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The first is mental power, which is twice as powerful as when he was brewing into a 'big trend'!

The spirit of the whole person is so full that it is about to be turned into essence.

Especially his eyes are extremely sharp, like the sun, even experts like Li Dao and Peng Zhuo will feel terrified and panicked when looking at him.

This is still Lin Ziming's natural state. If he is aggressive, Li Dao and Peng Zhuo will be trembling with fright, and their strength will be reduced by at least half!

In addition, Lin Ziming's physique has also been greatly improved.

For ordinary warriors, this is difficult to understand.

Because Lin Ziming is clearly sleeping and has no practice, how can he improve his physique?

Especially Lin Ziming's muscle density has increased a lot. It is as tough as an ordinary knife, and it can't cut his skin without force!

As long as you grab his hand, you can feel that his body is extraordinary, full of explosive power, and that feeling is not something that mortals can have. It is like being greatly transformed by the most advanced biotechnology. Fan.

But in fact, Lin Ziming's reason is that during the twelve hours of his deep sleep, his body secreted a large amount of hormones, which is equivalent to constantly tempering his physique, and there are still no side effects. Naturally It can greatly improve his physical fitness.

The effect of this improvement is that his stomach will be hungry.

So after he wakes up, the first thing he needs to do is eat!

Let go of the stomach to eat.

Originally, his appetite was already ordinary enough compared to ordinary people.

But now his appetite, even if Peng Zhuo, Li Dao and others saw it, they felt terrified.

Lin Ziming kept eating. After eating for two full hours, he didn't even stop.

Lin Ziming ate a full amount of 30 ordinary people!

But Lin Ziming went to the bathroom twice in the middle, and every time he came out, his body would bring different changes.

They can't understand why one person can eat so much!

Finally, after Lin Ziming finished eating, he hiccuped with satisfaction and said, "Finally I'm full."

In front of him, there were hundreds of plates and a table of debris.

There were a lot of black impurities and sweat on his body, which was sticky, so he immediately took a shower and washed his body clean.

He took another half an hour in this bath, and when he came out, the

expressions of many people looking at him became weird again.

“What’s the matter? You look at me with such eyes and don’t recognize me?”

Lin Ziming smiled when he saw their weird expressions.

“Instructor Lin, you seem to be different.” Zhao Xia scratched his head and said.

Lin Ziming said, “In what way is it different?”

“It seems to have become taller, more handsome, and more refined.” Zhao Xia thought for a long time and said.

The others also nodded, agreeing with Zhao Xia’s words.

Lin Ziming smiled slightly, he understood the reaction of Zhao Xia and others, because he had indeed changed and became stronger.