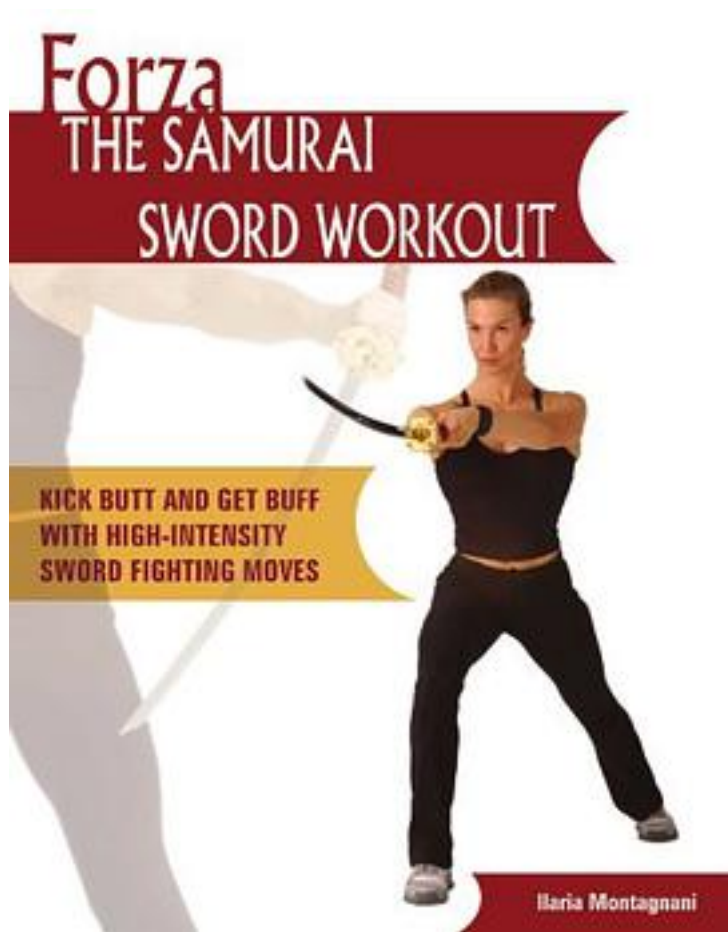


Forza The Samurai Sword Workout



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"Meet the Lara Croft of Manhattan" -- The New York Post STRIKE, THRUST, CUT . . . YOUR WAY INTO GREAT SHAPE Feel the power and exhilaration of a Samurai sword workout with Forza, the full body exercise program based on Japanese sword fighting

techniques. Build muscle and burn fat with this fantastic cardio workout that strings together controlled sword movements in to movie-like, choreographed combinations performed at high speed. About the Author Ilaria Montagnani has a black belt in Shorinjiru Karate and over twelve years of martial arts training. She was recently selected as a Nike Fitness Athlete and named by New York Magazine as one of the leading fitness "gurus" in the city.

作者介绍:

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