

The Shaolin Workout

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The Shaolin Workout

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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...

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Formerly of the Shaolin Temple, Henan province, China, Wang Bo is now based in Torrance, California, where he teaches Shaolin kung fu techniques as well as meditation, yoga and tai chi.

7-Minute Shaolin Workout With Shaolin Monk Wang Bo: "Internal Exercises"

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

Full body workout for losing weight fast, HIIT workout, workouts to lose weight quickly for women. Lose Weight Workout. 1:45. Shaolin Soccer - Football Training. Baroncouple. ... Shaolin Qigong Kung Fu Training. KungfuX. 7:48. QIGONG Shaolin " BaDuanJin " (8 pieces of Brocade) performed by Fanny Ng with a New Age Music ! Dorthey Petrie.

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