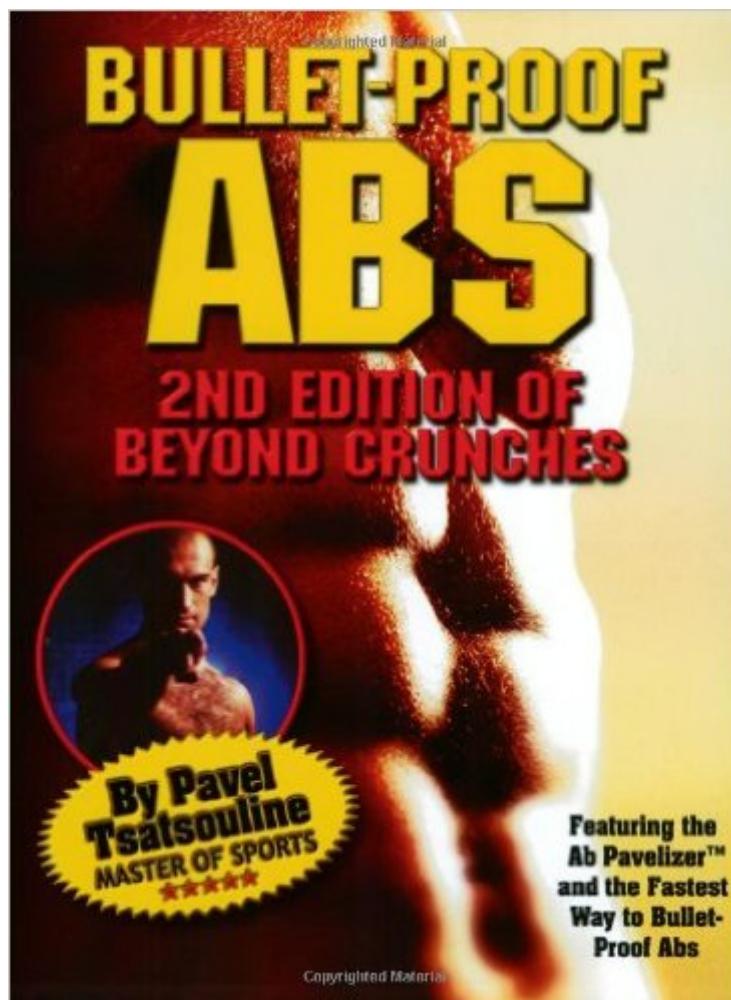


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# Bullet-Proof Abs: 2nd Edition Of Beyond Crunches



## Synopsis

Discover How to Gain Maximum Muscle-Strength in Minimum Time, Using Breakthrough Techniques That Blow the Roof Off Traditional Ab Exercises As a former Soviet Union Special Forces conditioning coach Pavel Tsatsouline already knew a thing or two about how to create bullet-stopping abs. Since then, he has combed the world to pry out this select group of primevally powerful ab exercises; guaranteed to yield the fastest, most effective results known to man. According to Pavel, "Crunches belong on the junk pile of history, next to Communism. 'Feeling the burn' with high reps is a waste of time!" Save yourself countless hours of unrewarding, if not useless; if not damaging; toil. Get with the program. Make fast gains and achieve blistering, rock-hard abs now. Fry your abs without the spine-wrecking, neck-jerking stress of traditional crunches; using this radical situp designed by the world's leading back and muscle function expert, Professor Janda, from Czechoslovakia. No one; but no one; has ever matched Bruce Lee's ripped-beyond-belief abs. What was his favorite exercise? Here it is. Now you can rip your own abs to eye-popping shreds and reclassify yourself as superhuman. When it came to wanting titanium abs yesterday, the Soviet Special Forces didn't believe in delayed gratification. Pavel gave them what they wanted. If you want abs that'll put you in the world's top one percent, this cruel and unusual drill does the trick. Also discover: How to protect your back and develop exceptional abdominal muscle tone, with a landmark exercise designed for the special needs of Russian ballet dancers and gymnasts. The secret weapon of an old time strongman famous for his exceptional strength and a sinewy, wiry physique. How a little known secret from East German research radically transforms the traditional situp. A drill Russian full contact fighters use to increase their striking power and toughen their midsections against blows. Unlike anything seen in the US! A Yoga asana which tightens the internal muscles of the abdominal wall and makes your waist smaller; even if you have not lost a pound!

## Book Information

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## Customer Reviews

I won't waste your time with bull. You want abdominals? Those showy, model abdominals? Well, those are made in the kitchen. Sorry. Buy "The Metabolic Diet" by Mauro Di Pasquale and lose that spare tire. Also, take a look at "The Russian Kettlebell Challenge" (also by Pavel Tsatsouline) to lose fat and put on muscle at the same time. You're still here? Oh, I see. You want ABDOMINALS. Not JUST showy, model abdominals, but abs that can stabilize your core with no belt when you're deadlifting 500+ pounds, abs that can take that ham-fisted brawler's hand and laugh it off, abs that are good enough to do circus tricks with, abs that you can build in your basement with less than ten bucks worth of equipment? (Or no equipment at all?) Pavel's the man that you want for that job, and in this book he tells you how to build a world class midsection capable of these feats and more. He explains where the conventional thinking on abdominal training in the US went wrong, and why training his way is better. He'll teach you how to make your abs and obliques into "team players" so you can throw farther, punch harder, and drive that golf ball like you've never done before. Moreover, he teaches you "forgotten" midsection breathing techniques and high tension techniques from martial arts that will make all the difference in your abdominal training. The one thing--the ONLY thing--I don't like about this book is the eight pages he spends hawking his "Ab Pavelizer". I wouldn't mind it so much if he showed you how to correctly perform the Janda situp with a partner, as well, but he doesn't. The upside of this issue is the website featured in the book.

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