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The only piece of equipment you need is a massage brush, a bottle of water and a towel. Why 28 Days? 28 days is long enough for you to see a noticeable difference in your mind and body. And short enough for you to stay motivated. Before You Begin: Download the programs or purchase the DVDs. Choose where you'll do your Shaolin workout.

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

Lavishly illustrated with hundreds of four-color photographs, the warrior workout, distills a lifetime of Shaolin training and wisdom into a 28-day workout. The Shaolin Workout is a complete-unto-itself program of both fitness and

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spiritual lessons can be applied to every aspect of one's life: work, relationships, family.

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. 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 ...

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-onto-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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