

THE FIRST STRONG

Chapter 6 - Extreme challenge

Shen Lang slowly packed up the books, and they thought they wanted to delay the time to avoid going out with them.

In fact, it is really delaying time, but waiting for other students to leave!

After waiting for the rain to leave, the two of them did not care, and the direct hands, Shen Lang did not care!

Li Rong and Lin Yun prepared that Shen Lang might resist, but because he did not move, and Li Rong just pushed the book and patted the table, I did not expect that he would take the initiative!

When the pen tip was tied into the back of the hand, Li Rong couldn't help but lean over and squat to the back of the hand, and pulled the ballpoint pen away to avoid getting deeper.

At this time, Shen Lang has stood up, his head from the bottom up directly to the lower jaw of Li Rong!

This is almost in succession, making Li Rong's crying pain in his mouth, being blocked from being blocked, and tears in tears!

Lin Yun, who was watching next, was shocked. He quickly reached for the shoulder of Shen Lang and wanted to tear him down.

Shen Lang's attack on Li Rong has been completed, and it is not necessary to put a ballpoint pen into the back of his hand. At this moment, a punch was worn from the chest, and his hands just grabbed his Lin Yun. He could only watch his fist and head straight to his nose!

A few of them are arrogant, and at most a bit brute force. Although Shen Lang's body is weak, using a little attack technique is not something they can prevent.

After the fist hit the nose, Lin Yun only felt a sore pain, but also almost tears, and then felt the blood surge, quickly released his hands, blocked the nostrils with one hand, held the back of the head, and turned his head to let the nose run back. go back.

Both of them are instinctive reactions of ordinary people. If you don't have time to think about it, it will make you even more disadvantageous.

The sinking waves that have already gotten up have caught the throats of both of them directly!

Lin Yun's very tragedy, leaning on the head, is a slap in the middle, and it is difficult to breathe immediately after blocking the nostrils.

Li Rong was sore and had tears coming out of his jaw. Even the back of his hand was poked to the extent that he couldn't see it, and he was caught in his neck.

"I want to die, I will kill both of you at any time!"

Shen Lang said coldly, his hands are more forceful. Even if his body is weak, but the key to holding the throat, the two of them are terrified, for fear of really pulling them back.

At this moment, no matter whether it is the lower jaw or the nosebleed, they can't take care of it. Both of them are both hands to grab his hand and to open his hand.

After a few seconds of squatting, Shen Lang let go of his hand and walked away as they coughed and gasped.

"Put up my book!"

After the two slowed down, there was no shadow in the classroom, and the two people were screaming.

When Shen Lang went out to the cafeteria for lunch, they had some scruples and couldn't rush to hit the crowd in public.

When Li Rong was licking his jaw and rubbing his back, Lin Yun found that his nose had a lot of blood flowing down. There were many uniforms on the school uniform, and there were a lot of books on the ground.

"I will give you this! Oh your mother!"

After cursing a meal, the two men stepped on the kick of the book on the ground.

After Shen Lang went out to the classroom, he did not go to the dining hall, but came to the wall behind the school.

Although he is not a student who skips classes, he has lived for three years and is still very familiar with the situation of the school. There is a place where some students have turned over the wall, the glass on the top is gone, and there is a place to step on the foot, you can easily go out.

He chose to go over the wall, one to avoid being asked by security, and the other to be close.

In the afternoon, I still had a self-study class. He read the book in the morning and had already noticed the progress. It is not bad.

Now it is more important to do the repairs, and it will not work in one step, but it is better to make up the body's deficit and become stronger.

Two fights with them, let Shen Lang realize the weakness of the body. By skill and surprise, it can be difficult twice and three times. If someone finds more people and holds weapons, it will be troublesome.

Reincarnation, let him cherish life more than anyone else!

There is a river behind the school, and the wall is the embankment. This is the shortcut.

After he came out, he walked along the river bank and found a small bamboo forest. After observing it, he took off his clothes and socks in the bamboo forest. After warming up, he began to enter the water.

Just after the Qingming, it is the season of spring water rise, the water level is relatively high, but the temperature is not high, and it feels cold when I take off my clothes.

Shen Lang is not going to swim, he is going to use the river to exercise!

Due to the environment, this is where he can use it now.

After entering the water, I felt better than I thought. The sun in the noon sun made the river not imagine cold. After adapting, he began to go deeper into the middle, and then took a deep breath and let himself squat in the water.

In the modern words, the heaven and earth aura is a kind of cosmic energy. When it sinks into the water, it will not enhance the effect, but it will affect the absorption.

However, Shen Lang is now absorbing the energy of the jade, and running in the water “Yin Yang Bo Ruozen ~ ~ is to put pressure on the body, in order to get better quenching.

Now he is not relying on the resistance of water, but on the one hand against the impact of water flow, on the other hand using water pressure. Because he is still suffocating, his body is much more stressed than in the normal state of the ground.

For the first time, of course, I didn't have any suffocation for a long time. After a short break, the second round began. After gradually adapting to the rhythm of suffocating, I began to make good use of the time under the water, and

quickly exercised the power, so that the vitality covered the whole body, to wash every inch inside and outside.

After an hour, you can hold on for almost two minutes in one breath.

After two hours, you can stick to three minutes at a time...

He almost always challenges the limit, increasing by one second, one inch and one inch, and finally lying on the riverbed!

When the body function reaches the limit, the will to survive will erupt, the potential will be more effectively stimulated, the consumption will also soar, and it will also cause harm to the body!

The operation of "Yin and Yang Bozhenzheng" allows the body to cultivate the vital energy to maintain and repair the body at any time, while absorbing the energy inside the jade, supplementing the loss of vitality in the body.

Modern people exercise muscles by breaking the muscle fibers and tearing them off again and again. After repairing (one to two days of rest and protein supplementation), the muscle fibers grow stronger. Repeated tear repairs, countless muscle fibers add up, is the muscles strong and strong.

Shen Lang is now in a similar way. By hurting the body again and again, and repairing again and again, the body begins to grow a little bit stronger.

From cardiopulmonary function to muscles and muscles, from the internal organs to the **** skin... After a few hours in the afternoon, his body has been transformed into a reborn!