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Work Out: Hip Hop Dance to Tone Abs | Danielle Peazer Hip Hop Abs -- Take It To The Dance Floor Hip Hop Abs - Get sexy toned abs at home with Hip Hop Abs!

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100 Pounds Before and
After Weight Loss ~~How
To Lose Weight Fast
and Easy (NO
EXERCISE) Weight
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K 10 min Booty
Shaking Waist
Workout- Lose inches
off your waist |
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~~The Workout:~~

~~10 Minute CIZE Dance Break~~

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CIZE - The End of Exercise 30 Mins

Aerobic Dance Workout - Bipasha Basu Break

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Transformation- 65LBS
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~~6 Minute ABS PART~~

~~3~~

Shaun T: Trust and Believe in Your Own Transformation

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Welcome to the print a Hip Hop Abs Workout Calendar page! The Hip Hop Abs schedule is broken up into 3 different ways. The first schedule is just the basic 30 day schedule. There

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is a second schedule that's a bit more advanced and is scheduled for 60 days. I have created a calendar for every schedule of the workout.

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Calendar Print A
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is broken up into 3
different ways. The first
schedule is just the basic
30 day schedule. There
is a second schedule
thats a bit more
advanced and is

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Guide Hip Hop Abs is a
60-day dance-based

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fitness program you can do from the comfort and privacy of your own home. It is designed to help you burn fat and tone your abs without resorting to crunches or situps. It uses cardio to help you burn calories, but there's special focus on toning your abs.

Product Training Guide
- Beachbody

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This is where the Hip Hop Abs nutrition plan makes all the difference.

By following a professionally designed diet that was put together by nutritionists who know the ins and outs of the Hip Hop Abs workout and what kind of energy is required for

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success, you will be increasing your results exponentially.

~~Hip Hop Abs Nutrition Guide Extreme Fitness Results~~

Hip hop abs is a home DVD workout program, designed to tone your whole body with a special emphasis on your abdomen. Though it is marketed differently

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from other holistic workouts, it still offers an all-around improvement of your body. It is not just about core and abs, but rather thighs, legs and butt and an overall muscle definition.

~~Hip Hop Abs Review~~
~~Detailed and Unbiased~~

When you order Hip Hop Abs, you will

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receive 4 workouts, a Step-By-Step Nutrition Guide, a 30 Day Workout Calendar, a measurement card, and a tape measure. In addition, Beachbody will also send you four additional free gifts that include the Hips, Buns and Thighs workout, the Results on the Run Diet Guide, the 6 Day Slim Down Plan and the learn

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to Dance with Shaun T
DVD.

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[laughs] >> announcer:
well, if you want abs
too, then stand up right

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now in yr living room.
that's right, stand up and
let shaun show you how
easy it is with hip hop
abs. >> now i'm gonna
show yo how to tilt,
tuck, tighten, engaging
your core with every
single move. all right, so
check it out. first, bring
your feet together. step
one, tilt-- tilt your
shoulders over, easy.
step 2, tuck-- just tuck

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your hips under. and
step 3, exhale to tighten.

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Designed specifically to help burn fat while flattening and tightening the stomach, Hip Hop Abs became America's #1 fitness program on

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TV shortly after launch. The program provides an extremely fun way to sculpt a lean, beautiful body using Shaun T's "Tilt, Tuck, & Tighten" technique to simultaneously engage the upper, middle, lower, and oblique abs.

~~Beachbody~~

Hip hop abs by Shaun T

This is a Beachbody

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workout by Sean T. It includes three DVD's, a get started guide book, step by step nutrition guide, measurement tracker, a 6-day slim down to jumpstart your program, and a four week calendar/workout schedule. This is a fantastic workout program! Lots of fun!
Other

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