

**Forza The Samurai Sword Workout: Kick Butt And Get
Buff With High-Intensity Sword Fighting Moves By
Ilaria Montagnani**

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Forza the samurai sword workout: kick butt and

Readers tired of the same old workout moves can grab a sword (a broomstick and some imagination will do!) and slice, chop, and thrust their way into great shape.

Forza: the samurai sword workout -

Feel the power and exhilaration of a Samurai sword workout with Forza, the full-body exercise program based on Japanese sword-fighting techniques.

Ilaria montagnani (author of forza the samurai

Ilaria Montagnani is the author of Forza The Samurai Buff with High-Intensity Sword Fighting Moves 3 Samurai Sword Workout: Kick Butt and Get Buff

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Forza: the samurai workout | men's fitness

Utilizing weighted wooden swords, these classes are designed to build muscle and strip fat. It's not just a cardiovascular workout, says Forza inventor Ilaria

Forza class: a samurai workout for modern

These sword-wielding swashbucklers might look like extras in training for a new samurai movie. But Hollywood isn't the draw at this sports club in Manhattan.

The forza workout | men's fitness

A core workout based on samurai swordship, Forza doesn't require actual blades. Try the beginner's routine below from Forza instructor Ilaria Montagnani,

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Awaken the inner warrior in you with Forza: The Samurai Sword Workout. Forza is the Italian word for strength and power and that is exactly what this workout will

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Apr 03, 2006 A demonstration of the samurai sword training known as Forza by developer Ilaria Montagnani on the 4/4/06 Today Show.

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