

Special Soldier 301

Chapter 301: Segment body surgery

Sure enough, when Qin Yuan arrived here, he took a closer look, and soon he found something strange, and said directly to this swamp:

"Ye Cunxin, I have found you, so let's take the initiative to come out!"

But following Qin Yuan's words, Ye Cunxin didn't make any movement. Qin Yuan's brows wrinkled slightly. Couldn't this Nizi not give up until Huanghe?

But when he thought about it carefully, his face changed and he shouted:

"No, she must have had an accident!"

Then Qin Yuan instantly rushed into the swamp!

And Qin Yuan didn't care about any tasks at all, and directly turned on the thermal imaging ability, quickly found the location of Ye Cunxin, and then directly pulled Ye Cunxin from the swamp!

At this time, Ye Cunxin was covered with silt. She was hiding under the silt just now. Although she designed a very concealed breathing port for herself, Ye Cunxin felt that she was getting colder and colder as time passed. Then a cool breath penetrated into her body, making Ye Cunxin feel weak, and almost fainted in the mud!

The reason why Ye Cunxin was able to persist was because he wanted to beat Qin Yuan in this competition, but after hearing Qin Yuan's voice just now, the last bit of persistence in his heart had failed, so he passed out completely.

If it were not for Qin Yuan to jump down and save her, Ye Cunxin would even drown or freeze to death in the mud!

Seeing the situation of Ye Cunxin, the people from the Fire Phoenix team who had been eliminated also surrounded them. They quickly cleaned up the silt on Ye Cunxin's body, and Qin Yuan felt the weak pulse of Ye Cunxin, his expression on his face. Ugly.

"You take off her clothes, I'm about to give her the needle!"

Qin Yuan directly took out his silver needle, intending to treat Ye Cunxin, and at this time, Tan Xiaolin and others had no scruples. In an instant, they stripped off all the equipment from Ye Cunxin, revealing Ye Cunxin's Nice carcass.

It's a pity that Qin Yuan doesn't mean to appreciate anything, but just takes a shot!

"Eight stitches against the sky, the first stitch!"

Qin Yuan shot like an electricity, and directly put a needle on Ye Cunxin's body!

With Qin Yuan's eight stitches against the sky, Ye Cunxin's complexion instantly improved.

At this moment, everyone was relieved, in case Ye Cunxin had any accident, none of them would have a good time!

After a while, Ye Cunxin opened his eyes leisurely, looked at the people around him, and directly asked:

"Am I winning? Have I been delayed for an hour?"

"Win, win, win! Just thinking about winning, you came to your relatives today, how dare you go down in the dirty water, don't you know, if the trainer had not found you earlier, you would have been frozen to death in the swamp!"

"That's right! Don't even want your life in order to win!"

At this time, the people around Ye Cunxin were verbally criticizing Ye Cunxin, and Ye Cunxin also completely collapsed, because she listened to her companions and seemed to have been found by Qin Yuan.

This is the end, and after so many crimes, all of them are in vain!

At this time, Qin Yuan, who was standing aside, saw Ye Cunxin's appearance, and chuckled lightly, and said directly to them:

"Okay, now that we are awake, let's go back and hold a summary meeting for you!"

Hearing this, the people in the Fire Phoenix team looked at each other. This time they knew Qin Yuan's strength thoroughly. Together, they couldn't even deal with one Qin Yuan, let alone deal with the entire red blood cell. Squad.

Thinking of the big talk they had said before, there was a little liver trembling in their hearts. This time there was such an accident, I still don't know how Qin Yuan would reprimand them when I went back.

After returning to the base of Fire Phoenix, Qin Yuan directly lined up these people, then stood in front of these people, looked at these people and said:

"To be honest, you have disappointed me very much. After training for so long, you can only turn you into ordinary soldiers. How can people like you survive in that dangerous environment? ?"

Hearing Qin Yuan's words, all the people bowed their heads. As the saying goes, hearing is not, seeing is believing. They lost miserably in Qin Yuan's hands. For the more cruel environment Qin Yuan said, I also have a little understanding.

If it is difficult for Qin Yuan to survive in such an environment, wouldn't they be killed if they meet each other?

But after Qin Yuan scolded these people, he said:

"But you also showed your spirit to me, proving that you are not hopeless idiots. Now everyone is 20 kilometers off-road. I hope you can finish it before dinner!"

Hearing Qin Yuan's words at this time, everyone took a deep breath. Their training volume today has seriously exceeded the standard. At this time, they will be killed for another 20 kilometers cross-country!

"Instructor! Ye Cunxin's body is not very good. Can you let Ye Cunxin not participate in this training for the time being?"

At this time, Tan Xiaolin said to Qin Yuan, and Qin Yuan's face was suddenly black, and he just wanted to say something, but before Qin Yuan's words were spoken, Ye Cunxin suddenly said loudly:

"Report! I'm fine, I understand that on the battlefield, the enemy will not show mercy to my men because of my physical condition, so I will participate in this training!"

Qin Yuan glanced at Ye Cunxin, nodded, and said directly:

"Okay, now that you understand, then go!"

Tan Xiaolin glanced at Ye Cunxin, but did not say anything. Then, the group of people began to leave the base for their 20-kilometer cross-country.

At this time, He Chenguang, who was standing behind, looked at Ye Cunxin and Tan Xiaolin and others away, and said directly to Qin Yuan:

"Captain, is today's training a bit too much? Based on their physical fitness, I am afraid it will be difficult to complete. Also, today's training is a bit dangerous. I looked at Ye Cunxin as if he was about to drown!"

At this time, Qin Yuan heard such words, but said directly to He Chenguang and others:

"From now on, I want to start real training for them, and raise their requirements to the same position as you."

Hearing Qin Yuan's words, Li Erniu and the others immediately trembled. They had personally experienced how abnormal Qin Yuan's training was. This is probably a bit difficult for these girls.

Qin Yuan's training for them before, basically did not consume too much physical activity, because of their physical strength, all of them went to train physical exercises!

Chapter 302: Worried?

And among them, even Xu Tianlong, who has the best physique, is only able to practice the fourth style now, and it is far from graduation!

"Captain, I'm afraid it's not appropriate. You also understand what kind of skills are exercises. If they are really trained in exercises, I'm afraid they will grow up to five and three thick, similar to those of us. If so, If so, what is the point of training these female soldiers?"

At this time, Wang Yanbing said a little bit stunned. Although they have been very strict with the people of the Fire Phoenix team during this period, they are beyond the level of ordinary special forces and far inferior to their red blood cell team training.

And as long as I think about how these female soldiers are going to train physical exercises, Wang Yanbing feels a little uncomfortable for them.

Qin Yuan frowned slightly when he heard this voice. What Wang Yanbing said was not unreasonable. Since the above wanted him to train these female soldiers, it was definitely not just to train a group of women like men.

And Qin Yuan took a look at his system and found that a qualified Phoenix Soldier was trained, and he even needed to be proficient in etiquette, makeup, modelling...

Seeing these contents, Qin Yuan also had a slight headache. Sure enough, this grid was not so good.

"I'll talk about these things later, you go and see them first, I think of a way."

With these words, Qin Yuan went directly to his office.

Qin Yuan looked at the system at this time and found that he had 4 grids left. In order to save Ye Cunxin, Qin Yuan directly used his own thermal imaging ability. Fortunately, when Qin Yuan discovered that Ye Cunxin was under the swamp, the system It has been determined that Qin Yuan has completed the task, and this grid is considered to be obtained, which also made Qin Yuan a sigh of relief.

Although Ye Cunxin's life is more precious than Grid's, if it can be obtained by both parties, it is naturally better.

After returning to the office, Qin Yuan carefully checked the task of the Phoenix Team and found that it was indeed the same as he thought.

Fire Phoenix team successfully trained, except that the physical strength requirements are lower than that of the RBC team, other flexibility, camouflage, and even appearance are all required!

This Nima is outrageous. Is it because these people don't look good and Qin Yuan has to help them with plastic surgery?

However, the task is still to be done.

Qin Yuan scratched his head. Qin Yuan knew exactly what kind of function does the exercise technique have. Just as Wang Yanbing said, once the exercise technique is exercised to a high level, all the muscles of the body can be trained, then This person must be a tall and fat man!

In this state, you still require her to have superb flexibility, and you also need her to have a good-looking appearance, how is this possible?

After thinking about it, Qin Yuan suddenly remembered a scene that made people unable to complain. If he met the requirements of being strong and handsome, I am afraid that there is only one father who can handle the hand-to-hand with 100% empty-handedly. The name is Nezha. Baby.

But Nezha is still a cute boy, if Qin Yuan trains these female soldiers to be like this, Qin Yuan himself can't stand it.

Sure enough, I still have to find a way!

Then Qin Yuan left the base directly, and then went to the library. He needed to check carefully what kind of method he could use to maintain strength training without appearing too strong!

But when Qin Yuan went to the library, he searched a lot, but he did not find any knowledge about this. After all, in the eyes of ordinary soldiers, being able to train is a very rare thing, and it depends on it. With their usual high-intensity training, it is impossible for them to become very strong, so they don't need to worry about this problem at all.

But this is completely different for Qin Yuan. He felt a headache when he thought that he was going to train a group of Nezha.

But at this moment, Qin Yuan's cell phone suddenly rang. He picked up the phone and found that it was Mu Qingmei.

Qin Yuan's eyes suddenly became a lot softer. Since returning to the barracks, he hasn't met Mu Qingmei several times, but the two of them make phone calls from time to time.

"Qin Yuan, when can you have a vacation? My mother said that she would invite you to my house for dinner, thank you very much!"

Mu's light eyebrow laughter was like sunshine, directly dispelling Qin Yuan's inner helplessness.

"Hey, is it to thank me, or to invite my relatives to eat?"

"Huh, which relative please?"

"Which other relative can be, of course, it is me, her daughter's object, my own son-in-law who is going to be a dragon!"

Qin Yuan smiled at this moment, Mu Qingmei was also a little shy when he heard this, and said directly to Qin Yuan:

"Let's talk about it later, by the way, I heard that you are training a new special team. Isn't the training very hard? You have to pay attention to your body!"

Although Mu Qingmei knew that Qin Yuan's body was as strong as a cow, she still couldn't stop caring for Qin Yuan.

But what Mu Qingmei didn't know was that Qin Yuan was not a cow, but a Tyrannosaurus!

However, after Qin Yuan heard Mu Qingmei's words, he couldn't help sighing. Although he didn't need to worry about physical problems, he was worried about the figures of these women, so he directly faced Mu Qingmei. Asked:

"Mu Qingmei, when your women grow up, how do you ensure that you will not become thick arms and thighs?"

Hearing this, Mu Qingmei suddenly panicked. What's going on? Has Qin Yuan installed surveillance by his side? I ate one more chicken drumstick at noon and was found?

But... but I didn't seem to be gaining weight, there was still no trace of fat on his waist, and his hands and legs were the same slender. After all, Mu Qingmei was busy in the hospital every day, enough to consume more energy.

"Well, I won't eat so much in the future, you don't need to remind me!"

At this time, Mu Qingmei said a little coquettishly, but Qin Yuan had a dumbfounded expression when she heard this, is this the same thing that Mu Qingmei answered?

But Qin Yuan didn't care, but directly stated his troubles. .

But when Qin Yuan told Mu Qingmei her problem, Mu Qingmei laughed completely. She really thought that Qin Yuan was omnipotent. Now it seems that Qin Yuan does not understand. Things,

"Haha, in fact, you don't need to worry so much about these things. Our women are different from your men. It doesn't mean that if you eat more and practice more, you can have a strong body. Most girls are not like you. Boys train a strong tendon like that."

Chapter 303: World Class 8 Damask

At this time, Mu Qingmei directly explained to Qin Yuan. After all, as a medical student, he has more understanding than Qin Yuan in this respect, so Mu Qingmei directly said to Qin Yuan:

"You don't need to worry about these people getting fat, but the problem of thick legs and feet of these people is worth paying attention to, but this is easy to solve. You should ask those professional coaches to learn some stretching techniques, as long as they are stretched, Basically, he will not make his legs too thick."

Hearing Mu Qingmei's words, Qin Yuan's eyes suddenly lit up, he kissed the phone severely, and then said:

"Oh, my dear, you are amazing, but you helped me a lot! I really love you!"

After saying this, Qin Yuan immediately hung up the phone with excitement, and then planned to find the book that could be used to learn stretching.

And Mu Qingmei watched that she had hung up the phone and was not angry. She knew that Qin Yuan would do business, but after hearing Qin Yuan's last voice, there was a hint of shyness on her face, and she said a little helplessly.

"Really, what are you doing so fast? You want to know some stretching knowledge, shouldn't you ask me this specialized doctor?"

But Qin Yuan couldn't hear Mu Qingmei's words. He directly found a place to put these books, and soon found what he wanted.

"Hey, I didn't expect this kind of thing in the library!"

Qin Yuan directly put some books on a side table at this time, and then took advantage of others not paying attention, directly received the books into his own grid.

"Ding Dong~ Please start choosing the host!"

With the prompt tone of the system, three options suddenly appeared in front of Qin Yuan!

"1, get world-class judo!"

"2, get a world-class stretching massage!"

"3, get a world-class Baduanjin!"

Seeing these three options at this time, Qin Yuan's eyes suddenly lit up, and he realized that these three skills seemed to be very useful to him.

Qin Yuan now only has 4 grids left, and looking at these three options, Qin Yuan gritted his teeth in the end, planning to learn all these three skills.

"System! I choose item 1."

"Ding Dong, the host chooses successfully! Get world-class jujutsu!"

"World-class jiu physique allows the host to obtain a professional-level flexible body and make poses that ordinary people can't do!"

Hearing this voice, Qin Yuan immediately felt that his body seemed to have undergone some changes. After the transformation was completed, Qin Yuan directly stretched out his hand and found that his hand became a lot softer, even Qin Yuan. Yuan's right hand can wrap around his neck and directly touch his left ear.

As for things like touching the belly button with the backhand, and touching the back of the head with the hands behind, it is even easier.

Feeling such flexibility, Qin Yuan is even a little speechless. Is this skill more suitable for women to acquire?

But then Qin Yuan thought about it carefully. No matter what aspect it is, except for having children, it seems that men are stronger, and even yoga is better for men, so Qin Yuan no longer struggles with this problem.

Qin Yuan also had an extra set of skills in his mind to train these jujutsu techniques, and this was exactly what Qin Yuan wanted.

With this technique, it is estimated that as long as the people of the Phoenix are trained, they can become extremely soft, and they will even be not much worse than those professional athletes.

So Qin Yuan directly raised this jujutsu technique to the cosmic level!

After reaching the cosmic level, Qin Yuan felt that his body had become softer and lighter as if he did not exist.

And Qin Yuan can clearly feel that his python head twisting technique, eagle claw technique and other catching skills are also becoming stronger because of his soft body!

Qin Yuan didn't expect that there would be such an unexpected joy.

The soft body technique in Qin Yuan's mind has also become more complete. With this, only those people need to train well, and he can definitely make his body softer.

After , Qin Yuan started to choose the second skill again!

"Ding Dong, congratulations to the host for choosing to successfully obtain a world-class stretching massage!"

This stretching massage method is not very helpful to Qin Yuan. In essence, this massage method is a medical thing. It can help people relieve some muscle damage caused by overtraining, and it can also help others to stretch. Stretch, quickly relieve fatigue.

In fact, some fitness coaches in the gym use this method, which is also a kind of criticism from countless male compatriots. But how to say, the skills are not distinguished by good or bad, it is the people who are good or bad. When your girlfriend is cheap, you can take the initiative to learn this stretching technique, and even increase the relationship between the two parties.

This skill is not very helpful to Qin Yuan himself, but it is very helpful to training others. Qin Yuan also thinks that at the beginning, the people of the Phoenix Team might not be able to bear the exercise. Physical surgery injuries, but with this stretching massage method, it is estimated that Qin Yuan can help these people perform massages and quickly relieve their pain.

Qin Yuan also quickly upgraded this skill to the universe level, and then began to look at the third option.

Baduanjin ability, Qin Yuan has also heard of it. In fact, Qin Yuan always thought that this thing was the same skill as old Taijiquan.

But Qin Yuan understands even more that the system must be exquisite, even if it is Tai Chi, Baduan Jin is different from ordinary Tai Chi.

"System! I choose item 3."

With this voice, Qin Yuan's mind also rang the mechanical sound of the system:

"Ding Dong, congratulations to the host for your successful choice! Get a world-class Baduanjin."

With this voice, Qin Yuan suddenly had a villain in his mind. This villain was constantly practicing, and Qin Yuan could clearly feel that although the villain's movements were very slow, this Every time the villain completes an action, Qin Yuan's head will clear, as if the dirt in his body has been discharged.

Qin Yuan's eyes suddenly widened. He seemed to understand what the Ba Duan Jin had.

As the saying goes, people who eat whole grains will inevitably produce a lot of waste in their bodies. What's more, they, special soldiers, will cause some hidden injuries when they go through the wind and fire all day.

These injuries seem to have little effect when they are young, but once they reach old age, they will completely lose one's vitality.

Chapter 304: massage?

Qin Yuan understands this. After all, Fan Tianlei was also the same before. Although Fan Tianlei is not very old, he is in his forties, but he looks like an elderly person in his fifties. This is because of Fan Tianlei. The sequelae of overtraining in a young age.

As long as Qin Yuan teaches the techniques of the Baduan Jin to the special forces, they can slowly repair the damage in their bodies, so that they can live better when they are middle-aged and will not suffer any damage. The impact of chronic diseases.

At this time, Qin Yuan finally obtained these three skills, which can be considered as a complete solution to the problem this time. Qin Yuan left the library contentedly and headed towards the Fire Phoenix Base.

And when Qin Yuan arrived at the base of the Fire Phoenix, it happened that the few team members who saw the Fire Phoenix ran a 20-kilometer distance out of breath, and these people seemed to be fished out of the water.

Ye Cunxin was even more unbearable, her small face became extremely pale. Although she had been treated by Qin Yuan, she came to her aunt after all. When she was running, she felt like she had a knife directly in her stomach. It's not easy to twist it inside.

I even wandered in the swamp before. Although no water seeped into her body, the whole coat was now smelly. Now I ran for 20 kilometers, and the mud on Ye Cunxin's body has dried into a shell. , The smell is even worse.

But even so, Ye Cunxin was holding back the pain on his body, and after seeing Qin Yuan's gaze, he straightened his body.

As for the others, they also stood upright like a flagpole.

After seeing these people, Qin Yuan also showed a smile at the corners of his mouth. In fact, he was a little doubtful at first whether it was a bit of a loss for him to train these female soldiers so hard, but now that he saw the appearance of these people, he felt that he was Everything you do is meaningful.

"Are you tired?"

"Not tired!"

"Hehe, very good, just don't get tired. If that's the case, everyone will be disbanded. There will be no more training tonight. At 9 o'clock tomorrow morning, I will gather in the training room. I need to give you something new."

At this time, after Qin Yuan had finished speaking these words, he turned his head and left, but Ye Cunxin and others saw Qin Yuan leaving completely. This was a sigh of relief, and he couldn't hold himself any longer, all of them squatted. Waist, weakly unloaded his equipment, and started to wash.

And Ye Cunxin's face is even more ugly. There was a will to support her just now. Now that she has no power at all, Ye Cunxin feels that she is about to faint.

Tan Xiaolin and He Lu quickly supported Ye Cunxin. They dragged Ye Cunxin to the bathroom, gave Ye Cunxin a bath, and then dragged Ye Cunxin back to the dormitory.

After these people were all lying on the bed, this was a sigh of relief. Sure enough, after a day of training, being able to lie in bed is the biggest reward.

Only Ye Cunxin's face was still very ugly. Although he had taken a bath, it didn't get any relief.

Seeing Ye Cunxin's appearance, Tan Xiaolin was also a little helpless, and said to Ye Cunxin:

"Ye Cunxin, otherwise I'll ask the instructor for a bottle of painkillers. It's not a problem if you always stay next to each other!"

But Ye Cunxin shook his head. Tian Guo, who was standing on the side, also said to Tan Xiaolin:

"Even if you ask him for it, there will be no consequences. On the contrary, you may be scolded by him. They are men and don't understand what our pain is like!"

Ye Cunxin was also pale and said:

"It doesn't matter. The reason why I feel so hurt is because I accidentally fell into the swamp today and was frozen by the cold wind. In fact, it is because my body is too weak. As long as my body can become stronger, it won't be so. Uncomfortable!"

After hearing this, Shen Lanni, who was standing aside, said:

"You are right on this point. After researching, whether it is ancient or foreign, there is actually no trouble in this regard, and only the women of the country of Yan have such a special condition. I think it is because Our women's bodies are too weak. If we can train to a certain intensity, there will be no such trouble.

At this moment, when he heard such words, Tan Xiaolin cast a glance at Shen Lanni and said to Shen Lanni:

"Even so, it will be the future. Today Ye Cun feels so distressed, I am afraid that I can't even sleep well. Listening to the trainer's words, tomorrow seems to have more severe training. If tomorrow's training is delayed, When you get rid of Ye Cunxin directly, you will lose out. Although you may be scolded by him, you should scold you. It is better than looking at you so uncomfortable. Let me ask!"

Having said this, Tan Xiaolin put on her clothes directly, and planned to ask Qin Yuan if she had any painkillers.

But when Tan Xiaolin just wanted to go out, she found that there was already a person standing at the door, and this person was Qin Yuan!

Seeing Qin Yuan standing outside at this time, the people in the room were shocked. They didn't dare to sit on the bed anymore and stood up directly!

And Ye Cunxin wanted to stand up too, but when she moved, she felt her stomach twisted like a knife. Not only did she not stand up, but almost fell to the ground!

Seeing Ye Cunxin's tragic situation, He Lu, who was standing on the side, immediately wanted to help, but at this moment, she suddenly felt a breeze, and then saw that Qin Yuan had stood in front of Ye Cunxin!

Everyone's eyes widened this time, so fast!

even faster than when they were training in the forest before!

This... Is this human speed?

At this time, the talent of Fire Phoenix remembered that the man in front of him was a strong monster like a prehistoric monster!

Whether it is touch, sixth sense, physical strength, experience, skills, they completely crush their abnormalities!

But at this time, Qin Yuan, as if he hadn't seen the eyes of those around him, directly put the things he was carrying next to Ye Cunxin, then put Ye Cunxin on the bed, and said lightly:.

"It's not training now. You don't need to stand up. Okay, show your belly. I'll give you a massage."

When they heard Qin Yuan's words at this time, everyone thought of it. It turns out that Qin Yuan still has a technique to treat this type of dysmenorrhea. When Qin Yuan came to their Fire Phoenix team before, wasn't it just to treat their Captain An Ran's Gong Han? ?

Chapter 305: Training changed?

It's just that after so long of training, they all forgot about it. In their eyes, Qin Yuan is a cold training machine.

But looking at Qin Yuan now, everyone looked at each other, as if the machine in front of him was somewhat human.

Ye Cunxin looked at Qin Yuan at this time, and said with some embarrassment:

"Master, did my performance disappoint you today?"

"It's okay, if you don't have a special situation today, maybe you can stay under the swamp for a while."

What Qin Yuan said was not simply comforting Ye Cunxin. To be honest, if Qin Yuan didn't use the skills, he might not be able to find that Ye Cunxin was hiding under the swamp.

Even without any active skills, Qin Yuan is still a terrifying person!

Ye Cunxin heard this and just wanted to express her happiness, but suddenly she felt a warm current coming from her belly!

Ye Cunxin groaned comfortably. Such a voice made Ye Cunxin's face flushed. To be honest, Ye Cunxin always behaved like a female man in front of the people of the Phoenix. It was a sound like this, it was a bit shameful!

And the people around them all looked at Ye Cunxin a little ambiguously, they also really did not expect that Ye Cunxin, who had always been strong, would make such a sound.

But Qin Yuan didn't feel anything unusual. He continued to treat Ye Cunxin without stopping his hands. After a few minutes, Qin Yuan directly took his hand back and said to Ye Cunxin:

"To be honest, you did a great job, I'm thinking about whether to really treat you as my apprentice."

Hearing what Qin Yuan said, Ye Cunxin still hid his face in the quilt, only showing a pair of eyes, without answering.

At this time, the people around also showed a look at the excitement. Qin Yuan glanced at the few people around and said to them:

"Are there any discomforts on your body, do you need me to massage you?"

All of a sudden, these people shook their heads together. They saw Ye Cunxin's appearance. They had no choice but to ask Qin Yuan to massage them. In case, if they made such a sound like Ye Cunxin, Do you want to see people afterwards?

When Qin Yuan saw that no one accepted his suggestion, he nodded, and opened the thing he put aside. This was something similar to oral liquid. He opened it and handed it to Ye Cunxin. Ye Cunxin said:

"Drink, take a good rest after drinking this thing, I will train tomorrow."

After saying this, Qin Yuan stood up directly and left the female dormitory.

At this time, after seeing Qin Yuan go away, a group of people were all staring at Ye Cunxin. Ye Cun had a hairy heart in his heart when they looked at it, and squatted:

"You guys...what are you looking at me? The eyes are weird! Scary!"

"Hey, honestly, from the very beginning, I thought you were unusual to him. You two, is there any hidden secret?"

At this time, Shen Lanni seemed to have discovered some big news, and asked Ye Cunxin with a smirk. To be honest, she and Ye Cunxin have always disliked each other, but in fact, because of the two people The tit-for-tat, on the contrary, makes two people the best relationship!

"Yeah, it was the same during the previous exercise. Ye Cunxin, you are usually the most impulsive, but when you meet Qin Yuan, you seem to have changed a lot. You know what we don't know. Thing?"

Tian Guo, who was on the side, also started to booze. To be honest, although they knew that Qin Yuan was a battle hero, they still didn't know much about what Qin Yuan had experienced.

And when Ye Cunxin heard this, he showed a helpless smile and said to everyone:

"Every one of you, what are you thinking about? Even if I can look at him, can others look at me? As for why I avoided him during the exercise today, that's because I knew he was great. !"

Having said this, Ye Cunxin directly told the crowd the scene where he first saw Qin Yuan. At this time, these talents of Fire Phoenix remembered that Ye Cunxin seemed to have disappeared once before. It was Qin Yuan who got it back!

"I saw with my own eyes how he killed the three wolves with his bare hands. When I saw him shot, he already brought a murderous look. Shen Lanni, you also fought with Li Erniu, at that time Li Erniu I also felt the murderous aura on my body.

Let me tell you, Qin Yuan's murderous aura is much stronger than Li Erniu's. At that time, I knew that even if we directly attacked Qin Yuan, we would definitely not be able to beat Qin Yuan, so I stayed aside and wanted Completely delay the time! "

At this moment, Ye Cunxin was still thinking about the man who held the wolf corpse in his hand when he first met Qin Yuan, while looking at the wolf with a respectful and sad look and heard it. Everyone looked at each other a little bit at Ye Cunxin's words. Although Ye Cunxin didn't tell them that something was wrong, in fact, even if Ye Cunxin said it, it would be useless. They didn't hide directly under the swamp like Ye Cunxin. Qin Yuan's courage will still be discovered!

Facts have proved that Ye Cunxin's guess is correct. Even if the eight of them go together, they will not be Qin Yuan's opponent!

You know, when Qin Yuan dealt with them before, it was estimated that the ten successful powers would not even be used for three times. After all, Qin Yuan's positioning is a top sniper, and when Qin Yuan dealt with them, he used a total of two shots. Bullet, if Qin Yuan is directly armed and attacked them cruelly, let alone dragging them for five minutes, it is estimated that even a minute will not pass!

Everyone was a little bit lost at this time. After all, after training for so long, they thought they could catch up with Qin Yuan, but it seemed that even Qin Yuan's shadow could not keep up.

But after calming down, these people discovered something unexpected:

"By the way, sisters, have you noticed that today's cold beast seems to have become a lot warmer!"

Leng Beast is the nickname these people gave to Qin Yuan, saying that Qin Yuan is just a beast without emotion! !

After hearing this, everyone also reacted, this is indeed something wrong.

Although Ye Cunxin was indeed miserable today, when they were training before, there was also a time when their aunt came over. At that time, Qin Yuan didn't have any mercy. They still asked them how to train and how to train, how did they get to Ye Cunxin? When it changed?

Chapter 306: Doctor parents

At this moment, when they heard such words, everyone immediately looked at Ye Cunxin with strange eyes. Tian Guo said directly to Ye Cunxin:

"I also said that you have nothing to do with Qin Yuan. Look, he didn't care when we came to my aunt before. Today you came to my aunt, but he specifically came to treat you. This is the gap!"

But at this moment, Tan Xiaolin, who was standing on the side, frowned and said directly to the crowd:

"No, it seems a bit strange. If it is really because of Ye Cunxin, Qin Yuan's eyes were different when he left. He looked at us as if he was looking at some lambs about to enter the slaughterhouse."

At this time, Ye Cunxin heard these people's words, but said in an angry tone:

"Don't forget, Qin Yuan said today, let us go to a new training at 9 o'clock tomorrow morning. When we usually train, do we start until 9 o'clock?"

Hearing this, everyone was shocked at this moment, as if it was indeed the case. Today they were thoroughly trained to be tired and stupid. They were also shocked by Qin Yuan's performance. They did not expect to have such a big Flaws.

Normally, let alone 9 o'clock, today is 4 o'clock in the morning to start training, it is also commonplace for them, and tomorrow's training, it will be delayed to 9 o'clock, as if from the beginning it revealed a kind of ominous meaning.

At this moment, they heard a knock on the door. Tan Xiaolin walked over and found that it was Li Erniu standing at the door. At this time, Li Erniu said to these people:

"I gave you something, each of you drink a little, it is good for your body."

At this time, Li Erniu pushed directly into a big bucket, in which there was some soup floating with egg flowers, and it smelled a little sweet.

"What is this? Is it the egg drop soup made for us?"

At this time, Tian Guo looked at these things, took a careful scent, and nodded very intoxicated, her saliva was about to flow out.

"This is a fitness soup specially prepared for you by my captain and me, but it is a tonic. Every one of you drink some, it will be good for your training tomorrow, so that you will not be too miserable when you train tomorrow."

At this time, I heard Li Erniu say such words, everyone's body began to become stiff, after all, even in ordinary training, they are already very hard, but tomorrow's training, even Li

Erniu Saying that they will be trained to be very miserable, doesn't this prove that their previous imagination is correct?

"Brother Erniu, can you reveal what exactly will you train tomorrow?"

At this time, Tian Guo cautiously asked Li Erniu, after all, Tian Guo and Li Erniu are fellow villagers, and their relationship is very good.

But after hearing Tian Guo's question, Li Erniu seemed to think of some terrible memory, shook his head abruptly, and said to Tian Guo:

"I can't say this, but I can only tell you, don't underestimate the training this time, if one is not done, you will be ruined for the rest of your life!"

Upon hearing this, Ye Cunxin and the others all took a breath, isn't this a bit too scary?

But they also knew that Li Erniu never lied. If Wang Yanbing and Song Kaifei were to frighten them, but Li Erniu, a rural child, would never do this!

After Li Erniu finished dividing the decoction, he left directly, and at this time, the people of the Fire Phoenix team said this while drinking the soup.

"Hey, what kind of training is tomorrow?"

"Who knows, but I always feel a little flustered. I think Brother Er Niu is already a rural baby who can endure hardships. As a result, even he was scared like this. I...I am a little scared!"

"The Death Star is shining, ah! The beautiful girl is in the hands of the devil, it is terrible, but this soup is quite delicious."

"Fuck you, Tang Xiaoxiao, don't be scared this night, but don't tell me, after drinking this soup, the whole person is warmed up, and the body is still healthy, no, do you think this is a decapitated meal? Ah, let us eat something good before we die?"

What Qin Yuan gave to Ye Cunxin before was the nutrient solution exchanged by Red Bull, and this soup also contained diluted nutrient solution, which made them feel so delicious.

After being suspicious for a long time, these female soldiers went to bed with anxiety.

All of them know that tomorrow must be a very important moment.

The next day, everyone got up early, after all, the strong biological clock made them unable to sleep in.

But they had a good rest, even Ye Cunxin was much better, and even felt that his relatives had passed away!

At this moment, seeing Ye Cunxin's relaxed and happy look, Tang Xiaoxiao who stood aside suddenly laughed:

"Oh, I didn't expect it. Qin Yuan's hand is quite powerful. How did he learn it? Did it help a lot of people to use it?"

"Don't talk nonsense, as the so-called doctor's parental heart, how can anyone say that!"

At this time, Tan Xiaolin directly reprimanded Tang Xiaoxiao, and He Lu, who was standing on the side, said:

"I checked Qin Yuan's information before, and they are the facilitators of the Nobel Prize in Medicine. Not everyone can get it!"

But at this time, hearing this, the group of women suddenly exclaimed. They couldn't imagine that Qin Yuan, a soldier, would actually win a medical award that couldn't be beaten!

For this award, Qin Yuan gave the researched Ramanra virus vaccine to Dr. Chen. Although Dr. Chen received this award, he must fill in Qin Yuan's name so He Lu can Found this content.

"No, is it the same name? This...this is unreasonable!"

"My mother, it turns out that Qin Yuan is such a big man!"

Upon hearing this news, these female soldiers suddenly felt that they seemed to have acquired some great resources.

And in this way, they are even more worried and yearning for the training that is about to begin!

"Girls, it's seven o'clock, and there are two hours left. We finish our meal, take a break, and then we start to warm up!"

At this time, Tan Xiaolin gave an order, and everyone started to act.

And the people in the red blood cell squad hiding aside, watching the various actions of the female soldiers outside, all showed a smile. They, but very much look forward to the performance of these female soldiers for a while!

Soon, it was already nine o'clock, and Tan Xiaolin led the people of the Phoenix team to complete the warm-up, and then waited in the practice room vigorously.

Chapter 307: training

This exercise room was specially prepared by Qin Yuan for fighting training for them. Although Qin Yuan didn't use it himself, he had to say that military physical boxing, Sanda and Taekwondo were the easiest fighting skills to learn.

But they have very few opportunities to use this practice room, after all, in Qin Yuan's eyes, there is no master in the practice room!

Today, Qin Yuan is waiting for these people in the practice room.

"Today, I want to give you a new skill. If you learn it well, it will be infinitely useful, and if you don't learn it well, you will never become a real special soldier!"

Seeing Qin Yuan's serious look, the female soldiers of the Fire Phoenix also looked serious, and couldn't stop feeling a little nervous, all of them looked straight at Qin Yuan.

At this time, Qin Yuan said directly to these people:

"Next, I will demonstrate to you. It is estimated that it will be difficult for you to learn. I will let these trainers give you one-to-one training in a while."

After saying this, Qin Yuan directly let these people disperse in the form of a gymnastic team, and then stood in the forefront, and began to demonstrate exercises to them.

At this time, Qin Yuan's movements were very strange, it looked a bit like Tai Chi being played by an old lady, and it looked a bit like a lock dance in a mechanical dance.

But seeing Qin Yuan's movements, the people of the Fire Phoenix team stared directly!

this one?

Can this thing hold them up?

It is also said that this technique can change the destiny of their special forces, and may even be destroyed for a lifetime. Isn't this nonsense?

At this moment, the eyes of these female soldiers looking at Qin Yuan and Li Erniu became a little sinister!

Isn't this just playing with them?

In fact, this is not Li Erniu's nonsense. After all, this physical exercise is indeed risky. If these female soldiers have not practiced in Chengdu, it would be okay. If they are trained, all of them will be big and thick, but they will change their destiny. Is it ruined for a lifetime?

At this moment, Qin Yuan saw these people in front of him, but he didn't move, his brows frowned, and he said to these female soldiers:

"What are you doing all in a daze? Don't you hurry up and do it with me?"

Hearing what Qin Yuan said, Tan Xiaolin took a long breath, and then said to Qin Yuan very seriously:

"Instructor, are you kidding me? We warmed up specifically for this training today. You can't just teach us these things? We are special soldiers. What use is there to train this kind of health-preserving boxing technique!"

This time even Tan Xiaolin was completely angry. To be honest, no matter what kind of training Qin Yuan performs on them, she can accept it, but Qin Yuan cannot humiliate them!

At this time, Ye Cunxin frowned and said directly:

"That's right! Master! Look at your movements. If you say you are teaching us boxing, this boxing method looks very weird. If you say you are teaching us dance, this movement is not beautiful at all. What do you want to do? ?"

At this time, hearing the complaints of these Fire Phoenix Teams, He Chenguang and others who stood behind gave a smirk. They couldn't help but remember that when Qin Yuan first taught them this kind of physical exercise, they were also with these The female soldiers are full of doubts, but as long as they get started, they can clearly understand how great and difficult this physical exercise is!

He Lu, who was just standing on the side, also said:

"No, I feel that this set of actions seems to have been seen in a previous three-dimensional action game. Instructor, you didn't specifically copy this action from the game, right?"

When Qin Yuan heard this, he also remembered that he had performed this set of motion capture with Tang Xinyi before. Although only the first and second types were available, it was enough for ordinary soldiers.

Qin Yuan originally thought that with the popularity of this game, bodybuilding skills could become popular in the entire army, but now it seems that even these female soldiers don't know, so don't expect those real male soldiers to know. .

Thinking of this, Qin Yuan's face suddenly sank. Although it is said that it is basically impossible to train the bodybuilding technique to a high level without Qin Yuan's personal guidance, but even the first and second forms of the bodybuilding technique, still has a great effect on the change of the system, but he did not expect that what he did was useless.

Seeing Qin Yuan's face changed, Wang Yanbing standing behind thought that Qin Yuan was really angry, and immediately said to these female soldiers:

"Are there any rules? Do you remember that the first duty of a soldier is obedience? No matter what the instructor asks you to do, you must do it!"

He Chenguang and others thought that Qin Yuan was angry because of these people's words, but the reason Qin Yuan was angry was not because of this at all. He heard Wang Yanbing's words and also reacted, looking at these righteously indignant female soldiers. Said lightly:

"Didn't you want to learn ancient martial arts from me? I promise you that as long as you can learn all of this set of gymnastics, then I will start teaching you ancient martial arts skills! And I will give you a half-month vacation. From now on, I will never shout to you again, and treat you as real special forces!"

Hearing this, the eyes of these people from the Fire Phoenix team suddenly brightened. Although it is said that learning this kind of thing is a bit unsightly, if you learn this, you can learn ancient martial arts skills, and you can also get Qin Yuan's true Agree, it's worth it.

Hearing Qin Yuan's words, Li Erniu laughed with a flutter. He also remembered that Qin Yuan said the same to them before, but even now, no one can complete the entire training of the whole bodybuilding technique. except Qin Yuan.

Therefore, no matter how good the conditions Qin Yuan said, it is a fake big sky.

Seeing Li Erniu laugh, Qin Yuan glanced back and said lightly:

"Don't be idle, let me practice them one by one. I haven't practiced this recently. If you regress, it will look good with you!"

At this time, the members of the Red Blood Cell Team heard Qin Yuan's words, and their faces immediately became straight. Then they stood directly in front of these red female soldiers and began to practice physical exercises like Qin Yuan.

At this moment, seeing the actions of the people in the red blood cell team, these female soldiers looked at each other. They really couldn't think of why Qin Yuan and the others were so serious, but no matter how unpleasant what Qin Yuan said, at least he never lied to them.

The so-called gentleman is difficult to chase after a word. Although Qin Yuan is not a gentleman, Qin Yuan is a serious soldier, and the military order cannot be changed.

So these female soldiers began to gradually imitate the actions of those in the red blood cell team, and gradually began to train!

Chapter 308: Admiring

But I don't know if I don't do it, I'm surprised when I do it!

With this start, their eyes are staring.

It seems that this seemingly simple action is not as simple as they thought!

Some large movements are fine, but once they are small movements, the power in the body will follow the muscles and extend directly to the end of the body!

Fingers, toes, shoulders, necks, those places that can't be exercised in normal days, at this time are like being pressed by an extremely heavy rock, so they can't complete their movements smoothly!

Although these actions have been made, how stiff it looks!

At this time, these female soldiers completely disbelieve them and start to get serious. Isn't it inferior to these male soldiers in other respects, can this kind of gymnastics be inferior to these male soldiers?

At this time, these people began to train this bodybuilding technique over and over again. Although it was only the first form, it was already extremely difficult for the first form alone. After a full hour of training, Ye Cunxin shouted. With a cry:

"I finished!"

At this time, Shen Lanni, who was standing next to Ye Cunxin, took the last breath and directly made the last action!

After hearing this, everyone was shocked. They all looked in Ye Cunxin's direction. Sure enough, they found that Ye Cunxin had completed a series of actions. Although it was not standard, they had completed at least 70%!

And Shen Lanni is also finished, two people have already succeeded!

And seeing that Ye Cunxin and Shen Lanni finally completed this action, these female soldiers cheered, and quickly relaxed, and began to applaud Ye Cunxin and Shen Lanni!

At this moment, Ye Cunxin looked at Shen Lanni, feeling proud, just about to compliment Qin Yuan.

But at this moment, she suddenly felt that her body was uncontrolled, and fell directly to the ground with a click!

At this moment, Ye Cunxin felt that every muscle in his body was broken, and there was an unspeakable soreness all over his body.

And Shen Lanni saw Ye Cunxin fall, and she just wanted to laugh, but she couldn't control it directly, and she lay directly on the ground!

These female soldiers also felt the changes in their bodies. Even Tian Guo, the slowest progressing person, felt that her arms were sinking like sponges filled with water, and she simply couldn't lift it up.

At this moment, the female soldiers looked at each other, all of them sat limp on the ground!

At this time they finally came to understand why they had to specialize in practice classrooms for the training. If they all fell on the concrete floor one by one now, I am afraid they would all be broken!

And the people in the red blood cells laughed when they saw this group of female soldiers. Especially Qin Yuan smiled happily. At this moment, he walked directly in front of the group of female soldiers. Bing gave a mocking smile:

"What's the matter? Everyone is wilting. Didn't you still say that this is gymnastic dance? Didn't you still say that I humiliated you? You stood up and finished my gymnastics one by one?"

And hearing such words, these female soldiers just wanted to retort Qin Yuan, but they felt that even the muscles in their mouths were sore. As long as it was a mouth, the saliva would flow out, and finally they had to put their mouths. Close up.

Qin Yuan turned a somersault at this time, and then performed the first set of actions in front of these female soldiers very smoothly. The female soldiers' eyes straightened!

And the people in the red blood cell team also looked at these female soldiers with a joke. From just now, they knew that these female soldiers would definitely step on all the thunder they stepped on before.

That sentence is good. The lesson mankind has learned from history is that mankind will not learn from history.

At this time, Qin Yuan looked at these female soldiers with a gloomy expression:

"I don't know how to cherish the good things one by one. Do you know how much effort I spent on this set of physical exercises?"

Qin Yuan scolded these female soldiers for a while. In fact, he was not only scolding these female soldiers, but also the people who run the game. Why did the game be made, but these soldiers did not practice? Qin Yuan felt very difficult.

In fact, Qin Yuan misunderstood this. After all, this game is still in the development stage and is only implemented among a small number of soldiers. What's more, Qin Yuan's bodybuilding skills are unknown to others. Tang Xinyi still knows this. How powerful is the set of actions, if it is really expanded in the army, you still need to ensure that this set of actions will not leak out.

Besides, if there is no official endorsement, which soldier would practice this kind of movement that looks like dance gymnastics!

At this moment, hearing Qin Yuan's words, Ye Cunxin struggled to sit up from the ground. She wanted to stand up again and continue practicing this set of movements.

Since you want to become Qin Yuan's apprentice, you can't be too far away from Qin Yuan. Qin Yuan has already practiced this set of movements extremely mature, but she can't even do it completely. How can this be done?

And seeing Ye Cunxin's movements, Shen Lanni also wanted to stand up!

At this time, the female soldiers, seeing the actions of the two men, gritted their teeth and wanted to stand up again from the ground.

And seeing the movements of these female soldiers the people in the red blood cell team standing over there also became serious.

To be honest, when they practiced this exercise for the first time, they were like these female soldiers. They fell directly to the ground weakly. In the end, Qin Yuan dragged them to the dormitory like dead dogs. , It took four or five hours to rest before he was able to move.

But these female soldiers were able to stand up from the ground again. Although all of them were weak and unable to stand, they actually stood up!

Even the male soldiers of the Red Blood Cell Squad couldn't do this, so He Chenguang and others looked at these female soldiers and felt that these female soldiers seemed to be different from before.

And Qin Yuan also looked at these female soldiers with an appreciative look. To be honest, he was very dissatisfied with the training of these female soldiers at first.

Although sometimes the use of female special forces in the military is very easy to use, Qin Yuan feels that these female soldiers do not need to carry out such high-intensity confrontation training like male special forces. The advantage of one's own female, rather than a real confrontation like a male soldier.

Chapter 309: Qin Yuan's good

But now it seems that Qin Yuan is thinking something wrong. Although female soldiers may not be able to compete with male soldiers in strength, they are stronger than male soldiers in endurance and toughness. Once they fall into a real desperate situation, I am afraid these women Survive more than men.

However, Qin Yuan's body forging technique is not so easy to break through. Qin Yuan walked directly in front of Ye Cunxin and lightly nodded Ye Cunxin's forehead. Ye Cunxin immediately felt that a mountain had hit him directly. , Clicked, and fell to the ground again.

Seeing Ye Cunxin's appearance, the remaining female soldiers seemed to have a chain reaction, and they fell directly to the ground.

"Hey, demo, do you really think what I teach you is so easy to break through? Now lie down on the ground and rest."

Looking at the appearance of these female soldiers, Qin Yuan directly laughed, but Ye Cunxin gritted his teeth directly and planned to stand up from the ground again.

At this moment, even Qin Yuan was a little surprised. He looked at Ye Cunxin and said calmly, "Why do you want to stand up?"

"I want you to be my master, I want to make a request to you. More importantly, I don't want you to look down on us!"

Ye Cunxin looked straight into Qin Yuan's eyes at this time, and Qin Yuan saw Ye Cunxin's extremely tough eyes, and he also smiled and snapped his fingers softly:

"Yes, it's not bad if you want to stand up again. As long as I give you a massage to expedite the consumption of the lactic acid accumulated in your muscles, you can recover, but are you sure you can bear it?"

Ye Cunxin heard that Qin Yuan really had a way to stand up. Although he didn't know what it was, he nodded directly: "I do!"

Hearing Ye Cunxin's words, Qin Yuan immediately laughed. He still has a new set of skills in his hands that no one can experiment with. Isn't this just a good experiment?

He directly hugged Ye Cunxin from the ground in the form of a princess hug. At this time, the cotyledon Ye Cunxin was a bit shy, but when Qin Yuan put Ye Cunxin on the bed, Ye Cunxin suddenly felt a sense of discomfort. Good premonition.

"Next, I will give you a massage, just bear it?"

Qin Yuan said directly to Ye Cunxin, and then instantly squeezed it towards Ye Cunxin's body!

Stretching massage!

Qin Yuan's two hands directly touched Ye Cunxin's body, or tapped or kneaded, as if he was making scallion pancakes, hitting Ye Cunxin with a blow.

This is the first time he has used this stretching massage method. I don't know how it works.

At this time, Ye Cunxin suddenly felt Qin Yuan's hands raging on her body. Just about to say something, she suddenly felt an indescribable pain and sorrow coming from her muscles. Ye Cunxin's eyes stared at this moment. The boss, like a fish on the shore, gasped for the air with big mouths, just about to let out a scream, but the scream was still blocked by pain!

Now she is like being fried, how uncomfortable!

At this moment, I saw Ye Cunxin's appearance. The people around him, whether they were male or female soldiers, had straight eyes. They knew how painful and painful their body was after just training in physical exercises. All at once, it was like a needle stick, and like Qin Yuan's, how could he be able to withstand the extremely fast massage?

Sure enough, Ye Cunxin breathed out his last breath, fainted with a squeak!

And Qin Yuan looked at Ye Cunxin, who was already in a coma, and touched the back of his head slightly in distress. He didn't exert any effort yet, why did Ye Cunxin faint directly?

But it doesn't matter. Although the true effect of the stretching massage method has not been tested, is there another experiment behind him?

Seeing Qin Yuan walking towards them with a smile on his face, whether it was a male or female soldier, they all let out a scream!

...

Five hours later, the female soldiers in the female soldier's dormitory slowly woke up.

"demon!"

"devil!"

"Satan!"

"The execution messenger in the 18th hell!"

"The inventor of the new top ten torture!"

At this time, these female soldiers began to complain about Qin Yuan. After all, it was like a massage activity just after practicing physical exercise. It was really not something that people could bear. All the female soldiers were unconscious. Past.

Now even the best tempered Tan Xiaolin wanted to curse Qin Yuan a few times.

Most of the female soldiers had already woken up. At this time, only Ye Cunxin and Shen Lanni, who were able to complete the first type of body exercise, had not yet woken up.

And looking at Ye Cunxin and Shen Lanni who were still asleep, Tian Guo, who was lying on the bed, said directly to Tan Xiaolin:

"Are they okay, won't they just die of pain like that?"

"What nonsense? How could it hurt to death? I think Qin Yuan should be a little measured."

Tan Xiaolin had no confidence in her words when she said this, she managed to endure her weakness, ran to Ye Cunxin's bed, and glanced at Ye Cunxin's appearance. This was a sigh of relief and said to the others:

"Fortunately, I still have a tone. It seems that the cold beast will not kill us directly."

"Oh, it's better to kill us directly. I think Qin Yuan seems to be turning today's project into a regular one. I'm afraid we have to keep practicing."

At this time, Tian Guo wailed and when she heard Tian Guo's words, the other female soldiers followed with a sigh.

But at this moment, He Lu asked:

"Hey, you said he taught us what kind of physical exercises, what is the use?"

"How do I know, maybe it is the new version of the torture tool he invented."

At this time, Ouyang Qian, who was on the side, took a long breath and said, her physique is the weakest, so the progress is the slowest, and she is still courageous, especially after seeing the misery of her companions, Qin Yuan has not yet massaged her. Two times, she has passed out!

Hearing this, Tan Xiaolin shook her head and said directly to everyone:

"I don't think it should be. Although Qin Yuan is not a good person, he has not done anything that is completely detrimental to us."

In fact, think about it carefully. In addition to being unusually strict during training, Qin Yuan usually treats them quite preferentially, but now that he has just gone through Qin Yuan's torture, no one wants to talk about Qin Yuan. Kind words.

Chapter 310: Eight grids

And at this moment, Ye Cunxin and Shen Lanni who were lying on the bed suddenly became clever, and instantly sat up from the bed.

The two people I saw finally woke up. At this time, everyone was very concerned about them. Tang Xiaoxiao asked them directly:

"How are you two? You two have been the longest."

At this time, the boss of Ye Cunxin's eyes was staring, as if he had lost his soul, he muttered:

"I feel like I have had a very terrible nightmare. I became a fish and then was cooked by someone!"

At this time, Shen Lanni's eyes were straight, and she did not continue to quarrel with Ye Cunxin, obviously not in that mood.

"Oh, it's fine for you two to wake up. By the way, do you have anything to eat? I feel almost starved to death. I haven't eaten at noon. There are still several hours before dinner. Who of you has hidden snacks? Me a little bit."

At this time, Tang Xiaoxiao said to everyone, and upon hearing this, all these people felt their stomachs screamed.

At this time Tian Guo said:

"There are no snacks, but there is still a big bag of walnuts in my cabinet, which my dad sent from my hometown. If you don't dislike it, you can eat some."

Hearing this, everyone's eyes suddenly brightened. Although walnuts are more troublesome to eat, in the current situation, they can't help but choose.

Tian Guo directly took out a pack of walnuts from his cabinet and distributed it to these people, but what made everyone a little worried is that Tian Guo sent real pecans from home, the shell was terribly hard, and there was no special purpose. They couldn't get a walnut tool for a long time.

At this moment, everyone was full of helplessness. There was only one clip to open the walnut, and they could only take turns.

At this time, Ye Cunxin felt that this was too slow, so he put the walnuts on the table directly, and then slammed the walnuts with his hand.

When Tian Guo saw Ye Cunxin's movements, he quickly said:

"Be careful, my shell of this walnut is still very sharp. I've smashed it like you before. Not only did I not break the walnut, but also cut my hand. Be careful!"

But before Tian Guo had finished speaking, she was completely stunned, because she saw the walnut in Ye Cunxin's hand and was directly smashed into pieces!

At this time, Ye Cunxin directly detected the intact pulp from the crushed walnuts, and said with a smile:

"You said this walnut is very hard, but I think it's just like that."

Seeing Ye Cunxin's movements, Tang Xiaoxiao also tried to slap the walnut with his hand, but when he slapped it, Tang Xiaoxiao let out a scream, and then found that a red stamp was directly shot on his hand, but that walnut But it is still intact!

The surrounding female soldiers also studied with Ye Cunxin, but they found that except for Shen Lanni, the others couldn't touch the walnut at all.

At this moment everyone was stunned, looking at Ye Cunxin and Shen Lanni as if they were looking at aliens:

"Wow, what's the matter with you two? Have you eaten Popeye's spinach? How come each of you has become so powerful?"

"That's right, this walnut is hard to smash under the bench leg, but you two smashed it with bare hands?"

At this time, Ye Cunxin also looked at his hands, and found that his strength seemed to have grown a lot.

"No way, although we had a lot of strength before, but we shouldn't reach this point."

Ye Cunxin knew that his strength did not lie in his strength, but because he often fought with others and learned the real fighting skills, he would knock down those companions so easily.

But now looking at the broken walnuts in his hand, it doesn't seem to be convincing.

Shen Lanni also looked at the walnut in her hand with confusion, and suddenly grabbed the two walnuts in her fist, and squeezed it fiercely, the solid walnut was also broken.

At this time, Tan Xiaolin looked at this situation and frowned and said:

"Could it be because of that bodybuilding technique?"

After hearing Tan Xiaolin's words, everyone could be regarded as reacting, and it seemed that there was indeed an influence in this regard!

After all, only Ye Cunxin and Shen Lanni had completely completed the first type of bodybuilding technique before, and the others did not say that the bodybuilding technique was completely completed!

"If this is the case, then it can be explained. No wonder Qin Yuan said before that this technology can completely change the lives of our special forces, and even Li Erniu said before that it will affect the whole life, so it is!"

At this moment, everyone's eyes were shining, and they finally realized that this exercise technique was such a powerful exercise method.

"No wonder Qin Yuan was so angry before. If I took a good thing, I would be angry if others didn't know the goods."

"Hey, can I now take back what I said before Qin Yuan?"

Hearing the laughter of everyone, Tan Xiaolin said authentically:

"Everyone, I'm afraid we have found a way to surpass the red blood cell team."

Hearing Tan Xiaolin's words, everyone's heart was filled with a Ling, and they became extremely serious.

...

For a period of time afterwards, the people of the Fire Phoenix team were very serious, as if they were full of energy in their hearts, they wanted to practice this set of physical exercises, not only the physical exercises, but also the soft physical exercises Qin Yuanxin gave them. The same progress is fast!

And Qin Yuan and Qin Yuan also gave it to He Chenguang and others. Unfortunately, it is obvious that these female soldiers learn faster than male soldiers.

Therefore, the members of the Red Blood Cell Squad have been reprimanded by Qin Yuan all day long.

Qin Yuan is very satisfied with the current situation of the Phoenix Team. According to this situation, it is estimated that it will improve faster than the male soldiers, and it is easier to form combat effectiveness!

And after these two methods of training, the mental state of these female soldiers has also completely changed, becoming a lot more stable, and Qin Yuan also took them to complete the trial of blood, like the previous one. Like the Red Blood Cell Squad, they have already begun to shoot those damned prisoners directly, with blood on their hands, and their mental outlook completely changed.

Qin Yuan looked at the training tips of these Red Fire Phoenix team members in his system, and couldn't help laughing. Now that he has completed more than 90%, the gap between the members is not too big. If you complete the last training , Qin Yuan can get 8 grids directly!

8 grids!

Now Qin Yuan only has one grid left. He is a downright poor, so he needs the assistance of these 8 grids very urgently!