

Shaun gives you all the tools you need to succeed. Get started with these workouts for your best results:

SECRETS TO FLAT ABS

Teaches you Shaun's secret TILT, TUCK & TIGHTEN ab-flattening technique to maximize your results.

FAT BURNING CARDIO

Burn calories, shed fat, and get the six-pack you've always wanted—all to hip, hot music.

AB SCULPT

Features Shaun's signature moves to deliver the flat, toned tummy you want without doing crunches or sit-ups. You'll see and feel it working—fast!

TOTAL BODY BURN

A head-to-toe blast with cardio to melt the fat along with targeted sculpting of your problem areas to reveal a leaner body.

Step-by-Step Nutrition Guide is a simple-to-follow healthy eating plan to help accelerate your weight loss results.

Enjoy these **FREE bonus tools**:

HIPS, BUNS, AND THIGHS

Shaun's secret workout to get a tight, toned, sexy lower body. You'll be in your skinny jeans in no time.

6-Day SlimDown Diet, Measurement Card, and Tape Measure will help you lose 3 inches off your waist in just 6 days!

Results on the Run is your guide to eating healthy at your favorite fast food places.

Plus all these extras:

LAST MINUTE ABS

Shaun's 5-minute ab-blasting workout.

LAST MINUTE BUNS

Just because you're behind on time doesn't mean you can't find the time for your behind.

Learn to Dance with Shaun T

These routines will have you hitting the dance floor in no time!

- Take It to the Dance Floor
- Hip Hop Groove
- Last Minute Dance

Simply follow the workout calendar to see which workout to do each day and you'll be on your way to a leaner, slimmer body and **FLAT, SEXY ABS**.

HIP HOP ABS



Basil M. lost 41 pounds
5.75 inches off her waist*



Dixon M. lost 58 pounds
13 inches off his waist*



CLAIM YOUR FREE GIFT TODAY



Shaun T has all the tools you need to succeed, plus a **FREE GIFT** for you with your next purchase of a fitness program. Just visit Beachbody.com/HipHopAbs or TeamBeachbody.com in the next 30 days.

If you're a Team Beachbody® member, don't forget to log in to access all your member benefits. Follow these three easy steps to log in:

1. Enter the email address you gave when you became a member
2. Enter your temporary password: WELLNESS
3. Create your new password

Work out in WOWY®, our online SuperGym®, today for a chance to win prizes!



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If you are a member of the Team Beachbody community, contact your Coach for information and support or log in at TeamBeachbody.com.

For Beachbody® and Team Beachbody Customer Service, go to Beachbody.com.

*Results may vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition. Consult your physician and follow all safety instructions before beginning any exercise program.

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HIP HOP ABS



Get Started

All you have to do is TILT, TUCK & TIGHTEN

HIP HOP ABS

Congratulations!

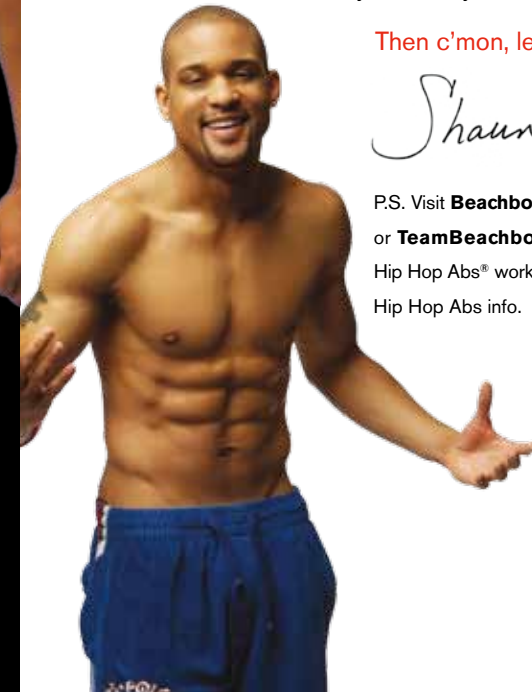
You're about to discover my revolutionary new fitness program, specifically designed to help you lose weight while getting flat, sexy abs. Say goodbye to the boring sit-ups and crunches you dread that don't give you results.

My workouts are fun and they're ultra-effective. Plus they're set to energizing hip hop party music, so this is the one workout you'll look forward to—I promise! You'll feel like you're just dancing. Anyone who wants to break out of their treadmill rut can do it. Best of all, you'll get the head-turning abs you want without doing a single crunch or sit-up. Are you ready to slim down, get your groove on, and get the abs you've always wanted?

Then c'mon, let's work it!

Shaun T

P.S. Visit Beachbody.com/HipHopAbs or TeamBeachbody.com for more Hip Hop Abs® workouts and all the latest Hip Hop Abs info.





Visit Beachbody.com/HipHopAbs or TeamBeachbody.com today for more exciting products and **FREE** gifts

Month 1—C'mon let's work it!

Before you start

IMPORTANT!

TAKE YOUR "BEFORE" PHOTOS

Your "before" photos will be the best reminders of where you started. We suggest taking a front shot (hands on your hips), a side shot (hands on your sides), and a backside shot (hands on your hips). It's important to accurately see your body, so no loose clothing. Bathing suits are always best. Take multiple shots of each. Don't "suck it in" or "push it out"—just stand naturally. A plain, light-colored background is best.

Every day, score yourself on a scale of 1 to 10 for how healthy you ate and how hard you worked out—with 10 being the best.

Watch *Secrets to Flat Abs* and use it as often as needed to refresh your form.

PLUS, anytime you want an extra workout use Last Minute Abs or Last Minute Buns.



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	FAT BURNING CARDIO Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	Rest/Recovery
Week 2	FAT BURNING CARDIO Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	Rest/Recovery
Week 3	FAT BURNING CARDIO AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	TOTAL BODY BURN Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO HIPS, BUNS, AND THIGHS Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	TOTAL BODY BURN Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	Rest/Recovery
Week 4	TOTAL BODY BURN Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO HIPS, BUNS, AND THIGHS Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	TOTAL BODY BURN Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO AB SCULPT Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	FAT BURNING CARDIO HIPS, BUNS, AND THIGHS Diet: 1 2 3 4 5 6 7 8 9 10 Intensity: 1 2 3 4 5 6 7 8 9 10	CONGRATULATIONS! TAKE YOUR "AFTER" PHOTOS