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# SHAUN T ROCKIN BODY WORKOUT DVD FREE DOWNLOAD 1



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mov format guides you through each exercise. (DVD: \$9.99)GET ROCKIN' TROPHIES: Learn how to pack on fat and pack on muscle with TROPHY TRAINER. Get the most muscle-building workouts in the world with our muscle-building DVD workouts. Plus, get a full-length workout guide for every exercise. (DVD: \$9.99)FREE 100 CALORIE RECIPES: Burn off more calories in less time. Discover the secrets of the fat-burning experts and get more than 100 healthy, low-fat recipes. Also includes a complete fat-burning diet program and an information guide. (PDF: \$4.95) "At the time I was looking for a better body. I figured that Rockin' Body would do the trick. A lot of my friends and acquaintances who have gone through the course seem to have gotten a better body and I am one of them. I am now able to look at pictures from when I first started and can say that I look pretty darn good." "This program is awesome. You're getting the most effective workouts possible with the best trainers in the world. The variety and intensity of the workouts makes it hard to get bored. The first few workouts are easy, but as you keep going your body gets used to the routines. As a result you see big changes in your body, just like what the Rockin' Body trainers are showing you. I've already gone through the course three times. It's 100% worth it." "I started this fitness journey at 42 years old, feeling a bit overweight and ready for a change. With a strong background in fitness, I'm on a mission to find out how much more I can get out of myself. As I already knew, the Rockin' Body program really does the trick. Thanks to the trainers, the workouts are varied and challenging without being overly difficult. I now look forward to each week as I'm able to achieve my goals, which makes me feel even better than before." "I liked the workouts and I thought the trainers were very good. I'm not an expert in fitness, but I feel I can hold my own and the workouts are tailored to my level of fitness. I want to thank the Rocky Balboa Fitness Team, especially Kevin Maxwell, for this great workout program and the opportunity to meet all of you guys. I 82157476af

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