity trainer Mark Langowski and Eat This Not That Using groundbreaking new science you'll eat whatever you want for two weeks at a time focusing on fat burning muscle building foods like burgers steak and even pasta Then you'll use a simple but effective 4 day cleanse to shred away fat unveiling a lean fit physique so quickly you'll be shocked by the results With a complete easy to use eating plan that works for everyone a simple and effective workout program plus delicious recipes for meals snacks and even desserts Eat This Not That for Abs is the fastest most effective plan ever designed to strip away belly fat and get you the lean hard midsection you deserve

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