

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)



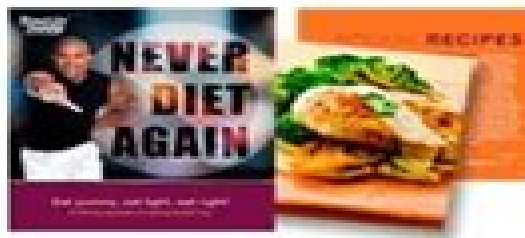
Disco Groove

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

Scott C. Dulebohn



Rockin Body Nutrition Guide:

Embark on a transformative journey with Explore the World with is captivating work, Discover the Magic in **Rockin Body Nutrition Guide** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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