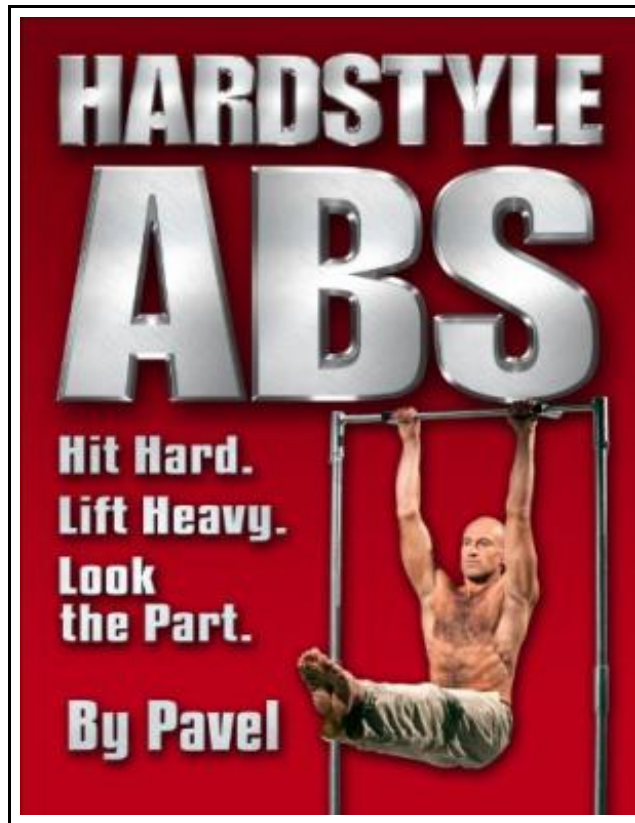


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Dragon Door Publications,U.S., United States, 2012. Paperback. Book Condition: New. Illustrated. 276 x 214 mm. Language: English . Brand New Book. The highlights of Pavel s HardStyle Abs program: Why high reps have failed you-and the secret sauce that 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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