

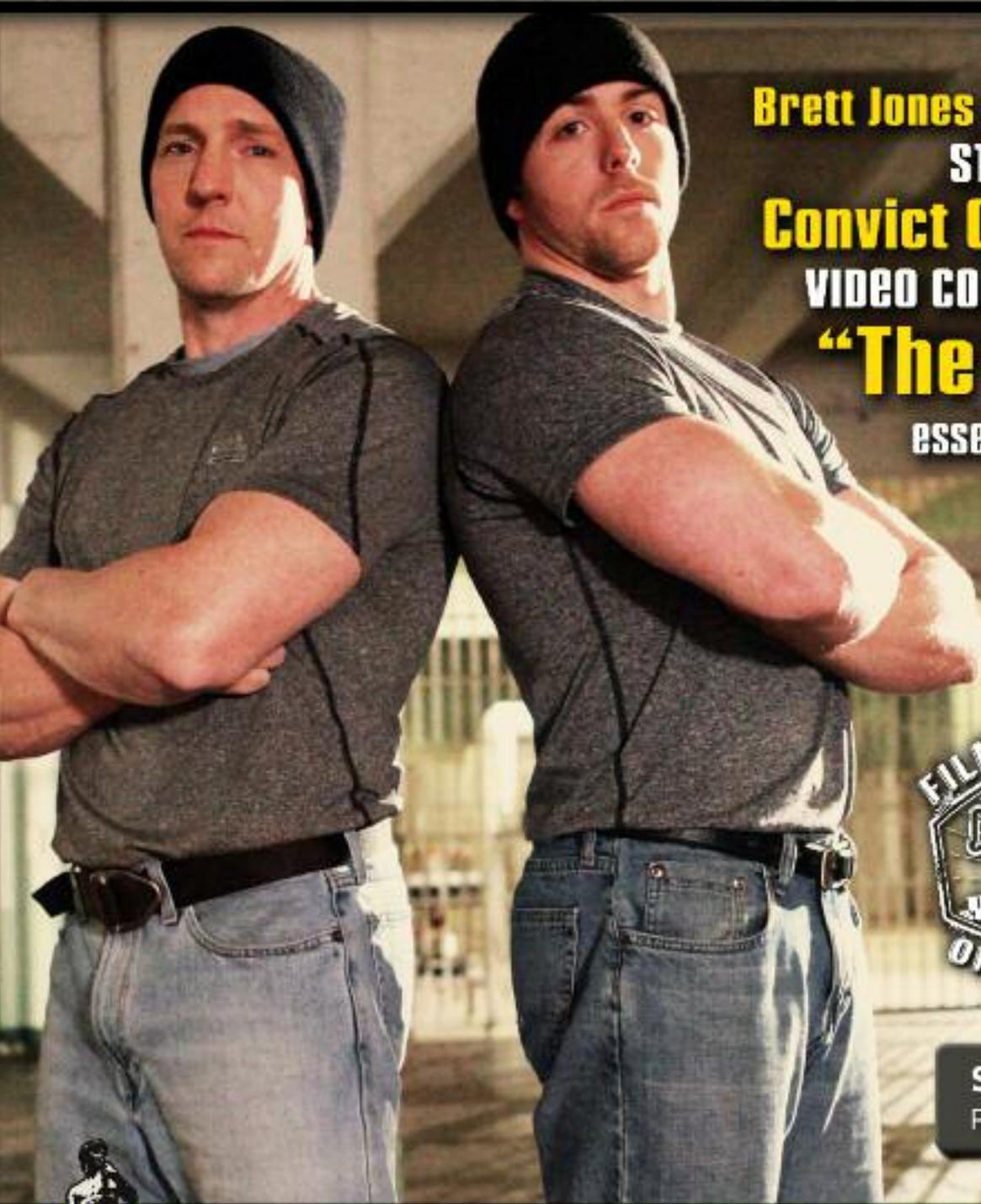
PREMIERE  
ISSUE



# BODY HERO™

SUMMER  
2012

*Cultivating Athletic Prowess, Power and Peak Performance*



**Brett Jones and Max Shank**  
STAR IN THE NEW  
**Convict Conditioning**  
VIDEO COURSE BASED ON  
**“The Big Six”**

ESSENTIAL BODYWEIGHT  
EXERCISES—SHOT  
EXCLUSIVELY  
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See pages 8-11  
For complete details.



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# Welcome to the Premiere Issue of Dragon Door's *Body Hero*

**It's All About How to Cultivate Athletic Prowess,  
Power and Peak Performance**

**D**ragon Door's *HardStyle* magazine and catalog has long been acclaimed for the quality of its resource offerings and for its articles. In particular, *HardStyle* has championed the pioneering and breakthrough programs of our lead author, **Pavel Tsatsouline**. *HardStyle* is the vehicle that introduced the modern kettlebell to the world and the vehicle that brought you the world's first-ever kettlebell instructor certification system, the **RKC**.

Because both the RKC—as a “school of strength”—and Pavel's body of work has evolved to become both so extensive and yet so unique, we considered it best to devote future issues of *HardStyle* exclusively to that segment of Dragon Door's offerings.

However, Dragon Door has, increasingly, much of value that while “different” from the *HardStyle* syllabus, supports or complements that syllabus. We refer in particular to the brilliant work of **Paul “Coach” Wade** with his **Convict Conditioning** programs, to the peerless **Marty Gallagher**, to **Gray Cook** and his **FMS** system—and most recently to our new author **Al Kavadlo**. We refer also to works produced by men and women of the RKC that may fall outside of the current focus of *HardStyle*.

So, let me welcome you to the premiere issue of *Body Hero*, our new vehicle to share Dragon Door's burgeoning line of advanced training resources for those wishing to excel physically.

*Body Hero* is dedicated to bringing you the very best resources for cultivating:

- Athletic Prowess
- Power and
- Peak Performance

In other words, *Body Hero* will provide you with the full range of resources you need to achieve not only greater strength, but greater power coupled with exceptional movement skills.

## What and Who is a Hero?

From Dragon Door's perspective, a hero is ANYONE who has successfully met and overcome a challenge to develop exceptionally on a physical level. As the name **Body Hero** implies, we seek to celebrate the heroism that is implicit in the ongoing struggle to cultivate our own bodies. Bodies we can truly be proud of—not only for the way they look—but for the way they move and the feats of power and strength they can exhibit.



The heroic struggle to overcome physical entropy, incipient weakness and an insidious decline of strength will be particular to YOU and YOUR body. Only YOU can be the hero through your OWN struggle and unrelenting desire to conquer your deficiencies and “mortality”. *Body Hero* seeks to inspire you by the heroic example of others who have triumphed—in their own unique manner—athletically. And *Body Hero* seeks to support you in YOUR heroic endeavor by providing you the world's best resources to accomplish your never-ending mission.

We chose the image of Michelangelo's *David* for

*Body Hero* because David represents the ultimate symbol of youthful vitality and the immediate readiness to confront and overcome the most daunting of challenges.

May *Body Hero* be your slingshot to triumph over your personal Goliath!

All the best in your training,

*John Du Cane*

John Du Cane



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# What is Dragon Door?

## Who we are and what we stand for



**W**e are often asked about the origin of the company's name, **Dragon Door Publications**, or **Dragon Door**, as we are more frequently known.

Dragon Door was founded by its owner, John Du Cane, in 1990, as a publishing house to share his personal enthusiasms for Chinese internal martial arts and esoteric healing systems.

Why the name "Dragon Door"? "Dragon Door" is a reference to the **Lung Men** or "Dragon Gate" sect of the **Complete Reality School** of Taoism—and is currently the largest existing branch of Taoism in the world. Dragon Gate deeply influenced the founders of the original Chen Style Tai Chi—and many of the other great internal systems—who incorporated much of its wisdom into its principles.

Dragon Door's first catalog, *Yang Sheng*, which translates as "Nourishing Life" reflected Dragon Gate's mission to cultivate life-energy and physical development in a complete manner—through meditation, energy work, nutrition, movement and breath practices.

For the Chinese dragons traditionally symbolize potent power and strength. No surprise, then that Chinese internal martial artists have frequently chosen the Dragon as a symbol of the "force" lurking in their art. To align with the Dragon—and to align with Dragon Door—is to align with the most powerful natural energies for the creation of formidable power and strength.

The Chinese Dragon additionally symbolizes excellence, boldness, heroism, perseverance, nobility and divinity. A dragon overcomes obstacles until success is his. He is energetic, decisive, optimistic, intelligent and ambitious. As a company Dragon Door wishes to foster these virtues through diligent, wise cultivation of our physical capabilities.

Also implied in the Dragon is grace and elegance of movement. And to align with Dragon Door is to align with the elegant display of strength and power through the cultivation of refined movement skills.

When Dragon Door began publishing **Pavel's** programs in the late 90s, the company had already shifted its scope to a wider variety of advanced training resources, with its catalog *Vitalics*. Pavel brought a new emphasis to the value of strength training as a primary quality—as well as flexibility programs that were a perfect complement to the world of internal martial arts.

When Dragon Door and Pavel initiated the modern kettlebell movement in 2001, the company exploded across the world with a powerful new fitness message based on fierce independence, supreme resilience and a never-quit toughness. This message gave birth to Dragon Door's next evolution, the creation of the **HardStyle** magazine and catalog as a vehicle to express that new emphasis on enduring strength and raw power.

Fast forward to 2012 and Dragon Door has gone through another dramatic surge in the programs it has to offer the serious life-athlete.

Witness the progressive bodyweight exercise programs of **Paul Wade** and much else on the horizon... So we have evolved to add a second catalog, **Body Hero**, as a vehicle for these new initiatives.

However, throughout the evolution of Dragon Door, the focus remains constant and the same, whatever the surface differences: to give you, the "dedicated life-athlete", the very best resources available to cultivate yourself as a superb physical specimen, in all the dimensions you care to take on.

Dragon Door's further evolution presents a fusion of what is best in the traditions of the great Asian martial arts, with what is best in the strength and power traditions of the West.

Dragon Door's mission is provide you with the qualities symbolized in the **David** statue:

- Inner calm balanced with intensity of focus.
- Relaxation balanced by coiled explosive power.
- Muscularity balanced by effective function.
- The fortitude to face the physical challenges you choose to face.
- And the ability to triumph over the greatest of adversities...



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**3**



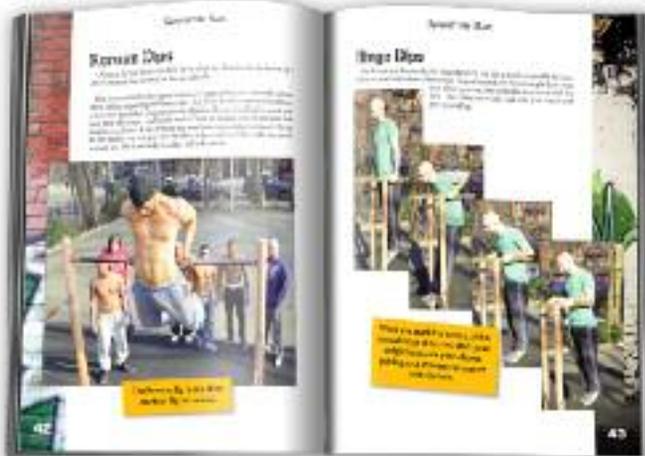
# High Praise for *Raising the Bar*



## Brilliant Book— simply brilliant

“This is a fantastic book—period! Al has provided some basic cues which have made my chin ups and leg raises much easier. This is a great piece of work and EVERYONE can benefit from it—Olympic lifter, powerlifter, bodybuilder etc. You don't have to do all the moves—you can pick a couple and run with them. Al shows some great progressions and tons of different movements. I could go on and on but the best thing would be to buy the book—you won't regret it.”

—Darius Rana, Sydney, Australia

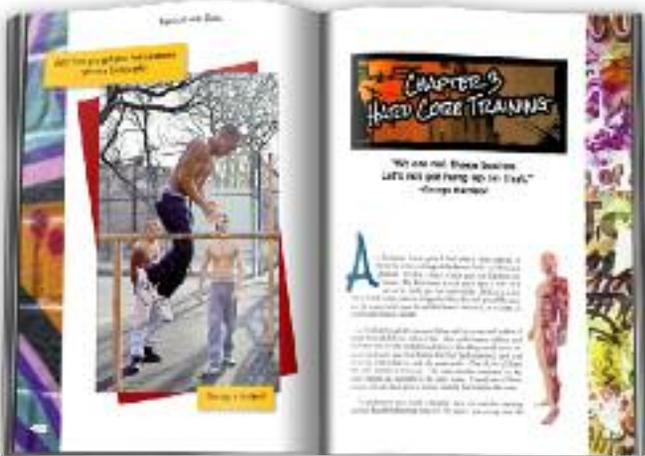


## Raise YOUR Bar

“Unlike much of the trash in the modern fitness industry, Al takes a structured approach to coaching and programming. *Raising The Bar* starts at a level that everyone can handle and then builds on it—it's not a random selection of exercises but a reasoned approach to improving skill in a number of key movements.

This, in my opinion, is the key to progression and Al delivers it in his own enigmatic style. And if you're in any doubt as to the effectiveness of the approach then you need to see what Al can do! You'll be blown away!”

—Matt Palfrey, Bath, UK



## Best book ever written!

“As a personal trainer, I've spent years convincing my clients that they don't need any fancy, overpriced, useless junk to get a great workout. The greatness is within the simplicity. I've watched every trainer in the area mess up the concept of functional fitness with their 'ideas'. Balancing on stacks of bosu balls, using the other leg to pull on rubber bands, one arm using a shaky weight, and the

other arm doing curl to presses with a half pound pink dumbbell, all while balancing a medicine ball on your nose sounds good in theory, but at the end of the day, nothing gets accomplished.

Al, just like everything else Dragon Door publishes, manages to take the simplest of tools, and make it the most important. These movements are something that everyone not only CAN do, but we are all SUPPOSED to do them. They're in our DNA. Not like all the machines and circus tricks.

Al has been a huge inspiration to me for quite sometime. This goes far beyond simple pullups and dips. This is the perfect book to go along with *The Naked Warrior*, *Convict Conditioning 1 & 2*, and Pavel's flexibility work. Thank you Al, for writing such an awesome book.”

—Rick Chafon HKC, FMS, Crystal Lake, IL

## Worth every dime

I was gun shy about spending the money. It's not the best of times. I could not afford to blow that kind of money on a stinker. Thankfully this book is anything but. I have been a life long aerial guy. I just always had this conviction that being able to push and pull my own weight around was a key survival attribute. That said, I also thought I knew it all and there was nothing left to learn about the subject. Wrong. There is, there was, and this book had it.”

—Steve Shear, Lawrence, NY

## A must have for any bodyweight practitioner!

“Al put together an outstanding book! It reads very easy in a way anyone could understand. He gives some awesome and doable progressions along with some of his favorite routines. If you want to become a BAR-STAR, then you need this book!”

—Tim Stovall, Evansville, IN

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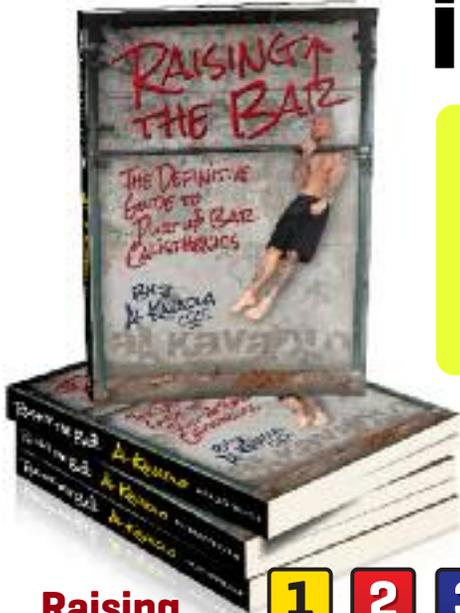
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# Go Beyond Mere “Toughness” — When You Master The Art of Bar Athletics and Sculpt the Ultimate in Upper Body Physiques



## Raising the Bar

The Definitive Guide to Bar Calisthenics

By Al Kavadlo #B63 \$39.95

224 pages, 330 Photos



**“Raising the Bar** is very likely the most important book on strength and conditioning to be published in the last fifty years. If you only ever get your hands on one training manual in your life, make it this one. Buy it, read it, use it. This book has the power to transform you into the ultimate bar athlete.”  
—Paul “Coach” Wade, author of *Convict Conditioning*

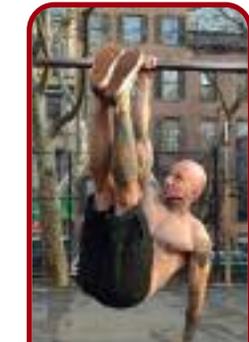
**R**aising the Bar breaks down every type of exercise you can do with a pull-up bar. From the basic two arm hang, to the mighty muscle-up, all the way to the elusive one arm pull-up, “bar master” Al Kavadlo takes you step by expert step through everything you need to do to build the chiseled frame you’ve always wanted.

Whether you’re a die-hard calisthenics enthusiast or just looking to get in the best shape of your life, *Raising the Bar* will meet all your expectations—and then some!

The message is clear: you can earn yourself a stunning upper body with just 3 basic moves and 1 super-simple, yet amazingly versatile tool.

And what’s even better, this 3 + 1 formula for upper body magnificence hides enough variety to keep you challenged and surging to new heights for a lifetime of cool moves and ever-tougher progressions!

Cast in the “concrete jungle” of urban scaffolding and graffiti-laden, blasted walls—and sourced from iconic bar-athlete destinations like Tompkins Square Park, NYC—*Raising the Bar* rears up to grab you by the throat and hurl you into an inspiring new vision of what the human body can achieve. Embrace Al Kavadlo’s vision, pick up the challenge, share the Quest, follow directions—and the Holy Grail of supreme upper body fitness is yours for the taking.



“With *Raising the Bar*, Al Kavadlo has put forth the perfect primal pull-up program. Al’s progressions and demonstrations make even the most challenging exercises attainable. Anyone who is serious about pull-ups should read this book.”—Mark Sisson, author of *The Primal Blueprint*.

### A Kick Ass Encyclopedia of Bodyweight Exercises

“Al Kavadlo has put together a kick ass encyclopedia of the most powerful and most commonly used bodyweight exercises amongst the various groups of bodyweight masters.

From the most simple form of each exercise progressing to the most challenging form of each exercise, Al covers it. As a Coach and bodyweight training addict I loved all the variations shown. This book is far beyond just pull ups and there are countless exercises for upper body and abs. Al covers what is probably EVERY exercise he knows of, uses and teaches others, breaking down proper techniques, regressions and progressions. This is HUGE for the trainers out there who do NOT know how to adapt bodyweight exercises to each individual’s fitness level.

If you’re a fan of bodyweight training, between this book and *Convict Conditioning* you can turn your body into a deadly weapon!!!” —Zach Even-Esh, Manasquan, NJ

“Al has put together the companion manual for all the crazy bar calisthenics videos that you find yourself watching over and over again—a much needed resource. Within this book is a huge volume of bar exercises that will keep your pullup workouts fresh for years, and give you some insane goals to shoot for.”

—Max Shank, Senior RKC

“The only tool required to fully train bodyweight is a bar or something to hang on. I believe that this amazing book by Al Kavadlo, contains everything that is ever possible to do with a bar, from entry level to ‘mutant’ level. Thanks to the information contained in this book you will have material to practice and improve your skills for years” —Fabio Zonin, Senior RKC, Italian bodybuilding champion, Master Instructor FIF

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# ENTER THE MUSCLE-UP

An excerpt adapted from  
*Raising the Bar* by Al Kavadlo.

**T**hough the muscle-up is most commonly known as a gymnastics exercise, it is also one of the most intense calisthenics moves out there. Gymnasts don't actually get points for muscle-ups, but they must do one in order to get in position to begin their routine. That's right - for a gymnast, a muscle-up isn't even a real move! That's not a statement against the muscle-up, however. It is a testament to the level of elite gymnastic competitions. After all, a gymnast would look pretty silly if they just started busting out pull-ups during their routine, but that doesn't mean the pull-up ain't an amazing exercise!

## Muscle...almost:

The first time I tried to do a muscle-up, I was already quite good at pull-ups, so I expected to be able to do it right away. Needless to say, it didn't happen quite that easily. Like anyone else, I had to practice a lot to get the timing right. Getting a feel for the movement pattern takes practice, even if you're already strong. The muscle-up is a very unique skill that can single-handedly build serious strength and sculpt a powerful upper body. The only catch is that you already have to be strong in order to do that first one.

No other exercise requires both pulling and pushing power quite like the muscle-up, but it is also one of the most

demanding abs exercises as well. You get a lot of bang for your buck with this one. The muscle-up is truly the ultimate upper body exercise.



In the beginning of this book I told you the only bar exercises were pull-ups, dips and hanging leg raises, and everything else is just a variation or combination of those things. Some people mistakenly think the muscle-up is just a combination of a pull-up and a dip, but in reality a muscle-up is closer to being a combination of all three. The pull-up and dip part should be obvious, but you must also squeeze your abs tight and move your legs away

from your body to get around the bar, just like when performing a hanging leg raise.

To practice muscle-ups, you'll need a bar with plenty of overhead clearance. Ironically, many high-tech gyms lack a simple straight bar. Watch out for universal machines with all those fancy ergonomic handles - they're lousy for muscle-up training. You're probably better off not going to a gym anyway. It shouldn't be too hard to find a local park with a suitable bar. After all, when was the last time you saw someone do a muscle-up at a gym?

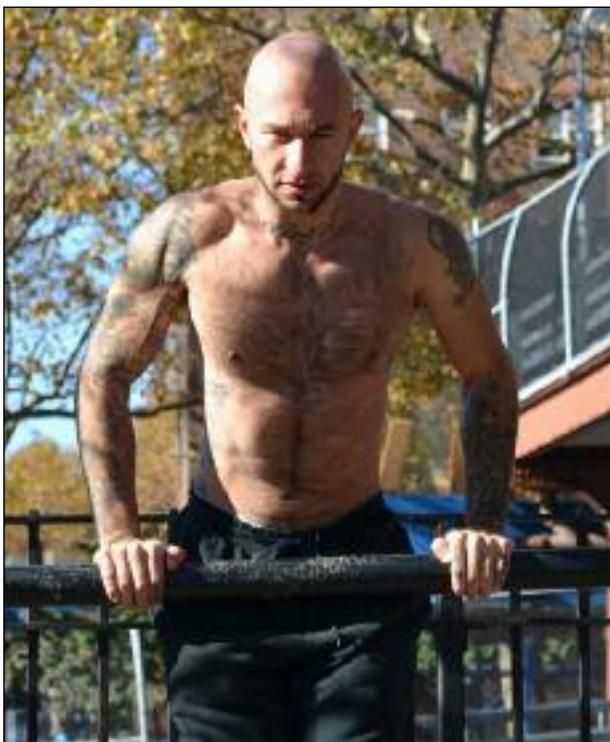


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When starting out, it can be helpful to practice a modified muscle-up on a bar that is about chest height so you can use your legs to help jump into it. (If you can't find a low bar, bring a step or a bench up to a high bar.) This will let you get a feel for the transition from being under the bar to getting on top without having to overcome the resistance of your full bodyweight. With practice, you'll learn to rely on your legs less and do most of the work with your upper body.

## Beyond Pull-ups

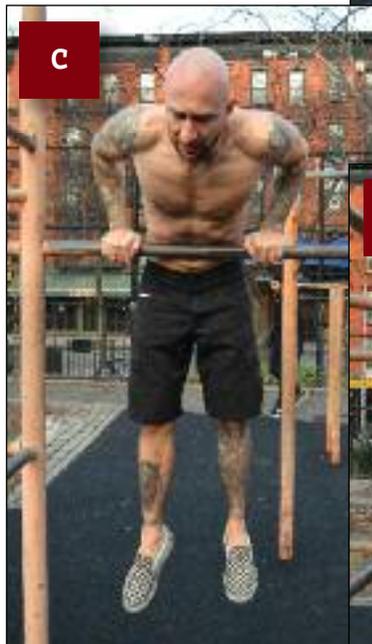
When you do a muscle-up, instead of simply trying to pull your chin past the bar, the objective is to pull (and then push) your entire upper body up and over. If you've never done this move before, get ready for a humbling. Even if you can do lots of pull-ups and dips, you'll still need some practice on the transition before you will be able to execute a proper muscle-up.

As I mentioned in chapter four, kipping pull-ups and plyo-pull-ups are a fantastic precursor to the muscle-up. It can also be helpful to practice explosive pull-ups with an exaggerated range of motion. Instead of stopping when the bar is below your chin, pull that sucker all the way down past your chest. Get as far over the bar as you can!

Though there is no set rule for how many reps are needed as a prerequisite, I recommend getting well into double digits on both pull-ups and straight bar dips before attempting the muscle-up. But remember that proficiency in these moves doesn't guarantee you success. While some people who can only manage six or seven pull-ups can muster up a muscle-up, others who can bang out twenty dead hang pull-ups still continually fail at getting through the sticking point. The muscle-up is a unique challenge and must be treated as such.



When starting out, it can be helpful to practice a modified muscle-up on a bar that is about chest height so you can use your legs to help jump into it.



# GET DYNAMIC, CHISELLED, POWER-JACK LEGS AND DEVELOP EXPLOSIVE LOWER-BODY STRENGTH— WITH PAUL “COACH” WADE’S ULTIMATE BODYWEIGHT SQUAT COURSE



**P**aul Wade's *Convict Conditioning Ultimate Bodyweight Squat Course* explodes out of the cellblock to teach you in absolute detail how to progress from the ease of a simple shoulderstand squat—to the stunning “1-in-10,000” achievement of the prison-style one-leg squat. Ten progressive steps guide you to bodyweight squat mastery. Do it—and become a Bodyweight Squat Immortal.

This home-study course in ultimate survival strength comes replete with bonus material not available in Paul Wade's original *Convict Conditioning* book—and numerous key training tips that refine and expand on the original program.

A heavily and gorgeously-illustrated 80-plus-page manual gives you the entire film script to study at your leisure, with brilliant, precise photographs to remind you of the essential movements you absorbed in the DVD itself.

Paul Wade adds a bonus **Ten Commandments for Perfect Bodyweight Squats**—which is worth the price of admission

alone. And there's the additional bonus of 5 major Variant drills to add explosivity, fun and super-strength to your core practice.

Whatever you are looking for from your bodyweight squats—be it supreme functional strength, monstrous muscle growth or explosive leg power—it's yours for the progressive taking with *Convict Conditioning, Volume 2: The Ultimate Bodyweight Squat Course*.

## WHY EVERY SELF-RESPECTING MAN WILL BE RELIGIOUS ABOUT HIS SQUATS...

Leg training is vital for every athlete. A well-trained, muscular upper body teetering around on skinny stick legs is a joke. Don't be that joke! The mighty squat is the answer to your prayers. Here's why:

- Squats train virtually every muscle in the lower body, from quads and glutes to hips, lower back and even hamstrings.
- Squat deep—as we'll teach you—and you will seriously increase

your flexibility and ankle strength.

- All functional power is transmitted through the legs, so without strong, powerful legs you are *nothing*—that goes for running, jumping and combat sports as much as it does for lifting heavy stuff.

## ARE YOU FAILING TO BUILD MONSTROUS LEGS FROM SQUATS—BECAUSE OF THESE MISTAKES?

Most trainees learn how to squat on two legs, and then make the exercise harder by slapping a barbell across their back. In prison, this way of adding strength wasn't always available, so cell trainees developed ways of progressing using only bodyweight versus gravity. The best way to do this is to learn how to squat all the way down to the ground and back up on just one leg.

Not everybody who explores prison training will have the

dedication and drive to achieve strength feats like the one-arm pullup, but the legs are much stronger than the arms. If you put in the time and work hard, the one-leg squat will be within the reach of almost every athlete who pays their dues.

But the one-leg squat still requires very powerful muscles and tendons, so you don't want to jump into one-leg squatting right away. You need to build the joint strength and muscle to safely attempt this great exercise. Discover how to do that safely, using ten steps, ten progressively harder squat exercises.

## IN THE STRENGTH GAME, FOOLS RUSH IN WHERE ANGELS FEAR TO TREAD

The wise old Chinese man shouted to his rickshaw driver: "Slow down, young man, I'm in a hurry!" If ever a warning needed to be shouted to our nation of compulsive strength-addicts, this would be it. You see them everywhere: the halt, the

lame, the jacked-up, the torn, the pain-ridden—the former glory-seekers who have been reduced to sad husks of their former selves by rushing helter-skelter into heavy lifting without having first built a firm foundation.

Paul Wade reveals the ten key points of perfect squat form. The aspects of proper form apply to all your squats, and they'll not only unlock the muscle and power-building potential of each rep you do, but they'll also keep you as safe as you can be.

Bodyweight training is all about improving strength and health, not building up a list of injuries or aches and pains. They are so fundamental, we call them the Ten Commandments of good squat form.

Obey the Ten Commandments, follow the brilliantly laid out progressions religiously and you simply CANNOT fail to get stronger and stronger and stronger—surely, safely and for as long as you live...



## Convict Conditioning

Volume 2: The Ultimate Bodyweight Squat Course  
By Paul “Coach” Wade featuring Brett Jones and Max Shank  
#DV084 \$69.95

DVD 56 minutes with full color Companion Manual, 88 pages

**1**

Beginner

**2**

Mid-Level

**3**

Advanced

## COMPLEX MADE SIMPLE

Having read both *Convict Conditioning* and *Convict Conditioning 2*, the complementary DVD series is an excellent translation of the big six movement progressions into a simple to follow DVD. The demonstration of movement progression through the 10 levels is well described and easy to follow.

As a Physical Therapist it is a very useful way to teach safe progressions to patients/clients and other professionals. I have already used Volume I (the

push up progression) to teach high school strength coaches how to safely progress athletes with pressing activity and look forward to using volume 2 with these same coaches. I think anyone who studies movement realizes very few athletes can properly squat with two legs, let alone one.

You will not find an easier way to teach the squat. Well done again Paul. Look forward to the rest of the series.”

—Andrew Marchesi PT/MPT, FAFS, Scottsdale, AZ

## NAVY SEAL ON THE ROAD

“My whole team uses it. We can work out effectively anywhere and I mean anywhere!”  
—Tyler Archer, Navy



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# GET A ROCK-HARD, BRITISHLY POWERFUL UPPER FRAME AND ACHIEVE ELITE-LEVEL STRENGTH— WITH PAUL “COACH” WADE’S PRISON-STYLE PUSHUP PROGRAM



**P**aul Wade's *Convict Conditioning* system represents the ultimate distillation of hardcore prison bodyweight training's most powerful methods. What works was kept. What didn't, was slashed away. When your life is on the line, you're not going to mess with less than the absolute best. Many of these older, very potent solitary training systems have been on the verge of dying, as convicts begin to gain access to weights, and modern "bodybuilding thinking" floods into the prisons.



Thanks to Paul Wade, these ultimate strength survival secrets have been saved for posterity. And for you...

Filmed entirely—and so appropriately—on "The Rock", Wade's *Convict Conditioning Prison Pushup Series* explodes out of the cellblock to teach you in absolute detail how to progress from the ease of a simple wall pushup—to the stunning "1-in-10,000"

achievement of the prison-style one-arm pushup. Ten progressive steps guide you to pushup mastery. Do it—and become a Pushup God.

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Paul Wade adds a bonus **Ten Commandments for Perfect Pushups**—which is worth the price of admission alone. And

there's the additional bonus of **5 major Variant drills** to add explosivity, fun and super-strength to your core practice.

Whatever you are looking for from your pushups—be it supreme functional strength, monstrous muscle growth or explosive upper-body power—it's yours for the progressive taking with *Convict Conditioning, Volume 1: The Prison Pushup Series*.

## AWESOME RESOURCE FOR COACHES & STRENGTH DEVOTEES

"I am using this manual and DVD not just for my own training, but for the training of my athletes. It shocks and amazes me how varsity high school athletes can NOT perform a solid push up... not even 1! Getting them to perform a perfect push up requires regressions, progressions, dialing in the little cues that teach them to generate tension and proper body alignment, ALL of which carry over to other exercises.

This manual is an awesome resource for Coaches. It can & should be used to educate those you train as well as shared with your staff. For those who have a love for strength, you will respect all the details given for each and every push up progression and you will use them and apply them.

As a Strength devotee for over 2 decades, I've been through the grinder with free weights and injuries, push ups are something I KNOW I'll be doing for the rest of my life which is why I RESPECT this course so much!

The lay out of this manual and DVD are also BIG time impressive, the old school look and feel fires me up and makes me wanna attack these push ups!"  
—Zach Even-Esh, Manasquan, NJ

## I RECOMMEND IT

"I fully expected to be disappointed with Paul Wade's *Convict Conditioning, Volume 1: The Prison Pushup Series*. John Du Cane will tell you: I am not a fan of some of the stuff in these books. It's been said by others that this might be one of the most striking DVDs ever made. It's on location in Alcatraz and the graphics are pretty amazing. So, yes, stunning. This DVD from Wade is stunning and very cool.

The manual that supports the DVD is very helpful as much of the material is done too well in the DVD. Many of us need to take some time looking at the DVD then flipping the manual back and forth to 'get it.'

Once again, there are parts of this DVD and the series that rub me the wrong way. Having said that, I am frankly amazed at the insights of the product here. As a coach, I am better than when I popped the box open. I have a whole set of tools, and the progressions, that I can use tomorrow with my group. That to me is the testimony that people should hear from me: I watched it and I applied it instantly! This one 'gets it.' You can apply what you learn instantly and know where you are going from there. I highly recommend it."

—Dan John, Master RKC, Burlingame, CA



**1**

Beginner

**2**

Mid-Level

**3**

Advanced

## Convict Conditioning

Volume 1: The Prison Pushup Series

By Paul "Coach" Wade featuring Brett Jones and Max Shank

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DVD 59 minutes with full color Companion Manual, 88 pages



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**9**



# DEMONIC ABS ARE A MAN'S BEST FRIEND—DISCOVER HOW TO SEIZE A SIX-PACK FROM HELL AND OWN THE WORLD... LEG RAISES

**P**aul Wade's *Convict Conditioning 3, Leg Raises: Six Pack from Hell* teaches you in absolute detail how to progress from the ease of a simple Knee Tuck—to the magnificent, "1-in-1,000" achievement of the Hanging Straight Leg Raise. Ten progressive steps guide you to inevitable mastery of this ultimate abs exercise. Do it, seize the knowledge—but beware—the Gods will be jealous!

This home-study course in ultimate survival strength comes replete with bonus material not available in Paul Wade's original *Convict Conditioning* book—and numerous key training tips that refine and expand on the original program.

Prowl through the heavily and gorgeously-illustrated 80-plus-page manual and devour the entire film script at your animal leisure. Digest the brilliant, precise photographs and reinforce the raw benefits you

absorbed from the DVD.

Paul Wade adds a bonus **Ten Commandments for Perfect Bodyweight Squats**—which is worth the price of admission alone. And there's the additional bonus of **4 major Variant drills** to add explosivity, fun and super-strength to your core practice.

Whatever you are looking for when murdering your abs—be it a fist-breaking, rock-like shield of impenetrable muscle, an uglier-is-more-beautiful set of rippling abdominal ridges, or a monstrous injection of lifting power—it's yours for the progressive taking with *Convict Conditioning, Volume 3, Leg Raises: Six Pack from Hell*

## PRISON-STYLE MIDSECTION TRAINING—FOR AN ALL SHOW AND ALL GO PHYSIQUE

When convicts train their

waists, they want real, noticeable results—and by "results" we don't mean that they want cute, tight little defined abs. We mean that they want thick, strong, muscular midsections. They want *functionally* powerful abs and hips they can use for heavy lifting, kicking, and brawling. They want guts so strong from their training that it actually hurts an attacker to punch them in the belly. Prison abs aren't about all show, no go—a prison-built physique has to be all show and all go. Those guys don't just want six-packs—they want six-packs from Hell.

And, for the first time, we're going to show you how these guys get what they want. We're not going to be using sissy machines or easy isolation exercises—we're going straight for the old school secret weapon for gut training; progressive leg raises.

If you want a six-pack from Hell, the first thing you need to do is focus your efforts. If a weightlifter wanted a very thick, powerful chest in a hurry, he wouldn't spread his efforts out over a dozen exercises and perform them gently all day long. No—he'd pick just one exercise, probably the bench press, and just focus on getting stronger and stronger on that lift until he was monstrously strong. When he reached this level, and his pecs were thick slabs of meat, only then would he maybe begin sculpting them with minor exercises and higher reps.

It's no different if you want a mind-blowing midsection. Just pick one exercise that hits all the muscles in the midsection—the hip flexors, the abs, the intercostals, the obliques—then blast it.

And the one exercise we're going to discover is the best midsection exercise known to man, and the most popular amongst soldiers, warriors, martial artists and

prison athletes since men started working out—the leg raise.

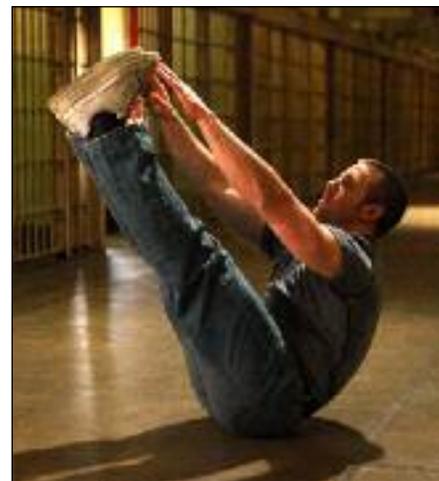
You'll discover ten different leg raise movements, each one a little harder than the last. You'll learn how to get the most out of each of these techniques, each of these ten steps, before moving up to the next step. By the time you get through all ten steps and you're working with the final Master Step of the leg raise series, you'll have a solid, athletic, stomach made of steel, as well as powerful hips and a ribcage armored with dense muscle. You'll have abs that would've made Bruce Lee take notice!

## THE TEN COMMANDMENTS YOU MUST OBEY TO EARN A REAL MONSTER OF AN ATHLETIC CORE

Paul Wade gives you ten key points, the "Ten Commandments" of leg raises, that will take your prison-style core training from just "okay" to absolutely phenomenal. We want the results to be so effective that they'll literally shock you. This kind of accelerated progress can be achieved, but if you want to achieve it you better listen carefully to these ten key pointers you'll discover with the DVD.

Bodyweight mastery is a lot like high-level martial arts. It's more about *principles* than individual techniques. Really study and absorb these principles, and you'll be on your way to a six-pack from Hell in no time.

The hanging straight leg raise, performed strictly and for reps, is the Gold Standard of abdominal strength techniques. Once you're at the level where you can throw out sets of twenty to thirty rock solid reps of this exercise, your abs will be thick and strong, but more



importantly, they'll be functional—not just a pretty six-pack, but a real monster of an athletic core, which is capable of developing high levels of force.

Hanging will work your serratus and intercostals, making these muscles stand out like fingers, and your obliques and flank muscles will be tight and strong from holding your hips in place. Your lumbar spine will achieve a gymnastic level of flexibility, like fluid steel, and your chances of back pain will be greatly reduced.

The bottom line: If you want to be stronger and more athletic than the next guy, you need the edge that straight leg raises can give you.



**1**

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**2**

Mid-Level

**3**

Advanced

## Convict Conditioning

Volume 3: Leg Raises

Six Pack from Hell

By Paul "Coach" Wade featuring

Brett Jones and Max Shank

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DVD 57 minutes with full color Companion Manual, 82 pages



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# ERECT TWIN PYTHONS OF COILED BEEF UP YOUR SPINE AND DEVELOP EXTREME, EXPLOSIVE RESILIENCE—WITH THE DYNAMIC POWER AND FLEXIBLE STRENGTH OF **ADVANCED BRIDGING**

**P**aul Wade's *Convict Conditioning* system represents the ultimate distillation of hardcore prison bodyweight training's most powerful methods. What works was kept. What didn't, was slashed away. When your life is on the line, you're not going to mess with less than the absolute best. Many of these older, very potent solitary training systems have been on the verge of dying, as convicts begin to gain access to weights, and modern "bodybuilding thinking" floods into the prisons. Thanks to Paul Wade, these ultimate strength survival secrets have been saved for posterity. And for you...

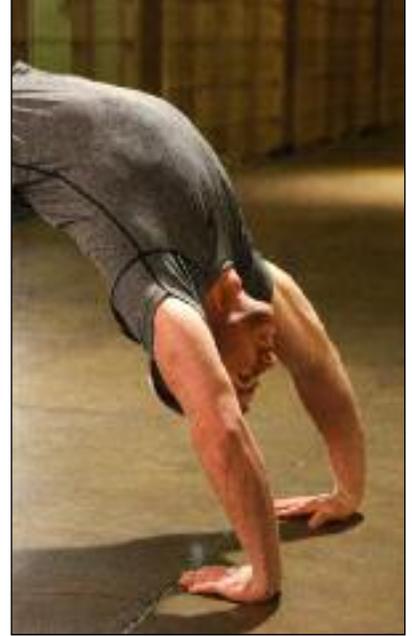
Filmed entirely—and so appropriately—on "The Rock", Wade's *Convict Conditioning Volume 4, Advanced Bridging: Forging an Iron Spine* explodes out of the cellblock to teach you in absolute detail how to progress from the relative ease of a Short Bridge—to the stunning, "1-in-1,000" achievement of the Stand-to-Stand Bridge. Ten progressive steps guide you to inevitable mastery of this ultimate exercise for an unbreakable back.

This home-study course in ultimate survival strength comes replete with bonus material not available in Paul Wade's original *Convict Conditioning* book—and numerous key training tips that refine and expand on the original program.

Prowl through the heavily and gorgeously-illustrated 80-plus-page manual and devour the entire film script at your animal leisure. Digest the brilliant, precise photographs and reinforce the raw benefits you absorbed from the DVD.

Paul Wade adds a bonus **Ten Commandments for Perfect Bridges**—which is worth the price of admission alone. And there's the additional bonus of **4 major Variant drills** to add explosivity, fun and super-strength to your core practice.

Whatever you are looking for from your pushups—be it supreme functional strength, monstrous muscle growth or explosive upper-body power—it's yours for the progressive taking with *Convict Conditioning Volume 4: Advanced Bridging: Forging an Iron Spine*.



## Convict Conditioning

Volume 4: Advanced Bridging:  
Forging an Iron Spine

By Paul "Coach" Wade featuring  
Brett Jones and Max Shank

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DVD 59 minutes with full color Companion Manual, 88 pages

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# How Do YOU Stack Up Against These 6 Signs of a TRUE Physical Specimen?

According to Paul Wade's *Convict Conditioning* you earn the right to call yourself a "true physical specimen" if you can perform the following:

- ✓ 1. AT LEAST one set of 5 one-arm pushups each side—with the ELITE goal of 100 sets each side
- ✓ 2. AT LEAST one set of 5 one-leg squats each side—with the ELITE goal of 2 sets of 50 each side
- ✓ 3. AT LEAST a single one-arm pullup each side—with the ELITE goal of 2 sets of 6 each side
- ✓ 4. AT LEAST one set of 5 hanging straight leg raises—with the ELITE goal of 2 sets of 30
- ✓ 5. AT LEAST one stand-to-stand bridge—with the ELITE goal of 2 sets of 30
- ✓ 6. AT LEAST a single one-arm handstand pushup on each side—with the ELITE goal of 1 set of 5

Well, how DO you stack up?

Chances are that whatever athletic level you have achieved, there are some serious gaps in your OVERALL strength program. Gaps that stop you short of being able to claim status as a truly accomplished strength athlete.

The good news is that—in *Convict Conditioning*—Paul Wade has laid out a brilliant 6-set system of 10 progressions which allows you to master these elite levels.

And you could be starting at almost any age and in almost in any condition...

Paul Wade has given you the keys—ALL the keys you'll ever need—that will open door, after door, after door for you in your quest for supreme physical excellence. Yes, it will be the hardest work you'll ever have to do. And yes, 97% of those who pick up *Convict Conditioning*, frankly, won't have the guts and the fortitude to make it. But if you make it even half-way through Paul's Progressions, you'll be stronger than almost anyone you encounter. Ever.



Here's just a small taste of what you'll get with *Convict Conditioning*:

Can you meet these 5 benchmarks of the *truly* powerful?... Page 1

The nature and the art of real strength... Page 2

Why mastery of *progressive calisthenics* is the ultimate secret for building maximum raw strength... Page 2

A dozen one-arm handstand pushups without support—anyone? Anyone?... Page 3

How to rank in a powerlifting championship—*without ever training with weights*... Page 4

Calisthenics as a hardcore strength training technology... Page 9

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# Dragon Door Customer Acclaim for Paul Wade's *Convict Conditioning*



## A Strength Training Guide That Will Never Be Duplicated!

"I knew within the first chapter of reading this book that I was in for something special and unique. The last time I felt this same feeling was when reading *Power to the People!* To me this is the Body Weight equivalent to Pavel's masterpiece.

Books like this can never be duplicated. Paul Wade went through a unique set of circumstances of doing time in prison with an 'old time' master of calisthenics. Paul took these lessons from this 70 year old strong man and mastered them over a period of 20 years while 'doing time'. He then taught these methods to countless prisoners and honed his teaching to perfection.

I believe that extreme circumstances like this are what it takes to create a true masterpiece. I know that 'masterpiece' is a strong word, but this is as close as it gets. No other body weight book I have read (and I have a huge fitness library)...comes close to this as far as gaining incredible strength from body weight exercise.

Just like *Power to the People*, I am sure I will read this over and over again...mastering the principles that Paul Wade took 20 years to master.

Outstanding Book!"—*Rusty Moore - Fitness Black Book - Seattle, WA*

## A must for all martial artists

"As a dedicated martial artist for more than seven years, this book is exactly what I've been looking for.

For a while now I have trained with machines at my local gym to improve my muscle strength and power and get to the next level in my training. I always felt that the modern health club, technology based exercise jarred with my martial art though, which only required body movement.

Finally this book has come along. At last I can combine perfect body movement for martial skill with perfect body exercise for ultimate strength.

All fighting arts are based on body movement. This book is a complete textbook on how to max out your musclepower using only body movement, as different from dumbbells, machines or gadgets. For this reason it belongs on the bookshelf of every serious martial artist, male and female, young and old."—*Gino Cartier - Washington DC*

## I've packed all of my other training books away!

"I read CC in one go. I couldn't put it down. I have purchased a lot of bodyweight training books in the past, and have always been pretty disappointed. They all seem to just have pictures of different exercises, and no plan whatsoever on how to implement them and progress with them. But not with this one. The information in this book is AWESOME! I like to have a clear, logical plan of progression to follow, and that is what this book gives. I have put all of my other training books away. CC is the only system I am going to follow. This is now my favorite training book ever!"—*Lyndan - Australia*

## Brutal Elegance.

"I have been training and reading about training since I first joined the US Navy in the 1960s. I thought I'd seen everything the fitness world had to offer. Sometimes twice. But I was wrong. This book is utterly iconoclastic.

The author breaks down all conceivable body weight exercises into six basic movements, each designed to stimulate different vectors of the muscular system. These six are then elegantly and very intelligently broken into ten progressive techniques. You master one technique, and move on to the next.

The simplicity of this method belies a very powerful and complex training paradigm, reduced into an abstraction that obviously took many years of sweat and toil to develop.

Trust me. Nobody else worked this out. This approach is completely unique and fresh.

I have read virtually every calisthenics book printed in America over the last 40 years, and instruction like this can't be found anywhere, in any one of them. *Convict Conditioning* is head and shoulders above them all. In years to come, trainers and coaches will all be talking about 'progressions' and 'progressive calisthenics' and claim they've been doing it all along. But the truth is that Dragon Door bought it to you first. As with kettlebells, they were the trail blazers.

Who should purchase this volume? Everyone who craves fitness and strength should. Even if you don't plan to follow the routines, the book will make you think about your physical prowess, and will give even world class experts food for thought. At the very least if you find yourself on vacation or away on business without your barbells, this book will turn your hotel into a fully equipped gym.

I'd advise any athlete to obtain this work as soon as possible."—*Bill Oliver - Albany, NY, United States*



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# More Dragon Door Customer Acclaim for *Convict Conditioning*

## Fascinating Reading and Real Strength

“Coach Wade’s system is a real eye opener if you’ve been a lifetime iron junkie. Wanna find out how really strong (or weak) you are? Get this book and begin working through the 10 levels of the 6 power exercises. I was pleasantly surprised by my ability on a few of the exercises...but some are downright humbling. If I were on a desert island with only one book on strength and conditioning this would be it. (Could I staple Pavel’s “Naked Warrior” to the back and count them as one???) Thanks Dragon Door for this innovative new author.”—*Jon Schultheis, RKC (2005) - Keansburg, NJ*

## Single best strength training book ever!

“I just turned 50 this year and I have tried a little bit of everything over the years: martial arts, swimming, soccer, cycling, free weights, weight machines, even yoga and Pilates. I started using *Convict Conditioning* right after it came out. I started from the beginning, like Coach Wade says, doing mostly step one or two for five out of the six exercises. I work out 3 to 5 times a week, usually for 30 to 45 minutes.

Long story short, my weight went up 14 pounds (I was not trying to gain weight) but my body fat percentage dropped two percent. That translates into approximately 19 pounds of lean muscle gained in two months! I’ve never gotten this kind of results with anything else I’ve ever done. Now I have pretty much stopped lifting weights for strength training. Instead, I lift once a week as a test to see how much stronger I’m getting without weight training. There are a lot of great strength training books in the world (most of them published by Dragon Door), but if I had to choose just one, this is the single best strength training book ever. BUY THIS BOOK. FOLLOW THE PLAN. GET AS STRONG AS YOU WANT. —*Wayne - Decatur, GA*

## Best bodyweight training book so far!

“I’m a martial artist and I’ve been training for years with a combination of weights and bodyweight training and had good results from both (but had the usual injuries from weight training). I prefer the bodyweight stuff though as it trains me to use my whole body as a unit, much more than weights do, and I notice the difference on the mat and in the ring. Since reading this book I have given the weights a break and focused purely on the bodyweight exercise progressions as described by ‘Coach’ Wade and my strength had increased more than ever before. So far I’ve built up to 12 strict one-leg squats each leg and 5 uneven pull ups each arm.

I’ve never achieved this kind of strength before - and this stuff builds solid muscle mass as well. It’s very intense training. I am so confident in and happy with the results I’m getting that I’ve decided to train for a fitness/bodybuilding comp just using his techniques, no weights, just to show for real what kind of a physique these exercises can build. In sum, I cannot recommend ‘Coach’ Wade’s book highly enough - it is by far the best of its kind ever!”—*Mark Robinson - Australia, currently living in South Korea*

## A lifetime of lifting...and continued learning.

“I have been working out diligently since 1988 and played sports in high school and college before that. My stint the Army saw me doing calisthenics, running, conditioning courses, forced marches, etc. There are many levels of strength and fitness. I have been as big as 240 in my powerlifting/strongman days and as low as 185-190 while in the Army. I think I have tried everything under the sun: the high intensity of Arthur Jones and Dr. Ken, the Super Slow of El Darden, and the brutality of Dinosaur Training Brooks Kubic made famous.

This is one of the BEST books I’ve ever read on real strength training which also covers other just as important aspects of health; like staying injury free, feeling healthy and becoming flexible. It’s an excellent book. He tells you the why and the how with his progressive plan. This book is a GOLD MINE and worth 100 times what I paid for it!”  
—*Horst - Woburn, MA*

## This book sets the standard, ladies and gentlemen

“It’s difficult to describe just how much this book means to me. I’ve been training hard since I was in the RAF nearly ten years ago, and to say this book is a breakthrough is an understatement. How often do you really read something so new, so fresh? This book contains a complete new system of calisthenics drawn from American prison training methods. When I say ‘system’ I mean it. It’s complete (rank beginner to expert), it’s comprehensive (all the exercises and photos are here), it’s graded (progressions from exercise to exercise are smooth and predetermined) and it’s totally original. Whether you love or hate the author, you have to listen to him. And you will learn something. This book just makes SENSE. In twenty years people will still be buying it.”—*Andy McMann - Ponty, Wales, GB*



## Convict Conditioning

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By Paul “Coach” Wade

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# The Experts Give High Praise to *Convict Conditioning 2*

“Coach Paul Wade has outdone himself. His first book *Convict Conditioning* is to my mind THE BEST book ever written on bodyweight conditioning. Hands down. Now, with the sequel *Convict Conditioning 2*, Coach Wade takes us even deeper into the subtle nuances of training with the ultimate resistance tool: our bodies.

In plain English, but with an amazing understanding of anatomy, physiology, kinesiology and, go figure, psychology, Coach Wade explains very simply how to work the smaller but just as important areas of the body such as the hands and forearms, neck and calves and obliques in serious functional ways.

His minimalist approach to exercise belies the complexity of his system and the deep insight into exactly how the body works and the best way to get from A to Z in the shortest time possible.

I got the best advice on how to strengthen the hard-to-reach extensors of the hand right away from this exercise Master I have ever seen. It's so simple but so completely functional I can't believe no one else has thought of it yet. Just glad he figured it out for me.

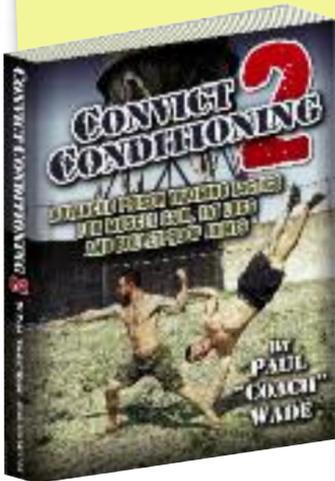
Paul teaches us how to strengthen our bodies with the simplest of movements while at the same time balancing our structures in the same way: simple exercises that work the whole body.

And just as simply as he did with his first book. His novel approach to stretching and mobility training is brilliant and fresh as well as his take on recovery and healing from injury. Sprinkled throughout the entire book are too-many-to-count insights and advice from a man who has come to his knowledge the hard way and knows exactly of what he speaks.

This book is, as was his first, an amazing journey into the history of physical culture disguised as a book on calisthenics. But the thing that Coach Wade does better than any before him is his unbelievable progressions on EVERY EXERCISE and stretch! He breaks things down and tells us EXACTLY how to proceed to get to whatever level of strength and development we want. AND gives us the exact metrics we need to know when to go to the next level.

Adding in completely practical and immediately useful insights into nutrition and the mindset necessary to deal not only with training but with life, makes this book a classic that will stand the test of time.

Bravo Coach Wade, Bravo.” —Mark Reifkind, Master RKC, author of *Mastering the HardStyle Kettlebell Swing*



## Convict Conditioning 2

Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints  
By Paul “Coach” Wade

#B59 \$39.95

Paperback 8.5 x 11 354 pages  
261 photos, charts and illustrations



“The overriding principle of *Convict Conditioning 2* is ‘little equipment-big rewards’. For the athlete in the throwing and fighting arts, the section on Lateral Chain Training, Capturing the Flag, is a unique and perhaps singular approach to training the obliques and the whole family of side muscles. This section stood out to me as ground breaking and well worth the time and energy by anyone to review and attempt to complete. Literally, this is a new approach to lateral chain training that is well beyond sidebends and suitcase deadlifts.

The author's review of passive stretching reflects the experience of many of us in the field. But, his solution might be the reason I am going to recommend this work for everyone: The Trifecta. This section covers what the author calls The Functional Triad and gives a series of simple progressions to three holds that promise to oil your joints. It's yoga for the strength athlete and supports the material one would find, for example, in Pavel's *Loaded Stretching*.

I didn't expect to like this book, but I come away from it practically insisting that everyone read it. It is a strongman book mixed with yoga mixed with street smarts. I wanted to hate it, but I love it.”  
—Dan John, author of *Don't Let Go* and co-author of *Easy Strength*

“I've been lifting weights for over 50 years and have trained in the martial arts since 1965. I've read voraciously on both subjects, and written dozens of magazine articles and many books on the subjects. This book and Wade's first, *Convict Conditioning*, are by far the most commonsense, information-packed, and result producing I've read. These books will truly change your life.

Paul Wade is a new and powerful voice in the strength and fitness arena, one that is commonsense, inspiring, and in your face. His approach to maximizing your body's potential is not the same old hackneyed material you find in every book and magazine piece that pictures steroid-bloated models screaming as they curl weights. Wade's stuff has been proven effective by hard men who don't tolerate fluff. It will work for you, too—guaranteed.

As an ex-cop, I've gone mano-y-mano with ex-cons that had clearly trained as Paul Wade suggests in his two *Convict Conditioning* books. While these guys didn't look like steroid-fueled bodybuilders (actually, there were a couple who did), all were incredibly lean, hard and powerful. Wade blows many commonly held beliefs about conditioning, strengthening, and eating out of the water and replaces them with result-producing information that won't cost you a dime.” —Loren W. Christensen, author of *Fighting the Pain Resistant Attacker*, and many other titles

“*Convict Conditioning* is one of the most influential books I ever got my hands on. *Convict Conditioning 2* took my training and outlook on the power of bodyweight training to the 10th degree—from strengthening the smallest muscles in a maximal manner, all the way to using bodyweight training as a means of healing injuries that pile up from over 22 years of aggressive lifting.

I've used both *Convict Conditioning* and *Convict Conditioning 2* on myself and with my athletes. Without either of these books I can easily say that these boys would not be the BEASTS they are today. Without a doubt *Convict Conditioning 2* will blow you away and inspire and educate you to take bodyweight training to a whole NEW level.”  
—Zach Even-Esh, Underground Strength Coach



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Order *Convict Conditioning 2* online:  
[www.dragondoors.com/B59](http://www.dragondoors.com/B59)



24 HOURS A DAY  
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“Paul Wade’s section on developing the sides of the body in *Convict Conditioning 2* is brilliant. Hardstyle!” —Pavel Tsatsouline, author of *The Naked Warrior*

# Online Praise for *Convict Conditioning 2*

## Best Sequel Since *The Godfather 2!*

“Hands down the best addition to the material on *Convict Conditioning* that could possibly be put out. I already implemented the neck bridges, calf and hand training to my weekly schedule, and as soon as my handstand pushups and leg raises are fully loaded I’ll start the flags. Thank you, Coach!”

—Daniel Runkel, Rio de Janeiro, Brazil

## Just as brilliant as its predecessor!

“Just as brilliant as its predecessor! The new exercises add to the Big 6 in a keep-it-simple kind of way. Anyone who will put in the time with both of these masterpieces will be as strong as humanly possible. I especially liked the parts on grip work. To me, that alone was worth the price of the entire book.”

—Timothy Stovall / Evansville, Indiana

## Convict Conditioning 2

Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints  
By Paul “Coach” Wade

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Paperback 8.5 x 11 354 pages

261 photos, charts and illustrations



Mid-Level Advanced

## The progressions were again sublime

“Never have I heard such in depth and yet easy to understand description of training and physical culture. A perfect complement to the first book although it has its own style keeping the best attributes of style from the first but developing it to something unique. The progressions were again sublime and designed for people at all levels of ability. The two books together can forge what will closely resemble superhuman strength and an incredible physique and yet the steps to get there are so simple and easy to understand.”

—Ryan O., Nottingham, United Kingdom

## If you liked CC1, you’ll love CC2

“CC2 picks up where CC1 left off with great information about the human flag (including a version called the clutch flag, that I can actually do now), neck and forearms. I couldn’t be happier with this book.”

—Justin B., Atlanta, Georgia

## From the almost laughably-simple to realm-of-the-gods

“*Convict Conditioning 2* is a great companion piece to the original *Convict Conditioning*. It helps to further build up the athlete and does deliver on phenomenal improvement with minimal equipment and space.

The grip work is probably the superstar of the book. Second, maybe, is the attention devoted to the lateral muscles with the development of the clutch- and press-flag.

*Convict Conditioning 2* is more of the same - more of the systematic and methodical improvement in exercises that travel smoothly from the almost laughably-simple to realm-of-the-gods. It is a solid addition to any fitness library.”

—Robert Aldrich, Chapel Hill, GA

## Well worth the wait

“Another very interesting, and as before, opinionated book by Paul Wade. As I work through the CC1 progressions, I find it’s paying off at a steady if unspectacular rate, which suits me just fine. No training injuries worth the name, convincing gains in strength. I expect the same with CC2 which rounds off CC1 with just the kind of material I was looking for. Wade and Dragon Door deserve to be highly commended for publishing these techniques. A tremendous way to train outside of the gym ecosystem.”

—V. R., Bangalore, India

## Very Informative

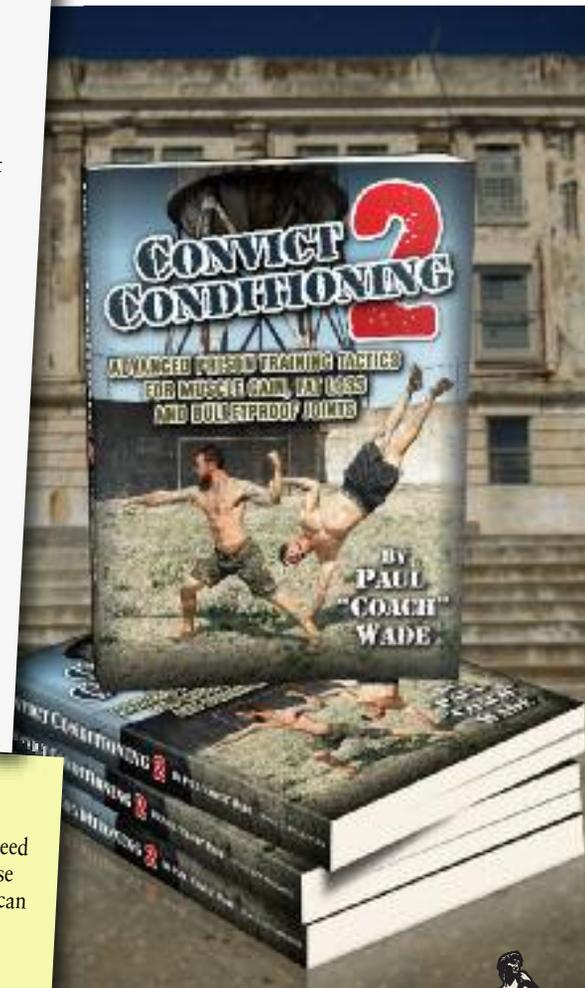
“*Convict Conditioning 2* is more subversive training information in the same style as its original. It’s such a great complement to the original, but also solid enough on its own. The information in this book is fantastic-- a great buy! Follow this program, and you will get stronger.”

—Chris B., Thunder Bay, Canada

## Brilliant

“*Convict Conditioning* books are all the books you need in life. As Bruce Lee used to say, it’s not a daily increase but a daily decrease. Same with life. Too many things can lead you down many paths, but to have Simplicity is perfect.”

—Brandon Lynch, London, England



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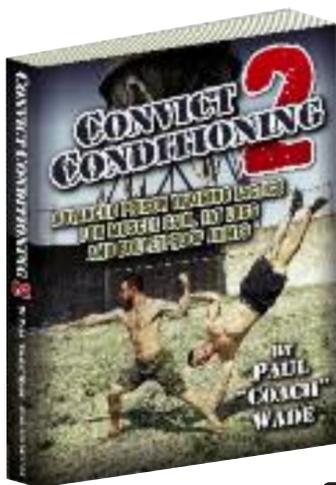


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Mid-Level

3

Advanced

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# The 4 Essential Flexibility Steps You Need for the Perfect Front Bridge

An excerpt adapted from Paul Wade's *Convict Conditioning 2*

To perform the front bridge correctly, there are four postural stages to progress through that'll get you where you need to be:

**STAGE 1.** Get into as wide a stance as is comfortable, and bend over at the hips until you feel a stretch. Bend your knees if you really need to, and support your torso a little by placing your palms on your thighs or knees. Build up to holding this position for a full minute. This will gradually condition the muscles and ligaments of your back, hips and thighs to forwards stretching techniques. Once you get comfortable with this position, move to stage 2.

**STAGE 2.** Get into a wide stance again. By now your feet should be able to go a little wider—at least twice shoulder width. Lock the legs straight at the knees. Now bend at the waist and touch the floor below you. At first you may not be able to touch the floor. This will be especially true if you are the average stiff-as-a-board guy. Keep trying. Eventually you will be able to touch the floor with your fingertips. Then with bent fingers. As the weeks pass your back and hamstrings will loosen and you'll be able to touch your knuckles to the floor. Finally, you'll be able to rest your palms on the floor. When you can rest your palms on the floor for a full minute, move to stage 3.

**STAGE 3.** Once you have mastered the palms on floor position from a wide stance, begin bringing your torso even closer to the floor by bending your arms. This may take some time, but eventually you will be loose enough to rest your forearms and elbows on the floor for a few seconds. Build up over the weeks until you can hold this forearms-on-floor position for a full minute, then move to stage 4.

**STAGE 4.** While resting your forearms on the floor, continue stretching forwards—still with the legs fairly straight at the knee—until your forehead touches the ground, however gently. When you can do this, place your palms on the floor again, and try placing the crown of your skull on the floor between your hands. When you can do this, build up to holding the position for a minute. Once you have mastered stage 4, you'll be supple enough to try the basic *front bridge* position.

Work on these techniques for a short while after your neck training sessions—and perhaps on a second day during the week—and by the time your neck muscles are ready for full front bridges your back and legs will be more than supple enough to allow you to tackle this brilliant exercise.



STAGE 1



STAGE 2



STAGE 3



STAGE 4

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# Discover how the magic of kettlebell exercise can keep you powerful, strong and supple—at any age...

**N**othing ages us faster than the lack of regular, effective exercise. Muscles melt away, bones go brittle, posture stoops, skin sags, flab hangs—and joints creak. Pain, fear and fatigue become our constant companions.

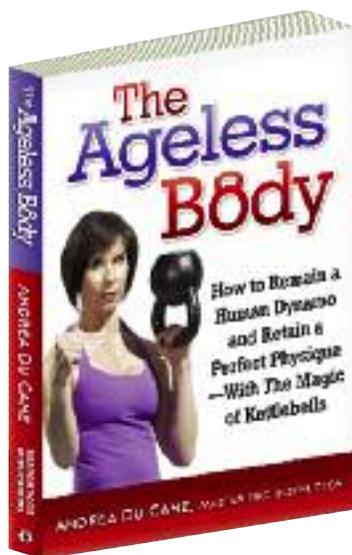
The less you exercise, the faster you decline. However, not all exercise is created equal. Many forms of exercise may at best put you in a holding pattern, while other forms of exercise might even exacerbate your health issues.

The good news is that there is one form of exercise which can give you immeasurable health benefits, whatever your age. Regular, well-designed **kettlebell workouts** may not only reverse many symptoms of aging, but will actively contribute to building your strength and power well into your 50s, 60s, 70s and 80s.

Kettlebells are the only handheld weight that allows you to exercise aerobically, for cardio as well as anaerobically, for strength training. The kettlebell is the unique “gym in your hand” that can reward you with decades of high-yield health benefits.

Andrea Du Cane's *The Ageless Body* presents a complete De-Aging Masterplan, that gives everyone from the raw novice to the experienced athlete an opportunity to defy physical decline and hone themselves—safely, simply and progressively—into the muscular, energetic, magnetic specimens they deserve to be.

*The Ageless Body* provides everything you need to start training with kettlebells, whatever your current age or condition. Bonus sections cover warm-ups, joint mobility, balance and stability—to ensure your anti-aging kettlebell program covers all the essential elements for a long, active, safe and pain-free life. Enjoy!



**The Ageless Body**  
How to Remain a Human Dynamo and Retain a Perfect Physique—With the Magic of Kettlebells  
By Andrea Du Cane, Master RKC  
#B58 **\$34.95**  
Paperback 8.5 x 11 159 pages  
237 photos, charts and illustrations



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"If you choose to reclaim your youth, look no further than ***The Kettlebell Boomer***. Andrea Du Cane possesses a razor sharp mind and the kind of attention to detail that separates the high-end professionals from the also-rans. Which shall become obvious once you watch her DVD. Youth is a choice. Make it." —Pavel Tsatsouline, author of ***Enter the Kettlebell!***

### **Possibly the Most Important DVD Made Since *Enter the Kettlebell!***

"Watching ***The Kettlebell Boomer*** reminded me of my parents and the necessity to get the transformative power of the kettlebell into the hands of the Baby Boomer Generation. This DVD will do just that.

***The Kettlebell Boomer*** truly demonstrates that kettlebells are for EVERYBODY and no bodies need it more right now than the Boomers. This DVD is the solution to aging gracefully and it couldn't come at a better time than now. My hope is that members of the Boomer generation, with the help of my generation (Gen-X), experience what we already know - that 'when we say kettlebells, we mean strength. And when we say strength, we mean kettlebells.'

—GEOFF NEUPERT, Master RKC, Durham, NC

### **76 million people need this DVD**

"Andrea Du Cane is not a Master Instructor for nothing. She has been there from the beginning of the Kettlebell Invasion and is still leading from the front. In fact, she was my Team Leader when I got certified in 2005 and was a tough, fair and exacting instructor.

She only wanted you to do things technically correct so that you could make the best progress you could, safely. Her emphasis on technique and execution over sheer loads makes a big difference, especially when one is in the second half of their journey.

Her interest in working with the general population led her to always emphasize corrective drills, stretching, mind body connection and safety first, way before it became so popular.

Her newest DVD ***The Kettlebell Boomer*** is perfect for those that want a solid introduction to all the basic kb exercises as well as progressions and techniques that let them go slowly into this brave and perhaps scary new world of the kettlebell.

Given that there are 76 million people in this age range this is a product that needed to be made.

One of the charges we ask of ourselves when certifying potential RKC's is whether we would feel safe having them train our mothers. With this

DVD any instructor will have even more tools to safely bring deconditioned, older people into the kettlebell community with confidence."

—MARK REIFKIND, Master Instructor RKC, San Jose, CA

### **Excellent DVD**

"***The Kettlebell Boomer*** by Andrea Du Cane is full of excellent progressions, variations and techniques targeted at the 'senior' population.

Trainers will want this product so they can effectively integrate the Kettlebell into the routines of their 'senior' clients and Seniors will want this product to enhance their own Kettlebell practice or to enter into Kettlebell training. With 4 experience levels, the 'self screen' and the variations and progressions provided, this DVD can open the world of KB training to the older clientele."

—BRETT JONES, Master RKC, CSCS, CK-FMS, Pittsburgh, PA

### **What You Should Know About Andrea Du Cane and The Kettlebell Boomer**

"Have you ever wondered how to overcome your physical limitations (or your clients') to optimize your performance and get real results from your kettlebell workouts?

When I owned my gym, 90% of my clients were boomers who came to me with some sort of pre-existing injury or impingement that limited the progress we could make together. Of course as an RKC, I had some tools in my toolbox to help them make breakthroughs, but I didn't have ***The Kettlebell Boomer***. I remember both of us walking out of some training sessions frustrated that we didn't make the progress we intended to make. Has this ever been you?

If the answer is yes, you have to watch ***The Kettlebell Boomer*** with Master RKC, Andrea Du Cane. Du Cane's DVD is one of the most important kettlebell DVDs available for both trainers and kettlebell enthusiasts—here is why:

Students in the DVD are varied in their limitations and you will find either yourself or your client in this DVD.

Du Cane teaches you with sound methods how to work within and even overcome limitations.

You will learn how to reverse the effects of aging in a easy to understand format—Du Cane is professional and engaging.

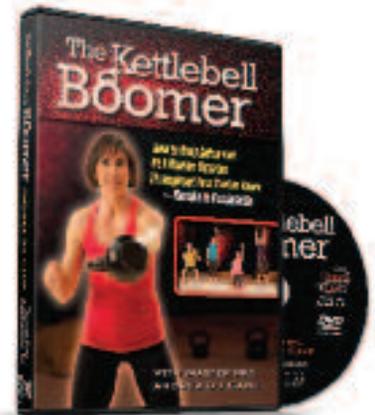
Complete and thorough instruction on how to adapt certain exercises to specific limitations.

Du Cane demonstrates how to shatter plateaus, boost performance and maximize results!

Did you know boomers are estimated to be 80 million strong by 2020? As a trainer you must know how to train this group of people and as a boomer you should know that you don't need to be limited in your kettlebell training.

What was the experience you had recently that left you feeling frustrated after a training session? I am willing to bet that after you watch ***The Kettlebell Boomer*** you will no longer feel like you (or your client) just didn't do enough or that you (or your client) just can't perform certain kettlebell exercises. Get ***The Kettlebell Boomer*** now!"

—SARAH LURIE, Author of *Kettlebells For Dummies*, Montecito, CA



**The Kettlebell Boomer**  
**How to Defy Aging and Be a Human Dynamo Throughout Your Senior Years—Thanks to Kettlebells**  
**With Master RKC, Andrea Du Cane**  
**#DV074 \$39.95**  
Running time: 2 hours 50 minutes

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# How to Excel at the Sport of Lacrosse— Using Kettlebells to Generate Greater Power, Strength and Endurance

**L**acrosse and kettlebells—both passions of mine—form a beautiful marriage when performed together. Both have a rugged reputation and an ancient root. Both hail from a time when a man's physical prowess was key to both his day-to-day survival and lifelong success. Playing lacrosse was an act of war that had great spiritual significance to the Native Americans. Likewise, the kettlebell was a resourceful training tool for hard living, warfare, and acts of strength. It makes perfect sense, then, that the kettlebell be a great training tool for lacrosse.

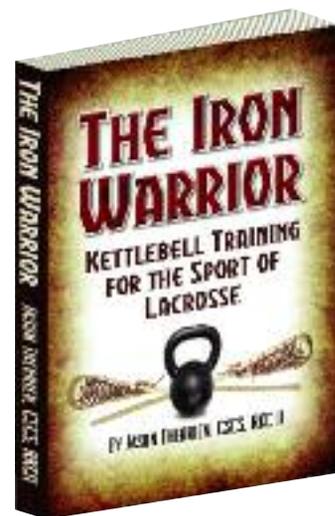
The full potential of the training process can far exceed what most people believe is possible by academic standards. I've seen this happen. I've seen injuries heal before the six- to eight-week period the doc has prescribed. I've seen people who were ready to quit running on a doctor's advice go on to win their age group in record time. I've seen transformations of epic proportions. I've seen regular people and athletes become Warriors!

It's all about learning. All these people learned to change the program of the cyclical and the linear to achieve more and walk on higher ground. They gained a new perspective of what it takes to thrive. The goal of a Warrior is to reach that higher ground and never stop climbing. The process of training and becoming stronger is a path that has no destination. It involves consistent refinement of the self.

My hope is that this book will bring you to the trailhead, where you can begin your personal transformation and start down your own path to becoming a Warrior. *Iron Warrior* contains a wealth of information that will help you achieve your goals as a lacrosse player and beyond.

Today, the term *sports specificity* is commonly used but rarely understood. For a program to be sports specific, it requires more than just working the muscles involved in the sport. In addition, it must blend the elements of mechanics, energy and metabolism, patterns of movement, and speed.

The use of kettlebells with the *Iron Warrior* program meets these criteria completely. I have used this program personally and in training athletes with great success, so I know it's tried and true. Once you feel comfortable with the program, find a way to put your own signature on it. It was never my goal to make your training overly dogmatic but rather to show you the way until you can navigate on your own."—Jason Therrien



## The Iron Warrior Kettlebell Training for the Sport of Lacrosse

By Jason Therrien, CSCS, RKC II

#B52 \$39.95

Paperback 8.5 x 11 208 pages  
145 photos, charts and illustrations

1

Beginner

2

Mid-Level

3

Advanced



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# “MIXED TRAINING PRODUCES MIXED RESULTS”

FROM THE FOREWORD BY  
**PAVEL:**

**T**he famous physiologist refers to one’s inability to go beyond mediocrity if strength and endurance are pursued with equal zeal. I never questioned this axiom as I had met many who had tried to prove it wrong. They all ended up average and hurt.

Then I met Bud Jeffries.

Bud defies the laws of physiology. His body could have been custom made for strength, forged from the same mold as Louis Cyr and Paul Anderson. Jeffries’ 1,000-pound squat starting from the bottom of a power rack is a strength feat legends are made of.

Respect but no surprises so far.

Then I watch this mountain of muscle drop into an effortless full side split, relaxed as a little gymnast girl. I have been fortunate to meet very strong men and very flexible ones—but they were never the same. Until Bud.

But it is Jeffries’ endurance that is on par with bumblebee’s flight—“it is against the natural laws!” He has swung a 53-pound kettlebell for almost an hour non-stop. He has done 1,000 sprawls. He pounded—not tapped—the heavy bag for one full hour. In other words, he performed feats of conditioning which would stop any 150-pound MMA stud in his tracks.

How does a man built like T-rex beat velociraptors at their own game?—I have no idea. But I listen and I learn. Bud Jeffries reminds me of another great strongman, Paul Anderson. The latter’s training had anticipated scientific developments decades ahead of his time. He was extremely smart and he refused to allow scientists’ limitations to become his own.

Ladies and gentleman, I am proud to present Bud Jeffries, the man who never compromises between strength and conditioning.



## CONTENTS INCLUDE:

Why the Swing?  
My Story and why this will work for  
“anybody!”

### How to perform the swing

#### Swing Training

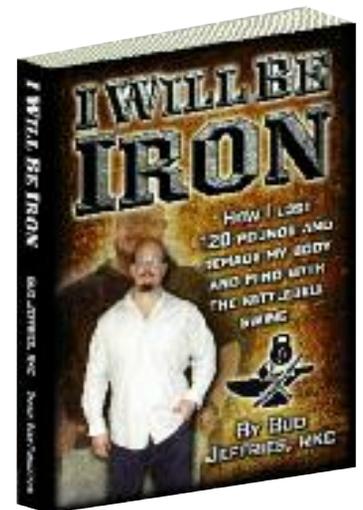
What the Swing did for me /  
Maximizing the Swing  
The New World in Long or  
Third Way Cardio  
Style and Technique of  
Kettlebell Lifting  
Cheating For and Against the Grip  
Interval and Non-interval Time  
and Reps  
Reverse Assistance Exercises  
for the Swing

### How to do this training

Pre-cycle: Base-Building  
Interval Build-Up  
Swing Cycles  
Cycle 1 – Straight build-up cycle –  
500-1000 Reps!  
Cycle 2 – A straight weight cycle  
Cycle 3 – The staggered cycle  
Cycle 4 – Pre-exhaustion cycle  
Cycle 5 – Swings, other and then  
swing  
Cycle 6 – Three exercise cycle  
Cycle 7 – The swing as pre-  
exhaustion to another  
exercise  
Cycle 8 – Heavy-swing-heavy  
Cycle 9 – Specific muscle pre-  
exhaustion  
Cycle 10 – Easier exercise to keep  
moving  
Cycle 11 – Harder than you want it  
to be  
Cycle 12 – Heavy and light the next  
day  
Cycle 13 – Using the swing to  
continue another  
kettlebell exercise

### Mixed Kettlebell Training for Super-Intense Cardio

Example 1 - Battling Ropes  
Example 2 - Stone Training and  
Kettlebell  
Example 3 - Light Barbell  
Conditioning and  
Kettlebell Mix  
Example 4 - Tire Flipping  
Example 5 - Bodyweight Sprawl  
Example 6 - Heavy Bag Work  
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Harmony Movements



## I Will Be Iron

*How I Lost 120 Pounds and  
Remade My Body and Mind with  
the Kettlebell Swing*

**By Bud Jeffries, RKC**

**#B61 \$34.95**

Paperback 155 pages  
8.5" x 11", 105 Photos



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Advanced

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# Add a Dragon Door Kettlebell to Your Arsenal—Durable, Resilient and Perfectly Designed to Give You Years of Explosive Gains in Strength, Endurance and Power

**E**ven a man of average initial strength can immediately start using the 16kg/35lb kettlebell for two-handed swings and quickly gravitate to one-handed swings, followed by jerks, cleans and snatches. Within a few weeks you can expect to see spectacular gains in overall strength and conditioning—and for many—significant fat loss.

Dragon Door re-introduced kettlebells to the US with the uniquely designed 35lb cast iron kettlebell—and it has remained our most popular kettlebell. Why? Let Dragon Door's own satisfied customers tell the story:



Our most popular kettlebell weighs 35lb [16kg]—and is the ideal size for most men to jumpstart their new cardio, conditioning and strength programs.

## Russian Kettlebell - 16kg [35 lbs.]

Authentic Russian kettlebell, w/rust resistant e-coat

#P10A \$96.75

## Excellent Quality

“Unlike other kettlebells I have used, Dragon Door is of far superior quality. You name it, Dragon Door has got it! Where other bells lack, Dragon Door kettlebells easily meet, if not exceed, what a bell is supposed to have in quality! Great balance, nice thick handle for grip strength, and a finish that won't destroy your hands when doing kettlebell exercises.”

—Barry Adamson, Frederick, MD

## Continually Impressed

“Dragon Door never fails to impress with their quality service and products. I bought the 16kg last month and since adding it to my kettlebell 'arsenal', I am seeing huge improvement from the heavier weight. I have larger hands for a woman so the handle on the 16kg fits my hands perfectly and it feels great... This is my fifth month using kettlebells and I cannot imagine NOT using them. They have changed my life.” —Tracy Ann Mangold, Combined Locks, WI

## Dragon Door bells just feel better

“I purchased this 35lb bell for a friend, and as I was carrying it to him I was thinking of ways I could keep it for myself. Everything about this bell is superior to other brands. The finish is the perfect balance of smooth and rough. The handle is ample in both girth and width even for a 35 lb bell, and the shape/ dimensions make overhead work so much more comfortable. There is a clear and noticeable difference between Dragon Door bells and others. Now I am looking to replace my cheap bells with Dragon Door's. On a related note, my friend is thrilled with his bell.” —Raphael Sydnor, Woodberry Forest, VA

## Made for Heavy-Duty Use!

“These kettlebells are definitely made for heavy-duty use! They are heftier than they appear, and the centrifugal force generated while swinging single or two-handed requires correct form. I have read numerous online reviews of different companies who manufacture kettlebells, and it I have yet to read a negative review of the kettlebells sold by Dragon Door. I have both the 35 and 44 lbs KBs, and I expect to receive a 53 lbs KB from Dragon Door by next week. And as I gain in strength and proficiency, I will likely order the 72 lbs KB. If you like to be challenged physically and enjoy pushing yourself, then buy a Russian Kettlebell and start swinging!”

—Mike Davis, Newman, CA

## New Dragon Door Bells—Best Ever!

“Just received a new e-coat 16 yesterday. Perfect balance, perfect texturing, non-slip paint, and absolutely seamless.”

—Daniel Fazzari, Carson City, NV

## Dragon Door Kettlebells: The Real Deal!

“The differences between Dragon Door's authentic Russian kettlebell and the inferior one which I had purchased earlier at a local big box sports store are astounding! The Dragon Door design and quality are clearly superior, and your kettlebell just ‘feels’ right in my hand. There is absolutely no comparison (and yes, I returned the substandard hunk of iron to the big box store for a credit as soon as I received your kettlebell). I look forward to purchasing a heavier kettlebell from dragondoor.com as soon as I master the 16kg weight!” — Stephen Williams, Arlington, VA



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Order Dragon Door Kettlebells online:

[www.dragondoor.com/shop-by-department/kettlebells/](http://www.dragondoor.com/shop-by-department/kettlebells/)



24 HOURS A DAY  
ORDER NOW CALL **1-800-899-5111**

# Customer Acclaim for Dragon Door's Bestselling **12kg/26lb** Kettlebell

## Converted Gym Rat....

"I have seen DRASTIC changes in EVERYWHERE on my body within a very short time. I have been working out religiously in the gym for the past 15 years. I have seen more change in JUST 1 month of kettlebell training. KB's build bridges to each muscle so your body flows together instead of having all of these great individual body parts. The WHOLE is GREAT, TIGHT and HARD. Just what every woman wants."

—Terri Campbell, Houston, TX

## Best Kettlebells Available

"Okay, they cost a lot and, with the shipping costs, it's up there. However, the local kettlebells were far inferior in quality—do you want rough handles when you're swinging? And, if you order a cheaper product online, you won't even KNOW the quality until you have them. Dragon Door kettlebells are well formed, well-balanced and have no rough edges. Sometimes you just have to go with the best and these are the best!"

—Judy Taylor/ Denver, CO

## Awesome tool for the toolbox!!!

"I took some time off from grappling to focus on strength using my new kettlebells...

Needless to say my training partners knew something was up. My 'real' total body strength had increased dramatically and I had lost about 5 pounds of bodyfat weight. We are getting more!!!!"

—Jason Cavanaugh, Marietta, PA



## More Fun Than a Dumbbell or Barbell

"Very satisfied. A lot of fun. Indestructible. Delivered quickly. Much more fun to use than dumbbells or barbells. Everytime I see the bells I pick them up and do something with them. Great!"

—Sonny Ritscher, Los Angeles, CA

## Beautiful Cast Iron

"The casting was so well done that the kettlebell doesn't look like a piece of exercise equipment." — Robert Collins, Cambridge, MA

## Changing a 64 year old's life!

"After being very fit all my life with everything from Tae Kwon Do to rock climbing and mountain biking, I hit 60 ... had a heart valve repair and got horribly out of condition, It was difficult for me just to get up off the floor when I sat to put wood in the wood burning fireplace. In just 6 weeks with a 12 kilo kettlebell I've improved dramatically. The 'real life' strength that you develop is amazing. The difference to your 'core' is dramatic. Wish I'd discovered kbells years ago!"

—Lowell Kile, Betchworth, United Kingdom

## I Love My Kettlebell!

"I am really enjoying my kettlebell. When I received mine, I was so pleased with the finish and the handle. It is definitely a high quality product and when I work my strength up, I will order my next kettlebell from DragonDoor as well."

—Diana Kerkis, Bentonville, AR



## GREAT Piece of Equipment

"Excellent quality and finish. I'm a runner who doesn't do heavy weights; this 26 lb. KB is a great addition to my training and has made a meaningful difference, even in the first few weeks. Something about the shape INVITES you to work with it!

Highly recommended." —Matthew Cross, Stamford, CT

## Maximum Results

"There is not a product around that compares to the 26 lb kettlebell. It is a health club, of its own. In my opinion anybody of any age or fitness level can achieve results." —Jim Thoma, Shoreline, WA

## The Handler

"The Kettlebell is the authority of weights. I'm 50 years old and have been working out since I was 12. I purchased the 12kg kettlebell, and at the present time used it for six different exercises. Its shape makes such a big difference; you can be creative using it to strengthen areas of your body simultaneously in one motion. In the future I will purchase the 35 kg."

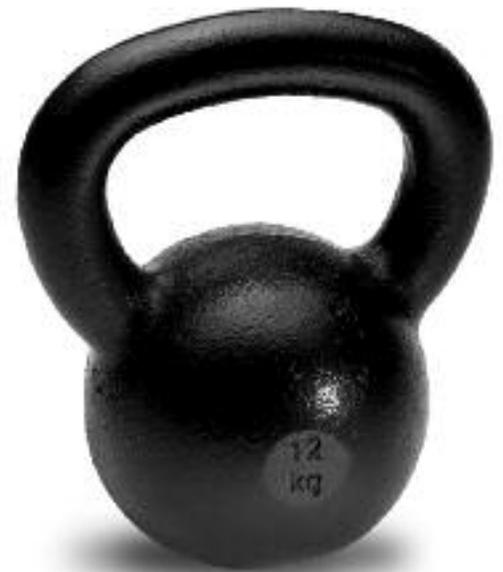
—Ronald Bradley, Alpharetta, GA



## Excellent Product

"I have bought two other (competitor's) kettlebells since the purchase of this product, and there's an obvious difference in quality. I am very pleased with the purchase from DragonDoor. Thanks."

—Steve Crocker, Coupeville, WA



## Russian Kettlebell - 12kg (26 lbs.)

Authentic Russian kettlebell, w/rust resistant e-coat #P10G \$76.95

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# Whatever Your Athletic Challenge, Dragon Door Has the Perfect Kettlebell Size to Meet Your Demand!



## Classic Russian Kettlebells—All Cast Iron/E-Coated



 <p><b>Russian Kettlebell</b> <b>10 lbs.</b> #P10N \$41.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>16kg [35 lbs.]</b> #P10A \$96.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>32kg [70 lbs.]</b> #P10C \$153.94 <i>Call for shipping costs</i></p>
 <p><b>Russian Kettlebell</b> <b>14 lbs.</b> #P10P \$54.95 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>18kg [40 lbs.]</b> #P10W \$102.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>36kg [79 lbs.]</b> #P10Q \$175.95 <i>Call for shipping costs</i></p>
 <p><b>Russian Kettlebell</b> <b>18 lbs.</b> #P10M \$65.95 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>20kg [44 lbs.]</b> #P10H \$107.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>40kg [88 lbs.]</b> #P10F \$197.65 <i>Call for shipping costs</i></p>
 <p><b>Russian Kettlebell</b> <b>10kg [22 lbs.]</b> #P10T \$71.45 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>22kg [48 lbs.]</b> #P10X \$112.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>44kg [97 lbs.]</b> #P10R \$241.95 <i>Call for shipping costs</i></p>
 <p><b>Russian Kettlebell</b> <b>12kg [26 lbs.]</b> #P10G \$76.95 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>24kg [53 lbs.]</b> #P10B \$118.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>48kg [106 lbs.]</b> #P10L \$263.95 <i>Call for shipping costs</i></p>
 <p><b>Russian Kettlebell</b> <b>14kg [31 lbs.]</b> #P10U \$87.95 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>28kg [62 lbs.]</b> #P10J \$142.95 <i>Call for shipping costs</i></p>	

### ALASKA/HAWAII KETTLEBELL ORDERING

Dragon Door now ships to all 50 states, including Alaska and Hawaii, via UPS Ground. 32kg and above available for RUSH (2-day air) shipment only.

### CANADIAN KETTLEBELL ORDERING

Dragon Door now accepts online, phone and mail orders for Kettlebells to Canada, using UPS Standard service. UPS Standard to Canada service is guaranteed, fully tracked ground delivery, available to every address in all of Canada's 10 provinces. Delivery time can vary between 3 to 10 business days.

**IMPORTANT** — International shipping quotes & orders do not include customs clearance, duties, taxes or other non-routine customs brokerage charges, which are the responsibility of the customer.

- KETTLEBELLS ARE SHIPPED VIA UPS GROUND SERVICE, UNLESS OTHERWISE REQUESTED.
- KETTLEBELLS RANGING IN SIZE FROM 10 LBS. TO 24 KG CAN BE SHIPPED TO P.O. BOXES OR MILITARY ADDRESSES VIA THE U.S. POSTAL SERVICE, BUT WE REQUIRE PHYSICAL ADDRESSES FOR UPS DELIVERIES FOR ALL SIZES 32KG AND HEAVIER.



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# **NEW: Dragon Door's Premium, Heavy-Duty Kettlebell Rack is Built Like a Tank—** **And is Ready to Easily Handle Your Complete Arsenal of Bells**

**Convenience: Save space, keep it professional—**  
**with up to 1,400 lbs of kettlebells safely stored yet**  
**immediately available for your instant training needs...**

**Top shelf** can hold up to 80 kg  
(approx 176 lbs) of smaller kettlebells

**Second shelf** can hold up to 120 kg  
(approx 264 lbs) of medium-size  
kettlebells

**Third shelf** can hold up to 200 kg  
(approx 440 lbs) of medium/  
large-size kettlebells

**Fourth shelf** can hold up to 250 kg  
(approx 550 lbs) of large/extra  
large-size kettlebells

**Enhanced safety feature:** specially  
engineered to allow you to chain up your  
kettlebells—and avoid potential injury to  
young children or uneducated users.

**Are you tired** of kettlebells lying around all over your  
house or facility, taking up WAY too much space and  
messing with the professional elegance of your  
environment?

**Would you like** to have one simple, sturdy, safe yet  
highly accessible storage device for your kettlebells—  
that also LOOKS terrific?

**As the proud possessor already** of the world's  
premier kettlebells, don't you want to match them  
with the housing they deserve?

Then we invite to improve your training life with this  
magnificent Kettlebell Rack today...



## **Dragon Door Kettlebell Rack**

**#KR001 \$599.00**

**SH: \$186.00**

*Weight: 63.50 kg*

*[Approx. 140 lbs]*

*Durable powdercoat*

# **ALMOST ¾ OF A TON OF LOAD-BEARING CAPACITY!**

**24 HOURS A DAY  
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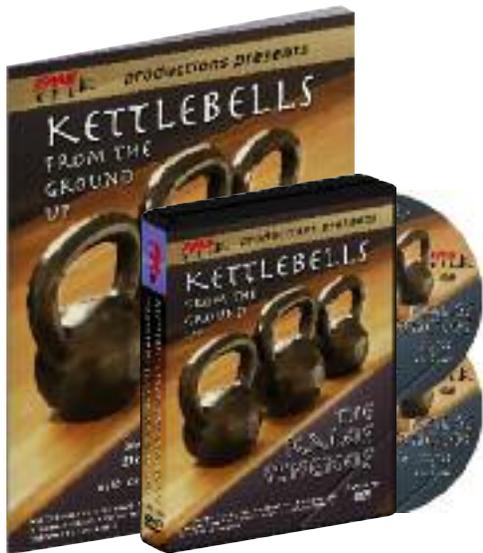


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[www.dragondoor.com/KR001](http://www.dragondoor.com/KR001)

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# DRAGON DOOR CUSTOMER ACCLAIM FOR **KETTLEBELLS FROM THE GROUND UP**



## Words cannot describe...

“how magnificent this book and DVD is.

Here is a true testament to the power of beautiful strength. I coach some of the best swimmers Denmark has to offer. Swimmers are notorious known for having bad shoulders and I am constantly working on perfecting their movement patterns. One young female swimmer (16 yrs of age) was having severe lower back and shoulder pain. Her FMS score was an asymmetrical 11 with pain.

In 8 weeks the situation had greatly improved. For the first four weeks I worked with her TGU the Khalos Sthenos way and then added the KB swing after that. So basically she was doing the PM for her conditioning with an emphasis on the Khalos Sthenos progressions. Her FMS score is now a symmetrical 19 and she just set 7 Danish national records. All pain-free!”

—**Kenneth Jay** - Denmark

## Worth every penny, and more

“I’m a newbie. In March, I couldn’t even do 1 pull up. I started KB swings and TGU. After maybe 2 weeks, not only could I perform 1 pull up, I could do 2 without kipping. I noticed too that my shoulders were already getting stronger. I didn’t think that just performing that static pressing the kb could make my shoulders strong so quick. I decided to look more into the TGU. I bought the KBFTGU. Was I shocked at how wrong I was doing the get up. This program teaches you the correct way to do a tgu, gives you exercises and stretches to do, to help you perform each stage of the movement correctly. Learning the Bretzel was worth the price of admission by itself.

Now after a month with the program, I can perform 8 TGU on each side (not alternating arms) with my 16k bell, and I can perform 10 pull ups. I think that the TGU is one of the best exercises that anyone can have in their toolbox. Get the dvds and manual, if you want to improve how you do the movement, and increase your overall strength.”

—**James Lippiatt** - Miami, Florida

## Thorough & knowledgeable

“Gray and Brett provide easy to follow, step by step, instruction on the seven positions for the TGU. I find that referring to both the DVD and the manual ensure refinement and mastery of the technical aspects of each position. I replay each chapter of the DVD as often as I need and I keep the manual by my side when I’m on the floor for easy reference. You won’t find better instruction anywhere. These guys are experts. Presented in an engaging and friendly manner.”—**Tom Snow**, KB user 2.5 years. - Montecito, CA

## A “Real World” Review

“I admit it: I always hated the Get Up. I just didn’t see the point. Yes, for wrestlers and fighters, I saw the point, but what about the rest of us?

Then, at the USMC Cert, Dr. Mark Cheng simply said to me: “It might take years to mine all the gems in the Program Minimum.” The PM, as we all know, is simply mixing the Swings and the TGU. Well, anything Mark tells me is something I take to heart. Was I missing something?

When I first popped open Kettlebells from the Ground Up and started watching and taking notes, I was amazed. As a strength coach, this little series of ‘moving moments’ gave me a daily chance to assess my athletes (up to 65 at once!) without anything more technical than ‘raise your right leg’ or ‘roll your head.’ Folks, as a coach, you can have 30 assistant coaches running around but you never get the feedback that you need. With the KS system, the athlete ‘knows’ that this or that is stiff or weak and can instantly apply the fix.

It is a one stop assessment tool, a great workout and a magnificent book. I can’t recommend it enough. Even if you don’t coach a dozen athletes, use the tools in this work on yourself and amaze yourself with the simple insights about day to day issues that you instantly address in just a few minutes of ‘testing.’ Great, great stuff...”—**Dan John**, Senior RKC - Murray, UT



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# COULD THIS POWERFUL TURKISH WRESTLING EXERCISE BE THE **SINGLE BEST SECRET** FOR THE CULTIVATION OF “BEAUTIFUL” STRENGTH?

Modern-day athletic performance experts hail rewards of the ancient “Turkish Get-Up”—reveal cutting edge program for both correcting and radically enhancing your physical movement

**“Kettlebells From the Ground Up is ‘an inch wide and a mile deep’ exploration of one of the most important exercises anyone can do. The Turkish Get-Up, as taught by Cook, Jones, and Cheng, offers a wealth of benefits: identifying the problems with your movement, correcting them, teaching you to move well, to love to move. I am hard pressed to find a sport or activity which would not benefit from this one of a kind product. Yes, it will even make your bench press go up!” —Pavel Tsatsouline, author of *Enter the Kettlebell!***

**C**an one exercise sequence do it all? Can one exercise provide insight into how you move? Could one exercise be the key to achieving a balanced and strong body?

Well, according to the two of the most highly regarded “Engineers of Movement Mastery”, Gray Cook and Brett Jones, the answer is a resounding Yes!

When past Super Bowl champion teams have wanted to ensure their athletes are moving at full potential, Gray Cook has been their go-to guy. When Pavel and Dragon Door wanted similar results with their certified RKC instructors, they invited Gray Cook and Brett Jones to design the CK-FMS certification program to fill that need.

Turns out, one of the absolute cornerstones, one of the greatest success breakthroughs Gray and Brett contributed was an astonishingly thorough re-engineering of the revered Turkish Get Up.

Although the Turkish Get Up has always been a staple, core exercise taught at the RKC, Gray and Jones consider it a vastly under-appreciated and under-used method. A fundamental drill, as important to high-level performance as the classic kettlebell Swing.

So Gray and Brett, with additional masterly contributions from Dr. Mark Cheng, have created a brilliantly comprehensive instructional guide that every RKC and every serious athlete will want to watch and learn from many, many times.

*Kettlebells From the Ground Up* not only introduces you to the basics of the Turkish Get Up, but provides you with all the tools you need to master this movement. In a carefully progressive, 7-step process Gray and Brett help you toward Get Up perfection.

And as you would expect of these Masters of Movement Engineering, they don't just stop at showing you how to perform the exercise. Discover why the Turkish Get Up is simultaneously a

profound and broad-ranging assessment tool, a tremendously effective corrective strategy and a formidable workout where the sky's the limit for athletic accomplishment.

For lay comrades, the language is kept simple and clear. But for the pros who need the extra background, each of the 7 Steps has a “tips for Pros” section that alone is worth the price of admission.

The old time strongmen used the Get Up as an “entrance exam” requiring a 100-pound Get Up on each side before beginning any other training. The Turkish Wrestlers used the Get Up to train for combat and grappling. And today the Get Up represents an opportunity for everyone to regain the “beautiful strength” and symmetry that our so-called fitness routines should bring us—but invariably don't!

## **AN ASSESSMENT AND AN EXERCISE...**

As Gray Cook has so eloquently stated: “modern fitness techniques can actually allow us to stack fitness on dysfunction.” Meaning that we can actually take a “bent frame” and put a bigger engine in that car. Not a great idea...

To perform safely at our peak, year-in, year-out, we need to cultivate a “symmetry of strength and movement”. Enter the Get Up!

Because the Get Up can provide us with that crucial Left to Right assessment of movement and strength... At each of the 7 steps on the *Kettlebells from the Ground Up* DVD you will know if the movement, stability and strength is equal. The exercise actually becomes an assessment.

## **SHOULDERS AND HIPS**

“Some schools of Chinese medicine...refer to the shoulder and hip joints as the Four Knots and where there is an imbalance of tension or strength in any of the Four Knots problems...can occur...” Dr. Mark Cheng brings us this excellent description of the interplay between

shoulders and the hips. Modern reductionist fitness philosophy has people attempting to isolate pieces and parts of the body into something called “fitness”. But this is simply not how the body works. Movement is an incredibly complicated concert of agonist/antagonist muscle action coordinated by a web of neurological input.

So how about simply cutting to the chase—while maintaining this exquisite integrity—by performing an exercise that requires us to move our body around a stable shoulder coordinated through mobile hips? Sounds like the Get Up doesn't it? Correct. Correct...

## **GETTING PRIMITIVE...**

The beginning for the Get Up represents a very primitive rolling pattern. Many of us actually lose this rolling pattern as we age. But loss of this fundamental pattern can—and usually does—create a cascade effect through the body of dysfunction and compensation.

If an individual is having issues with the beginning of the Get Up it could be because of a defective rolling pattern—and working on the first part of the exercise can “bring back” this primitive movement pattern. With a welcome upgrade to your overall athletic performance.

When you progress through each step of *Kettlebells from the Ground Up*, you'll be self-engineering a whole series of similar athletic performance breakthroughs, one building on the next for an ever more elegant and powerful overall result.

If you're currently dissatisfied in ANY WAY, by the quality of your movement, then you owe it to yourself to grab a copy of *Kettlebells from the Ground Up* NOW—and fix what needs to be fixed.

If you don't oil your vehicle or don't put air in a flat tire, you're heading for serious trouble. It's not a case of if, it's a case of when. Our bodies are no different.

Unfortunately, we often scrimp and shortchange our bodies by neglecting or procrastinating on this crucial self-maintenance. Ironically, often the more skilled we are as athletes the more procrastinate on fixing our dysfunctions. Bad idea!

The *Kettlebells from the Ground Up* program—designed by two absolute masters of the game—could just be a life-saver for your athletic performance. Go for it!



Mid-Level Advanced



## **Kettlebells from the Ground Up**

**The Kalas Sthenos With Gray Cook, RKC and Brett Jones, Master RKC • Manual co-authored with Dr. Mark Cheng, Senior RKC #DVS017 \$79.95**

2-DVD set with 36 page spiral-bound manual

24 HOURS A DAY ORDER NOW CALL **1-800-899-5111**



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# HOW TO SELECT THE RIGHT EXERCISES FOR YOURSELF AND YOUR CLIENTS—TO GUARANTEE YOU GET MAXIMAL RESULTS FROM YOUR FMS PROTOCOLS

## **FMS** *Applying the Model to Real Life Examples* fills in the blanks and answers your questions about using the

Functional Movement Screen when working with your clients, athletes and patients. Although different people have a variety of programming needs, we all require a baseline movement map to enhance safety and maximize results, and this 4-DVD set lays down that foundation.

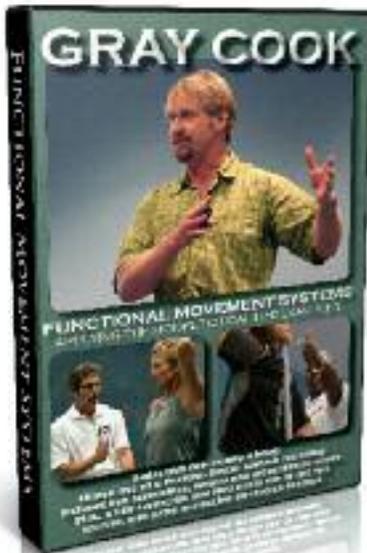
A properly executed movement screen provides a unique perspective; Gray shows us how to use the basic technology as a tool to develop programming unique to each individual. But it's much more than a movement screen discussion, because what



Gray is best at seeing how people move, how we learn to move, and how we re-learn movement. He's gifted at explaining what most of us don't even see, and you'll find yourself pausing the video over and over to stop and ponder concepts that he makes sound obvious, but that you've never considered.

Each time you watch the DVDs, listen to the audio file and read the included transcript, you will discover something new, something you missed before or that has a deeper meaning as you get more familiar with the ideas. For many trainers, strength coaches and medical professionals, this material could be the key to how you work with clients, patients and athletes in the years to come.

The workshop covers the age spectrum of fitness clients, post-rehab clients and athletes of all levels. With tremendous insight and enthusiasm, Gray discusses the logic of movement that all of us share. And because this movement logic is common to all of us, you'll be able to apply this new material in your work the very next day.



**1**  
Beginner

**2**  
Mid-Level

**3**  
Advanced

## **Functional Movement Systems**

*Applying the Model to Real Life Examples*

By Gray Cook,

with Brett Jones, Master RKC

#DV082 \$129.95

4-disk DVD set, approximately 4 hours.

### **Disk One**

- Introduction
- Standard Operating Procedures
- Movement Matters
- Squat Discussion
- Stabilization and Repatterning
- Our Movement History



### **Strategies**

- Movement Motor Learning
- Movement Principles
- Self-Limiting Exercise

### **Disk Two**

- Functional Movement Screen Review
- Scoring the Screens
- Filters and Key Points
- Live Screens
- Scoring Criteria
- Programming the Results



### **Disk Four**

- Extra corrective strategies footage
- Full lecture in MP3 audio format for listening in your car or on your portable device
- A 61-page typeset transcript of the lecture
- Movement Principles excerpt from the Movement book
- FMS scoring criteria and verbal instructions
- Presentation slides PDF
- Video clips from Gray's Powerpoint presentation
- Self-limiting activities chart



### **Disk Three**

- Screen Results Analysis
- Order of Screen Priority
- Hip Hinge and Deadlift



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[www.dragondoor.com/DV082](http://www.dragondoor.com/DV082)



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# How to Move More Freely and Build Greater Strength—By Addressing and Removing Your Current Restrictions

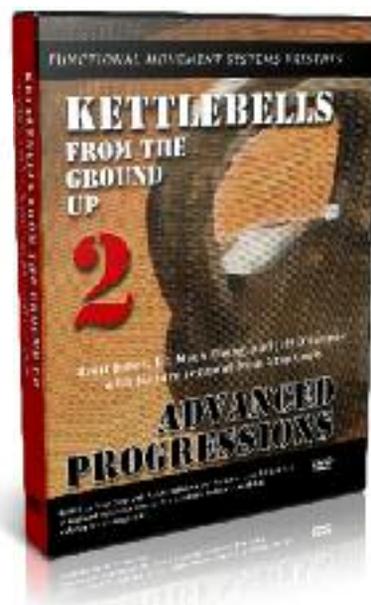
Discover unique, advanced techniques for really opening up your hips, shoulders, and t-spine—while enhancing your stability to a dramatic new degree...

**K**ettlebells from the Ground Up 2: Advanced Progressions provides information on philosophy, basic set-up, and advanced progressions based on the Get-Up. Brett Jones, Dr. Mark Cheng, and Jeff O'Connor guide you through mastering the Get-Up and achieving the ultimate goal of Kalos Sthenos (Beautiful Strength).

A strong correlation exists between the Functional Movement Screen (FMS) and the Get-Up; the advanced corrections demonstrated in this DVD will help clean up your asymmetries and improve many of your movement patterns.

## DVD topics covered:

- Gray Cook Commentary
- Kalos Sthenos Review
- Perfecting the Set-up
- Shoulder Openers
- Hip Openers
- Bottoms Up Hip Openers
  - Kneeling Set-up
  - Kneeling Press Progressions
  - Kneeling Windmill Progressions
- Bretzel 2.0



2

Mid-Level

3

Advanced

## Kettlebells from the Ground Up, Volume 2

Advanced Progressions

By Brett Jones, Master RKC, Jeff O'Connor, Master RKC and Dr. Mark Cheng, Senior RKC with feature segment from Gray Cook

#DV086 \$39.95

DVD 75 minutes

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# Are You Injured or Out of Whack?— You Can Only Excel if You Get to Play!

“Now Legendary ‘**Secrets of**’ Treasure Chest Provides Ultimate Body Fixes for the Competitive Athlete, Weekend Warrior and Resident Tough Guy Alike...”

▶ How to recapture the perfect mobility and effortless ease you had as a kid—for an immediate improvement in your current athletic abilities.



▶ Discover how to spot—and quickly fix—the once-helpful but now suspect survival strategies that may secretly be sapping your strength and power.

## Secrets of Primitive Patterns

By Gray Cook and Lee Burton  
#DV059 \$69.95

2-DVD Set



“I’ve long been of the opinion that people spend way too much time trying to fix advanced movements when they should be going back to the building blocks and finding out what is cracked in the foundation to begin with. *Secrets of Primitive Patterns* does just that. Gray and Lee present the information in an easy to understand manner and give you several options that will fit anyone’s training style. Highly recommended.”  
—Jordan Vezina RKC, Palo Alto, CA

Worth 10 times what it costs—at least!



## Secrets of the Shoulder

By Gray Cook, RKC and Brett Jones, Master RKC

#DV043 \$69.95

2-DVD Set Running time: 82 minutes

“I am a trainer and an RKC, currently recovering from an overuse injury in my shoulder—put simply, I set a bunch of new personal bests but didn’t back off afterwards, and I’ve since been paying the price.

I cannot state strongly enough how valuable *Secrets of the Shoulder* has been to me. Literally every section has included something I simply didn’t know before—and all these tips and tricks really work. I do the drills on the DVD, and I can move my shoulder, pain-free, in ways I couldn’t just a few minutes earlier. There is nothing quite like instant results to convince you of the value of an approach to training and rehab.

Any one of the tips I learned here would have made this DVD, which costs less than a single visit to my orthopedist, a worthwhile purchase. I will be incorporating what I’ve learned not only in my own training, but in helping those clients who come to me with shoulder problems. This sort of information, presented in a clear, no-nonsense manner by Gray and Brett, is priceless. If you have long-standing shoulder problems or work with those who do, you owe it to yourself to purchase *Secrets of the Shoulder*.”  
—Steve Freides, RKC II, NSCA-CPT, Ridgewood, NJ

## Excellent, helpful DVD

“I got *Secrets of Core Training* because of back pain related with the deadlift. It is excellent and really has given me a clear set of instructions to tackle my core stability issues. Looking forward to a new PR in the Deadlift in the next few months.”—Michael Corrales, Bay Area, CA



## Secrets of Core Training: “The Backside”

By Gray Cook, RKC and Brett Jones, Master RKC

#DV045 \$39.95

Running time: 82 minutes

## It just keeps getting better

“It seems impossible, but Gray and Brett have topped *Secrets of the Shoulder*. It’s full of fantastic information, laid out in an easy to follow manner. No matter what your background, you will learn from this DVD.”—Jeff O’Connor, Senior RKC, Talala, OK

## Priceless

Let me tell you that as a clinician with a practice that is focused on orthopedics, sports medicine, and chronic pain, just Gray & Brett’s intro on the first DVD gives you so many immediately applicable tips that the INTRO ALONE is worth the price of the DVD set. If you teach any sort of movement science (from dance, to martial arts, to phys ed, to elite sports), GET THIS DVD SET & STUDY IT CAREFULLY!!!  
—Mark Cheng, L.Ac., Ph.D., RKC Team Leader, Los Angeles, CA



## Secrets of the Hip and Knee

By Gray Cook, RKC and Brett Jones, Master RKC

#DV051 \$69.95

2-DVD Set Running time: 131 minutes

## Phenomenal DVD!!!

“Brett Jones and Gray Cook absolutely spill the beans on this two part DVD. Having been though many postural and biomechanics certifications, this DVD is more relevant and applicable. The principles they teach are based on anatomy, physiology and logic. Their is so much nonsense out there that is very refreshing to see Brett and Gray de-mystify the common physical therapy protocols based on research that just doesn’t work and has never worked. Watch this DVD and you will immediately increase your ability to help people today!!! I highly recommend this to any strength coach, therapist or person who wants to learn how the body actually works and how to fix it when it goes wrong! Great job guys!!!!—Franz Snideman RKC Team Leader, NMT, CHEK



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Order *Secrets of Hip & Knee* online:  
[www.dragondoor.com/DV051](http://www.dragondoor.com/DV051)

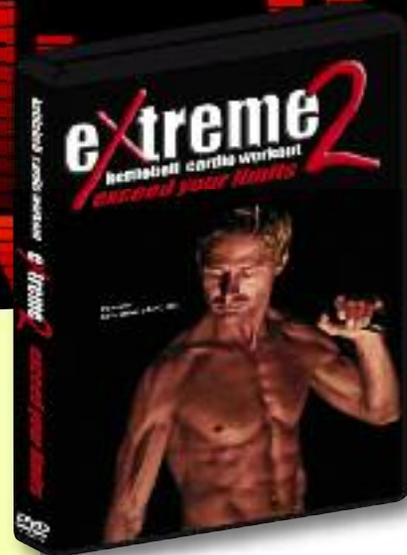


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Revisit Your Manhood Challenge with another patented Weber set of sizzling kettlebell grillouts—the ultimate package for scorching enduro and lean-to-the-bone strength...



“Keith Weber’s second kettlebell DVD is every bit as good as the first one. Perfect for an athlete’s general physical preparation. Perfect for a non-athlete out to make radical changes in body composition. I could easily overlook marginal audio quality, an occasionally flexed elbow in overhead squats, and high rep abs routines in favor of eight solid, interesting, and intense workouts. If you have your basics down, get this video.”  
—Pavel Tsatsouline, author of *Enter the Kettlebell!* and *Return of the Kettlebell*

**K** eith Weber’s landmark *Extreme Kettlebell Cardio Workout* proved to be one of the most acclaimed kettlebell workout programs we have ever offered, rapidly ascending to and maintaining its position in Dragon Door’s Top Ten.

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Weber’s agonizing *Extreme Kettlebell*

*Cardio Workout 2* will give even the most seasoned athlete more power—and the inspiration to take his game to the next level.

Become a well-oiled, unstoppable machine and discover what toughness is really all about, with *The Extreme Kettlebell Cardio Workout 2*.



## Extreme Kettlebell Cardio Workout 2

Exceed Your Limits

By Keith Weber, BScPT, RKC

DVD # DV067 \$29.95



## SO YOU THINK YOU'RE TOUGH?

Challenge your manhood with this set of ferocious kettlebell workouts—the ultimate package for kickass enduro and lean-to-the-bone strength

### IT'S EXTREME AND YOU NEED IT!

“This is a Must for those of you who are serious athletes and kettlebell fanatics. We highly recommend *The Extreme Kettlebell Cardio Workout*. It will challenge you to your bones even if you’re tough as nails and build your strength and cardiovascular capacity fast.. You can feel satisfied after doing just one killer 5 - 10 minute session or you can simply do as Keith Weber does in this nicely shot video by the ocean - and go non-stop like the Terminator. No matter what weight you use or where you’re at physically, this will get you into tremendous shape fast. Great Video!”—Garin Bader/ Vanessa Bader, Las Vegas, NV

### I THOUGHT I WAS TOUGH

“The title of this DVD does not lie, it is extreme! I thought I was tough but was humbled by Keith Weber. This android has motivated me to reach a new level of conditioning. I have lost five pounds in two weeks!”—Josh Nelson, San Diego, CA



## The Extreme Kettlebell Cardio Workout

By Keith Weber, BScPT, RKC  
DVD # DV052 \$29.95



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# Work Hard, Play Harder— with RKC, Gus Petersen's K.A.T. Fitness System

## Kettlebell Athletic Training Fitness System Disc 1: Foundational Juggling Skills for Living on the Edge

*When your sport is your passion, playing hard is a way of life.*

To perform at your peak, you need to stay fit, strong, and agile. Conventional wisdom says that takes hard work. And it does. But what if the training you did to stay on your game was as fun and intriguing as the game itself? Now it can be.

The **Kettlebell Athletic Training (K.A.T.) Fitness System** is an all-American mix of kettlebell juggling moves that's as physically demanding and mentally engaging as your chosen sport, athletic endeavor, or outdoor adventure.



Whether you're a serious player, a weekend warrior, or an elite athlete, this innovative system provides a clear, step-by-step

progression that will safely enable you to improve your athletic skills, functional strength, and cardiovascular endurance with a single, all-encompassing training system.

In Disc 1 you'll master the basic building blocks of the system. What's more, you'll get a workout that feels more like play than work. And yet delivers results with unbelievable efficiency.

**DV069 \$39.95**  
Running time: 68 minutes

## Kettlebell Athletic Training Fitness System Disc 2: Essential Juggling Skills for Living on the Edge

*If you want to perform at your peak, your training should challenge your mind AND your body.*

In Disc 2 you will definitely be heading into some new and more challenging territory. This DVD introduces the techniques that form the core of the K.A.T. Fitness System. The skills they impart are the major building blocks of this highly athletic system of kettlebell juggling.

**DV070 \$39.95**  
Running time: 80 minutes

## Kettlebell Athletic Training Fitness System Disc 3: More Essential Juggling Skills for Living on the Edge

*K.A.T. juggling turns workouts into a game that demands focus, strength, mobility, and agility. And that's where your training becomes more about fun, and less about drudgery.*

In Disc 3 you will perform many techniques with a "K.A.T. twist." That means upping the ante with more challenging techniques that work your focus, strength, mobility, and agility even harder.

Disc 3 progresses to more difficult techniques that are the core of the K.A.T. Fitness System. You will continue to hone the juggling skills that are unique to this system by adding a second kettlebell to the mix and working



various combinations of techniques in different planes of motion that have never been shown—let alone taught—

before. This forces the brain to adapt and relearn each technique. And that's a key to the effectiveness of this style of training: progressively adding new twists that challenge the mind as well as the body.

That makes your training feel more like sport and less like work, eliminating the boredom factor while delivering high-quality, efficient, effective workouts.

**DV071 \$39.95**  
Running time: 96 minutes

## Kettlebell Athletic Training Fitness System Disc 4: Hard-Core Juggling Skills for Living on the Edge

*With these hard-core skills, you're entering the highest phase of K.A.T. juggling—the "elite master silver bell level," so called because your kettlebells will be sandblasted to a shiny silver by the time you master this level of expertise.*

Disc 4 is the first of the two expert-level DVDs in the K.A.T. Fitness System. While it may feature the most fun techniques yet, it will definitely demand the most of your body and mind as well.

In this DVD, you will be working only original K.A.T. juggling skills and concepts that incorporate even more innovative K.A.T. twists. The challenge will increase exponentially as you perform

triple-rotation throws, two-kettlebell double-rotation throws, over-the-top Flying Viking Salutes, crazy-intense Phat Boys, brutally hard Iron Cross front flips, insane over-the-shoulder throws, and totally out-of-the-box pirouette variations.



As you work these techniques, you'll hone the peripheral vision, mental acuity, cat-like reflexes, brute strength, and extreme agility required for

living on the edge. When your physical endeavors demand the highest level of performance, you'll have the athleticism to deliver.

**DV072 \$39.95**  
Running time: 84 minutes

## Kettlebell Athletic Training Fitness System Disc 5: More Hard-Core Juggling Skills for Living on the Edge

*These hard-core techniques were inspired by the strength feats of the strongmen of old in a time when strength, beautiful movement, and precision were the order of the day.*

In Disc 5 you will be completing the final phase of the K.A.T. Fitness System.

This DVD introduces completely new, intensely challenging techniques and concepts, including Whirlybirds, Heli-Flips, Wounded Vikings, Tipped Turtles, and more. And the expert-level

K.A.T. twists will get even more twisted. That means you'll begin incorporating over-the-shoulder tosses into the pirouettes and Traveling Vikings.

You will also learn to execute the insanely hard Full Iron Cross Double Helicopters, the equally hard Triple Heli Traveling Viking variations, and many more hard-core techniques that won't disappoint.

As you develop the hardest of the hard-core skills, every technique you learn will be hard, original, and innovative. Your athleticism and focus will be pushed to the maximum. Your mobility and agility skills will respond in kind. Each new milestone you reach will be hard-won, the manifestation of an artful mix of brawn, grace, and accuracy. And as you progress, your sense of mastery and accomplishment will reach an all-time high.



With this final DVD, the K.A.T. juggling tradition of outside-the-box training culminates with athletic feats that—if you can muster the determination, tenacity, and fortitude—will push your strength skills to the awe-inspiring level of the strongmen of yesteryear.

*Get ready to hone your game and your physique with the most adventurous training system you've ever encountered.*

**DV073 \$39.95**  
Running time: 81 minutes

**Best Course of Action: #DVS023 Only \$179.95**

Invest in the complete 5-DVD set of Kettlebell Athletic Training (K.A.T.) Fitness System and save on resources purchased separately:



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**1**  
Beginner  
**2**  
Mid-Level  
**3**  
Advanced

# “Move Well, Move Often! And Here’s How...”

## Restore Your Natural-Born Ability to Move with Grace and Power— While Dramatically Reducing Your Risk of Future Injury

“Exercise and rehabilitation time is valuable—too valuable not to use a system. **Gray Cook’s Movement** uses a systematic approach to exercise and rehabilitation built on the fundamentals of authentic human movement.”  
—Peyton Manning, *Indianapolis Colts*

“Once a decade a book comes out that you will keep reading, rereading, and crowding with notes until it falls apart. Then you buy a new copy and enthusiastically start over. In the 1990s it was Verkhoshansky and Siff’s *Supertraining*. In the 2000s McGill’s *Ultimate Back*. Enter the 2010s and Gray Cook’s *Movement*. It is a game changer.”  
—Pavel Tsatsouline, author of *Enter the Kettlebell!*

**S**mall children roll, squat, lunge, run and lift with instinctively perfect form. The human animal is a “natural born athlete” primed and encoded to move with effective grace as it engages with life.

However, life is a series of insults and challenges to the development and maintenance of quality movement. Inflicted trauma, poor habits and a host of other factors start to degrade the elemental patterns of human movement into an increasingly dysfunctional system.

According to **Gray Cook**, this dysfunction is primarily due to the existence of asymmetries and imbalances in the body. Survival-based compensations for these asymmetries and imbalances create a cascade of increasingly harmful micro-trauma that set the stage for a potentially devastating injury.

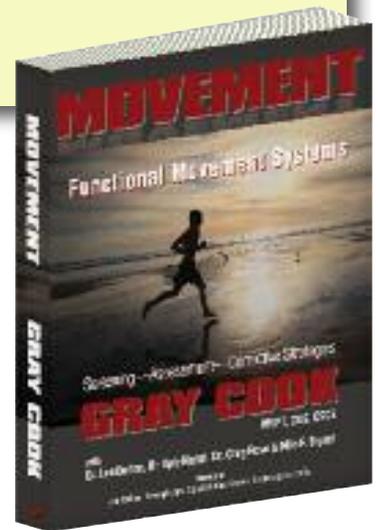
With brilliant insight, Gray Cook has identified seven primal patterns, which are the basis for all significant human movement. Cook has further developed a set of screens to identify the imbalances and asymmetries lurking within any one primal movement pattern.

Once these imbalances and asymmetries have been recognized, then appropriate corrective exercises can be prescribed to restore balance and symmetry. Once balance and symmetry are restored, the risk of injury plummets while the quality of movement soars.

These protocols for recognizing and addressing imbalance and asymmetry—through screening, assessment and corrective strategies—are known as **FMS**, or **Functional Movement Systems**.

Research with professional sports teams and with the US military, in particular, has now proved that the **FMS**—and its clinical sister **SFMA (Selective Functional Movement Assessment)**—indeed succeeds in dramatically reducing future injury, while enhancing or restoring lost performance.

Gray Cook’s eagerly-awaited masterpiece, **Movement**, presents the complete functional movement system in all its glory. **Movement** is monumentally thorough, yet highly accessible. Fitness professionals of every kind and level will discover a treasure trove of performance-enhancing and injury-preventing protocols they can quickly implement for both themselves and their clients. Clinicians of every ilk will be delighted by the breadth and depth of the **SFMA** protocols, to enhance the therapeutic strategies they are currently using to heal patients.



**Movement**  
*Functional Movement Systems  
Screening, Assessments &  
Corrective Strategies*  
By **Gray Cook, MSPT,  
OCS, CSCS, RKC**  
with **Lee Burton, Kyle Kiesel,  
Greg Rose & Milo F. Bryant**  
#B62 \$49.95

Paperback, 406 pages 8.5 x 11

**2** **3**  
Mid-Level Advanced

“I use the **Functional Movement Screen** in my work with training professional football players, and you can use it for your work with heavy athletes, personal training clients and rehabilitation patients as well. It’s that versatile, that effective and that appealing...”

Everything we do at the **Indianapolis Colts** is built on a Functional Movement Screen base—it’s the foundation of our program.

The fact is, full strength and power is not realized or used without movement efficiency. Being strong doesn’t mean much without fluid, efficient movement; staying strong and stable while being bombarded is what players need in football. The screen has provided this clarity for me. I now have a huge appreciation for movement efficiency... functional and foundational movement. Understanding human motor development, as you’ll learn through your functional movement systems study,

clears up cloudy thinking, and healthy, powerful action follows.

You’ll gain insight into motor development and human postures and patterns. And you’ll understand the reality of the core, of posture and of breathing. It’s all in here, and when you get it, it’ll provide a system upon which your rehabilitation and training programs can be checked for movement.

Do what’s best for your people by having a system that creates lines of communication from the

medical field to the performance field, one that increases durability, predicts and decreases injury, increases movement efficiency and provides a purpose for exercise while reducing the time spent training.

Enjoy and appreciate the brilliance of a never-ending lifelong journey provided by Gray Cook. I know I and those I work with will continue to reap the rewards.”

—**Jon Torine**, Strength and Conditioning Coach, **Indianapolis Colts**

“We have integrated many of Gray Cook’s movement principles and corrective strategies into our programs to help accomplish our mission of preserving and maintaining the Commander’s combat power. The **FMS** screening and assessment tools are very useful in establishing the baseline for our performance training system.”

—**Mike Strock**, US NAVY, Human Performance Consultant

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# Praise for Marty Gallagher's *THE PURPOSEFUL PRIMITIVE*

"I would venture to say that I have read every book pertaining to weightlifting over the last three decades, and I have probably read the majority of the articles in this area. There are two things I can say unequivocally about what I have read. One, Marty Gallagher is the best writer in the world of physical fitness and strength, bar none, and two, Gallagher's newest book *The Purposeful Primitive* is the best manuscript ever produced in this field.

Teeming with esoteric information on training, biomechanics, nutrition, and sport psychology, *The Purposeful Primitive* is a wealth of information that every serious lifter needs to read. You are going to like this book. NO! You are going to LOVE it. I promise you that. It's Gallagher's best work, and that means it is strictly world class."

—Dr. Judd Biasiotto, author of 46 fitness and health-related books, world powerlifting champion

"I really only have two things to say about Marty Gallagher that bear on his new book, *The Purposeful Primitive*. The first is that there are two classes of writers in powerlifting: 1) Marty Gallagher and 2) all others. The second is that one day, ten years ago, Marty called to say he knew a Russian guy who he thought might be a good writer for MILO, so we invited the guy to submit an article: It was called *Vodka, Pickle Juice, Kettlebell Lifting and other Russian Pastimes*, the author was Pavel Tsatsouline, and rest, as they say, is history."

—Randall J. Strossen, Ph.D, Publisher and Editor-in-chief, Milo Magazine

"As a student, athlete, teacher, researcher, professional coach, and businessman I have spent over 60 years in health, fitness and sport, devoted to 'how to become the best

you can be'. *The Purposeful Primitive* has been a very interesting journey for me... back-to-the-future...

Marty does a wonderful job bringing out the art and science of training, extracting many of the critical universal and specific principles (guiding rules to action—social, emotional, mental, physical and spiritual) that are applicable to living a productive life in general, and in training for health, fitness and sport, specifically. In addition, I like the way Marty personalizes the lives of outstanding athletes and shows how they applied these fundamental, can't-miss principles in their training to help them become the best they could be in their sport. My recommendation: if you want to achieve something 'great in your life', add *The Purposeful Primitive* to your training library... yesterday."

—Dr. Bob Ward, Sports Science Network, former head strength and conditioning coach, Dallas Cowboys

"For the intellectual athlete who actually thirsts for knowledge and sees content as King, you will get 30 years of genius and experience in the Iron Game mixed with the passion and ability of Hemmingway all wrapped up in one book and the result is *The Purposeful Primitive*. From me to you—Go buy the book and enjoy!!"

—Rickey Dale Crain, IPF/WPC/AAU World Champion, 2000 Powerlifting Hall of Fame Inductee

"Marty Gallagher is a brilliant writer who thinks deeply about subjects he knows and loves. His manifesto/encyclopedia contains a ton of wisdom, one-of-a-kind role models, awesome color photos... a truly fascinating read."

—Clarence Bass, author of the Ripped series, *Lean For Life, Challenge Yourself, and Great Expectations*

"From Olympic lifting to power lifting and bodybuilding, whether muscle gain or fat loss, from cooking to supplements, from changing exercise and eating habits to molding the psychology of a champion (whether one is even remotely interested in competition or not), Marty has covered it all. I only wish I had had a book like this when I was growing up and trying my best to get bigger and stronger. Marty has demonstrated, without question, that he is the current and undeniably best 'trainer of champions' and 'ultimate guide to physical—and mental—transformation.' This book not only provides the simplest instructions and cheapest financial and lifestyle requirements, it is absolutely the single best book ever written on being the best you can be physically and otherwise."

—James E. Wright, Ph.D, former Director of Sports Science, U.S. Army Physical Fitness School; former Health and Science Editor, Flex Magazine

"Absolutely magnificent. What a breathtaking book on a life with iron. Marty Gallagher delivers an outstanding, comprehensive book with a writing style worthy of Hemingway himself. This book takes you on a journey through the iron-history of the great ones and in the most sophisticated way Marty presents probably the best ever written material on life, iron and mental fortitude.

This book is impossible to put down once you start reading it. It should be the first read of any who aspire to lift weights and be healthy. There are not enough words in the English language (or Danish for that matter) to describe how excellent this book is. It is an absolute must to any Strength & Health enthusiast. I give it my highest recommendation!!"

—Kenneth "the Dane of Pain" Jay



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"Marty Gallagher has written the Great American Novel of Strength." —*Pavel Tsatsouline*

"Marty Gallagher has produced an absolute classic! I couldn't put it down... packed with real no b.s info from real ironmen. I am proud to be included with the outstanding athletes and their stories... A breath of fresh air!" —*Dorian Yates, 6-time IFBB Mr. Olympia*

# THE PURPOSEFUL PRIMITIVE

*From Fat and Flaccid to Lean and Powerful—Using the Primordial Laws of Fitness to Trigger Inevitable, Lasting and Dramatic Physical Change*

Since the birth of the Olympics in 776 BC, humanity has celebrated the struggle for physical transformation—and exalted to almost godlike status those men and women who have succeeded in transcending their "common mortal frames" through a combination of supreme effort and dedicated will.

In the 21st century, this drive, this search for the Holy Grail of physical perfection has climbed to ever-greater heights—but has also plunged us to unforeseen depths.

Elite athletes worldwide continue to shatter records that would have been considered inconceivable only decades earlier. Our current stars are unimaginably bigger, stronger and faster than their earlier counterparts. And yet, for the general populace the story is quite different. Obesity and abject weakness have exploded across our land like an all-consuming virus. And the gap between the super-fit and the obscenely unfit widens by the day.

While an elite minority seems to possess the secret to supreme physical transformation, our fitness landscape is littered with the road kill of those who failed to make genuine progress in their quest for change.

According to leading fitness author, world powerlifting champion and coach extraordinaire, **Marty Gallagher**, the reasons for this sorry state of affairs are clear and the solution obvious. In *The Purposeful Primitive*, Gallagher exposes the flaws and myths rampant in the modern fitness community, then reveals what could be termed "The Way of the Masters"—his foolproof program for guaranteeing physical transformation,

based on the received wisdom of the greats who have gone before us.

As someone who has trained with some of the greatest strength athletes of the century, as someone who has coached numerous world champions to ever more impressive records and as someone who has had spectacular results applying these same methods to average folk, Marty Gallagher knows whereof he speaks. His inspirational message: simply follow The Way of the Masters—with the necessary drive and desire—and you CANNOT fail, you WILL transform physically. Change—change for the better—is inevitable.

The problem with modern day fitness, says Gallagher, lies in the sheer plethora and over-complexity of methods, the fragmented partiality of specialized systems and the general confusion about what really works to gain and retain muscle while losing significant body fat.

The great masters of fitness became masters by following a four-fold path: right weight training, right cardio, right eating and right mind-training. All four modes have to be practiced together as a synergistic whole. Then  $1+1+1+1=16$ , or even more... For those who are up to the challenge, Gallagher lays out every detail of this four-fold path to supreme physical greatness—teaching only the methods that worked for his masters, for himself, for his champions and last—but far from least—his every day clients.

The purposefully primitive Way of the Masters is deliberately and potentially stripped down to the core essentials of truly effective training methods. Cutting-edge science combines with Old School basics—forcing the body to transform, whether it likes it or not.

## Discover:

- ▶ How to completely transform your body—in 90 days or less
- ▶ How to train for only five hours a week—yet be superbly lean and strong
- ▶ The two best eating plans to optimize your fat loss while gaining muscle
- ▶ Training protocols favored by the legends of champion-level strength
- ▶ How combining an Eastern mystic's mind secrets with a Western scientist's brain train methods can lead to massive leaps in your performance
- ▶ What foods will certainly sabotage your progress and what foods put you on the fast track for glory
- ▶ The very best cardio methods to complement rather than hinder your weight training



## The Purposeful Primitive

*From Fat and Flaccid to Lean and Powerful*  
By Marty Gallagher

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Paperback 8.5 x 11 480 pages  
198 photos, charts and illustrations  
Original drawing of The Purposeful Primitive by Ori Hofmekler



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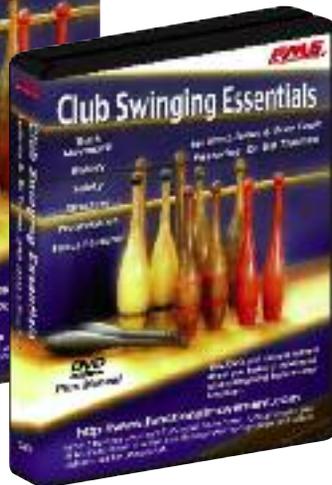
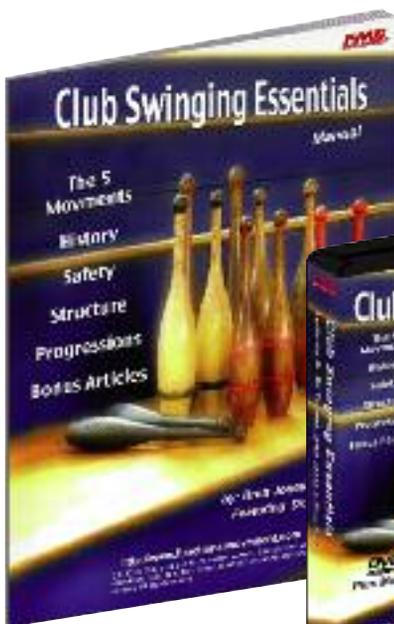
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# The Indian Club: Ancient Martial Arts Tool for Fluid Movement, Strength and Joint Health Becomes Favored Secret Weapon Amongst the Elite for Refining Athletic Performance and Restoring Lost Function...



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and Brett Jones, Master RKC,  
featuring Dr. Ed Thomas  
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DVD, 1 hour 28 minutes,  
with 72 page spiral-bound manual



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# Use Indian Clubs to enhance your sport—be it mixed martial arts, golf, tennis, wrestling, swimming, bowling, basketball, gymnastics, hockey, lacrosse, football, volleyball, archery, karate, boxing—or any other activity where physical efficiency is at a premium

**L**ike the **Kettlebell**, the ancient **Indian Club** was a once-prized exercise tool that fell on hard times. Once a favored training device of royalty, military, elite athletes and enthusiastic amateurs alike, the club became relegated, by the 1930s, to dusty attics, damp basements and the moldy memories of old-school fitness diehards.

In its final, most refined incarnation, the Indian Club had been developed, in turn, by British, German and American military and civilian experts into a highly sophisticated system of restorative health drills. The unique circular weight lifting movements of the Indian Club were considered to promote not only greater overall strength and flexibility but to act as a magnificent “neural tune-up” for the whole body. Sadly, as the exercise community changed its focus, the Indian Club—and its myriad of health benefits—all but disappeared. Just like the kettlebell.



Yet **Indian Club Swinging Exercises**—in just minutes a days—**WILL**:

- **Strengthen** your back, shoulders, pecs, biceps, triceps, forearms, grip—and most importantly—your connective tissue, ligaments and tendons
- **Enhance** your shoulder efficiency, mobility, elbow and wrist flexibility—and range of motion
- **Develop** your grace, coordination, balance and agility
- **Counteract** the negative impact of too many hours sitting hunched at a computer keyboard

For ultimate durability, hand feel and superb balance **Dragon Door** recommends the 21st century breakthrough in Indian Club design used by modern Indian Club master and pioneer, **Dr. Ed Thomas**. These beautiful black resin **Indian Clubs** are virtually impervious to the elements, dimensionally stable and will last you a lifetime. They look and feel... fantastic.

(The **Indian Clubs** are made of reinforced, talc-filled polypropylene—a space age material providing maximum durability that won't crack, break, chip or fade/dicolor over time. This polymer is comprised of specially formulated molecular properties and additives during its manufacture, which make these clubs virtually impervious to the elements: sun, water, heat and



cold. That's why these Indian Clubs are the **Dragon Door** choice: they meet our love for toughness, hardness, tensile strength—and superb craftsmanship!)

## Which size Indian Club should you get?

Begin with the **1lb Indian Club**, whatever your current strength, to ensure you perfect your technique. When you are ready to progress, the **2lb Indian Clubs** will help you develop additional strength and power. Both size clubs will not only increase shoulder and extreme range of motion strength but also enhance your grip, wrist, and forearm strength. Both sizes of Indian Clubs will help you reduce injuries due to the full circular movement patterns.

## Here are your Indian Clubs choices:

Dragon Door Item  
# **MRXC01**  
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Pair 1 lb., 16.5"  
Indian Clubs



Dragon Door Item  
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**\$49.95**  
Pair 2 lb., 18.5"  
Indian Clubs



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“A seamless marriage of corrective and performance exercise, *Dynami* digs deep into the RKC kettlebell fundamentals with sophisticated FMS tools. A serious program for a serious practitioner.” —Pavel Tsatsouline, author of *Return of the Kettlebell!*

# How to Develop and Issue Bone-Jarring Power—Without Shattering Your Own Body in the Process

**N**o one but a certified lunatic or a suicidal fool would punch up a Bugatti Veyron to its full 253 mph—while rigged with four different-sized wheels, paper-thin brakes—and a dodgy steering wheel... Yet, athletes of every ilk take this risk with their own bodies on a serial basis. Every time he thinks he's up-grading himself, chances are the average athlete is simultaneously degrading himself... And the more skilled the athlete, the more savage the likely damage. Why? Disregard for balance, folk... disregard for balance...

In our hunger to express ever-more power, most of us fail to create the foundational structure to safely express that power. It's Pavel's analogy of firing a cannon out of a row boat. Disaster waiting to happen. And correct foundational structure implies perfect balance, perfect proportion... Anything less and you're on the slippery slide of dysfunctional, ugly movement—the inevitable precursor to activity-crippling injury.

No team has done more this century to offer a working solution to this athletic dilemma than **Gray Cook** and **Brett Jones**... Beginning with his trailblazing *Athletic Body and Balance*, his creation of the FMS system, and now with his magisterial new Movement, Gray

Cook has established himself as without peer in the realm of functional movement, screening, assessment and corrective strategies.

Then, thanks to the rock-star combo with Brett Jones, we saw the creation of the *CK-FMS*, *the Secrets Of series*, *Kettlebells from the Ground Up* and now the latest masterly program, *Kettlebells from the Center—Dynami*.

As any good martial artist or football player will tell you, issuing power without a solid structure is just begging for injury. *Dynami* offers a blueprint to ensure not only you possess the power, but you possess the structure and foundation to handle your power safely. For what you'd pay for one average sports massage, *Dynami* gives you a lifetime of strategies to ensure you continue to deal out your punishment in the right direction: your opponent, not your own self.

To quote Brett and Gray:

*“Do not build your house on a foundation of sand—this is time honored and excellent advice. A rock-solid foundation means a house that will last. Power training should follow the same mind set.”*

*Kettlebells from the Center—Dynami* lays out a systematic approach to develop the proper pattern or foundation for the two best power moves – the Kettlebell Swing and Kettlebell Push-Press. Once a pattern has been formed the program continues to cement the proper pattern with strength moves like the Kettlebell Squat and Kettlebell Tall Kneeling Press. Then the program takes a unique approach to symmetry. Symmetry of strength is checked using Single Leg and Bottom Up kettlebell drills. Then everything comes together to form the *Dynami* or *Power*.



## Kettlebells From the Center – Dynami

With Gray Cook, RKC and Brett Jones, Master RKC, CSCS

#DVS031 \$79.95

2-DVD set Running time 1 hour 56 minutes with 102 page, fully-illustrated, spiral-bound manual



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Order *Dynami* Set online:  
[www.dragondoors.com/DVS031](http://www.dragondoors.com/DVS031)



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“Stephan Berwick’s *True Strength Yang* regimen is inspired by the fundamental training processes of traditional Chinese martial arts. The result is a remarkable testimony to his decades of systemic study and practice of Chinese martial arts. Different from many other training approaches, the body toughening regimen presented here does not only strengthen muscles, skin and joints, but also effectively builds body flexibility and the ability to withstand contact-injuries. Having been a Chinese martial arts master and professional Kung Fu team head coach for over forty years in China, I truly appreciate this body conditioning method, which is well structured and instructed to be followed easily by the audience.”

—**BAI WENXIANG**, China Senior National Wushu Coach, Deputy Chairman of China Wushu Federation of Shaanxi Chapter and former Head Coach of Shaanxi Provincial Wushu Team



## Remarkable self-hitting system invigorates, strengthens and “weaponizes”—let’s you repel strikes with effortless ease while dishing it out with formidable power...

Stephan Berwick’s *True Strength*™ regimen draws on ancient Chinese warrior secrets to present a sophisticated and highly effective program for developing formidable internal power—without the help of any devices, medicines, or forced breathing.

Most Western-based strength training programs concentrate on building “external” muscular strength. But that is only one link in the true strength chain—which according to Chinese internal martial arts should also include strengthening your fascia/tendons/ligaments, your joints, your internal organs, your internal energy system and even your skin.

### Is your strength package complete?

Without strengthening all the links in your strength-chain simultaneously, you remain as vulnerable as the weakest links in that chain. We’ve all see relatively small internal martial arts masters throw apparently way stronger men around like they were rag dolls. Some of this power comes from martial skill, but much, much more it’s coming from the uncanny strength-package the master has developed from a truly all-around approach to strength cultivation.

Many of these internal masters demonstrate this astonishing strength well into their sixties, seventies—even eighties. How do they do it?

Stephan Berwick likes to call this quality “Tangible, True Strength”. The kind of strength you really need to survive not only a worst-case scenario in combat or years of full-contact sport, but the rigors and stresses of daily life. Tangible strength is the power to survive. Tangible, true strength helps you ward off illness and injury and allows you to rebound from adversity with supreme resilience.

The kind of strength cultivation where you only seem to get stronger as you get older—rather starting to fall apart at the seams as early as your late thirties or early forties...

Ancient warriors needed to handle blows, wield heavy weapons, and survive on meager rations, while maintaining their victor’s edge. Their strength was of the hands, feet, torso, neck, and legs—a total body power designed to meet any challenge thrown at it.

### Gain a warrior’s formidable toughness with this unique program

For the first time on DVD, Stephan Berwick reveals his regimen for healthy body toughening derived from his unique expertise in secret Chinese martial art body toughening methods. Combining hard and soft forms of conditioning inspired from his intimate knowledge of ancient military-origin Chinese martial arts, Berwick’s *True Strength Yang*™ program offers quick results—conditioning your body to withstand blows, falls, and twists, in an easy to digest, highly intense regimen of warrior conditioning, reminiscent of the best classical martial body practices.

#### DVD 1: *True Strength Yang*

presents essential body-hitting exercises, in a unique training approach that stimulates and toughens the skin, muscles, and joints using only relaxed, flexible limb movement. Discover how to first toughen your upper body, moving to the mid-section, then the lower, followed by total body, structural toughening executed with a partner.

Body toughening is a key part of building **True Strength**. The ability to withstand and recover from blows and other related contact-injuries is crucial for any combat style. While many martial disciplines use a variety of sometimes debilitating exercises to toughen the body, **True Strength Yang** is inspired by the fluid, relaxed body conditioning and power striking concepts of **Tong Bei** (Back Striking) and **Fanzi** (Catch & Hold) boxing to produce extremely quick results for any body type.

After mastering the instructional component, take advantage of three follow-along **True Strength Yang Workouts** to rapidly “weaponize”, strengthen and energize your body in just minutes a day.

#### DVD 2: *True Strength Base: Primers for Natural Strength*

provides an easy to learn series of mainly lower body exercises to quickly develop overall body control. The goal in *True Strength Base* is to strengthen the legs, increasing the trainee’s ability to shift the body weight efficiently—all towards the ability to relax while the body exerts. You’ll first strengthen your base, learn to better support your weight, gain control of your waist, and then enhance the control of your limbs.

Stephan Berwick is a Western pioneer in the mastery and promotion of classical martial arts from Mainland China. A martial arts mentor to a wide range of client, from the physically challenged to the most seasoned defense professional, Berwick’s deep expertise spans Chen Taijiquan, traditional North China martial arts, and Chinese swordsmanship—culminating in his unique approach to body conditioning inspired by ancient warrior practices.

“Although they are based on Chinese systems, the *True Strength Yang* exercises apply to any martial art style since all martial artists need to start with fundamentals that create body structure and movement that focus on coordination, balance, power, and strength. Practitioners with decades of experience can also benefit from these exercises, since the key to mastery is in perfecting basics.

The workouts provided in *True Strength Yang* are useful for individual and group practice. They not only strength-en the body, but will also improve one’s execution of fighting applications. Stephan Berwick’s *True Strength* regimen offers many benefits for health and strengthening and forms enjoyable routines to practice.”—*Journal of Asian Martial Arts*

## True Strength Yang



Explosive Body Toughening With Stephan Berwick

#DV061 \$69.95

2-DVD set

Running time: 106 minutes



Beginner



Mid-Level



Advanced

24 HOURS A DAY  
ORDER NOW CALL **1-800-899-5111**



Order *True Strength Yang* online:  
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# “QIGONG WARM-UP PROGRAM JUMP STARTS YOUR DAY...REDUCES STRESS ...GIVES YOU RELAXED ENERGY AND PAIN-FREE JOINTS”

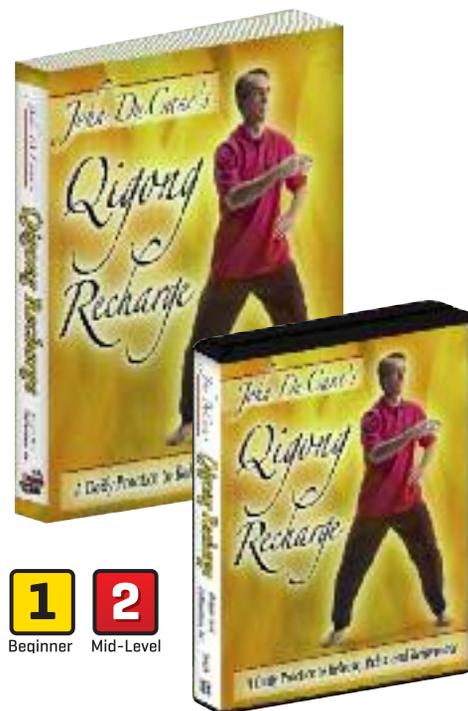
**I**magine: you buy a beautiful car—but you never change the oil, never pump the tires, never charge the battery, never fix the wiring, never clean the interior, never change the fluids, never change the air filter and turn the motor over once in a blue moon. In no time, your gorgeous vehicle has become a dysfunctional piece of junk.

You've inherited a body that deserves and needs an even greater level of maintenance, care and respect. Yet how are you treating your body on a daily basis?

- Are your joints supple and well-oiled—for easy, flexible and pain-free movement?
- Does the blood pump through your veins with an invigorating, plentiful supply of fresh oxygen—for high performance and long-lasting energy?

- Are your bioelectrical circuits at full charge—so you can surge through your day with steady power?
- Is your nervous system relaxed, yet primed—to respond to any stress with an easy confidence?
- Are you cleansing yourself of life-killing toxins—so you feel refreshed and serene all day long?

If not, then *John Du Cane's Qigong Recharge* provides you with a fast-start solution—a daily program of qigong and joint techniques to quickly release tension, enhance mobility and improve energy. *Qigong Recharge* is perfect as a stand-alone practice or as an energizing warm-up before martial arts, qigong or athletic workouts.



**1** Beginner **2** Mid-Level

## John Du Cane's Qigong Recharge

*A Daily Practice to Release, Relax and Rejuvenate [Includes Whole Body Recharge—The Wall Squat, Endurance Activator, Spiralic Qigong, Coiling Recharge and other classics.]*

## Qigong Recharge manual

By John Du Cane  
#B29 \$24.95

8.5 x 11 binder 64 pages  
115 photographs

## Qigong Recharge DVD

By John Du Cane  
#DV018 \$34.95

Running time: 51 minutes

## Qigong Recharge Kit

By John Du Cane  
#KDVB29 \$54.95  
[manual plus DVD]

### What You Get with John Du Cane's Qigong Recharge

- **Loosen** tight muscles—for smoother, cat-like movement
- **Combat** “computer-hunch” by releasing your neck and shoulders
- **Discover** how to open your energy floodgates
- **Achieve** greater flexibility through joint mobility exercises
- **Learn** how to cultivate and enhance your life energy
- **Counter** the energy-sapping impact of the stress response
- **How** to use spiralic movements to increase energy flow
- **How** to reduce the tension in your hands and wrists
- **How** to calm down at a moment's notice
- **Discover** the little-known secret of “qi-hydraulics”
- **How** to activate the lymph system—for healthy, regular, self-cleansing
- **How** to give your vital organs an internal “self-massage”
- **How** to use tapping to enliven qi
- **Improve** your endurance
- **Discover** how the *Wall Squat* can create a healing power surge for your body
- **Build** greater leg strength
- **Restore** kidney function—to enhance your vitality and mental acuity
- **Master** the skill of controlling energy with your attention
- **Discover** how to induce spiraling energy in your body
- **How** to slow down your breath for more dynamic health
- **How** to create a rich, free flowing stream of oxygenated blood that cleanses and nourishes every cell in your body
- **How** to stay open and relaxed when you move—a vital skill for athletes and martial artists alike
- **How** to generate coiling energy
- **Understand** and know how to utilize the “gyroscope” principle for central energy generation
- **Develop** strong healing energy in your palms
- **Discover** the secret of “qi-churning”—for greater energy and well being
- **Remove** cramps and fatigue after a hard day's work



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Order Qigong Recharge Kit online:  
[www.dragondoors.com/KDVB29](http://www.dragondoors.com/KDVB29)



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# Go Beyond Mere “Toughness” — When You Master The Art of Bar Athletics and Sculpt the Ultimate in Upper Body Physiques

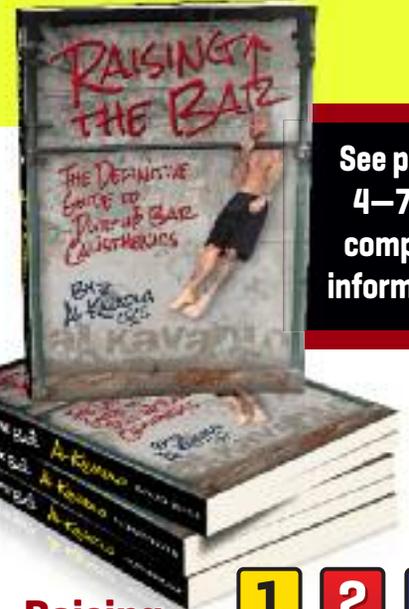
*“Raising the Bar”* is very likely the most important book on strength and conditioning to be published in the last fifty years. If you only ever get your hands on one training manual in your life, make it this one. Buy it, read it, use it. This book has the power to transform you into the ultimate bar athlete.”

—Paul “Coach” Wade, author of *Convict Conditioning*



**R**aising the Bar breaks down every type of exercise you can do with a pull-up bar. From the basic two arm hang, to the mighty muscleup, all the way to the elusive one arm pullup, “bar master” Al Kavadlo takes you step by expert step through everything you need to do to build the chiseled frame you’ve always wanted.

The message is clear: you can earn yourself a stunning upper body with just 3 basic moves and 1 super-simple, yet amazingly versatile tool. And what’s even better, this 3 + 1 formula for upper body magnificence hides enough variety to keep you challenged and surging to new heights for a lifetime of cool moves and ever-tougher progressions!



See pages 4–7 for complete information



**Raising the Bar**

**1** Beginner **2** Mid-Level **3** Advanced

The Definitive Guide to Bar Calisthenics  
By Al Kavadlo #B63 \$39.95

224 pages, 330 Photos



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