

# 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 ab 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 so exciting, you'll be sweating, laughing and loving every minute of it!

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! 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 Fast Food Guide

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

### **Careers in Communications and Entertainment** Leonard Mogel,2000-01-02      **Creating Your Career in**

**Communications and Entertainment** Leonard Mogel,1998 This premiere edition from Leonard Mogel provides up to date snapshots with data forecasts and analyses of career opportunities in the worlds of publishing communications media and entertainment A veteran of the printing publishing and movie industries Mogel offers dozens of specific career tips and many interviews with experts in each field Offering visions of dream jobs with a healthy dose of perspective and wisdom this volume is intended for readers interested in pursuing careers in media and entertainment      **Ebony** ,2006-07 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      *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      **Billboard** ,1995-08-19 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

**Best Life** ,2008-08 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life      *New York Magazine* ,1997-06-23 New York magazine was

born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea      **Men's Health** ,2008-01 Men s

Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle      *Billboard* ,1995-07-22 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      *Video Source Book* ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

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## **Table of Contents Hip Hop Abs Fast Food Guide**

1. Understanding the eBook Hip Hop Abs Fast Food Guide
  - The Rise of Digital Reading Hip Hop Abs Fast Food Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Hip Hop Abs Fast Food Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Hip Hop Abs Fast Food Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Hip Hop Abs Fast Food Guide
  - Personalized Recommendations
  - Hip Hop Abs Fast Food Guide User Reviews and Ratings
  - Hip Hop Abs Fast Food Guide and Bestseller Lists
5. Accessing Hip Hop Abs Fast Food Guide Free and Paid eBooks
  - Hip Hop Abs Fast Food Guide Public Domain eBooks
  - Hip Hop Abs Fast Food Guide eBook Subscription Services
  - Hip Hop Abs Fast Food Guide Budget-Friendly Options

6. Navigating Hip Hop Abs Fast Food Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Hip Hop Abs Fast Food Guide Compatibility with Devices
  - Hip Hop Abs Fast Food Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Hip Hop Abs Fast Food Guide
  - Highlighting and Note-Taking Hip Hop Abs Fast Food Guide
  - Interactive Elements Hip Hop Abs Fast Food Guide
8. Staying Engaged with Hip Hop Abs Fast Food Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Hip Hop Abs Fast Food Guide
9. Balancing eBooks and Physical Books Hip Hop Abs Fast Food Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Hip Hop Abs Fast Food Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Hip Hop Abs Fast Food Guide
  - Setting Reading Goals Hip Hop Abs Fast Food Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Hip Hop Abs Fast Food Guide
  - Fact-Checking eBook Content of Hip Hop Abs Fast Food Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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