

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 Aerobic 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! Hip Hop ABS™ is the only workout that gives you the motivation and support to stay motivated and 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 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 Eating Guide

Michael Hoelscher

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Hip Hop Abs Eating Guide:

Whispering the Techniques of Language: An Mental Quest through **Hip Hop Abs Eating Guide**

In a digitally-driven earth wherever displays reign supreme and instant communication drowns out the subtleties of language, the profound techniques and mental nuances concealed within words frequently move unheard. Yet, located within the pages of **Hip Hop Abs Eating Guide** a fascinating fictional value pulsing with fresh thoughts, lies a fantastic quest waiting to be undertaken. Published by a skilled wordsmith, this marvelous opus encourages viewers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within ab muscles material of every word. Within the emotional depths of this moving evaluation, we shall embark upon a heartfelt exploration of the book is core styles, dissect their charming writing design, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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