# 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)

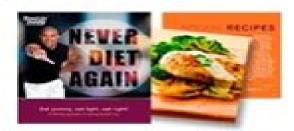


Hit the dance floor and shake your groove thing in this offthe-hook workout, (35 minutes)

# 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**

**JS Bruner** 

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Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Rockin Body Nutrition Guide** . In a downloadable PDF format (\*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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