

# 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 ab 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! Shaun T's workout is a total body workout. Contact your local fitness center for more information and support. Or log on to [www.beachbody.com](http://www.beachbody.com)

For more information, visit [www.beachbody.com](http://www.beachbody.com) or call 1-800-854-3336 or go to [www.beachbody.com](http://www.beachbody.com)

Produced and Directed by Andrew Schwartz (Sagittarius Productions)

Warning: You may sweat your shirt off 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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# Hip Hop Abs Fast Food Guide

**SB Merriam**



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