

Download Hip Hop Abs Calendar And Nutrition Guide

Are you ready for a sweat fest???? Okay so I have mostly all Shaun T's hip hop abs dvds! I love them all. But this one in my opinion is by far the most intense. Fitting in time to exercise each day can be difficult, especially with the long work days and hectic schedules most of us have today. Getting to a gym can be especially difficult, not only because of the rising cost of gym memberships but the time it takes to drive there and back. Advertising Disclosure. We aim to provide consumers with helpful, in-depth information about nutrition and weight-loss products. All product names, logos and brands are property of their respective owners. Another popular request is the Insanity Workout Calendar. No problem. Download the Insanity Calendar here. I get the occasional question about how to add in the deluxe workouts.