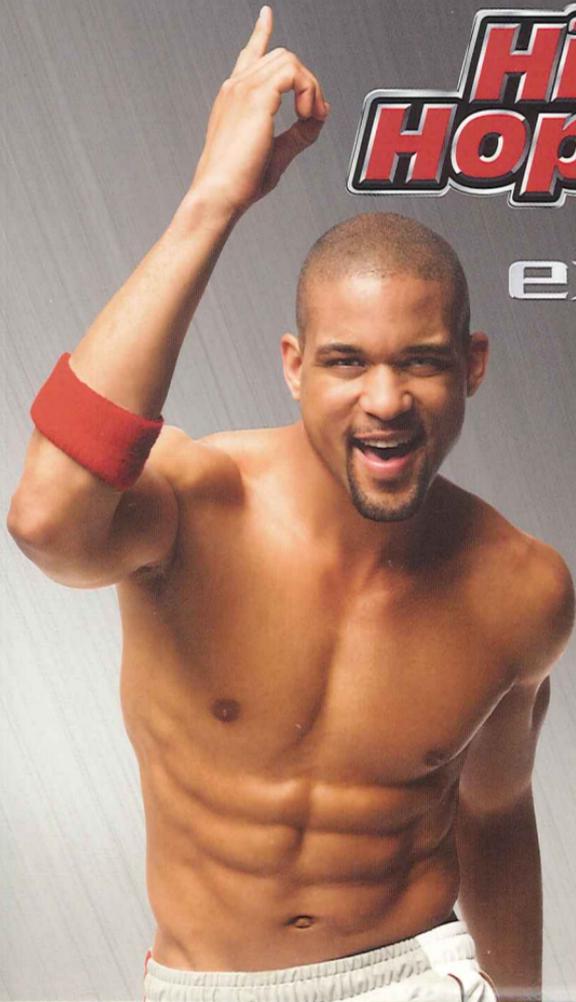


# Hip Hop ABS<sup>®</sup>

## extreme



**EXTREME CARDIO**

**EXTREME ABS**

# Hip Hop ABS

## extreme



**EXTREME ABS**

When you're short on time but still want to get your blood pumpin', this super-concentrated workout is for you. Forget about lying on the floor doing hundreds of boring crunches. Now you'll "Tilt, Tuck & Tighten" your way to a six-pack in no time. Get movin'—your abs will thank you.



Ready to get **EXTREME** with Shaun T?

Shaun's ramped up the intensity for these two brand-new workouts to give you even more amazing results. Burn fat and sculpt your abs—without ever getting on the floor. His signature dance moves will get you into the best shape of your life.

**EXTREME CARDIO**

Remember "Get Busy," "Party Bounce," and "Flava"? Shaun uses your favorite moves in an intense new workout designed to melt the fat away. His unique blend of cardio and strength exercises will not only carve some serious abs, it'll also tone your body from head to toe.

Consult your physician and follow all safety instructions before beginning any exercise program.

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<b>LANGUAGE</b>	ENGLISH, SPANISH
<b>SUBTITLES</b>	ENGLISH, SPANISH

Approx. total workout time: 75 minutes

 **BEACHBODY®**

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