

How to Use and Get the Most Out of Your Ab Pavelizer™ II



Comrades, enter the Ab Pavelizer™ II!
It was designed to impart maximum torture to your abs while sparing your back.

The Ab Pavelizer™ II Quick Start Guide

Set up your Ab Pavelizer™ II on a nonslippery surface, e.g. carpet or a yoga mat. Load it up with 10-25 pounds of Olympic plates (see the article Olympic Plates and Bars are not “Standard” on page 3).

Lie down in front of the device and place your calves atop the roller pads. Press your feet flat into the floor. Make sure that your knees are at a ninety-degree angle, your feet are flat, your toes are pointed, and the roller pads are hitting your calves halfway up to your knees.

Tighten your butt and very slowly—without any jerking, it should take you at least two seconds to get up!—sit up or crunch up as high as you can while keeping your feet flat on the floor and without dragging the device or your body across the floor. Chances are you will not be able to do more than a very difficult half-situp or crunch.

Slowly lower yourself back until your head rests on the floor and relax for a moment before trying another rep.



How does the Ab Pavelizer™ II work its magic?

The Ab Pavelizer™ II makes your hip flexors, the sit-up muscles on top of your thighs, powerless and forces the abs to do the work alone.

Have you noticed how it is easier to do sit-ups when your feet are hooked under a couch or someone is holding them down? Anchoring your feet gives your hip flexors the leverage to do hundreds and thousands of sit-ups. An ancient scientist once bragged that he could turn over the world if he could find a place to anchor his lever.

Keep your feet free and your hip flexors have nothing but the weight of your legs to anchor against. The sit-up turns into a crunch and the abs have to work harder.

The Ab Pavelizer™ II finishes what the crunch has started and completely strips the hip flexors of their power. The device pushes up on your calves, makes your legs weightless, and totally eliminates the anchor point for the hip flexors! Boy, do your abs have to work hard now!

1. You could get tricky and try to use your hip flexors by pulling your knees towards your chest. But the moment you do it the device will slide across the floor towards you (Andrea Du Cane, Master RKC, demonstrates this incorrect technique in photo #1 below). Sirens go off, guns are drawn, you know you had better get your act together!

As if that was not enough of a defeat for your now powerless hip flexors, the Ab Pavelizer™ II forces you to recruit the muscles opposing them—the glutes—by pushing up on your calves. Your body does not like pressing the gas and the brake pedals at the same time and whatever oomph your hip flexors had left drains right out of them...

2. Relax your butt muscles even for a moment—and the Ab Pavelizer™ II that never sleeps will lift your feet right off the floor (Andrea demonstrates this cheating mechanism below). Sirens, guns, and the whole unpleasant thing again. So you had better get it right!

As a result of this three step campaign to leave your hip flexors powerless your spine will not have to put up with their intense pull and your abs will be sweating like never before!

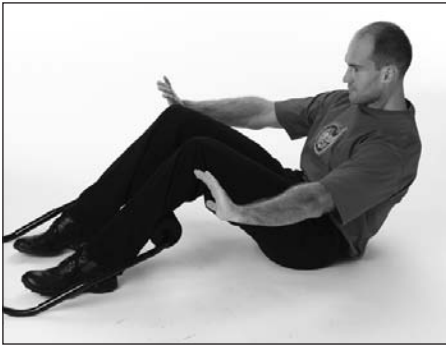


← **WRONG**

WRONG →



The Ab Pavelizer™ II FAQ



I just can't keep my feet on the ground. What am I doing wrong?

You are not tensing your glutes hard enough. Pinch an imaginary coin with them. When you are doing the drill your butt should feel like a hard wheel rolling underneath you. Also, you may need to go with a lighter weight on your Ab Pavelizer™ II for now.

Bottom line: you cannot flex your glutes too tight when you are using the Ab Pavelizer™ II. Keep the squeeze!

Why can't I sit up all the way when I put more weight on the device?

Physics. Thanks to the pressure from the Ab Pavelizer™ II, your legs have become lighter than your upper body and sitting up all the way becomes a mechanical impossibility unless you start with a jerk (a no-no!).

Do not worry about not being able to sit up all the way. Go as high as you can and you will get great results.

I am very thick through the waist. I can barely get my shoulders off the floor. Are my abs still getting a good enough workout? It sure feels like it.

Yes, they are, as long as you move tight, slow, and by the book.

How many sets and reps should I do?

Five sets of five are ideal for most comrades. Anywhere between three to seven days a week. You may do all your sets at once or spread them throughout the day.

Should I add reps or weight as I get better?

Progress to the point where you are using 25 pounds on the device if you weigh less than 150 pounds, 35 pounds if your weight is 150-200 pounds, and 45 pounds if you weigh more than 200. These are guidelines, not hard rules. Beyond that there is no need to add weight to the device or to your torso. There is no need to add reps beyond five either. Use the 'forced rep reduction' technique instead. It was developed by certified Russian Kettlebell Challenge™ instructor Steve Maxwell, M.S. Instead of encouraging his clients at Maxercise in Philadelphia to try harder and do more reps, Maxwell tells them to try harder and do less!

Before you get indignant at this apparent violation of the progressive overload principle, flex your brain a little. The harder you squeeze your glutes, the more you will inhibit the hip flexors and the harder your abs will work. And the fewer reps you will manage. The harder you pressurize your abdomen with the specialized breathing techniques you will find below, the more resistance the air and your viscera provide. The rep count drops even further while your abs, obliques, and other waist muscles get the workout of a lifetime!

Why am I supposed to rest my head on the floor between each rep?

To reduce the strain on your neck and to enable you to put a better effort into each rep.

What does holding my arms along my body and 'pushing a refrigerator' do?

This maneuver reduces the neck strain and amplifies the abdominal contraction.

Will the Ab Pavelizer™ II help me lose fat?

No, the device's only mission is to make your midsection muscles rock hard and strong. You will have to do cardio and watch what you eat if you want your brand new six-pack to show.

Should I be trying to curl up my spine as I am exercising on the Ab Pavelizer™ II?

You will not have to think about it. As long as you move slow and keep your glutes tight your spine will curl up by itself.

The floor hurts my tailbone. Should I use some padding?

Yes, use something thin like a folded towel but not a cushion.

I have a very hard time sliding the weight collar on the device. Is there something wrong with my Ab Pavelizer™ II?

No, we have purposefully made it tight so you do not have to worry about the collar getting loose in the middle of a set. Besides, unlike a barbell, the Ab Pavelizer™ II does not demand frequent changing of weights.

Is there a way to put more stress on my obliques with Ab Pavelizer™ II situps?

Yes, 'push out' with your hands at angle rather than straight ahead. Aim above your knee or slightly outside it. Make sure to contract the glute on that side extra hard.

OLYMPIC PLATES AND BARS ARE NOT "STANDARD"

Be aware that all Olympic bar sleeve and plate hole diameters are not the same. Most lifters are under the assumption that Olympic bar sleeves are all 2 inches or 1-15/16 inches in diameter. In fact, York builds their bar sleeves to 1.9375 inches in diameter. Ivanko, Eleiko, Leoko and other officially accepted Olympic equipment manufacturers build their bars to the official Olympic standard – that requires the sleeves to be within a tolerance of 1.945-1.951 inches in diameter. *These manufac-*

turers also use tighter plate hole diameters both to fit the bars snugly and to meet the OFFICIAL Olympic specifications.

Their plates are very accurate, but they are not the "generic" Olympic standard plates that can be purchased at most athletic stores (they often times have the word "STANDARD" right on the plates and look like the image below).



Specialty plates, such as the York, Ivanko, Eleiko, Leoko, etc., Olympic Plates will NOT fit on the Pavelizer II. Less expensive, off-the-shelf, garden variety Olympic plates have hole diameters greater than 2 inches (and often times have the word "STANDARD" right on the plates). These are the type of plates that the Pavelizer II requires.

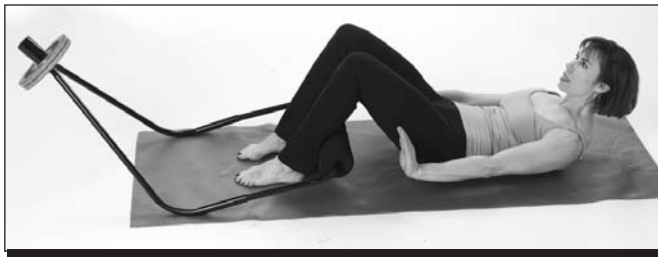
Get Even More out of Your Ab Pavelizer™ II with Power Breathing!

WARNING: *This technique may not be appropriate for people with heart problems, high blood pressure, and some other health concerns! Please consult your doctor first.*

The following martial arts technique will amplify the effectiveness of your Ab Pavelizer™ II training.

Assume your normal starting position for the Ab Pavelizer™ II sit-up and inhale into your stomach. If you do not know how, practice by placing a light barbell plate slightly below your navel. Every time you inhale the weight should come up at least an inch.

Now back to your sit-up. You have taken a diaphragmatic breath, about three quarters of the maximum volume of air your lungs could handle. At the same time contract the muscles of the pelvic diaphragm as if you are trying to stop yourself from going to the bathroom. Martial artists know how this odd technique increases power and promotes health.



Maintain this lock while you exert yourself during each rep. Relax the pelvic floor muscles between each rep.

Press your tongue hard behind your teeth and expel all your air under high pressure as you come up. Understand that ‘just exhaling’ does not cut it; you must hiss like a gas station air hose for filling tires! To maximize the pressure make sure to plug up your teeth with your tongue as tight as possible. And think of blowing into your belly, not your head or chest.

Concentrate on squeezing all your waist muscles hard. Do not suck your stomach in; just focus on compressing the air in your stomach and your waist will shrink naturally at the end of the exhalation. Save up some dough for a pair of smaller pants that you might need a few weeks later!

Slowly crunch up or sit up as you Power Breathe. Make sure to pause at the top of the movement long enough to expel the last bit of air. You will experience a tremendous contraction and have the abs to show for it!

Lower yourself under control. Do not inhale deep but barely ‘sniff the air’; this will help to keep your abs tight.

Totally relax on the floor for a moment before tackling another rep.

Another Powerful Technique for Pavelizing Your Abs: Paradox Breathing

WARNING: *This technique may not be appropriate for people with heart problems, high blood pressure, and some other health concerns! Please consult your doctor first.*

Another technique to make your Ab Pavelizer™ II even more painfully effective is Russian ‘paradox breathing’. Sit up or crunch up while inhaling into your belly. Keep trying to inhale into your stomach on the top of the movement even when you feel that you no longer can; this will keep the diaphragm muscle active and you will feel a ‘bubble’ of pneumatic/ hydraulic resistance in your stomach. As usual, keep your pelvic muscles pulled up.

On top of the partial sit-up you may make a few short pumping actions in an attempt to compress your stomach even more. Sniffle in some air with your nose.

Exhale and relax on the way down.

Once you have gotten a hang of the basic paradox Ab Pavelizer™ II sit-up or crunch add another element: compress your viscera further by ‘cinching’ your ‘virtual belt’ as if you are power breathing. It is tricky when inhaling—it feels like you are trying to expand and compact your belly at once—but worth mastering. Practice!

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