



Instructions – How to Use This Guide

In this guide, you will find shareable social posts, including tips, recipes, videos*, and more, that correspond to each week of your Hip Hop Abs® Challenge Group. These are suggested posts to help you manage your group, but feel free to mix them up to suit the needs of your Team.

Take these steps before your group starts:

1. Create a Challenge Group using the [My Challenge Tracker Coach Portal](#), and invite your participants to download the My Challenge Tracker App. Alternatively, you can set up a private Facebook® group.
2. Review the [Product Training Guide](#) for all the information you need to know about the Hip Hop Abs, including recommendations on products and nutrition, to ensure your group's ultimate success.
3. Share this [message from Shaun T](#) with your challengers.
4. Post Week 0 topics to your group's wall.

NOTE REGARDING LINKS:

This Challenge Group Guide contains links to products, tools, and resources on TeamBeachbody.com. To ensure you receive credit for any sales made through these links, simply append the following text shown in bold (inserting your OWN Coach repID) to the end of the URL: **?referringRepld=[yourID]**

Example for Coach with repID of 2422 linking to Hip Hop Abs page:

<http://www.teambeachbody.com/shop/-/shopping/HipHopAbs?referringRepld=2422>

TRAINER VIDEOS:

Here is a list of all the weekly videos from Shaun T to motivate and guide your group through their journey. They are listed here so you have easy access to the links, but they are also listed in the weekly posts.

Week 1: <http://youtu.be/AM8fWeVRKLI>

Week 2: http://youtu.be/GC2xVdp_0Lw

Week 3: <http://youtu.be/e2PnQeJggEY>

Week 4: <http://youtu.be/WndyKJCqFAs>

Week 5: http://youtu.be/0KyUguHeg_c

Week 6: <http://youtu.be/fdltcK9z0EY>

Week 7: http://youtu.be/3zK3CXk7_o0

Week 8: <http://youtu.be/IP2OMb0hBhk>

**All trainer videos are also available in the Video Library in the Coach Online Office.*

Hip Hop Abs® Challenge Group Guide



Download all images in this Challenge Guide:

http://images.beachbody.com/tbb/images/challenge_group_guides/HHA/assets/assets.zip

Prep Week 0 (The Week Before Your Challenge Begins)

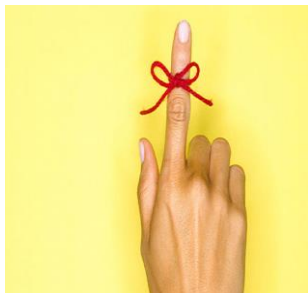


WEEK 0

Day of Week	Topic	Facebook® Post (Copy and Paste)	Images (click link to download)
Day 1	Get Started Tip	<p>Congratulations! You're on your way to sculpting flat, sexy abs with Hip Hop Abs®—without ever doing a single crunch or sit-up. Start by opening your Hip Hop Abs program and reviewing these materials:</p> <ul style="list-style-type: none"> - Get Started Success Guidebook - Step-by-Step Nutrition Guide - 6-Day SlimDown (Follow this meal plan for faster results!) 	
Day 2	Icebreaker	<p>Let's introduce ourselves! To encourage you to introduce yourself without feeling pressured to write a novel, here's a list of 7 simple questions. Copy and paste in the comment section, adding your answers.</p> <ol style="list-style-type: none"> 1. Name 2. Where you live 3. Occupation 4. Favorite Shakeology® flavor 5. One part of your body you'd like to work on the most 6. What you usually eat for breakfast 7. What food(s) you dislike 	<p>Download Now</p>
Day 3	Get Started Tip	<p>A huge part of achieving your goals is eating right. Clear your cupboards, pantry, and fridge of all unhealthy foods. If it's not aligned with your goals, toss it! Or better yet, give it to your local food bank. Now's the time to go shopping, so you have all the healthy foods you need available in your kitchen.</p>	<p>Download Now</p>

Hip Hop Abs® Challenge Group Guide



WEEK 0

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 4	Get Started Tip	Put up your daily Hip Hop Abs® calendar (included with your DVDs). Make sure it's somewhere you can see it every day. Watch "Secrets to Flat Abs" on the first DVD. Shaun T will teach you his revolutionary Tilt, Tuck & Tighten method!	 Download Now
Day 5	Beachbody Challenge™ Contest	Log on to http://www.BeachbodyChallenge.com and sign up to take the Challenge. Find out how to get your FREE Hip Hop Abs® T-shirt at the end of the program, plus have a chance to win cash and prizes! Beachbody® gives away more than \$1 million a year!	 <small>Jessica W. 2013 Grand Prize \$100K winner*</small> Download now
Day 6	"Before" Pictures and Measurements	Be sure to take your "before" photos and measurements today—you can't go back and do it later. Write them down on the Measurement Tracker card included with your DVDs.	 Download Now
Day 7	Beachbody On Demand	Be sure to check out the Beachbody On Demand, where you'll be able to stream all your workouts and check out your program materials (including your meal guide) in one place.	

Hip Hop Abs® Challenge Group Guide



Week 1

Monday: Fat Burning Cardio

Tuesday: Fat Burning Cardio

Wednesday: Ab Sculpt


Thursday: Fat Burning Cardio

Friday: Fat Burning Cardio

Saturday: Ab Sculpt

Sunday: Rest, walk, or be active



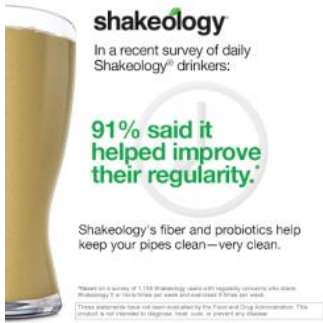

WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Video	Check out this week's video from Shaun T: http://youtu.be/AM8fWeVRKLI Remember to Tilt, Tuck & Tighten!	
Day 2	Nutrition Tip	Hydration, hydration, hydration! Water helps curb hunger. Shaun T suggests drinking half of your body weight in ounces of water each day. Not only will water keep you hydrated and quench thirst, it will ease your hunger.	 Download Now
Day 3	Fitness Tip	I don't know about you, but I felt that keeping my abs tight during the workouts was harder than I thought it would be. Watch Shaun T's tip for tightening those abs: http://bcove.me/uy6x2ldh	

Hip Hop Abs® Challenge Group Guide




WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 4	Weekly Motivation	Have fun with your Hip Hop Abs® calendar and check off each day as you go along. It's a fun way to chart your progress and keep you motivated!	 Download Now
Day 5	Shakeology	<p>Real talk: Are you feeling digestive discomfort at this stage in the game? Try using ½ scoop, twice daily—then slowly work up to 1 full scoop per serving. OR Are you having trouble “going”? Make sure you drink lots and lots of water. Plus, add some healthy fats to your diet, like coconut oil, olive oil, or even avocados. Keep with it! A survey from May 2013 shows that if you drink Shakeology® every day, your digestion and regularity may improve!</p>	 Download Now  Download Now
Day 6	Check-in	Awesome job on completing Week 1! As Shaun T says, "You are A-MAAAY-ZING." You should be so proud of yourself for getting through this week . . . I know it wasn't easy. What is your "Why"? Anyone willing to share what kept you going this week?	 Download Now



WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 7	Rest Day	Check out the awesome results that Maria W. achieved with Hip Hop Abs® and Shakeology®!	 Download Now

Hip Hop Abs® Challenge Group Guide



Week 2

Monday: Fat Burning Cardio

Tuesday: Fat Burning Cardio, Ab Sculpt

Wednesday: Fat Burning Cardio, Ab Sculpt


Thursday: Ab Sculpt

Friday: Fat Burning Cardio

Saturday: Fat Burning Cardio, Ab Sculpt

Sunday: Rest, walk, or be active

WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Video	Check out this week's video from Shaun T: http://youtu.be/GC2xVdp_0Lw You gotta watch what you eat!	
Day 2	Nutrition Tip	Try eating 5 times per day: 3 light meals and 2 snacks, each with roughly the same amount of calories. Eating this way keeps your blood sugar stable instead of peaking and crashing, which can lead to overeating and sluggishness.	 <p>Download Now</p>
Day 3	Cross-selling opportunity	Next week, we'll start doing the awesome Total Body Burn workout. You might want to get some 3 to 5-lb. weights if you don't have them already. Optional links (remember to add your Coach ID to the end): http://TeamBeachbody.com/shop/-/shopping/DUMBBELLSET http://TeamBeachbody.com/shop/-/shopping/WeightedGloves	
Day 4	Weekly Motivation	How's this for motivation? Believe it or not, Shaun T didn't always look this good. Check him out on The Ellen Show: http://www.youtube.com/watch?v=XGb2MCWIB7o	

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WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 5	Shakeology	<p>Fun Fact: Need more energy all day? Try drinking Shakeology® for breakfast. It sets the tone for the rest of the day. Getting the right amount of protein and nutrients first thing in the morning provides steady energy all day and (bonus!) will help reduce afternoon cravings.</p> <p>Recipe: Pina Colada 1 scoop Vanilla Shakeology ½ cup water ½ cup 100% pineapple juice ½ tsp. pure coconut extract</p>	<p>Need a healthy boost? Maca root is Shakeology's secret weapon that helps increase your energy and endurance.</p> <p>Try Shakeology and decide for yourself!</p> <p><small>*Based on a survey of 2,759 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>
Day 6	Check-in	<p>This week was intense, with 4 days of double workouts, but you did it! How does this make you feel?</p>	
Day 7	Success Story	<p>Monifa lost 30 lbs. with Hip Hop Abs®! "My main goal was to lose 50 pounds and look fabulous. That was all I really thought about, just looking good. What happened to me was so much better! I lost 30 pounds, but also completely transformed my shape and look. I get great compliments on my new look, and that never hurts to hear. But more important than looking fabulous, I got healthier as well."</p>	<p>BEFORE AFTER</p> <p>Download Now</p>

Hip Hop Abs® Challenge Group Guide



Week 3

Monday: Fat Burning Cardio, Ab Sculpt

Tuesday: Total Body Burn

Wednesday: Fat Burning Cardio, Hips, Buns, and Thighs



Thursday: Fat Burning Cardio, Ab Sculpt

Friday: Total Body Burn

Saturday: Ab Sculpt

Sunday: Rest, walk, or be active

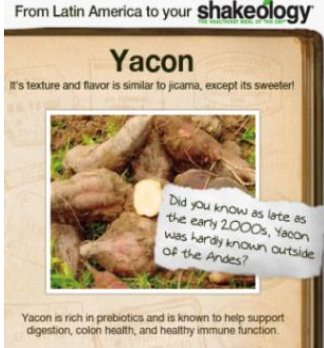

WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Video	Check out this week's video from Shaun T: http://youtu.be/e2PnQeJggEY Don't be afraid to brag and share your story with others!	
Day 2	Nutrition Tip	<p>Eat less CRAP:</p> <ul style="list-style-type: none"> C – carbonated drinks R – refined sugar A – artificial sweeteners and colors P – processed foods <p>Eat more FOOD:</p> <ul style="list-style-type: none"> F – fruits and veggies O – organic lean proteins O – omega-3 fatty acids D – drink water <p>What junk foods have you kicked since starting Hip Hop Abs®?</p>	 <p>Download Now</p>
Day 3	Fitness Tip	I know that the double workouts can be strenuous. Take 5 extra minutes to stretch out your muscles after Shaun's cooldown to keep yourself in your best shape.	 <p>Download Now</p>

Hip Hop Abs® Challenge Group Guide



WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 4	Weekly Motivation	Jay used Hip Hop Abs® to help a friend in need. Check out his inspirational story: http://www.teambeachbody.com/showcase/-/bcp/1809607704/1?referringRepld=1	
Day 5	Shakeology	Ever wonder what countries the ingredients in Shakeology® came from? http://www.youtube.com/watch?v=YwNqCHtKMP4&list=UUKMBDgXDMqw4wQ-OzHEHlIQ&index=67&feature=plcp Recipe: Orange Zen 1 scoop Greenberry Shakeology ½ cup orange juice ½ cup cold green tea	 <p>From Latin America to your shakeology</p> <p>Yacon It's texture and flavor is similar to jicama, except it's sweeter!</p> <p>Did you know as late as the early 2000s, Yacon was hardly known outside of the Andes?</p> <p>Yacon is rich in prebiotics and is known to help support digestion, colon health, and healthy immune function.</p> <p>Download Now</p>
Day 6	Check-in	You've conquered Week 3! Hopefully by now you're starting to feel more energetic and getting through the workouts more easily. Stay consistent. Make exercise like brushing your teeth—no excuses. Now is the time!	 <p>THE ONLY BAD WORKOUT IS THE ONE YOU DIDN'T DO</p> <p>Download Now</p>
Day 7	Rest Day	Hope that you are all enjoying your rest day! Try to still do a light activity, like taking a walk before or after dinner.	

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Week 4

Monday: Total Body Burn

Tuesday: Fat Burning Cardio, Ab Sculpt

Wednesday: Fat Burning Cardio, Hips, Buns, and Thighs

Thursday: Total Body Burn




Friday: Fat Burning Cardio, Ab Sculpt

Saturday: Fat Burning Cardio, Hips, Buns, and Thighs

Sunday: Rest, walk, or be active



Take photos and measurements

WEEK 4

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Video Cross-selling opportunity	<p>Check out this week's video from Shaun T: http://youtu.be/WndyKJCqFAs Let me know if you want to try the replenishing Results and Recovery Formula®!</p> <p>Beachbody's Results and Recovery Formula works to help reduce muscle soreness with vital nutrients that help you bounce back from your workout: http://TeamBeachbody.com/shop/-/shopping/P90XRRFTub</p>	 <p>Download Now</p>
Day 2	Nutrition Tip	<p>I know you're busy, and it can take a lot of time to prep meals from scratch. Remember, you can still make healthy choices even when you're on the go and fast food is your only option. Check out the Results on the Run mini-guide (sized to put in your wallet) included with Hip Hop Abs® for the healthiest fast food options.</p>	 <p>Download Now</p>
Day 3	Fitness Tip	<p>Sleep is your body's time to recover and repair itself. I know it's challenging when you are juggling so many things, but make sure you are getting 7–8 hours a night.</p>	 <p>Download Now</p>



WEEK 4

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 4	Weekly Motivation	Don't beat yourself up if you miss a day (or two) of exercise; life can be unpredictable. Just make a commitment to yourself to get back to your daily workouts as soon as you can.	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>EVEN THE BEST FALL DOWN SOMETIMES</p> </div> <p style="text-align: center;">Download Now</p>
Day 5	Shakeology	<p>Fun Fact: What whole foods would you have to eat to get all the nutrition in Shakeology®? http://www.youtube.com/watch?v=8cDjR6vaGig&list=UUKMBDqXDMqw4wQ-OzHEhIQ&index=34&feature=plcp</p> <p>Recipe: Apple in the Tropics 1 scoop Tropical Strawberry Shakeology 1 cup almond milk ¼ cup unsweetened applesauce</p>	 <p style="text-align: center;">Download Now</p>
Day 6	Success Story	<p>Read Abby's inspirational words: "Having lost the desire to work out, I wanted a program that would help motivate me to get back in shape. My goal was to lose 20 pounds with Hip Hop Abs. This seemed completely out of reach, as I had lost the desire to exercise daily. But I went from a size 12 to a size 6. I lost 20 pounds and 5 inches from my waist! I found waking up every morning to dance with Shaun T a true joy. Yes, I was working out, but it didn't feel like 'work.' His energy and motivation were contagious and pushed me to reach my goals. I look forward to working out and especially continuing to dance. I've regained my confidence and self-worth. I now know that through healthy eating habits and exercise it's possible to achieve your goals—I'm proof of that!"</p>	 <p style="text-align: center;">Download Now</p>
Day 7	Rest Day	<p>Congrats on getting through the first month! You have built a strong foundation and are ready to go to that next level. Remember to take your measurements and photos to track your progress. Anyone want to share their results so far?</p>	

Hip Hop Abs® Challenge Group Guide



Week 5

Monday: Fat Burning Cardio

Tuesday: Fat Burning Cardio

Wednesday: Ab Sculpt



Thursday: Fat Burning Cardio

Friday: Fat Burning Cardio

Saturday: Ab Sculpt

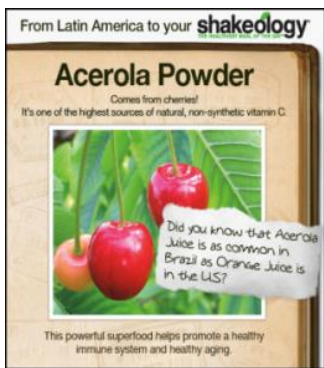

Sunday: Rest, walk, or be active

WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Video	Check out this week's video from Shaun T: http://youtu.be/0KyUguHeg_c Go for it! Push Play! Hit it!	
Day 2	Nutrition Tip	Don't get in a position where your only option is a cheat meal. Be sure on your off days to cook enough food that you can portion out and refrigerate for the week. That way, when you go to school or work throughout the week, your food is ready to go and you'll always have healthy options.	 <p>Download Now</p>
Day 3	Fitness Tip	Hopefully by now you are starting to feel stronger and getting through Hip Hop Abs® more easily. This may be the time when you are looking at the scale expecting to see results—but the best way to gauge your transformation is actually by ignoring the scale! Remember, as we build lean muscle, we actually gain weight. So the best way to determine how we're doing is by how our clothes fit, how we look, and how we feel. Not by how much we weigh. Whose clothes are getting too big for them now?	 <p>Download Now</p>
Day 4	Weekly Motivation	Check out Tiffany's story to motivate you this week. She changed her life by losing over 100 pounds with Hip Hop Abs®! http://www.teambeachbody.com/showcase/-/bcp/15849464001	



WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 5	Shakeology	<p>Fun fact: The antioxidants, vitamins, and minerals found in the fruits and vegetables in Shakeology® can slow down the appearance of wrinkles, brown spots, broken capillaries, and other signs of aging. Plus the zinc in Shakeology, a zit-fighting mineral, also reduces inflammation, redness, and wrinkles.</p> <p>Recipe: Cherry Pomegranate 1 scoop Chocolate Shakeology ½ cup pomegranate juice ½ cup water ½ cup pitted black cherries</p>	 <p>Download Now</p>
Day 6	Check-in	I find that the Hips, Buns, and Thighs workout is especially hard. What workout/moves have you found to be challenging?	
Day 7	Rest Day	<p>Take some time out for yourself on your rest day and give yourself an at-home skin treatment!</p> <p>http://www.goodhousekeeping.com/beauty/anti-aging/younger-by-Monday</p>	 <p>Download Now</p>

Hip Hop Abs® Challenge Group Guide



Week 6

Monday: Fat Burning Cardio

Tuesday: Fat Burning Cardio, Ab Sculpt

Wednesday: Fat Burning Cardio, Ab Sculpt




Thursday: Ab Sculpt

Friday: Fat Burning Cardio, Ab Sculpt

Saturday: Fat Burning Cardio, Ab Sculpt



Sunday: Rest, walk, or be active

WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Video Cross-selling opportunity	<p>Check out this week's video from Shaun T: http://youtu.be/fdltcK9z0EY Crank up the music!</p> <p>If you've found yourself lagging during your workouts, you might want to try E&E Energy and Endurance® Formula to give yourself the energy to go all out. E&E is a supplement that was scientifically formulated to help improve your energy, endurance, strength, and focus. Watch this to learn more: http://www.youtube.com/watch?v=TiDpUoAhTB4&feature=share&list=PLMX5OIfPNFozoH9EENDSellFDncDxDxQ0rw Ask me how you can get it.</p>	 <p>Download Now</p>
Day 2	Nutrition Tip	<p>I know that drinking plain water can be boring, but it's so important to be fully hydrated. If you just can't stand plain water, try doing what I do: add a little orange juice to your water to flavor it. Club soda is also a great alternative—it's fun and fizzy without the added calories. Check out these 10 ways to flavor your water: http://www.beachbody.com/product/newsletters/nl_530-cardio-vs-weights-which-is-better-for-weight-loss-do-article3</p>	 <p>Download Now</p>
Day 3	Fitness Tip	<p>Get your friends, kids, spouse, significant other, etc., in on the Hip Hop Abs® action! I think you'll find that it can be incredibly fun (not to mention funny), plus it's a great way to spend more time together.</p>	 <p>Download Now</p>



WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 4	Weekly Motivation	Enough said. "Like" this if you agree.	 <p>Download Now</p>
Day 5	Shakeology	<p>Doctor's Review: \$4 for Shakeology® is a cheap price to pay for good quality of life. http://www.youtube.com/watch?v=G7KKKZyC0E8&list=UUKMBDgXDMqw4wQ-OzHEhIQ&index=32&feature=plcp</p> <p>Recipe: Blues Buster 1 scoop Greenberry Shakeology ½ cup frozen blueberries and/or blackberries ¼ cup orange juice 1 Tbsp. nonfat blueberry yogurt ¾ cup water</p>	
Day 6	Check-in	You might be wondering what those Bonus Features on your DVDs are. If you're up for a fresh challenge, now might be a good time try out Cardio Groove. It will make you sweat!	 <p>Download Now</p>

Hip Hop Abs® Challenge Group Guide



WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 7	Rest Day	There's a fine line between treating yourself and cheating yourself. Start at 29:10 of http://www.ustream.tv/recorded/29412952 for Shaun T's thoughts on the subject. Remember to treat yourself every now and then (your rest day is a good time), but don't cheat yourself.	

Hip Hop Abs® Challenge Group Guide



Week 7

Monday: Fat Burning Cardio, Ab Sculpt

Tuesday: Total Body Burn

Wednesday: Fat Burning Cardio, Hips, Buns, and Thighs


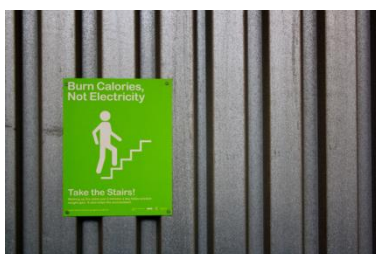
Thursday: Fat Burning Cardio, Ab Sculpt

Friday: Total Body Burn

Saturday: Ab Sculpt

Sunday: Rest, walk, or be active

WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Video	Check out this week's video from Shaun T: http://youtu.be/3zK3CXk7_o0 Remember that it's all about CONSISTENCY.	
Day 2	Nutrition Tip	You are what you eat. In general, you should avoid eating anything you can't pronounce. For example, Doritos® have sodium caseinate and disodium inosinate, and Twinkies® have sodium acid pyrophosphate and sodium stearoyl lactylate.	 Download Now
Day 3	Fitness Tip	Little things count. We've all heard it before, but let's put it into action. Take the stairs instead of the elevator, park in that parking spot at the end of the lot, get off the bus one stop earlier. More steps = more healthy.	 Download Now
Day 4	Weekly Motivation	These teachers are making a difference not only for their students, but for themselves: http://www.teambeachbody.com/showcase/-/bcp/41582733001	



WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 5	Shakeology	<p>Has anyone tried making dessert with Shakeology®? I love this Chocolate Shakeology Pie. It's easy, fast, and delicious.</p> <p>Recipe: Chocolate Shakeology Pie 2 scoops Chocolate Shakeology 1 container tofu, silken or firm (approx. 12 oz.) ½ cup natural peanut butter 2 Tbsp. skim milk 1 premade pie crust (Whole Foods® has whole-grain, graham cracker-like pie crusts that are great for this!)</p> <p>Place peanut butter, tofu, Chocolate Shakeology, and milk in blender; blend until smooth and creamy, adding a bit more milk if necessary. Pour into pie crust and refrigerate until firm, at least 1 hour.</p> <p>Check out more great Shakeology treats here: http://images.beachbody.com/tbb/beachbodycoach/Coach Training/Shakeology Dessert Calendar.pdf</p>	<p>Download Now</p>
Day 6	Check-in	<p>What are your favorite Hip Hop Abs® moves? The Get Busy? The Slide? The Party Bounce?</p>	
Day 7	Coach Lead Generation	<p>By now I bet a lot of people are commenting on your new look. And it feels pretty darn good, doesn't it? Well, if you've ever thought about "paying it forward" and helping out those whose shoes you once walked in, perhaps you're feeling the tug to become a Team Beachbody® Coach.</p> <p>Anyone out there inspired to become a Coach just yet? I'm sure you have a ton of questions about what's involved—so send them my way.</p>	

Hip Hop Abs® Challenge Group Guide



Week 8

Monday: Total Body Burn

Tuesday: Fat Burning Cardio, Ab Sculpt

Wednesday: Fat Burning Cardio, Hips, Buns, and Thighs

Thursday: Total Body Burn


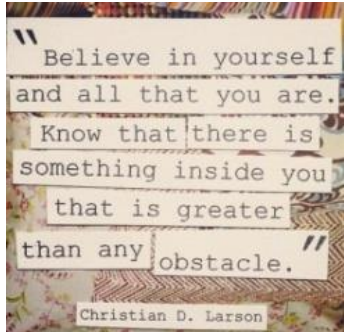
Friday: Fat Burning Cardio, Ab Sculpt

Saturday: Fat Burning Cardio, Hips, Buns, and Thighs

Sunday: Rest, walk, or be active

Take photos and measurements


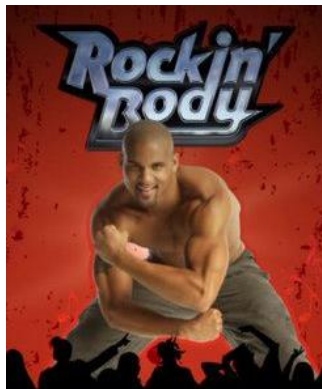

WEEK 8

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 1	Video	Check out this week's video from Shaun T: http://youtu.be/IP2OMb0hBhk You are almost done!	
Day 2	Nutrition Tip	Eating right is a lifestyle change. Check out http://www.teambeachbody.com/eat-smart/recipes for tasty recipes like this Chicken Cacciatore dinner http://www.teambeachbody.com/eat-smart/recipe/-/rcp/13434/all/116/75?_RECIPES_WAR_cmsbasedportlet_meal=lunch-d to keep you eating healthy for the long term.	 Download Now
Day 3	Fitness Tip	Ever wonder how professional dancers move the way they do? Check out the "Learn to Dance" Bonus Features on your Hip Hop Abs® DVDs for step-by-step directions on a happening dance sequence (and a great workout).	
Day 4	Weekly Motivation	Believe in yourself. My #1 tip is not an exercise or nutrition tip. It's simply to believe in yourself and your ability to overcome whatever physical, mental, and emotional challenges you face. If you believe in yourself first, the rest will follow.	 Download Now

Hip Hop Abs® Challenge Group Guide



WEEK 8

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 5	Shakeology	<p>When we started this journey a few weeks ago, I bet you had no idea just how much drinking Shakeology on a daily basis would change your life. So let's share our successes with each other.</p> <p>How many pounds and inches have each of you lost so far? What cravings has Shakeology killed? What's your energy like? Any surprises? Anyone still struggling with anything? Tell all and share all.</p>	 <p>Download Now</p>
Day 6	<p>Check-in</p> <p>Cross-selling opportunity</p>	<p>If you've loved working out with Shaun T and Hip Hop Abs®, you'll want to graduate to Shaun T's Rockin' Body® and keep grooving. Let me know if you're interested, and I can get you a special price!</p> <p>Optional link (remember to add your Coach ID to the end): http://TeamBeachbody.com/shop/-/shopping/RockinBody</p>	 <p>Download Now</p>
Day 7	Rest Day	<p>You are finished! Remember to take your "after" measurements and photos to see how much you have accomplished. Log on to BeachbodyChallenge.com for a chance to win cash and prizes and get your FREE Hip Hop Abs® T-shirt. Thank you so much for sticking with me and Hip Hop Abs. I know that you made A-MAAAY-ZING changes in your life over the past 2 months, and this is just the beginning!</p>	 <p>Download Now</p>