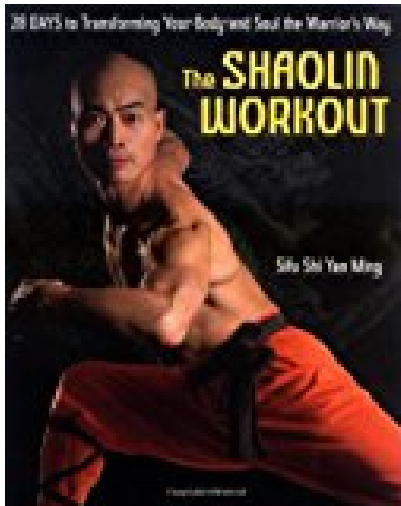


# The Shaolin Workout 28 Days to Transforming Your Body and Soul the Warriors Way

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## BOOK SYNOPSIS

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