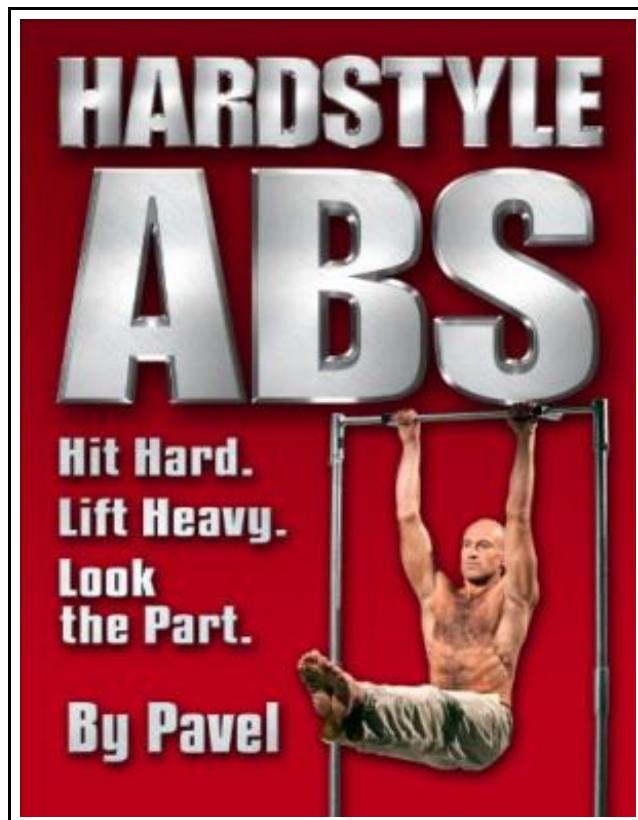


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Reviews

Very helpful for all category of men and women. It is rally fascinating throgh studying period. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Asia King)

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Dragon Door Publications, U.S., United States, 2012. Paperback. Book Condition: New. Illustrated. 276 x 214 mm. Language: English . Brand New Book. The highlights of Pavel's HardStyle Abs program: Why high reps have failed you-and the secret sauce that will have your abs tuned for heavy action all day long and at a moment's notice. Hardstyle breathing-for explosive power and a bullet-proof waist. The Hardstyle Sit-up-to generate an unbelievable contraction for superior results. Internal Isometrics-the lost secret behind the old-time physical culturalists exceptional abdominal strength and development. The Hardstyle Hanging Leg Raise-the final weapon you must master to channel the power of your every muscle into one devastating surge. My good friend Pavel is the functionally strongest pound for pound man I have ever measured and studied. This validates his approaches-they are not polluted by current trend, political correctness, financial gain or ego. Listen to his wisdom and you will be stronger and wiser. I did, and I am. -Professor Stuart McGill, author of Ultimate Back Fitness and Performance Hardstyle Abs is a terrific resource for making your abdominals harder and stronger than they've ever been. Forget about the high-rep burn, Pavel's techniques will unleash explosive power from your midsection when he uncovers his breathing, sit-up, and internal isometrics secrets. And his Hardstyle hanging leg raise is one of the most challenging and effective strength exercises I've ever used. -Chad Waterbury M.S., author Huge in a Hurry And here's the fuller menu of what you'll get with HardStyle Abs The 3 best types of ammo to put an end to zombie muscle-and for developing the explosive tone of an elite athletePage 4 Want watery, bloated muscle OR cobra-like, fist-of-fury muscle? Know the difference and make the right choicePage 5 Is THIS popular belief a...

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