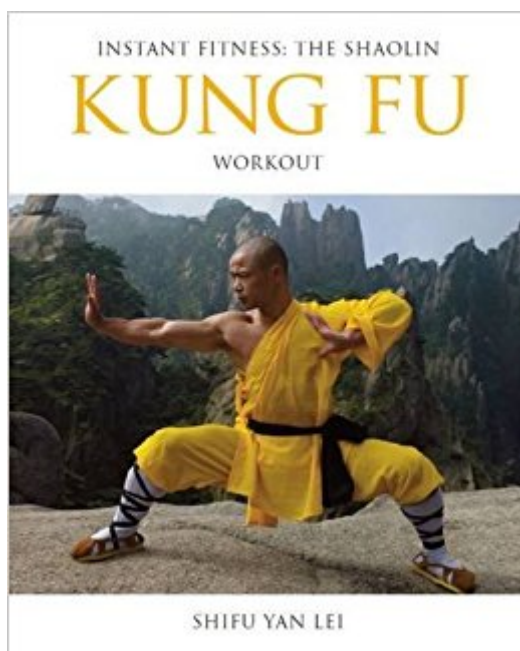


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# Instant Fitness: The Shaolin Kung Fu Workout (Instant Health The Shaolin Qigong Workou)



## Synopsis

A definitive guide to the philosophy and practice of Shaolin kung fu, this workout book contains easy-to-follow instructions, photographs of the movements, and is suitable for beginners, long-term martial artists, and those looking for an unbeatable workout program that will target body and mind. The secret of how to use the workout as a pathway to Zen is shared as well as the Shaolin breath of power. Static and dynamic stretches, the five fundamental stances, the five fundamental kicks, traditional punches, and famous Shaolin forms are included.

## Book Information

Series: Instant Health The Shaolin Qigong Workou

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Product Dimensions: 7.4 x 0.6 x 9.6 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 10 customer reviews

Best Sellers Rank: #125,189 in Books (See Top 100 in Books) #32 in Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #158 in Books > Sports & Outdoors > Individual Sports > Martial Arts

## Customer Reviews

Shifu Yan Lei is a 34th-generation fighting disciple from the Shaolin Temple in Henan Province, China. He teaches thousands of students through his Shaolin Warrior DVD series and is among the most respected and renowned teachers of authentic Shaolin Qigong. He is the author of Instant Health. He lives in London.

I am a big fan of Shifu Yan Lei Shi, I have his other book, "Qigong". The 2 books together will make the perfect workout. He knows his stuff -- this is the real thing. He is a Shaolin monk who trained at the real Shaolin Temple. This book will teach you what kung fu is really about, mastering your mind and body and knowing yourself. It is also a great workout! There are gorgeous photos in and around the Shaolin Temple in China. What a beautiful place! And for the workout there are step-by-step photos and instructions.

I have both this book and Shifu Yan Lei Shi's book Qigong. I don't usually write reviews however for this item I will make an exception. The written details and pictures in this book is amazing, I have suffered from mental health issues and have not had the energy to do anything, I bought this book after seeing Shifu's YouTube videos and I'm glad I did. I started with 5 mins every day and I noticed the effects after about 1-2 weeks. I recommend having a look at his YouTube videos as well as purchasing this book.

This book is awesome! I've been doing yoga, surfing, and jogging for years but this book just in the first few workout chapters is very challenging and fun. I bought the companion DVD from his site as does not sell it (or I could not find it). This book has a few chapters on mind conditioning, posture, etc. (which is very important). Additionally he talks about the Shaloin Temple and what that training is like. The pictures in this book are lovely and the breakdown of each technique is great. I would recommend getting the DVD though, Shifu really pushes you and to see some of the techniques is very helpful.

Shifu Yan Lei Shi's books are wonderful, very easy to read & easy to follow, if you are interested in Kung fu, get this!

all of his books and videos are great straight forward no fluffy just work for the mind and body. A great shifu and motivator

Great Read!!! I Love the story!!!

beautiful book well done. i am incorporating the techniques into a yoga work out so i can do kung and yoga

An excellent start if you want to learn Shaolin KungFu you but don't have a school nearby.

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Instant Fitness: The Shaolin Kung Fu Workout (Instant Health The Shaolin Qigong Workou) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) The Power of Shaolin Kung Fu: Harness the Speed and Devastating Force of Southern Shaolin Jow Ga Kung

Fu [DVD Included] Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Instant Health: The Shaolin Qigong Workout For Longevity The Art of Shaolin Kung Fu: The Secrets of Kung Fu for Self-Defense, Health, and Enlightenment (Tuttle Martial Arts) The Shaolin Way: 10 Modern Secrets of Survival from a Shaolin Kung Fu Grandmaster Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Wu Qin Xi: Five-Animal Qigong Exercises (Chinese Health Qigong) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1)

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