

Rockin' Body®

Get rockin' results!

One of the top reasons for quitting a fitness routine is boredom. Shaun T, creator of the best-selling Hip Hop Abs®, has created a high-octane program that will have you sweating off the pounds to all your favorite dance-floor hits while you burn the fat off your ENTIRE body! A range of

routines and music make daily workouts feel more like Saturday night dance parties so you never want to stop!

THE BEACHBODY® DIFFERENCE

Shaun T's Mark It and Move It technique teaches you how to effectively perform new dance moves in sequence. You start off by doing a simplified move dancing in place, i.e., you "Mark It." Then you add moves that take you away from and return you to your original "marked" position. That's how you "Move It."



DID YOU KNOW?

Dancing is one of the most effective—and fun—ways to **lose weight, sculpt, and tone** from head to toe. It's a **total-body** workout that gets your heart pumping and even helps with coordination and flexibility.

KEY BENEFITS & USAGE

- From **disco to rock and roll**, you get **FIVE calorie-blasting workouts** so you never get bored
- Easy-to-use tools for **maximum results**
- **My Quickstart Guide** calendar for tracking your progress
- **Never "Diet" Again guide** filled with Shaun's favorite meals and recipes to help you learn how to eat simply and healthily
- **24/7 Online Support**
- A 10-minute **Hard-Core Abs** workout
- **Booty Time DVD** packed with **wild moves to lift your buns, slim your hips, and tighten your abs**
- **3-Day SlimDown** for **visible results in just 3 days!**
- **Party Guide** helps you learn **what to eat and drink at any party** so you don't overdo it

Simply pop in one of Shaun T's exhilarating Rockin' Body workouts and you'll be dancing off the pounds and having fun, because it feels like you're on the dance floor rather than the exercise room.