

# A B S

## THE SECRET REVEALED

*a book by Lazar Angelov*



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# Introduction

“You don’t have to be great to start, but you have to start to be great”

**T**here is no shortcut to success. The road to success is defined by three things: determination, self-belief and *hard work*. There is no easy way around it – the *right way* is the *hard way*! This is my motto. And I have been going down the hard road for the past 10 years. That choice has made me who I am today. And I believe that *you* can do it too! By telling you the story of my life, I will motivate you to go for your full potential!

When I turned 18 I got drafted in the army, which was still mandatory at the time in my small ex-communist country. My previous life as an athlete had prepared me for the hard reality of the military, so I took it lighter than the other kids did. But spending two years as a soldier meant that I had lost my chances of becoming a professional basketball player, because I couldn’t practice there and soon lost my edge.

I was confused, I didn’t know what to do next. But I kept working out regularly in the local gym, which was terrible – the equipment was prehistoric, the building would crumble any moment and there was no heating installation. In the winter, your palms would stick to the bar, because of the cold, and it would get flooded every spring. Despite everything I kept going there, I kept working out, because something deep inside me was telling me, that what I was doing was right.

I started seeing results. I felt stronger after every workout, I looked better every time I checked myself in the mirror, every muscle soreness was worth it! People began to look up to me, I started believing in myself and became more confident. Some advised me that I should go into bodybuilding. They told me that if I took anabolic steroids I would become stronger and muscular much faster...but I decided to stay away from that, as I didn’t want to enhance my body in an unnatural way. I didn’t want to cheat myself and go down the “easy” road, I wanted my success to be drug-free and based only upon my hard work and dedication.

My decision to become a professional fitness model was rather spontaneous. I had to realize how much I had to sacrifice in order to achieve my goals. I had to give up some of my favourite foods indefinitely, I had to stick to eating five to six balanced meals evenly spaced throughout the day and that was not always easy. I had to do that *every day*. My social life was altered as well. I spent my days at the gym, I was the first to come in the morning and the last to leave in the evening. And the nights of going out with friends were different as well. As my friends smoked and got drunk, I just stood there and watched. And it was hard. But when I look back I know what that did for me – it tested my inner strength, strained my resolution and built up my will. And it made me a new man... I forgot about all the foods that I used to love, I found new ways to have fun without damaging my body, I discovered the power of the Will and I became not only physically stronger, but mentally as well. I was transformed, I was enlightened.

Everything changed after that. The way people looked at me was different, because I was different. I was more confident and people could subconsciously sense that. I began to live in a new, better world.

Listen: As a teenager, I wasn't very successful with the opposite sex. Girls at parties used to be cocky and stuck up when I tried to hit on them. After the change, nothing like that ever happened again. I was at a pool party the first time I noticed that women became *really* interested in me. My friends and I were having fun around the pool and while the others were drinking beer, I decided to take a swim. I took off my shirt and jumped in the pool. As I got out of the pool, everybody was staring at me, at my body, at my abs...I saw two girls, who were mesmerized and it was a strange feeling. Afterwards, one of the girls came to me and gave me her number. She said she needed "help" in the gym.

Not only women's, but other men's attitude changed as well. The neighbourhood I grew up in wasn't very friendly and getting in a fight was quite common. I remember one time, we were still kids, and we were playing basketball at the local basketball court. Then some older boys came. They wanted us to leave, we asked them if they wanted to play with us. Then it got violent, they started mocking and pushing us. I lost my temper and hit one of them. A moment later, I was in the middle of

a terrible fist fight. I am thankful that I have good friends, who got me out of the melee. Those older boys usually bullied weaker or younger kids.

Years later, I met them again. But I was already a fitness model then. Coincidentally, I was working out in the same gym as them. I remember that one of the “bad boys” came over to me and started asking me questions like how did I achieve this body, was I natural and would I share some tips. They didn’t recognize me, but I recognized them. I told them who I was and made them remember what happened years ago. They hypocritically began to pardon themselves and made up some petty excuses. I saw the awe in their eyes, they respected the new “Me”. That gave me an idea. You see, I was working at two different jobs at the time because I needed to earn enough money in order to afford myself proper nutrition. But people were seeking my advice all the time, when I went to the gym, they wanted to know what exercises I did to build such muscles, and what my routine and diet were. Because of that appreciation I decided to become a professional personal trainer – that way I would earn my living doing what I love. So, in 2006, I completed two fitness courses and became a personal trainer. I have been coaching people ever since.

People looked at me differently, there was something new, something I hadn’t seen before. It was *respect*. I saw it in strangers as well as in people I already knew. Everybody was amazed by my body. But there was something else as well: They were awed by my iron will and dedication. They respected my hard work, they valued my achievements.

I am often asked the question, which was the most difficult body part to develop. The answer has always been the same: the abs. You see, nobody told me which exercises to do or how to eat properly. I had to discover everything by myself. I tried and failed, until I discovered the proper way to train the abs. A key element of my motivation was that I didn’t have the right “genes”. As you know, some people are born with a six pack or even an eight-pack and no matter what they do, they just have it. I was not one of them, but I soon discovered that it didn’t matter. It doesn’t matter what body type you have, if you are fat, stocky or if having a gut runs in the family. Three things matter: Willpower, hard work and dedication.

But what makes the abs so important? First of all, they require more dedication than any other muscle group. You have to do the right exercises *and* keep your body fat percentage low, otherwise you will not be able to see them, no matter how strong they are. Furthermore, they are the ultimate element to a perfect physique. A big, muscular 200-pound guy is not that impressive, but a big 200-pound guy with a six pack *is impressive*. The abs are no more and no less, than real proof that you are doing things properly.

This is why I am writing this book. Let me explain: when friends started seeking my advice in the gym, I found immense pleasure in training them and seeing that my methods showed results in other people. I found out that training other people made me as happy, as when I train my own body. My clients came to me unsatisfied by their results and left transformed. We trained together, I planned their diets, shared my knowledge, motivated them. My clients underwent not only a physical change, but a psychological one as well. I noticed that they became more confident, more motivated and able to confront problems in other aspects of their lives too. This book is for all those people, who I cannot contact personally. It is for those people, who want to learn my secrets and use my knowledge. This book shares my way to develop the most aesthetically impressive muscle in the body – the ABS.

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