

## 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)



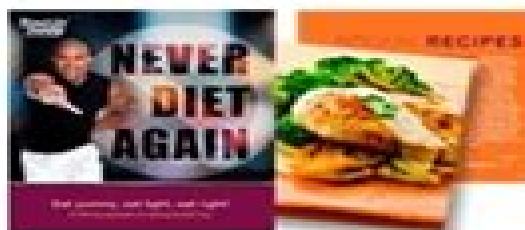
### Disco Groove

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

**Guillaume Favre**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **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 ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

<https://crm.avenza.com/book/browse/fetch.php/Relationships%20Pie%20And%20Other%20Complicated%20Stuff%20English%20Edition.pdf>

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