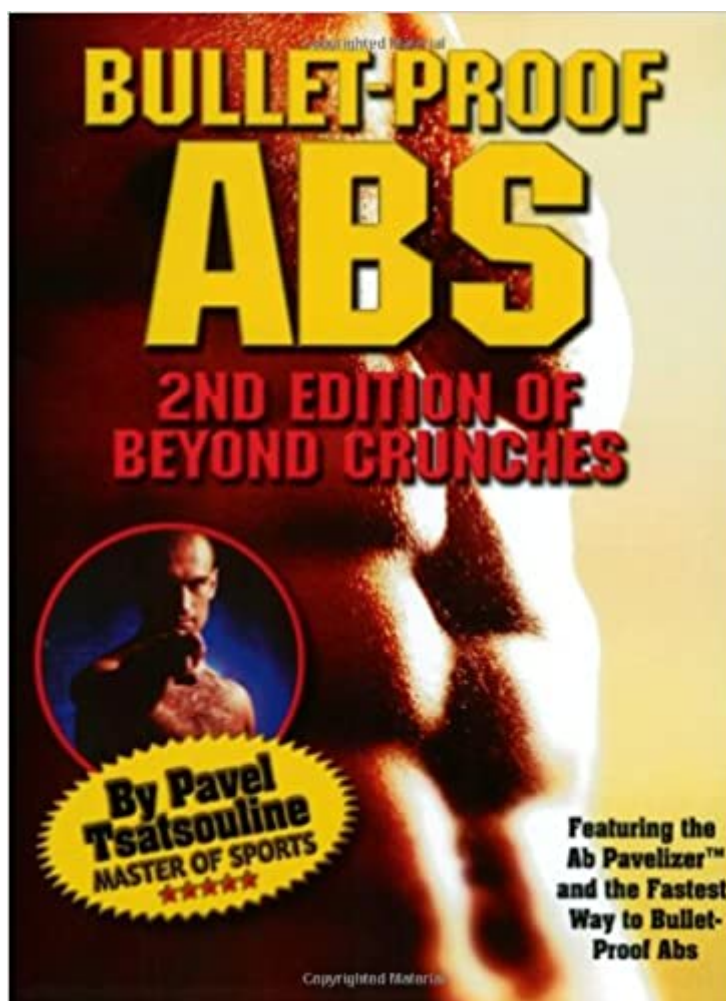


The book was found

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!

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Customer Reviews

"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

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*.

Before purchasing this book, I carefully considered the negative comments registered about it here on [Amazon.com](#). The negative comments claim that it's an "infomercial marketing the Pavelizer. Nonetheless, the positive statements finally won me over and I ordered it. Now let's see how many pages are devoted to marketing. The body of the book (ending with part 5) totals 113 pages. The advertisements for his other books come after that 113 pages. Of that 113 pages, 8 pages are devoted to pictures and text that focus on the Pavelizer. That's around seven percent of the book. Keep in mind that, he does show you how to do the Janda situps without the machine but with assistance from a partner. The Pavelizer is for those people who don't have a training partner. Fair enough. Even if we skipped the Janda situps altogether, we would still be left with 80-85 pages of other exercises which do not rely on the Pavelizer. Some of these exercises are very innovative and the ones I have tried so far are winners. I do not have the background in physiology to argue one way or the other regarding Pavel's low opinions of crunches. But I am sick of crunches and don't want to do them anyway, so it's a moot question for me! On the other hand, it is fair to say that such

a short book should not be so expensive: \$34.95 is too much for a book this short. I bought a used copy for about \$20 bucks. The information in the book is worth 5 stars, but because of the expense, I lower the rating to 4 stars.

This book is not worth the price offered new. I was able to get it here cheap, somewhere near \$5 or something. At that price its definitely worth it.Reason:If you're the type of dude who constantly reads fitness, there's nothing new in here. There are other ab books with hundreds of pages for the same price. I have started doing janda sit ups and like them. I use a rope tied around a pole to hold my calves. The Bruce Lee flag, vacuum, etc have been in countless other books. I'm not saying it sucks, just have seen all that stuff before.If you get it used, well worth it. Half this stuff was in Beyond bodybuilding by Pavel anyway.

I bought this because I love Pavel's kettlebell books and DVDs. This, however, was a little disappointing. Granted, the exercises might give you great abs, but I tend to agree with others that the promotion of the Pavelizer is overused. I will not spend that kind of money for another piece of equipment with limited use. I am sure I can figure out some other way to replicate this piece, but as of yet haven't been motivated to do it. I also can not use some of the exercises with my clients because they border on the unsafe. Basically this is for top level people who in theory should already have great ab muscles before ever attempting these exercises. It sits on my shelf with many other books that were more hype than help.

This book gets to the core of what an abdominal exercise should be based on, and that is function. A very good book of no doubt the most effective abdominal exercises. The only thing aggravating is the author's peddling of his "pavel-izer", this is probably a very effective abdominal tool, as I have full faith in Pavel's methods, but it does seem to be a bit hypocritical to knock all the infomercial crap and then put your own in a book like this. I am a very big fan of Pavel and his books, he is definately a leader in intelligent and effective strength training methods...however if it werent't for that I probably would have put the book down as soon as he started the sales pitch. A very good book however, if you look past the first chapter of my aforementioned subject. For those of you looking for something effective and to the point here you go, but also note that many of the exercises are best performed with a training partner, and most take some practice.

If you follow the instructions given in this book it will turn your whole world of exercise upside down.

The need for constant abdominal training cannot be overstated; the exercises in this book will surprise you and there will always be room for improvement. No more countless situps, crunches, leg-lifts, and endurance maneuvers. I would recommend this book if you are trying to either get a good six-pack or would like to improve your whole-body strength and endurance.

Ok, I've purchased a couple of books from this author and must say that I'm satisfied with this books as well. Been reading it and started doing some of the exercises. These moves may be found in other materials but I like the way Pavel explains things. Recommend this for some one who wants to focus more on the abs in simple with simple moves.

...is how Pavel has made the transition from communism to capitalism. He is a shameless self-promoter, just like Ahhnold, and publishes new books constantly. Each of his books comes complete with a miniature catalog at the end, in case you'd like to buy more of his miracle products. That said, the information contained in this book really is revolutionary, and it really does work, like nothing else I've ever tried, like 8-Minute Abs, Mary Winsor Pilates, the AbSwing, and even one of those electronic devices. I actually bit the bullet and bought Pavel's \$... contraption, which is ingeniously made, even though it probably only contains \$... worth of material. The bottom line is, the results are practically immediate, because Pavel takes an approach that no one else does. I have three of his books now, and this one is the best.

This is a poorly written cut-and-paste job that is amateurish. His ideas aren't new and the explanations are irrational and confused.

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