

## SHAUN T FOCUS%0A

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Shaun T's new workout, Transform 20, comes out in December 2018. This full-body workout will challenge your mind and body for 20 minutes! This full-body workout will challenge your mind and body for 20 minutes!

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Trainer Shaun T gives you everything you need, nothing you don't. 25 minutes, 5 days a week. 100% results. The only thing standing between you and the results you want is time. Shaun T experimented for the last year to design a program that delivers the same kind of results you'd expect from an hour-long program, in under 30 minutes.

[Programs Shaun T](#)

Don't say you can't dance because anyone can dance with CIZE! Each step of choreography is broken down to your favorite music so that everybody can feel the beat.

Shaun T's FOCUS T25 DVD Workout by Beachbody FOCUS T25 is Shaun T's new creation. He used every trick in his trainer's book to develop super efficient workouts that deliver an hour's worth of results from just 25 minutes of training.

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[Shaun T. - Simple English Wikipedia, the free encyclopedia](#)

Shaun T (born May 2, 1978), is an American motivational speaker, fitness trainer, fitness motivator, businessman, television personality and choreographer. He is best known for his home fitness programs for adults and children which include T25, Insanity and Hip-Hop Abs Life and [Shaun T \(@shaunt\) Instagram photos and videos](#) 835.3k Followers, 571 Following, 2,888 Posts - See Instagram photos and videos from Shaun T (@shaunt) [Shaun T, Fitness - Official Site](#)

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Welcome to the official YouTube channel for celebrity fitness trainer and choreographer Shaun T, creator of INSANITY, Focus T25, Cize, INSANITY: THE ASYLUM.

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