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Your Shaolin Fitness Workout *The Shaolin workout book review 30Days Shaolin (Full Length)*

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Training day Shaolin Workout SHAOLIN BUNNY HOPS leg workout (watch \u0026 train) We Trained KALARIPAYATTU in India for 30 Days Shaolin monk runs atop water for 118 meters How To Lose Belly Fat In 1 Week Shaolin monks Finger Training Shaolin Kung Fu basic moves

Shaolin Monk No Excuse - Home Workout

How 6 Months in China Changed My Life [TIMELAPSE FILM]

Get Flexible FAST - 3 Shaolin Stretching Secrets *The 5 Fundamental Shaolin Stances - Qigong and Kung Fu Shaolin Temple Workout In Your Living Room* *10 Min Plank Workout | 28*

DAYS Plank Challenge

Shaolin Training Ideas For The 40 Day Challenge

Shaolin Workout Day 10 40 Day Shaolin Monk Challenge 28-DAY TOTAL ABS \u0026 BELLY BURN CHALLENGE #EmiTransform
Shaolin Workout Day 2 of 28 - Action Toward Potential (#22)
Transform Your Body With This 28 DAY FULL BODY CHALLENGE | The Best Exercises You NEED, Home Workout Shaolin Kung Fu - 5 Day Workout Programme - Intro

Shaolin Workout 28 Days

(28-Day PLAN) Your Shaolin Transformation Workout Before You Begin:. Download the programs or purchase the DVDs. Choose where you'll do your Shaolin workout. Whether it's... Click here to get your free PDF Shaolin Transformation Program. Your Shaolin Transformation Program. 1st Week. The 1st week ...

(28-Day PLAN) Your Shaolin Transformation Workout - Shifu ...

28 days to transforming your body, mind and spirit the Shaolin kung fu way. Synopsis. In a loft space in Manhattan, Sifu (Master) Shi Yan Ming trains men and women of all ages and body types in the fundamentals of kung fu. Yan Ming is a fighting monk hailing from China's Shaolin Temple, the birthplace of Ch'an Buddhism and a Mecca for all martial arts.

The Shaolin Workout: 28 Days to Transforming Your Body

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The Shaolin Workout: 28 Days to Transforming Your Body and ...

This 28-day workout distills a lifetime of Shaolin training and wisdom into a manageable regimen, no matter your schedule, age, or fitness level. In as little as 15 minutes a day, you'll get an intense aerobic workout that increases your flexibility, power, and speed.

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Buy THE SHAOLIN WORKOUT: 28 DAYS TO TRANSFORMING YOUR BODY AND SOUL THE WARRIOR'S WAY By Ming, Sifu Shi Yan (Author) Hardcover on 16-May-2006 by (ISBN:) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

THE SHAOLIN WORKOUT: 28 DAYS TO TRANSFORMING YOUR BODY AND ...

The shaolin workout : 28 days to transforming your body and soul the warrior's way. In his loft in New york City's Greenwich Village, Sifu Shi Yan Ming trains men and women of all ages, body types and backgrounds in the fundamentals of kung fu. A 34th generation Shaolin Warrior monk from China's Shaolin Temple—the birthplace of Chan Buddhism and the mecca of all martial arts—Yan Ming teaches the students at his USA Shaolin

Temple that there is no better workout program than his brand of ...

The shaolin workout : 28 days to transforming your body ...

The Shaolin Workout: 28 Days to Transforming Your Body and Soul the Warrior's Way. by. Yan Ming. 4.14 · Rating details · 269 ratings · 16 reviews. In his loft in New york City's Greenwich Village, Sifu Shi Yan Ming trains men and women of all ages, body types and backgrounds in the fundamentals of kung fu.

The Shaolin Workout: 28 Days to Transforming Your Body and ...

Yang Min Shi starts with the fundamentals and thoughtfully builds upon them, day by day. This is, as far as I can tell, the real deal. Elements of the training are paralleled by other authentic training guides, such as Yan Lei's training videos (why doesn't Yang Min Shi put it on video?).

Amazon.co.uk:Customer reviews: The Shaolin Workout: 28 ...

Lavishly illustrated with hundreds of four-color photographs, the warrior workout, distills a lifetime of Shaolin training and wisdom into a 28-day workout. This complete-unto-itself program of both fitness and spiritual lessons can be applied to every aspect of one's life: work, relationships, family.

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The Shaolin Workout: 28 Days to Transforming Your Body and Soul the Warrior's Way. And if you want to travel to China and see the real Shaolin monks' life and training, you can contact my Mobile: +86 155 1592 9991 Follow Facebook: Shaolin Feng. If you need, you can buy the best selling Shaolin Monk Robe at amazon: Shaolin Monk Robe

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