

Daniel and Chris Braibant

AMAZING ABS

of Shaolin

SECRETS OF THE SHAOLIN CHI KONG

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Introduction

Building powerful abdominal muscles has become a major concern nowadays. As a matter of fact, every one can, and should, benefit from a better abdominal area. Whether you have back injury or pain, need more strength to achieve better sport results or just want a 6 pack to “impress”, this training method will do wonders for you.

As you surely saw once on commercial TV, abdominal training pieces of equipment are legions. “Cutting edge devices” have become such a business, you could hardly find a real way to build powerful abs without looking like an astronaut doing it. But ask yourself. Were abs not existing before plastic gadget to work them in 2 minutes a day came out?

Before that, even before TV exists, hundreds of years ago, martial artists had to fight to defend their life. They were practicing lethal techniques of kung fu (Wushu) to insure they could be ready for the fight. Would you imagine they had poor abs? Surely not! They probably had the best trained and built abdominal area you could picture.

Shaolin monks were practicing specific exercises, using something you might have heard about: Chi Kong (or qi gong). Chi Kong is the art of controlling your inner energy, or Chi.

Combining specific techniques of static and energetic contractions, concentrations and visualizations, using a perfect form of respiration, they were able to make their Chi work to enhance strength and power.

The e-book you are just reading, provides you with nothing less than these techniques of physical preparation, some experts were (and are

still) using. If you have already tried some form of abs training, prepare yourself for a revelation.

The use of Chi, visualization and perfect respiration will make you feel your abs from “the inside”, experiencing a much more complete work of contraction.

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Important advices

Before you start your training, it is important for you to fully be aware of the following advices.

1- Train every day. Consistency is the key to improvement.

This program allows you to plug easily your training routine into your schedule. You can practice briefly with efficiency. So, do not accept an excuse from yourself. You have the map to success right in front of you. All you have to do is to walk the walk, day after day, until you have achieved exactly what you were expecting for. Do not let anything preserve you from achievement.

2- Practice each exercise with a total concentration.

Perform each and every repetition, as if it was the only one. Give 100 % of will and determination. Stay focused on what you are doing, even between exercises. When you pause, you are resting from the previous exercise, and psyching up for the next one. As well, do not let anything distract you from perfect concentration. Unplug your telephone, and so on... You can't afford to practice mechanically, as it would mean, inefficiently. Use your mind to empower your body.

3- Follow EXACTLY the teachings you'll find in this method.

Do not try to do something new. These exercises have been tested for hundreds of years; they don't need to be "improved". If you'd allow yourself to practice in a different way, you'd begin to modify and alter the essence of the techniques. This e-book offers you a guided route to

achievement in your goal of building powerful abdominal area, follow it confidently.

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Visualization

When you perform the training session described below, your mind must be a complete part of the process. As you inhale when directed, focus your attention on your solar plexus.

Visualize a sphere of white light growing as you inspire.

When you begin to perform the contraction and expire, visualize the light filling all your abdominal area.

Your Chi is controlled by your mind, so don't ask yourself "am I visualizing as I should?" Simply imagine the light sphere growing when you inhale and filling your abs with light and energy when expiring, and your Chi will do it.

The right way to visualize is **your** way. Imagine this as you would imagine a green apple, or a glass of water... If images come in your mind, you know how to visualize and it is this way of thinking you should use when visualizing your Chi fortifying your abdominal muscles.

Opening exercise

As you stand up, the feet placed slightly aside, inhale slowly by the nose, while joining the hands above your head, straight arms.

Pull in your belly, while making a long and deep inspiration from the back of your nose. At the end of the inspiration, hold your breath during 3 seconds and then expire slowly by the nose, while descending the arms.

As you expire, push the navel forward!

Do this exercise of breathing 21 times **before each training session.**

Inspire



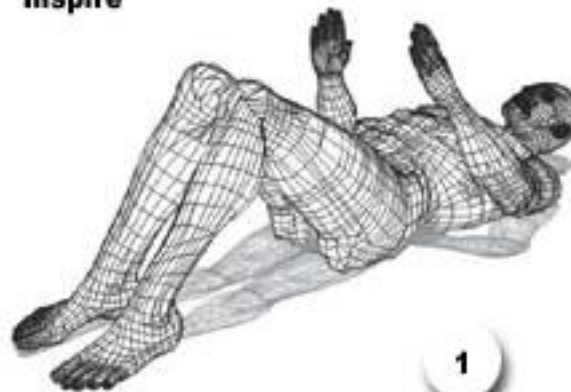
Expire



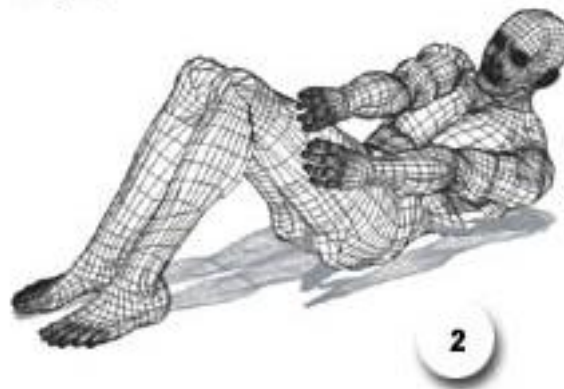
FIRST EXERCISE

After the last respiratory exercise, take a pause for one minute, eyes shut. Then lie down on the ground. Fold up your legs, the feet posed flat on the ground, the knees tight (drawing 1). In this position, take a deep inspiration by the nose and pull in your belly to the maximum. Tighten the arms in front of you, raise the shoulders and start to expire slowly while contracting the abdominals to the maximum. The fingers of the hands must be straight; the palms turned towards the outside of the left knee, **without** touching it (drawing 2). At the end of the expiration, slacken the position and the contraction of the belly. Make the same thing on other side. This exercise has to be done 7 times on each side.

Inspire



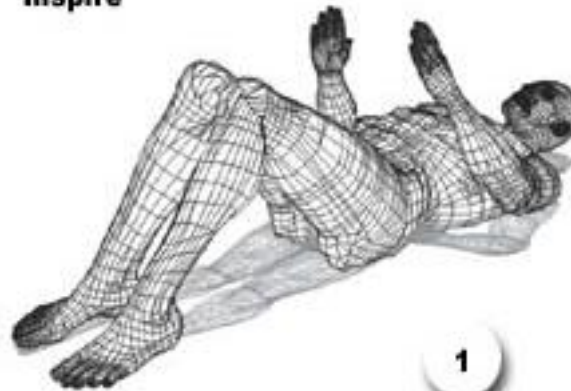
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SECOND EXERCISE

Remain in the position of the preceding exercise and take a pause from 30 to 40 seconds, eyes shut. Then, start again the first exercise exactly, but this time while raising the feet off the ground (drawing 2). Pay attention to keep a good balance and NOT to take off too much the lumbar from the ground. This exercise is also to be done 7 times on each side.

Inspire



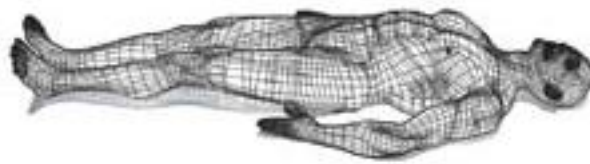
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THIRD EXERCISE

Take another 30 seconds pause. You are in the same position on the ground. Now, unbend your legs, feet are joined together (drawing 1).

Rest



1

Keep your right leg in the same position. Bend your left leg and put your left hand on the top of your left knee (drawing 2).

Inspire

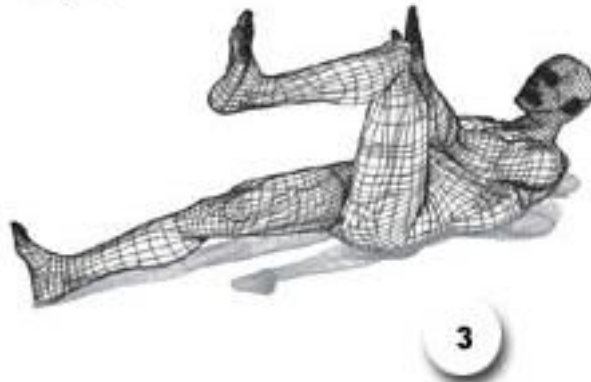


2

Inhale deeply through the nose, and pull your belly in.

Then exhale slowly through your mouth and push strongly your left knee in the direction of your face, at the same time your left hand stop strongly your left knee to come toward your face. Push with your leg and resist with your hand as powerfully as you can (drawing 3).

Expire

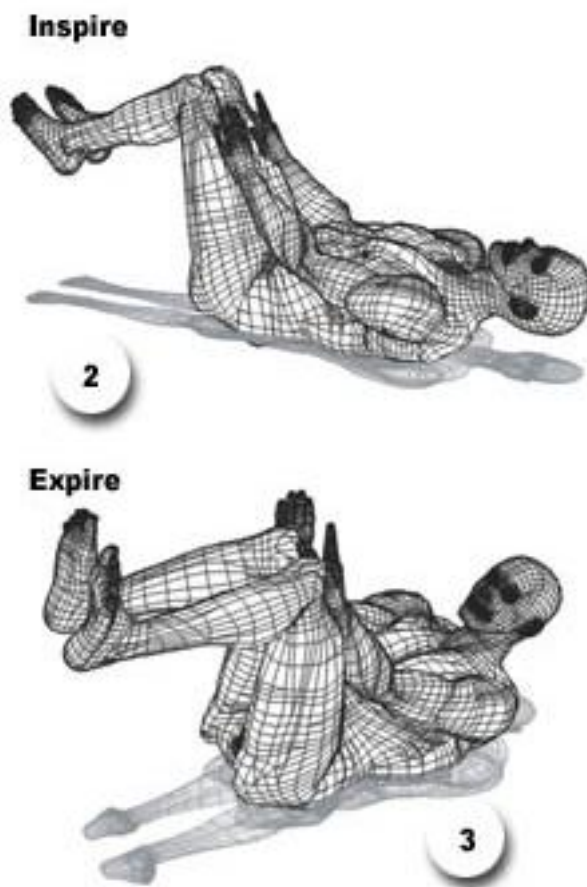


At the end of your expiration, lay down again on the floor and relax. Have a 15 seconds pause and do the same thing on the other side. Do this 7 times on both sides.

FOURTH EXERCISE

This is exactly the same as the third exercise, but now, you must do the exercise with the 2 legs at the same time (drawing 2 and 3).

Do not forget to pull the belly at the end of your inhalation and to exhale slowly with the mouth during all the exercise.



Perform this exercise 9 times, and have a 10 seconds rest between each exercise.

FIFTH EXERCISE

Stand up. Put your left leg in front of you (drawing 1).

Take a deep inhalation through the nose. Turn slowly to your left side. Push strongly a very heavy imaginary thing, visualize in your mind and contract all your muscles as you were moving hundreds of pounds (drawing 2). Copy exactly the position of the hands.

You must do this with a deep and very slow exhalation through the mouth, and tense your abs as hard as possible.



When you have finish to exhale, inhale and do the same on the other side (drawing 3).

Expire - right side

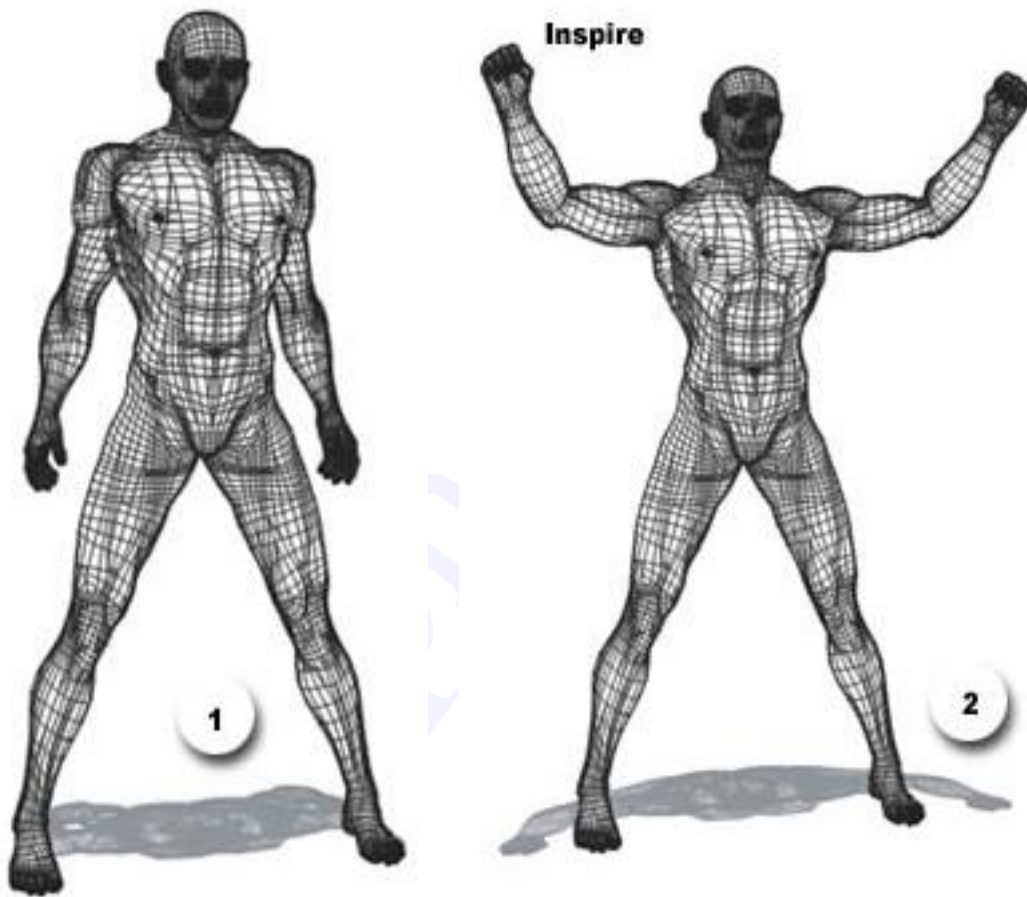


Do that 21 times on **each side**; then take a rest for 2 minutes and do the following exercise.

SIXTH EXERCISE

Stand up, one meter between your feet (drawing 1)

Take a deep and slow inhalation with your nose, at the same time you pull your belly in and you raise your arms on your sides, fists clenched (drawing 2).



When you have finish to inhale, let your fists come down in front of you (drawing 3) and, as you exhale, press them together very strongly, like if you wanted to crush a coconut, and contract your abs as strong as you can.

Expire



Do this 9 times with 10 seconds of pause between each exercise.

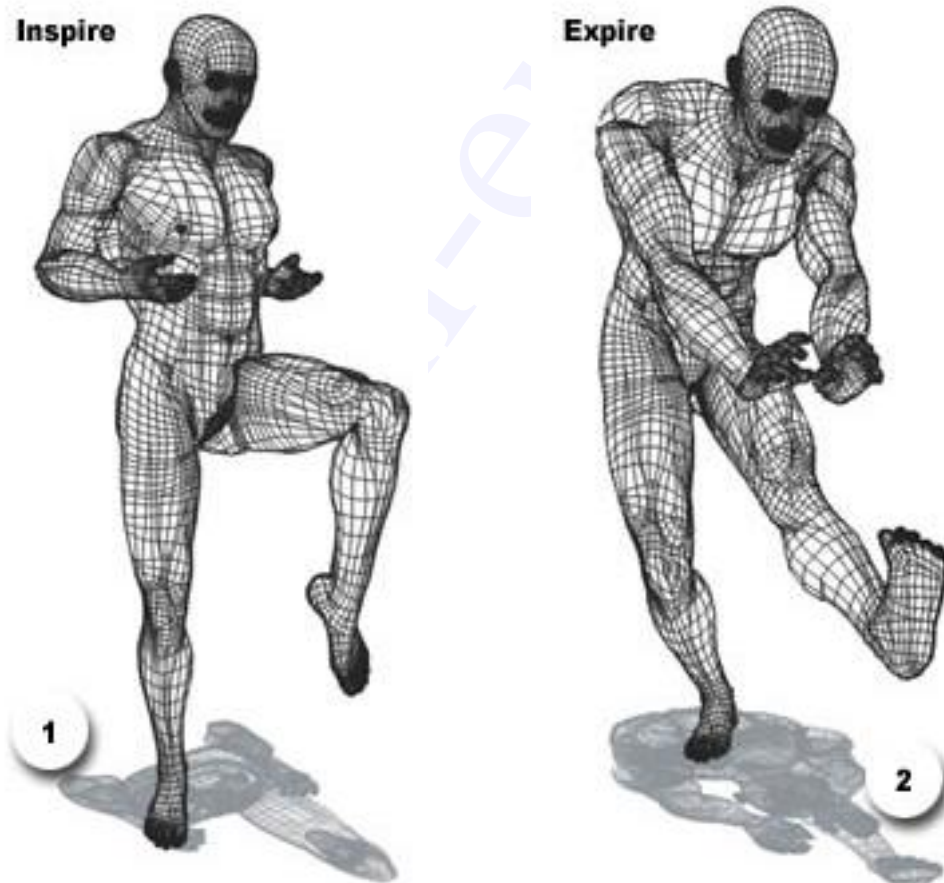
SEVENTH EXERCISE

Stand on your right leg (drawing 1). Your left knee is bent.

Inhale deeply and slowly with your nose, then exhale and, in the same time push your left foot in front of you. Toes up.

In the same movement, push your hands in front of you and contract your abs hard. As well as your arms and shoulders muscles.

Arch your back and contract completely **all** your muscles.

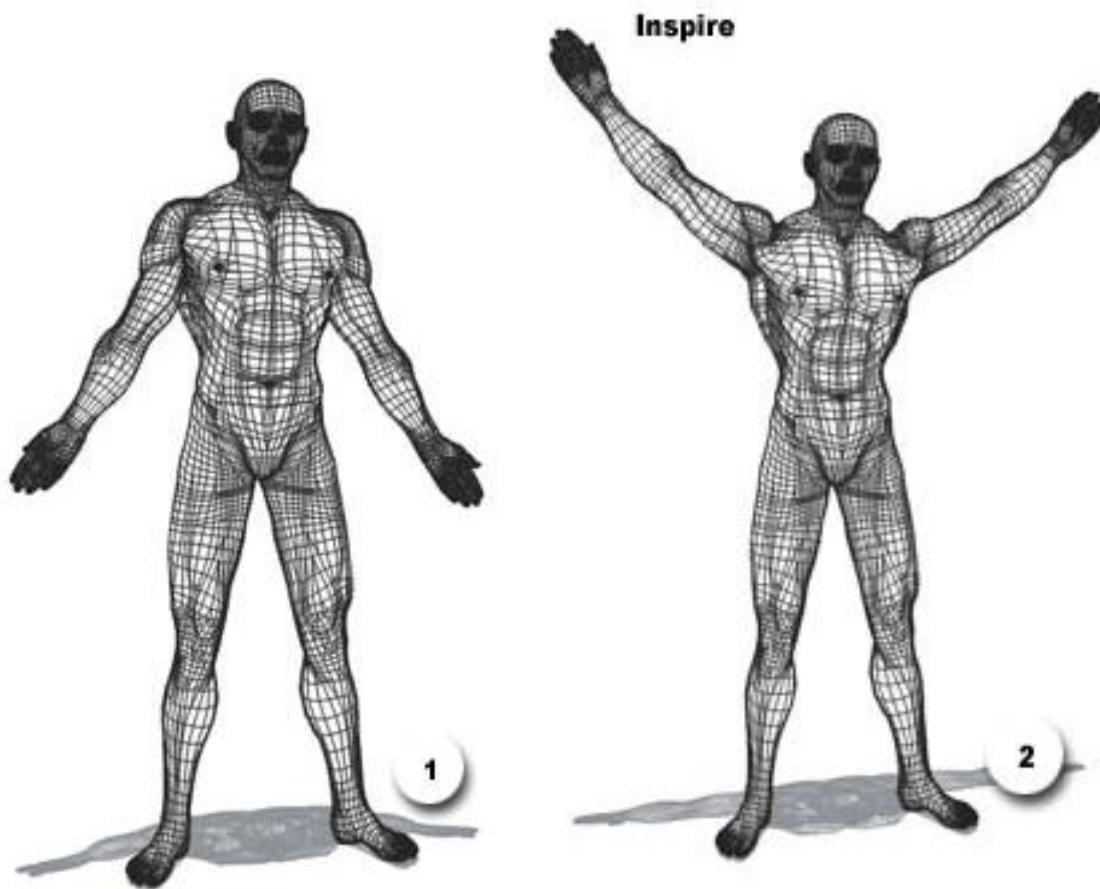


Do not take a pause and do this on the other side. Repeat 21 times on each side.

EIGHTH EXERCISE

To perform this exercise, stand up, feet separated by 1 meter, arms on your sides, hands open, fingers in the direction of the floor (drawing 1).

Then standing in the same position, raise your arms on your sides as you inspire (drawing 2).



At the end of your inhalation, let your arms coming down, your hands in front of you at your solar plexus level. Your right hand is ON your left hand. Slightly bend your arms.

While you exhale, contract your abs, pull your left hand in direction on your head, and push your right hand in the other side. You must force as hard as you can in both opposite directions, while hands stay at you solar plexus level. Contract your shoulders and bend lightly your legs (drawing 3).

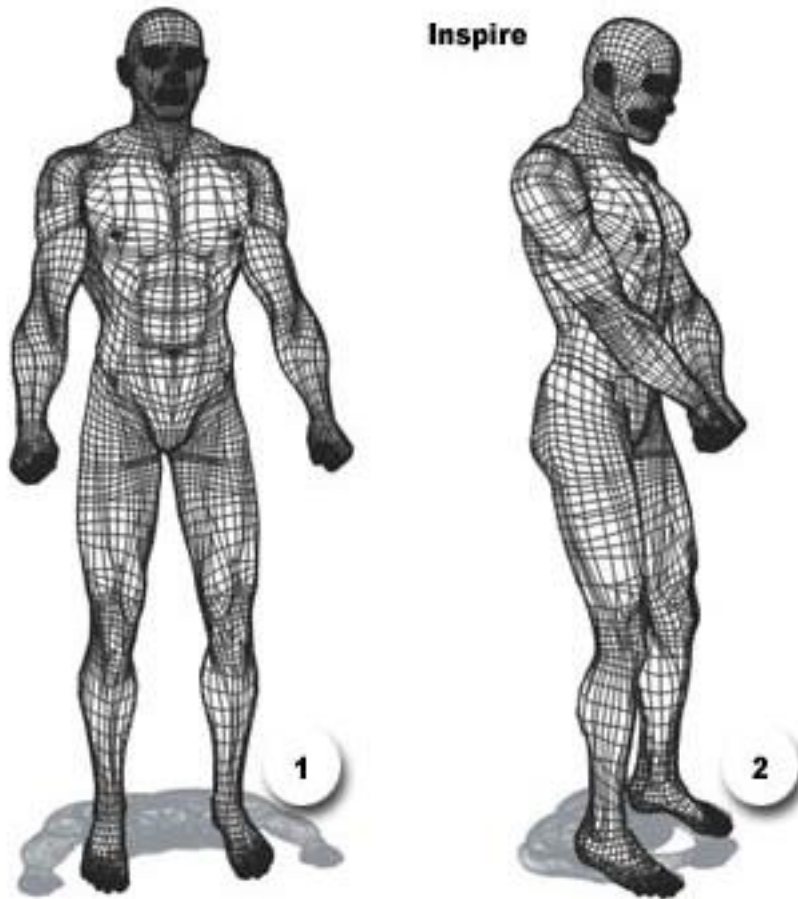


Do this 7 times and repeat changing the places of your hands.

NINTH EXERCISE

Stand up. Place your feet at 30 or 40 centimeters. Fists clenched (drawing 1).

As in inspire, keep the position of the feet and put the fists together (drawing 2). The thumbs are touching. Press strongly each fist against the other.



Now, begin to exhale and pull hard your fists upward, contracting strongly your abs and all the muscles of your upper body imagining that you are lifting something very heavy (drawing 3).

Expire

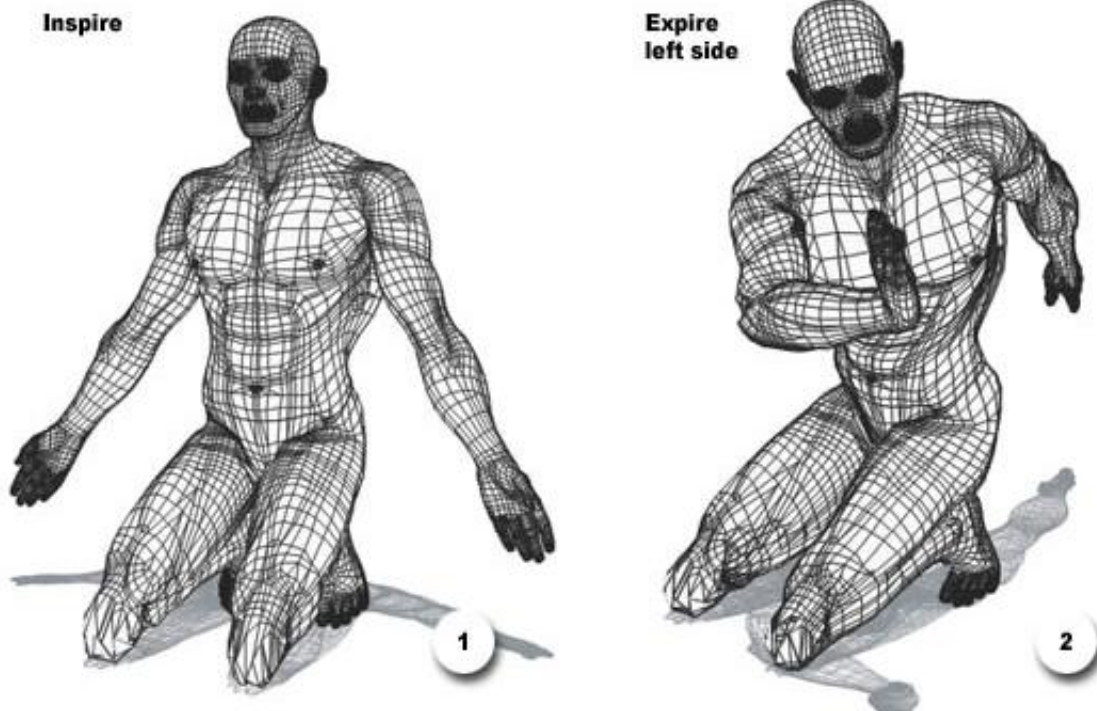


Do this exercise 10 times without a pause.

TENTH EXERCISE

Go down on your knees, and stay on the back of your feet. Inhale and pull your belly in (drawing 1).

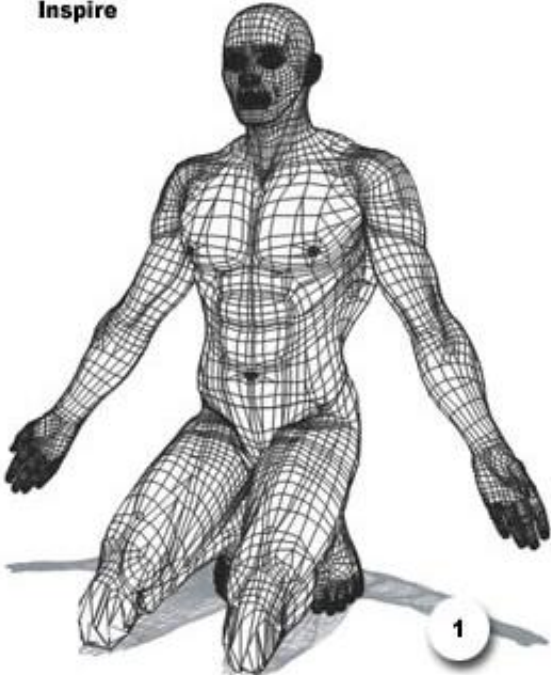
When you have finish to inhale, turn your body on your left side and push strongly an imaginary heavy thing with your right hand. Your left arm must be pulled behind you (drawing 2).



All of this must be done with a slow and deep expiration.

Do this exercise 7 times on each side (drawing 3 for the other side).

Inspire



**Expire
right side**



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How to practice this program

Perform the whole session described above each and every day. Twice a day is even better if you can manage it.

From the very first time you will practice this particular training method, you will feel your abs working like never before. Your strength, energy and muscle power will increase at each session. Allow 15 days of practice to see goods results.

You should be able to attain your goal in tremendous abdominal muscles development in a period as short as 3 months.

Here, you have all you need to build a powerful abdominal area. This program will literally give you a new burst of strength and might as you master you inner chi and empower your muscles.

If you need even more spectacular “visual” results in the shortest time possible, you should add some diet to your training. As you build awesome muscular abs, a decrease in abdominal fat would do a big visual difference.

The best way for you to follow an equilibrate, energetic and body fat destructing diet is the e-book “Fast track to lean muscle”. This guided diet plan, show you exactly what to eat before and after your training session, how to create you own meal replacement for convenience at work, how to keep your favorite foods and see the result you want... fast! And much more. All you have to do is applying mechanically the given advices and watch your powerful abs emerge day after day.

We would like to hear from you

As a final advice, you should take before photos of yourself, to compare with after ones, once you'll have reached your goal.

After the 3 months of daily practice, you'll have made so much improvement that we would like you to send us testimonials about it. This way, you'll be able help people like you to believe they can do it too and become an inspiration source.

Simply send before and after photos, a short sport biography and your comments and remarks about this method. The most spectacular ones will be chosen to receive "SynerFlex complete course to body transformation" + numerous surprise free gifts.

"Have a good time practicing these unique techniques, and enjoy your results in advance, as they are already on the way."

Daniel C. Braibant