

HIP HOP WITH SHAUN T

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Hip Hop Abs with Shaun T

* Get amazing flat abs with hip hop dance moves and diet secrets from Shaun T * Burn calories and shed fat with fun, hip dance moves set to music * Easy-to-follow weight loss plan can help you

Shaun T - Hip Hop Abs - Total Body Burn - Video Dailymotion

"Hey, I'm Shaun T. You might not know it now, but I used to be 50 pounds heavier. I lost the weight just by dancing and having fun with my Hip Hop Abs program. That's right, I got these flat, amazing abs without getting on the floor. I can't wait to share my fitness and diet secrets with you. lol

shaun t hip hop abs Cartire - bertddd.com

Shaun T, really made workout movies before Insanity and one in every of his extra fashionable ones is Hip Hop Abs, Hip Hop Abs was actually the number one workout DVD during its time.

Shaun T - Hip Hop Abs - 6 Minute ABS PART 1

hold on it is not over yet oh and leave a subscribe to see part 2

Shaun T. - Simple English Wikipedia, the free encyclopedia

Shaun T (born May 2, 1978), is an American motivational speaker, fitness trainer, fitness motivator, businessman, television personality and choreographer. He is best known for his home fitness programs for adults and children which include T25, Insanity and Hip-Hop Abs .

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About Shaun T

Shaun T is a world-renowned health and fitness expert, TV host, motivator and creator of the best-selling fitness programs INSANITY, HIP HOP ABS, FOCUS T25, INSANITY MAX:30, CIZE and newly released SHAUN WEEK.