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Born Shaun Thompson, Shaun T First Made A Name For Himself As A Track-and-field Star At Rowan University, Where He Received A BS In Sports Science With A Minor In Theater And Dance. Oct 11th, 2018

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. Shaun Is 6 Feet 0 Inches (183 Cm) Tall And Weighs 190 Pounds (86 Kg). Mar 12th, 2018

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Beachbody - Wikipedia

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About Shaun T

Shaun T Is A World-renowned Health And Fitness Expert, TV Host, Motivator And Creator Of The Best-selling Fitness Programs INSANITY, HIP HOP ABS, FOCUS T25, INSANITY MAX:30, CIZE And Newly Released SHAUN WEEK. May 12th, 2018

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