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[SHAUN T ROCKIN BODY WORKOUT DVD FREE DOWNLOAD 1](#)

HIP HOP ABS™

Get hot, sexy abs with Shaun T's exciting new program! Using his revolutionary Absolute Engagement™ technique you'll TILT, 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 his easy Hip Hop moves in no time!

FAT BURNING CARDIO

This is not your mama'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 "throw down" and "up-rock" make the time fly by.

AB SCULPT

Are you ready for your very own six-pack? Shaun teaches you the most innovative standing ab and core moves you'll ever experience! With Shaun's TILT, TUCK & TIGHTEN technique you'll really fire up those ab muscles and melt the fat!

TOTAL BODY BURN

This head-to-toe workout combines cardio with total body sculpting, while you target your midsection—so you burn off the fat and reveal a tight, toned body —. Say goodbye to love handles 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 his targeted training technique, TILT, 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

If you are a member of the Million Dollar Body™ community, contact your Coach for information and support or log in at MillionDollarBody.com.
 For Beachbody and Million Dollar Body Customer Service, please call 1 (800) 818-3174 or go to Beachbody.com.
 Produced and directed by Andrea Ambrosio/Designfly Productions.
Warning: You must consult your physician before you begin this or any other exercise program.
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HIP HOP ABS™

Includes 3 workouts!

FAT BURNING CARDIO

AB SCULPT

TOTAL BODY BURN

PLUS SECRETS TO FLAT ABS

BONUS
LEARN TO DANCE
Take It to the Dance Floor

APPROX. WORKOUT TIME:
2 hours 10 minutes

6 78026 40919 2

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