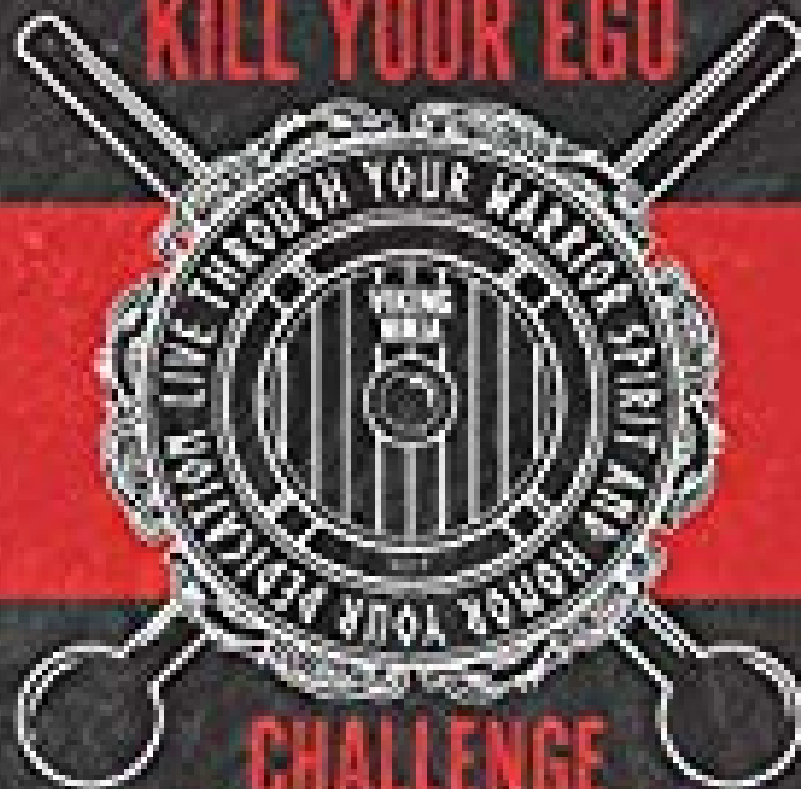


# VIKING NINJA ELEMENTS

KILL YOUR EGO



CHALLENGE  
YOUR DISCIPLINE

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## Viking Ninja Elements: Kill Your Ego, Challenge Your Discipline



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Many of the most successful athletes around the world train with Viking Ninja: think Cody Garbrandt, Donald Cerrone, and Carlos Condit of the UFC, Earl Thomas of the Seattle Seahawks, or Bayley of the WWE. With that attitude at heart, Elements delves in to the DNA of Viking Ninja Systems' philosophy, covering topics ranging from Norse mythology to the steel mace and how unconventional weapons schooling will benefit you almost everywhere from the field to the house and place of work. Kill your ego, problem your discipline, and switch the globe. Viking Ninja emerged from Onnit, one of the world's leading sports overall performance companies, and whose own mission is Total Individual Optimization. But Viking Ninja is more than only a training program. It's a way of lifestyle, a community of like-minded people aiming to unite brain, body, and spirit to surpass their limitations.



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You too could be a Viking Ninja North meets East meets West philosophy about attitude through body actions, to become the best you could be. Very pleased with this book. Only you will be the commander of your destiny in fitness, increase and learn all of your mind can absorb only can help you become the best edition of yourself. Excellent book! Pleasant read ! Many thanks Viking Ninja Excellent Book! Always do your best even though you are fatigued, it's ALL or NOTHING. Interesting, informative, well crafted, authoritative, very clear, concise, useful--and, certainly, eye-opening--advice, all at a very reasonable cost. Opened my mind to train in new ways. It was alright I would have preferred more cement fitness advice, but was still fascinating to learn. Never in a million years would I have likely to be getting fitness guidance from Vikings, but almost all I'd like for christmas is a metal mace now. Highly, strongly suggested. Exercise PHILOSOPHY There are many books out there about how exactly to exercise; there are plenty of books about philosophy. Esik lays out the reasons for everything in his Viking Ninja system. This is among the only books I know of that is approximately the philosophy OF workout. Why the mace, why bodyweight, why the name, and even some symbols that he's never discussed before, but remain incredibly important. Viking Ninja is without a doubt a training system unlike any additional. If globo gyms just aren't carrying it out for you, and you wish for a motivated fitness community, VKNJA is certainly worth your attention. Must read for individuals who train in this manner Very good and quick read. pretty good stuff I've read a lot of eastern philosophy and I love how this fits into the mix, especially with the bent toward fitness. Not new info, but worth reading, examining in with yourself daily. Love the blend of philosophy and training. Great! Wonderful read. A remarkable glimpse into the brain of a martial artist.



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