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## Welcome to Hip Hop Abs Forum area!

Posted by glenn - 2008/04/08 11:21

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We have added this section for all you hip hop abs users. Many of our p90x users love their forum area and we want people who use hip hop abs to have their own area too! So please dont be shy and post about your experiences, both good and bad, with hip hop abs!

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## Re:Welcome to Hip Hop Abs Forum area!

Posted by darlina23 - 2008/05/22 18:37

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Hello everyone. I purchased HHA April 21 2008 and have been doing it steadily and I love it. It kicks my butt every time. I only have done Cardio and ab sculpt though because I like to do it until I know I am doing it right. Ive noticed a change and lost almost 10lbs in 3 weeks. Hope more people come on here.

Darlina

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## Re:Welcome to Hip Hop Abs Forum area!

Posted by glenn - 2008/05/22 20:54

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Hi Darlina,

We have a really big P90x crowd and glad to see a hip hop ab user here.

What really helped to jump start the p90x crowd was keeping a diary of your daily/weekly workouts. So please, start a new thread and keep a journal of your journey!

Glenn

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## Re:Welcome to Hip Hop Abs Forum area!

Posted by darlina23 - 2008/05/23 11:58

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I dont know the site well so I dont know how to start the journals or anything if you can tell me I would be glad to.

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## Re:Welcome to Hip Hop Abs Forum area!

Posted by glenn - 2008/05/23 13:15

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darlina23 wrote:

I dont know the site well so I dont know how to start the journals or anything if you can tell me I would be glad to.

Just go to the forum index area for hip hop abs and start a new topic with a subject like "Darlinas Hip Hop Journal" and then keep posting to that thread your progress.

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