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William Lee (Author) 4.2 out of 5 stars
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5-Minute Chi Boost by Sifu William Lee, takes a very pragmatic approach into the discipline of Chi and how to learn simple ways of employing it. Like his previous two books, Total Chi Fitness [review here] and If Sifu William Lee were a skilled baseball player, he would win a batting title.

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Take a few deep breaths in this position. Lift your head up and let it rest in your hands with your elbows wide. Now you are in the position for crunches. Curl-up slowly as you exhale and then release half-way back down as you inhale (don't put your head back down on the floor in between curl-ups). Do 3 sets of 10.

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**5-Minute Energy Boost Workout -
Dr. Taz Bhatia M.D.**

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