



Diamond-Cut Abs, How to Engineer The Ultimate Six-Pack--Minimalist Methods for Maximal Results

Danny Kavadlo

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Are you dissatisfied with your abs? Does it seem a distant dream for you to own a rock-solid center? Can you only hanker in vain for the chiseled magnificence of a Greek statue? Have you given up on owning the tensile functionality and explosive power of a cage-fighter's core? According to Danny Kavadlo, training your abs is a whole-life endeavor. It's about right eating, right drinking, right rest, right practice, right exercise at the right time, right motivation, right inspiration, right attitude and right lifestyle. If you don't have that righteous set of abs in place, it's because you have failed in one or more of these areas. With his 25-plus years of rugged research and extreme physical dedication into every dimension of what it takes to earn world-class abs, Danny Kavadlo is a modern-day master of the art. It's all here: over 50 of the best-ever exercises to develop the abs-from beginner to superman level-inspirational photos, no BS straight talk on nutrition and lifestyle factors and clear-cut instructions on what to do, when. Supply the grit, follow the program and you simply cannot fail but to build a monstrous mid-section. In our culture, Abs are the Measure of a Man. To quit on your abs is to quit on your masculinity-like it or not. Diamond-Cut Abs gives you the complete, whole-life program you need to reassert yourself and reestablish your respect as a true physical specimen-with a thunderous six-pack to prove it.

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