



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

*By Pavel Tsatsouline*

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### **Bullet-Proof Abs: 2nd Edition of Beyond Crunches** By Pavel Tsatsouline

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!

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## **Editorial Review**

### **Review**

"Beyond Crunches is THE text and authority on ab/trunk stability." -- —*Dr. Fred Clary, National Powerlifting Champion and World Record Holder*

"I am writing on behalf of the entire Board of Directors of the Texas Tactical Police Officers Association..." -- *M.L. "Sandy" Wall, Training Advisor*

"Thank you for the great job you did in your presentation (on abdominal training) at the Arnold Fitness EXPO Seminar." -- —*James J. Lorimer, Schwarzenegger/Lorimer Productions*

### **About the Author**

Pavel Tsatsouline, Master of Sports, is a former physical training instructor for Spetsnaz, the Soviet Special Forces, an articulate speaker, and an iconoclastic authority on flexibility and strength training. Pavel was nationally ranked in the Russian ethnic strength sport of kettle-bell lifting and holds a Soviet Physical Culture Institute degree in physiology and coaching. Tsatsouline has authored three books, *Beyond Stretching*, *Bullet-Proof Abs* and *Power to the People* and has authored a video entitled *Beyond Crunches*.

## **Users Review**

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#### **Elvira Eberhardt:**

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#### **Dora Bair:**

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