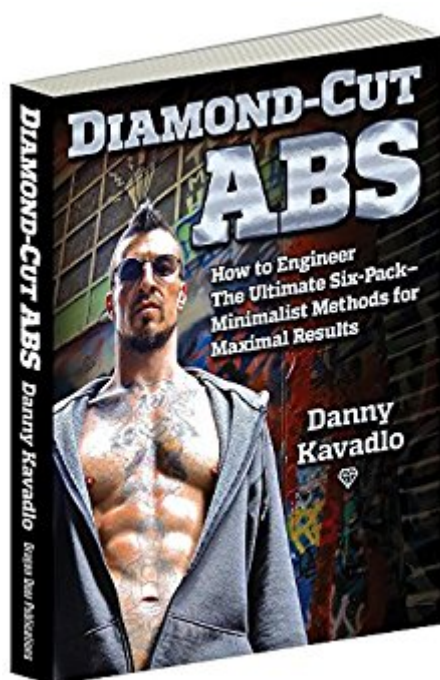


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# Diamond-Cut Abs: How To Engineer The Ultimate Six-Pack--Minimalist Methods For Maximal Results



## Synopsis

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. "Diamond-Cut Abs condenses decades of agonizing lessons and insight into the best book on ab-training ever written. Hands down." PAUL WADE, author of *Convict Conditioning* "Danny has done it again! Diamond-Cut Abs is a no-nonsense, results driven approach that delivers all the goods on abs. Nutrition, training and progression are all included, tattoos optional!" ROBB WOLF, author of *The Paleo Solution* "There are a lot of abs books and products promising a six-pack. What sets Danny's book apart is the realistic and reasonable first section of the book. His insights into nutrition are so simple and sound, there is a moment you wish this book was a stand alone dieting book." DAN JOHN, author of *Never Let Go* "As soon as I received Diamond-Cut Abs, I flipped to the table of contents. Amazingly I found what I have been fruitlessly looking for in ab books for decades: 66 pages dedicated to NUTRITION. Kavadlo passed his second Marty audition by not echoing all the bankrupt politically-correct, lock-step, mainstream nutritional commandments. When Dan starts riffing about eating like a horse, eating ample amounts of red meat, shellfish and the divine pig meat (along with all kinds any types of nutrient-dense food), I knew I had to give my first ever ab book endorsement. When he noted that he drank whiskey while getting his abs into his all time best shape, it sealed the deal for me. Oh, and the ab exercises are excellent." MARTY GALLAGHER, 3-Time Powerlifting

Champion, Author of The Purposeful Primitive" Danny Kavadlo's book might be titled 'Diamond-Cut Abs' but the truth is that it goes way BEYOND just ab training. Danny has actually created a guide to Physical Culture & LIVING healthy. The traditional fitness industry has gone astray from what the body truly needs. Since 1989, I've read a ton of abs-related books – and they don't scratch the surface of what's inside Danny's masterpiece. From powerful nutrition methods to training the entire body with a holistic approach, Diamond-Cut Abs is a vital addition to anyone's library. I LOVE it! – ZACH EVEN-ESH, author of The Encyclopedia of Underground Strength and Conditioning – "Danny's new book definitely hits the mark. Diamond-Cut Abs outlines pretty much everything you'd ever need to know about building the best midsection your genetic potential allows for and without the need for any equipment. Keep up the great work, Danny!" – BJ GADDOUR, CSCS, author of Men's Health Your Body is Your Barbell

## Book Information

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## Customer Reviews

First of all, I'd like to thank Danny for taking the time to share his knowledge of bodyweight fitness in book form! I've been following the exploits of the Kavadlo brothers ever since I saw them on the

cover of *Convict Conditioning 2*, although as a New Yorker into fitness and martial arts, I had already heard of these two guys. As one who prizes and maintains a high level of fitness but hasn't stepped into a commercial gym in more than 20 years, I was immediately impressed with the fact that here were two individuals organized enough to have structured a cool system that spoke to my own convictions! I have really enjoyed the "Brooklyn tone" of Danny's writing, as well as the depth of his ab workout savvy, nicely and conveniently divided into the three phases of beginner, intermediate, and advanced. And, while as a strict veggie I don't agree with all of his nutrition choices, I do however applaud how he adamantly advises the readers to eat consciously and to make the intelligent choice of whole, organic food, as opposed to the processed and packaged salty/sugary garbage which may fill one's belly but actually depletes the body of its nutrients! It's only because of our difference in opinion over nutrition that I haven't rated this book as a 5-star publication. As I vehemently disagree with Danny's enthusiastic advice for eating burgers and animal organs, I'll refrain from the 5-star rating.... But, as far as his generosity in sharing the techniques that provide for the "Diamond-Hard Abs" that he sports,,, 8 don't think that one could find a better book than this one!

This is the honest truth and once you read this you may start to think more logically about food. We are what we eat. Therefore eat REAL food. Not ingredients and not processed chemicals and additives. Carbs are not bad but bad carbs IE JUNK can be bad. The Ab exercises are more than you will ever need but the true GOLD of this book is how Danny makes you THINK about FOOD and Nutrition.

Very detailed books on getting best abs possible. It's not just exercises or programming, it's also the whole lifestyle. Danny doesn't serve you any pretty lies of the type eat this product three times a day, and you'll get great abs. He gives a clear cut rules about eating, fasting, exercises and programming that worked for him and many other people. The book is written in nice not too serious style, I got occasional laugh here and there, but that's what makes it wonderful and feels often as talking to a great friend. You still have to do all the work, but if you need a great framework, and some motivation, get this book!

I enjoyed the philosophical approach taken in this book, Danny drives the point across as a thought process while keeping it eloquently simple and honest. I like the emphasis on Nutrition, Lifestyle and also the realistic approach towards many exercises. If everyday working folks adapt to the methods

outlined in this book they can get fit and healthy for life while saving some money. The exercises and routines go from beginner to advance, the advance level is definitely for the elite or the truly dedicated. But for the vast majority the beginner and intermediate level is more than adequate. Do yourself a favor and buy this book for yourself and anyone else that you care about.

To be honest I skipped the workout section, if you already own another title from Dragon Door you already know the training concepts. What I found interesting in this book is the first section where Danny shares his nutrition and training philosophy, that's what I found more valuable in this book, good thoughts on fasting and detoxing. The exercises go from really easy to some really complicated and near to impossible movements. Good book, good concepts specially if you love to keep your workouts minimal in all senses

This reading was absolutely beyond . Danny is undoubtedly a master of his kind. I have learned a lot again

Save yourself 8 bucks and eat right- that's really it. Lots of pictures of his abs. He also says to live a little which is good. Nothing ground breaking here.

Much of this you already know if you've already been working out and using research to vary your workouts.. got to respect Danny's talent and drive though , reads like a no nonsense book written by a friend.

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ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long The Ultimate Sexy Six Pack Abs Guide: 30 Days Diet and Workout Plan to Burn Abdominal Fat and Get a Six Pack Deep Work: 2 Manuscripts: Minimalist - The Best Ways To Simplify Your Work Life, Minimalist - Finances And Budgeting The Minimalist Way Six pack sixties: getting six pack abs in your sixties Simple Six Pack Abs Strategy: 5 Easy Ways To Get Ripped Abs in 6 Weeks Abs Bible: 37 Six-Pack Secrets for Weight Loss and Ripped Abs: Bodybuilding Series, Book 3 Eat This, Not That! for Abs: The Ultimate Six-Pack in Less Than Six Weeks--and a Flat Belly

for Life! The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! Slave Narrative Six Pack 5 – Cordelia Loney – Escape, Slavery and Abolitionism, 50 Years in Chains, The Marrow of Tradition, Old Plantation Days and Christian ... (Slave Narrative Six Pack Boxset) Seneca Six Pack - On the Happy Life, Letters from a Stoic Vol I, Medea, On Leisure, The Daughters of Troy and The Stoic (Illustrated) (Six Pack Classics Book 4) Minimalist Lifestyle: How to Start Living Simplistically Right Now (minimalist living, minimalism, living minimally, spirituality, declutter your home, decluttering, self-help, happiness, freedom,) Minimalist Living: Simplify Your Life: Living a Stress Free Minimalist Lifestyle with Less Clutter and More Happiness The Minimalist Budget: A Practical Guide on Living Well, Spending Less, How to Save Money And Living Your Life With a Minimalist Lifestyle Deep Work: 2 Manuscripts: Minimalist: The Best Ways to Simplify Your Work Life; Finances and Budgeting the Minimalist Way Minimalist: A Minimalist Guide to Do More with Less to Simplify Your Life The Minimalist Budget: A Practical Guide On How To Save Money, Spend Less And Live More With A Minimalist Lifestyle Minimal Lifestyle: 11 Minimalist Ideas to Clear Your Life (Minimalist living, Self Confidence, Stress Relief)

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