

Hip Hop Abs®

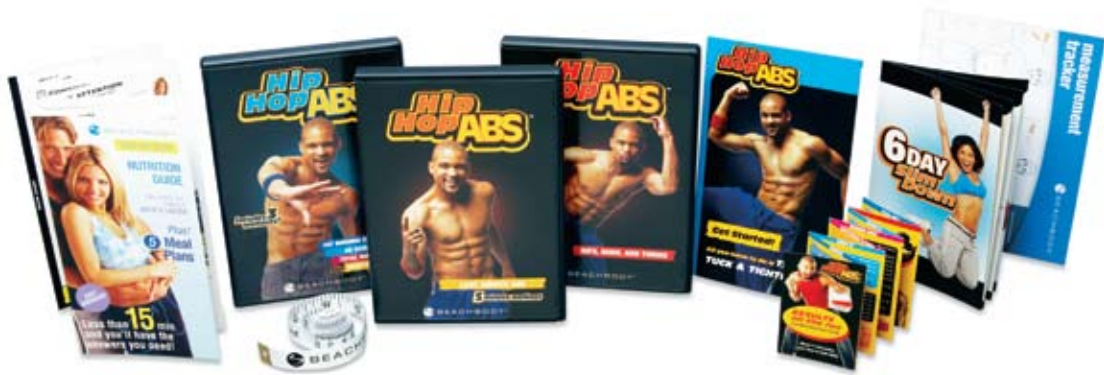
“Tilt, Tuck & Tighten” with Shaun T!

Dance your way to amazing abs without ever doing a single sit-up or crunch. Great music, incredible moves! Great for beginners! Hip Hop Abs is a revolutionary fitness program specifically designed to melt away the pounds while helping you get flat, sexy abdominals. No more boring sit-ups and crunches that don't deliver results. Set to energizing hip hop party music, this fun and ultra-effective program includes

fat-burning cardio, ab-sculpting workouts, and bonus dance routines.

THE BEACHBODY® DIFFERENCE

Hip Hop Abs features Shaun's revolutionary Absolute Engagement™ technique, which allows you to “Tilt, Tuck & Tighten” your way to six-pack abs without doing a single sit-up or crunch.



DID YOU KNOW?

According to David Zincenko, editor-in-chief of *Men's Health* magazine, “Belly fat—the fat that pushes your waist out—is the most dangerous fat on your body . . . because it resides within striking distance of your heart, liver, and other organs—pressing on them, feeding them poisons, and messing with their daily function.”

UNIQUE FEATURES & USAGE

- Exclusive training techniques **target your upper abs, lower abs, and oblique muscles (side abs)** while you burn fat
- **Cardio**, in the form of **fun, hip dance moves**, helps increase your heart rate to burn calories and **shed fat**
- **Three bonus dance routines** to help you learn the latest hip hop dance moves
- **Step-by-Step Nutrition Guide** to help you lose weight and still eat foods you love
- **6-Day SlimDown plan** to jump-start your weight loss and help you lose up to 3 inches off your waist in your first week
- **30-day workout calendar** designed to tone your entire body fast
- **Results on the Run diet guide** for help when eating out
- **Measurement card and tape measure** to track your progress
- **24/7 online support** with an amazing online community of peer support and scheduled live chats with Shaun

Keep Pushing Play with Shaun T and get toned, tightened abs.