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for Climbing Body,

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WIDER in 28 Days |
10 Min Shoulders and
Back Workout~~ Best

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6 PACK ABS in 28
Days | Abs Workout
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Strengthening
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Nothing Is Impossible
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Workout SHAOLIN
BUNNY HOPS leg

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workout (watch
\u0026amp; train) We
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Shaolin monk runs
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Belly Fat In 1 Week

Shaolin monks Finger
Training Shaolin Kung
Fu basic moves

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Excuse - Home

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*Temple Workout In
Your Living Room 10
Min Plank Workout |*

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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

& BELLY BURN

CHALLENGE

#EmiTransform

Shaolin Workout Day

2 of 28 - Action

Page 7/30

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Toward Potential

*(#22) Transform Your
Body With This 28*

DAY FULL BODY

CHALLENGE ? The

Best Exercises You

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Kung Fu - 5 Day

Workout Programme -

Intro Shaolin Workout

28 Days

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Transformation

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Program. 1st Week.

The 1st week ...

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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

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Shaolin

(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:

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28 Days to 28

Transforming Your
Body ...

28 days to
transforming your
body, mind and spirit
the Shaolin kung fu
way --This text refers
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edition.

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Body and Mind. 28

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flexibility, power, and
speed.

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THE SHAOLIN
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TO TRANSFORMING
YOUR BODY AND ...

The shaolin workout :
28 days to

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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

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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

Page 17/30

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body ... Workout 28

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Body and Soul the
Warrior's Way. by.

Yan Ming. 4.14 ·

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In his loft in New York
City's Greenwich

Village, Sifu Shi Yan

Ming trains men and

women of all ages,

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body types and
backgrounds in the
fundamentals of kung
fu.

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Transforming Your

Body and ...

Yang Min Shi starts
with the fundamentals
and thoughtfully
builds upon them, day
by day. This is, as far

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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](#)

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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:

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work, relationships,
family.

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Full Body Workout

Build Strength &

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WadeEloy91541214.

0:38. Full E-book

Spartan Fit!: 30 Days.

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Days to ...

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you want to travel to
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