

Chapter 2336 The Heart of a Youth

As Tristin finished a full bowl of porridge, a warm stream suddenly arose from his hara and surged throughout his body.

Under the soothing effect of these warm currents, his exhausted and sore muscles gradually relaxed.

When Rylan was still astonished about what just happened to his body, he noticed that he was not the only one experiencing this sensation.

All of his classmates in the classroom were also showing signs of enjoyment on their face.

"It seems that this porridge is not only delicious but also has remarkable effects."

After expressing his amazement, he walked towards the mysterious trainee coach.

Before he could get close, Matthew quickly stepped back.

"Stay away from me otherwise your stench might overwhelm me."

The exhausted students hadn't noticed this issue before, but when Matthew pointed it out, they instinctively sniffed the air.

The strong smell of sweat mixed with a pungent odor made them nauseous, especially for the girls who usually smelled nice and fresh.

The girls lifted their delicate arms and took a whiff. Their faces flushed instantly.

They covered their flushed faces and disappeared from the classroom.

Rylan stood up immediately.

"I can't take it anymore. I need to go back to my dorm and take a shower."

Just as he was about to rush out of the classroom, he suddenly stopped in his tracks.

Then, he turned to Matthew with a pleading look.

When he saw Matthew nod, he dashed away.

In an instant, everyone scattered like birds and disappeared in an instant.

The smell was just too overwhelming.

Only Rylan and Matthew were left in the classroom.

"Instructor Matthew, I'll go back and take a shower now. Thank you for the ointment and the herbal cuisine porridge," Rylan said.

Matthew replied nonchalantly as he waved his hand, "No need to thank me. When you get home, remember to pay for these herbs. I won't charge you any service fees."

With that, Matthew casually flicked the bill in his hand.

Rylan was speechless.

Did I thank him for nothing?

Of course, faced with Matthew's eccentric behavior and words, Rylan could only leave with a bitter smile on his face.

Meanwhile, Matthew, who was yawning endlessly, leisurely laid down on the training equipment.

He had stayed up all night preparing the medicine for these troublesome kids.

One portion was to eliminate impurities from their bodies, and the other was to rejuvenate their bodies.

Due to their aptitude issues, Matthew specifically selected herbs with strong medicinal properties.

Although they were more expensive, the results were remarkable.

Especially for people like them, the first dose would show significant improvements.

And for the sake of these twenty or so troublesome kids, he had been busy until nearly dawn before he finished.

As for Rylan and the others, once they were back in the dormitory, they started to wash themselves vigorously.

After four or five times of scrubbing with soap, the pungent smell gradually dissipated.

Rylan walked out of the bathroom with his skin all red from the scrubbing.

"Did you guys feel that our bodies aren't as sore anymore?"

As soon as he finished speaking, his roommates also felt the same after washing up.

"Indeed! Although we still feel tired, the soreness has decreased a lot compared to before."

"Me too! I feel like my body has become so much lighter."

Tristin, who was at the corner, habitually picked up the grip strengthener from the table.

As he closed his fingers around the hand grip, it used to be extremely difficult to squeeze, but now he was able to clench it effortlessly.

After Tristin felt this change, Tristin couldn't help but exclaim, "Did you guys also become much stronger?"

After they took turns to try it out, everyone looked at each other in amazement.

Rylan's eyes were filled with intense excitement.

Who said young people don't aspire to be strong? They had always dreamed of reaching the pinnacle of martial arts and had their hearts set on it.

In the past, they didn't have the opportunity, but now they also wanted to participate and be a part of the martial art world.