

Rockin' Body® includes:



Mark, Move & Groove

Shaun will have you dancing and sweating with his Mark It and Move It technique. (15 minutes)



Party Express

A great workout in less than half an hour. (25 minutes)



Rock It Out

This strength routine will shape, sculpt, and tone your body from head to toe while boosting your metabolism. (45 minutes)



Shaun T's Dance Party

It's a calorie-burning party in your living room. (45 minutes)



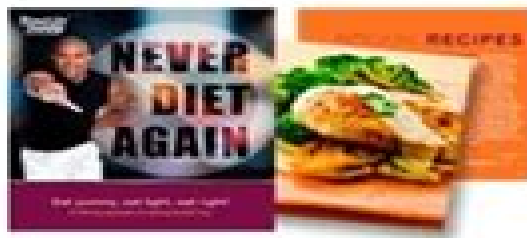
Disco Groove

Hit the dance floor and shake your groove thing in this off-the-hook workout. (35 minutes)

Tools for optimal results



My Quickstart Guide. This simple workout calendar makes it easy for you to schedule your workouts.



Never Diet Again guide. This easy-to-follow plan shows you how to eat simply and healthily. It's filled with Shaun's favorite meals and recipes.



Online Support. Chat live with Shaun and get to know an amazing online community that will help you succeed.

Rockin Body Nutrition Guide

Christine Egan



Rockin Body Nutrition Guide:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Rockin Body Nutrition Guide** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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