

# Hip Hop ABS

Get fit, easy abs with Shaun T's exciting new program! Using his revolutionary *Absolute Engagement™* technique you'll **FILL, 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 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, hot 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 **FILL, 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, **FILL, 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 be sweating, laughing and loving it! Get it now!

For more information on this DVD, please contact our Customer Service Department at 1-800-854-2226 or go to [www.beachbody.com](http://www.beachbody.com)

Produced and Directed by Andrew Schwartz (Sagittarius Productions)

Warning: You may sweat your shirt out before you begin this workout! It's that intense!

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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

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# Hip Hop Abs Fast Food Guide

**Ying Liu**



## **Hip Hop Abs Fast Food Guide:**

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## Adopting the Beat of Appearance: An Psychological Symphony within **Hip Hop Abs Fast Food Guide**

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