

6 DAY
Slim
DOWN

Hip
HOP **ABS**™

Hip Hop ABS™

Start your fitness program off on the right track, or give yourself a quick one-week slim-down anytime with our Hip Hop Abs 6-Day SlimDown plan! In just six days, you'll lose pounds and inches and jump-start your fitness and weight loss plan.

What is it?

The Hip Hop Abs 6-Day SlimDown consists of six disciplined days of "clean" eating in combination with Hip Hop Abs workouts.

The diet is high protein/low carb, aimed at getting your metabolism revved up. Keep in mind that we don't recommend a diet this high in protein for long-term health. You are better off eating more complex carbohydrates and fruit, your body's preferred fuel sources. For six days, however, this plan will force your body to use stored body fat for fuel at the same time it ramps up your metabolism.

What do I do?

It's simple. For six days, you will eat the foods outlined in this guide and do the recommended workouts. In six quick days you will have a whole new outlook on life and your ability to take control! (And you will have burned off some significant pounds and inches.)

Make sure to eat your dinner three hours before going to bed.

Jot your measurements on the tracker before you begin the Hip Hop Abs 6-Day SlimDown and again after your sixth workout (preferably on the seventh day).

What do I drink?

Water is best. Be sure to drink at least eight glasses of water a day—carbonated water is okay.

Herbal tea is recommended.

Coffee is okay with breakfast but skip the milk, creamer, and sugar, and enjoy the beverage unadorned.

Avoid alcohol, sports drinks, juices, and sodas. Even diet sodas are off limits for the next six days!

Exercise

You'll be doing the recommended workout videos each day. Remember, your results will depend on the efforts you put forth, so don't cheat yourself. Give it all you've got. It's only six days! Work out in the morning or evening—whenever is best for you!

The Ultimate Motivation

Sometimes just having a new fitness program isn't enough to get you to Push Play as often as you should. At MillionDollarBody.com, you'll find the ultimate motivation and support you need to get the most out of Hip Hop Abs—expert fitness advice, patented tools to help you get results, and an incredible community that will support you every step of the way.

Even more exciting, you can play the Million Dollar Body Game™ and win prizes every day just for entering your workouts in WOWY,® the online gym.

But here comes the best part. If you're a member of the Million Dollar Body™ Club, you get your personalized meal plans and recipes, VIP access to celebrity trainers, and an additional 10% savings on catalog purchases. Plus, you can submit your Success Story for a chance to win BIG at MillionDollarBody.com!

When to Work Out

We recommend that you work out at whatever time of day fits into your lifestyle and when you feel the strongest/most energetic. While there are advantages to working out at different times of the day, these advantages are far superseded by your personal ability to push hard. When you are exercising just once a day, in theory you should never compromise intensity just to get the workout done at a specific time. In the real world, however, your workout needs to fit into your schedule anytime that you can do it. So while you're stronger later in the day when you've got more blood glycogen (sugar in the bloodstream) stored up, you need to work out when you can. Unless you're sick or injured, working out is always better than not working out!

WARNING: Seek the advice of your doctor before beginning any weight loss program. Not advisable for pregnant or lactating women or anyone suffering from a medical condition. Results may vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.

Is this enough food for me?

1. Estimate your body-fat percentage. There are many ways to do this and most aren't perfectly accurate. Outside of having your body-fat percentage medically tested by your doctor or fitness professional, one of the most accurate measuring devices is also the cheapest: body-fat calipers. But any body-fat calculator can be used to give you an approximate figure to work from. This diet is designed for men with over 15% body fat or women with over 20% body fat. The reason is that you must have ample body fat stored to supply the balance of calories your body needs for energy while you are not feeding it as many calories as before. Keep in mind that "must" means just that. If you really feel like you need to eat more because your energy is too low, by all means do so. Just eat more of the quality foods we recommend.
2. If you are a man with less than 15% body fat or a woman with less than 20% body fat, you will probably want to add calories in order to keep your workouts intense without your body feeding on its own muscle to support the demand for energy. Use the table below to add the appropriate number of calories per day. The asterisked (*) foods in each plan are the ideal source for those additional calories.

Calories to add for individuals with lower body fat

Under 140 lbs.	add 100 cal per day
141-150 lbs.	add 200 cal per day
151-160 lbs.	add 300 cal per day
161-170 lbs.	add 400 cal per day
171-180 lbs.	add 500 cal per day
181-190 lbs.	add 600 cal per day
191-200 lbs.	add 700 cal per day
200+ lbs.	add 700 cal, plus another 100 cal for each 10 lbs. over 200 lbs.

Can I be on the 6-Day SlimDown longer than six days?

We do not recommend it. A balanced diet contains more variety and many more complex carbohydrates and fruits. These are energy foods and as your body becomes leaner and you burn more calories, you will need more of them for proper fueling. If you get into the habit of adding carbohydrates to your diet when you need more energy, then you are on the right track to health and fitness. This is how your body is designed to work.

As an example of how this can vary, a sedentary person may only need to get 30% to 40% of their daily calories from carbohydrates (less if they're very overweight), whereas an endurance athlete may need to consume near 70% carbohydrates to meet the demands of their sport! So the amount that you need will always be changing, depending on your state of fitness and activity level. The number of calories you are eating is also very low. The more muscle your body has, the more calories it needs. So as you get into better shape you will need to add calories to your diet.



DAY 1

Breakfast

Blueberry Smoothie

- 1 scoop Beachbody's Whey Protein Powder
- 1 cup fresh blueberries
- 4 oz. water, or lite soy or skim milk
- 1 Tbsp. flaxseed oil (optional)

Mix in blender with a scoop of ice.

AM Snack

Go Nuts

- 15 to 20 raw almonds or walnuts

Lunch

Lean, Mean Salad

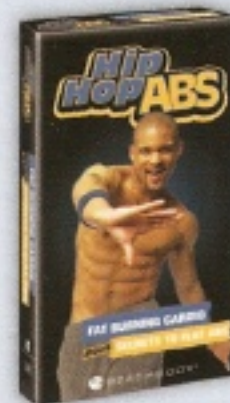
- 1 cup fresh mixed greens
- ¼ cup chopped cucumber
- ½ cup sliced mushrooms
- ½ cup shredded carrots
- 1 Tbsp. red wine vinaigrette (or equivalent dressing—no ranch, blue cheese, etc.)
- 4 oz. roasted turkey breast*

PM Snack

Cottage Cheese and Strawberries

- 4 oz. low-fat cottage cheese
- ¾ cup sliced strawberries

TODAY'S WORKOUT



FAT BURNING CARDIO

Dinner

Fish with Flava

- 4 oz. fish (halibut, cod, red snapper, or turbot)*
- ½ shallot, chopped fine
- 1 tsp. chopped garlic
- ¼ tsp. chopped fresh thyme
- ¼ chopped tomato
- ½ juiced lemon
- 2 cups asparagus
- 2 Tbsp. water
- Salt and pepper to taste

Preheat oven to 450°. Place fish on a large piece of aluminum foil, with 2 tablespoons of water to provide steam. Top with tomato, shallot, garlic, thyme, lemon juice, salt, and pepper. Wrap tightly into a pouch and place on a baking sheet, and bake for 15 to 20 minutes. Steam asparagus and serve with fish.

Late Snack

T-Time

- 1 cup caffeine-free herbal tea
- You may add a lemon or orange wedge if you wish.

*Add quantities if necessary (see "Is This Enough Food for Me?").

DAY 2

Breakfast

Strawberry Banana Smoothie

- 1 scoop Beachbody's Whey Protein Powder
- ½ banana
- ½ cup strawberries
- 4 oz. water, or lite soy or skim milk

Mix in blender with a scoop of ice.

AM Snack

Swiss and Roast Beef Roll-Up

- 4 oz. lean deli-sliced roast beef
- 1 oz. low-fat Swiss cheese slices
- Dab of mustard (yellow, whole grain, Dijon)

Layer and roll together, then nibble!

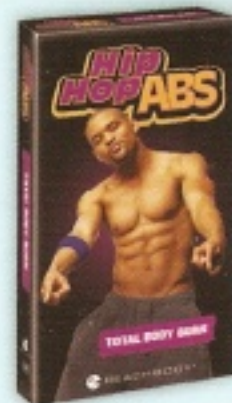
Lunch

Tuna Garden Salad

- 1 cup romaine lettuce
- ¼ cup arugula
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- 1 Tbsp. red wine vinaigrette (or equivalent dressing—no ranch, blue cheese, etc.)
- 4 oz. flaked white tuna (water packed)*

Toss salad and dig in.

TODAY'S WORKOUT



TOTAL BODY BURN

PM Snack

Go Nuts

- 15 to 20 raw almonds or walnuts

Dinner

Chicken Delight

- 4 oz. skinless chicken breast*
- 2 cloves garlic
- 1 tsp. chopped rosemary
- 1 mist cooking spray
- 2 cups spinach or broccoli
- Salt and pepper to taste
- Seasoning salt of choice

Preheat oven to 375°. Lightly mist a large piece of aluminum foil with cooking spray, assemble chicken, garlic, rosemary, salt, and pepper in the center, and wrap tightly into a pouch. Cook for 20 minutes or until cooked through.

Steam spinach or broccoli until tender. Drain and sprinkle with seasoning (such as Mrs. Dash, Lawry's, Emeril's Essence).

*Add quantities if necessary (see "Is This Enough Food for Me?").

DAY 3

Breakfast

Swiss, Mushroom, and Broccoli Omelet

- 3 egg whites, beaten
- 1 whole egg
- ½ cup broccoli
- ½ cup sliced mushrooms
- 1 oz. low-fat Swiss crumbles

Cook in cooking spray.

AM Snack

Chocolate Shake

- 1 scoop Beachbody's Whey Protein Powder (Chocolate)
- 4 oz. water, or lite soy or skim milk

Mix in blender and enjoy. (ice optional)

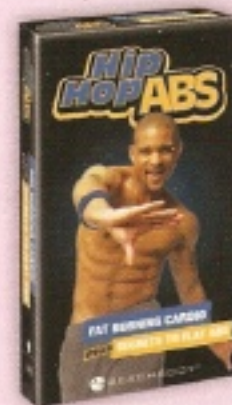
Lunch

Grilled Shrimp Caesar Salad

- 1½ cups romaine lettuce
- 1 Tbsp. light Caesar dressing
- 4 oz. peeled, deveined shrimp
- Grill seasoning of choice
- 1 lime
- 1 Tbsp. grated Parmesan cheese

Preheat grill or grill pan, squeeze lime over shrimp, and season with grill seasoning. Cook shrimp 3 minutes or until done. Toss salad with Caesar and add shrimp. Yum!

TODAY'S WORKOUT



FAT BURNING CARDIO

PM Snack

Go Nuts

- 15 to 20 raw almonds or walnuts

Dinner

Shaun T's Tuna

- 4 oz. tuna steak*
- 2 Tbsp. soy sauce
- 1 Tbsp. chopped scallions
- 1 mist cooking spray
- 2 cups bok choy or cabbage
- Salt and pepper to taste

Preheat skillet, lightly mist pan surface with cooking spray, and cook tuna approximately 2 minutes per side or to your desired doneness. Steam bok choy, then serve with tuna and sprinkle both with soy sauce and scallions.

*Add quantities if necessary (see "Is This Enough Food for Me?").

DAY 4

Breakfast

Berry Energy Smoothie

- 1 scoop Beachbody's Whey Protein Powder
- ¾ cup mixed berries (blackberry, boysenberry, blueberry, etc.)
- 4 oz. water, or lite soy or skim milk

Mix in blender with a scoop of ice.

AM Snack

Turkey Roll-Up

- 5 oz. roasted deli turkey breast
- 1 oz. low-fat Swiss cheese slices
- Dab of mustard (yellow, whole grain, Dijon)

Layer and roll together, then nibble!

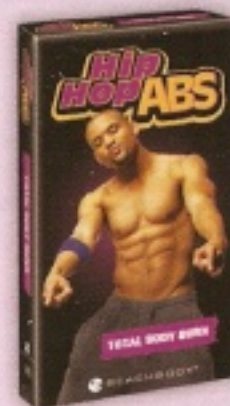
Lunch

Amazing Salad

- 1 cup romaine lettuce
- ¼ cup chopped celery
- ½ cup sliced mushrooms
- ½ cup chopped broccoli
- 1 Tbsp. balsamic vinaigrette (or equivalent dressing—no ranch, blue cheese, etc.)
- 4 oz. sliced lean meat of your choice

Toss salad and dig in!

TODAY'S WORKOUT



TOTAL BODY BURN

PM Snack

Go Nuts

- 15 to 20 raw almonds or walnuts

Dinner

Steak-Veg Throw Down

- 4 oz. lean beef steak (hanger, skirt, sirloin)*
- 2 Tbsp. vinegar
- 1 Tbsp. olive oil
- 1 Tbsp. chopped fresh garlic
- 1 mist cooking spray
- 1 cup asparagus
- ½ cup carrots
- Salt and pepper to taste

Preheat grill or grill pan. Place steak in a plastic storage bag and add garlic, vinegar, and oil and marinate. Lightly mist grill surface with cooking spray and cook steak approximately 5 minutes per side or to your desired doneness. Steam asparagus and carrots, then serve with steak.

*Add quantities if necessary (see "Is This Enough Food for Me?").

DAY 5

Breakfast

Mushroom, Cheese, and Spinach Omelet

- 3 egg whites, 1 whole egg (beaten)
- 1 cup spinach
- ½ cup sliced mushrooms
- 1 oz. low-fat cheddar cheese

Cook in pan lightly misted with cooking spray.

AM Snack

Cottage Cheese and Blueberries

- 5 oz. low-fat cottage cheese
- 1 cup blueberries

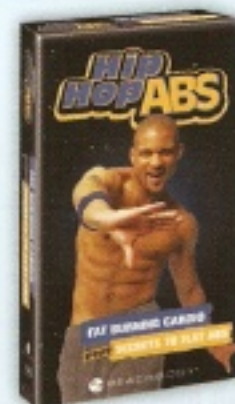
Lunch

Shaun T's Tuna Salad

- 1 cup mixed baby greens
- ¼ cup chopped cucumber
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- 1 Tbsp. lite vinaigrette (or equivalent dressing—no ranch, blue cheese, etc.)
- 4 oz. flaked tuna (packed in water)

Toss salad and dig in!

TODAY'S WORKOUT



FAT BURNING CARDIO

PM Snack

Lite Shake

- 1 scoop Beachbody's Whey Protein Powder
- 4 oz. lite soy or skim milk

Mix in blender and enjoy. (ice optional)

Dinner

Crazy Good Chicken

- 4 oz. chicken breast*
- 2 Tbsp. lemon juice
- 2 Tbsp. chopped scallions
- 1 mist cooking spray
- 2 cups spinach
- Salt and pepper to taste

Preheat oven to 375°. Lightly mist a large piece of aluminum foil with cooking spray, pile spinach in the center, and sprinkle scallions over the spinach. Place chicken in the center of spinach arrangement and drizzle lemon juice over the top. Wrap tightly into a pouch. Cook for 20 minutes or until chicken is cooked through.

*Add quantities if necessary (see "Is This Enough Food for Me?").

DAY 6

Breakfast

Strawberry Power Shake

- 1 scoop Beachbody's Whey Protein Powder
- ½ cup sliced fresh strawberries
- 4 oz. water, or lite soy or skim milk
- 1 Tbsp. flaxseed oil (optional)

Mix in blender with a scoop of ice.

AM Snack

Go Nuts

- 15 to 20 raw almonds or walnuts

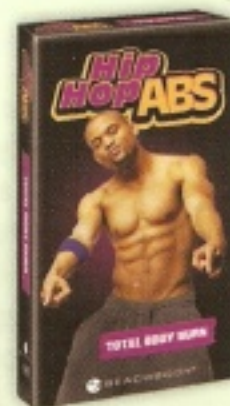
Lunch

Chef's Salad

- 1 cup romaine lettuce
- ½ cup chopped cucumber
- ½ cup sliced mushrooms
- ½ cup chopped broccoli
- 1 Tbsp. balsamic vinaigrette (or equivalent dressing—no ranch, blue cheese, etc.)
- 2 oz. sliced lean meat of your choice (roast beef, turkey)

Toss salad and dig in!

TODAY'S WORKOUT



TOTAL BODY BURN

PM Snack

Turkey and Swiss Roll-Up

- 5 oz. roasted deli turkey breast
- 1 oz. low-fat Swiss cheese slices
- Dab of mustard (yellow, whole grain, Dijon)

Layer and roll together, then nibble!

Dinner

Chicken Dijon

- 4 oz. chicken breast*
- 2 Tbsp. Dijon mustard
- 1 mist cooking spray
- 2 cups chopped broccoli
- Salt and pepper to taste

Preheat oven to 375°. Lightly mist a large piece of aluminum foil with cooking spray, place chicken in the center, brush with Dijon, and wrap tightly into a pouch. Cook for 20 minutes or until cooked through. Steam broccoli and serve with chicken.

*Add quantities if necessary (see "Is This Enough Food for Me?").

A Fast Alternative



Lose up to 7 pounds in 2 days with Beachbody's **2-Day Fast Formula**®. A healthful alternative to the six-day plan, it will help reduce your cravings and burn off that hard-to-lose stored fat so you'll feel thin, refreshed, and cleansed.* Just choose from Chocolate or Vanilla.



Supplements

We recommend our unique **Slimming Formula**, which is a blend of natural pyruvate and green tea extract proven to get you the slimming results you want without jittery side effects.*

We also recommend Beachbody's **Whey Protein Powder**. Packed with 18 grams of high-quality whey protein, this low-fat, great-tasting supplement helps you lose weight while developing lean, sexy muscles.* Available in Chocolate or Vanilla.



If you are a member of the Million Dollar Body™ community, contact your Coach for information and support or log in at MillionDollarBody.com.

For Beachbody and Million Dollar Body Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.

Warning: As with any supplement, herb, or medication, do not use any Beachbody supplement, food product, or meal replacement product while pregnant or provide to a child without consulting a physician. Use products only after consulting your physician about your specific health needs. Keep out of reach of children. Always consult your physician before beginning any exercise program.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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Our #1 supplement!

Get the essential vitamins, minerals, and antioxidants you need for optimal health.*

