

DRAGON DOOR PUBLICATIONS PRESENTS

HARD-STYLE

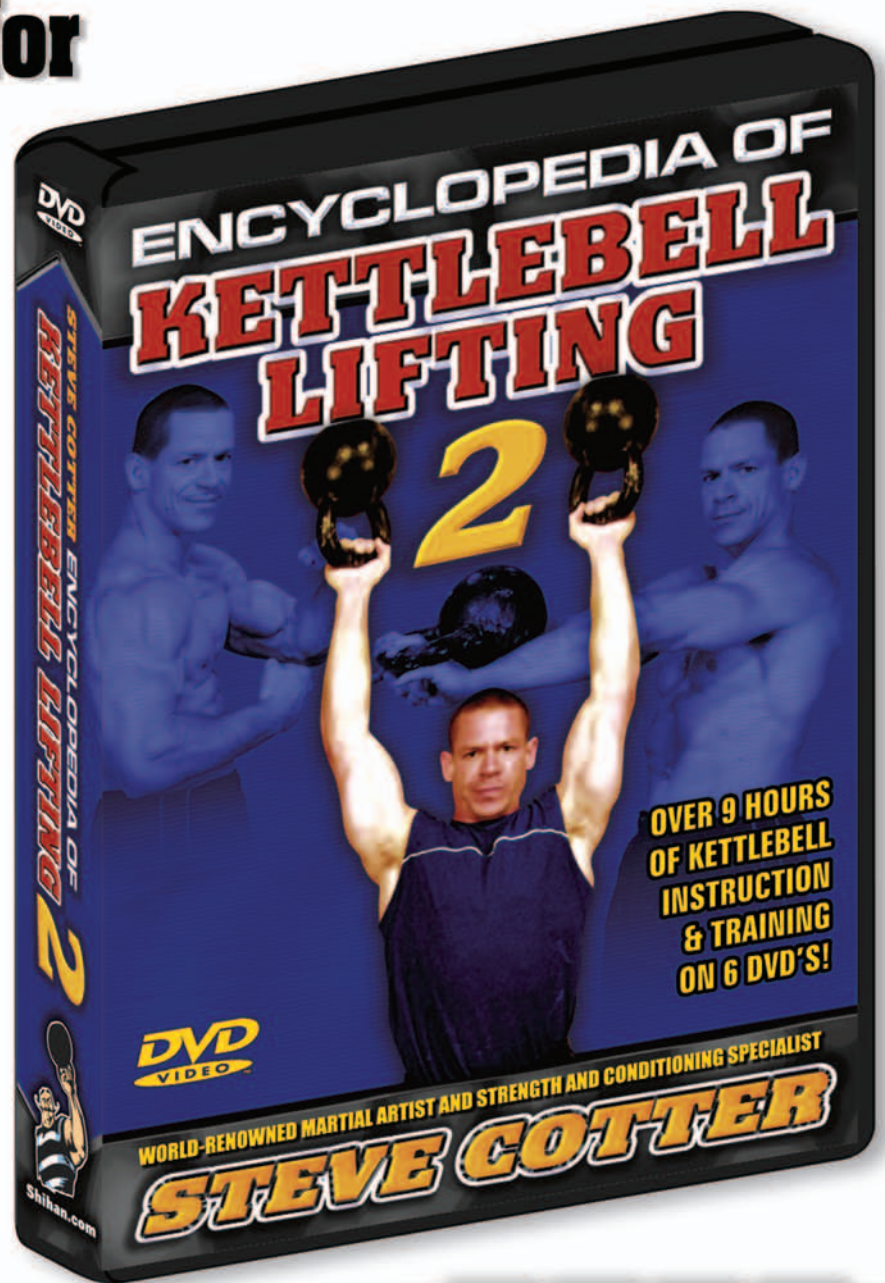
HARD CORE TOOLS FOR HARD LIVING TYPES

A must-have for the serious kettlebell contender:

Senior RKC, Steve Cotter's epic

Encyclopedia of Kettlebell Lifting 2

See pages 24-26



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HardStyle Goes Comix!

You know, I have been wanting for ages to do a kettlebell cartoon or comic strip in *HardStyle*. The cult of kettlebells has a kind of badass, badboy allure to it, which doubtless springs from the profile of its early adopters—steely-eyed spec ops, rugged vets, tattooed bikers, scarred fighters and other meanly chiseled characters that looked like they were extras from a Roger Corman B-Movie.

Well the times may have changed—you'll as likely see a 60-year old granny swinging a bell in class today (and loving it) as you'll spy a dead ringer for your typical Witness Protection Candidate, lurking in the back row.

But it doesn't mean the hardest of the hard aren't still getting dramatic results from their kettlebells—results that can translate into saving their own or someone else's life. Firefighters, law enforcement and soldiers continue to testify to the kettlebell's power in this department.

Great case in point is the true story of police office Cheryl Holmes that we chose to kick off our new Hardstyle Comix bit (See Page 36). Cheryl had a dramatic brush with death when attempting to collar a rabid junkie—and believes it was her kettlebell training that saved her life. Cheryl's story has been brilliantly illustrated by Barry Crain, RKC, a world class graphic artist.

Look for this to be a regular item in future HardStyles. If you have a story for us that you think would make for a great kettlebell comic strip, email me at jducane@dragondoor.com

Pavel's new *Enter the Kettlebell!* book breaking all records

Pavel's brand new *Enter the Kettlebell!* book and DVD has been a smash success. No title of ours has ever received the volume and

velocity of praise we have seen for this instant classic. If you have any doubts, just check out the sample reader reviews on Page 3 opposite!

Enter the Kettlebell! presents the absolutely essential knowledge and skills you need to excel with kettlebells. No question, it belongs in the hands of every person who is even remotely interested in enhancing their physical condition and performance. Get your copy today—or else!—as Pavel like to say...

Another record: 240-plus training in kettlebells simultaneously

Our kettlebell instructor certification trainings are now selling out up to seven months in advance and the next available training is in June 2007.

It was amazing to see: at our September 2006 RKC we had over 160 local Minnesotans show up for a free one-hour lesson with the RKC trainees. That meant a sports field with over 240 people simultaneously training with kettlebells. Yes, I think we are seeing a tipping point here...

Kettlebells are making a lot of headway in the sports world. See the interviews in this issue (Pages 32—35) from two gentlemen who attended our June 2006 RKC, Carlos Bradley and Chip Morton, respectively a former NFL linebacker, and the Bengals' current strength and conditioning coach.

I really can't think of any sport where you wouldn't benefit from adding KBs to the mix, as Carlos and Chip discuss.



All the Best,

John Du Cane

John Du Cane
Publisher



Dragon Door Publications presents

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www.dragondoor.com

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Editor's Note: At time of going to press there were **92 customer reviews** with an average rating of **9.8** (out of a max 10) of **Pavel's Enter the Kettlebell!** book and **33 customer reviews** with an average rating of **9.2** of the companion DVD, on the **dragondoor.com** website. And the book was only released four months ago! We offer you some sample customer reviews here but encourage you to visit our website to see all the comments.

Extraordinary Praise for Pavel's Enter the Kettlebell! Book and DVD

Pavel has done it again! **Rated 10 out of 10**

"Pavel's has taken the Art of the Kettlebell to a new level of Zen simplicity. A more detailed sequel to the tersely written original *Russian Kettlebell Challenge* (the book that started it all) *Enter the Kettlebell* streamlines the process of using the KB as a serious stand alone fitness training method.

The book is the KB equivalent to the Pavel's outstanding treatise on barbell strength training *Power to the People!*, taking the same simple (but not easy) approach to KB training that he took to getting strong with just two barbell exercises.

Cutting through the myriad of possible movements to the most important Pavel teaches how to organize and progress the fundamental movements of the RKC system for real progress with real training over the long haul. Focusing on movement mastery by going deeper into the lifts Pavel shows what the martial art of strength training is all about. *Enter the Kettlebell* is a must read for all KB aficionados and anyone who is serious about the most efficient fitness system around."
—Mark Reifkind, RKC, Owner *Girya Kettlebell Training, CA*

Essential Pavel!!!! **Rated 10 out of 10**

"Answers the question: 'If I could only get one Kettlebell book, which one should it be.'..... THIS ONE!!!! Pavel once again 'brings home the bacon' to the Kettlebell Nation. Direct, honest, no-fluff instruction boiled down to its most essential form. Enjoy the read.....then enjoy the pain!" —Craig T. O'Connell, RKC - HQ / FDLE, Tallahassee, FL

The complete idiots guide to kettlebell super strength **Rated 10 out of 10**

"Take a system that is too simple to screw up, add the fine points that makes Pavel such an effective

instructor, and you get the next perfect evolution of *Power to the People!*. Simple and sinister is the most accurate description of the program. I am adding this to the training of our deployed troops, and you should do it too." —SSgt Glass - Okinawa, Japan

Pavel again proves his genius and brilliance with "Enter The Kettlebell" **Rated 10 out of 10**

"Is there a more influential strength author in the US over the past 30 years than Pavel? In a few short years he seems to have revolutionized strength and fitness in this country for those of us lucky enough to discover him. After lifting and competing (powerlifting) over the past 20+ years I am stronger, more muscular, and more fit than anytime previous all as a result of Pavel's routines and genius. Now Pavel does it again with the companion book to *The Russian Kettlebell Challenge*. After giving up powerlifting and concentrating solely on KBs, I thought I had read it all and tried it all. As I tell my students sometimes, 'just when you think you know the answer, I change the question'. Pavel again has changed the question with his new book, *Enter the Kettlebell*. As brilliant as *Power to the People* (the first Pavel book I ever bought) 'Enter the KB' makes KB training simple but so effective with his push/pull routine. He also leaves nothing to chance by giving you the formula for success with routines and can't miss workouts. With this book there is no more excuses, as Pavel would say 'enjoy the pain—but I would also add 'enjoy the results!' 2 thumbs up!" —Patrick "Phil" Workman, RKC - Fort Worth, Texas

Tremendous book and DVD! **Rated 10 out of 10**

"For the last 4 years I've increased the percentage of kettlebell exercises in the training programs of my elite athletes, regular folks, and high school students. Hockey, volleyball, basketball, football, soccer, boxers and other athletes, have all benefited greatly from their kettlebell training. In addition to being thrilled with their outstanding results, everyone I train actually

ENJOYS the kettlebell practices. In a recent example, I put a group of male and female Provincial Rugby players (Manitoba Buffalo) through twice weekly training sessions for 4 months (and continuing). Their programs emphasized kettlebells.

The test results: A dramatic loss of bodyfat, more muscularity, far more strength and power, a big increase in rugby specific endurance measured in various shuttle runs, and an increase in 'mental toughness'.

Now that the season has started, my Kettlebell trained players stand out in their ability to get around the pitch (field) and make play after play. They're hitting harder, they're quicker, and far more enduring. I thank Pavel for putting kettlebells, and all his (and other RKC's) great kettlebell books and DVDs into my hands. I've helped develop champions since the 1970s; Pavel has helped me take my instruction to a whole new level. This is very rewarding and exciting.

Pavel's *Enter The Kettlebell* book (and DVD) are the newest additions to my coaching and (own) training arsenal. Quite simply, they are GREAT! Comprehensive, step by step guides for the beginner or the advanced practitioner (and everyone in between). I've read and re-read *Enter The Kettlebell*. Each time something 'new' jumps out at me. Replaying the DVD does likewise. I encourage everyone interested in improving themselves and/or their athletes, to purchase *Enter The Kettlebell*." —Cole Summers: Team Canada Strength Coach - Winnipeg, Canada

I went from 124 to 162 snatches in one month! **Rated 10 out of 10**

"Another classic from Pavel. I'm following the Rite of Passage program and went from a previous best 124 snatches in ten minutes that was VERY difficult to 162 and it wasn't as bad. That was after one month! I'm planning on hitting 200+ reps within 3 months of starting this program. I recommend both the book and DVD to anyone who wants to get started training with kettlebells. Follow the programs and you will become a better man for your effort." —Joe Pavel RKC - Cottage Grove, MN USA

OVERLOAD PRESSES: A SHORTCUT TO PRESSING THE BIG ONE

AN EXCERPT FROM *ENTER THE KETTLEBELL! BONUS #1* BY PAVEL

One of the secrets to pressing a kettlebell you have never pressed before is getting accustomed to its heaviness with "overload presses." Add the following drills to your regimen and you are on your way to putting up the big one!

OVERLOAD PRESSES

- **The long push press**
- **The backup press**
- **The loaded clean + the get-up**



The Long Push Press



The Backup Press

The Long Push Press

I watched a very strong girevik struggle with heavy kettlebell military presses. I knew that her abs were rock hard, yet her waist was slack during presses. "Have you been doing push presses lately?" I asked. The answer was yes.

The push press is a "cheating" press that allows you to use a leg kick to help your arm and shoulder put up the weight. While the push press enables one to handle a heavier kettlebell, this exercise can easily make you forget how to stay tight in your midsection and hips. And without this tightness you will never strictly military press "the Bulldog" or "the Beast."

You don't have to give up on the push press, just modify it. Clean the kettlebell and go into a full front squat. Drive out of the squat and push press as you are nearing the top of the squat. Unlike a shallow knee dip, the kettlebell front squat is known to keep your abs, glutes, and quads tight.

The Backup Press

Clean the kettlebell and start pressing it in the familiar outward arc. As soon as the kettlebell clears your chin, push its body—not the handle, not your arm, but the ball itself—with your free hand. Don't push straight up, but up and to the side. You will feel the pec on the backup side if you do it right.

A note on the amount of help to give with your free hand. Don't make the press easy, but don't turn it into a shaky, forced rep either. Enable yourself to grind through with confidence, but not with ease. The bell must keep moving, albeit slowly. Keep your glutes tight for the sake of your back, because this press forces you to lean back somewhat.

When the kettlebell is clearing your head, let go with your backup hand if you feel up to it. Make the transition seamless. Lock out with the pressing arm. The kettlebell was moving out and up until now. Now it is moving in, completing the arc. In

the finished position, your biceps is almost touching your ear, and the kettlebell is in the press-behind-the-neck position. The backup press is a great teacher of the proper press groove, a tight arc around the head.

To lower the kettlebell, pull your elbow toward the centerline and help with your backup palm.

A note to Comrades who apply the "Grease the Groove" program from my book *The Naked Warrior* to the kettlebell military press: lowering the lion's share of your presses—say three-quarters of all the reps—two-handed will enable you to handle a greater volume without fatigue.

The Loaded Clean + The Get-Up

This combo makes you feel the starting and the finishing positions of the military press with a heavier kettlebell. It is also a great way to maintain and even improve your press with an injured shoulder.

Firearms instructors will tell you that even when you are practicing slow fire and firing single shots from a pistol, you should immediately load the trigger for another shot. Because in combat you will not be firing single shots, so in training, you want to form the correct muscle memory. Follow this line of thinking when you do your kettlebell cleans. Even though you do not plan on pressing the kettlebell, load your body as if you will. Tense the glutes, brace the abs, "root" your feet into the deck, flare the lats, crush the handle. Pause momentarily, a coiled spring of tension, then drop the kettlebell. Five sets of five will do the job.

The second exercise will help you keep your overhead strength, flexibility, and stability. It is the get-up. Do five singles with a kettlebell you cannot press. Fit them in between your clean sets.

Pressing power to you, Comrade!

The above article has been adapted from one of the two special reports you will get at no extra charge with your purchase of *Enter the Kettlebell!*

“Kettlebell Training...The Closest Thing You Can Get to Fighting, Without Throwing A Punch”

—Federal Counterterrorist Operator

The kettlebell. AK-47 of physical training hardware. Hunk of iron on a handle. Simple, sinister, brutal—and ferociously effective for developing explosive strength, dramatic power and never-say-die conditioning. The man’s man’s choice for the toughest, most demanding, highest-yield exercise tool on the planet. Guaranteed to forge a rugged, resilient, densely-muscled frame—built to withstand the hardest beating and dish it right back out, 24/7.

Once the prized and jealously-guarded training secret of elite Russian athletes, old-school strongmen and the military, the kettlebell has invaded the West. And taken no prisoners—thanks to former Soviet Special Forces physical training instructor and strength author, *Pavel Tsatsouline’s* 2001 publication of *The Russian Kettlebell Challenge* and his manufacture of the first traditional Russian kettlebell in modern America.

American hardmen of all stripes were quick to recognize what their Russian counterparts had long known—nothing, nothing beats the kettlebell, when you’re looking for a single tool to dramatically impact your strength and conditioning. A storm of success has swept the American S & C landscape, as kettlebell “Comrades” have busted through to new PRs, broken records, thrashed their opponents and elevated their game to new heights of excellence.

With *Enter the Kettlebell!* Pavel delivers a significant upgrade to his original landmark work, *The Russian Kettlebell Challenge*. Drawing on five years of developing and leading the world’s first and premiere kettlebell instructor certification program, and after spending five years of additional research into what really works for dramatic results with the kettlebell—we have *Enter the Kettlebell!*

Pavel lays out a foolproof master system that guarantees you success—if you simply follow the commands!

- Develop all-purpose strength—to easily handle the toughest and most unexpected demand
- Maximize staying power—because the last round decides all
- Forge a fighter’s physique—because the form must follow the function

Enter the kettlebell! and follow the plan:

1. The New RKC Program Minimum

With just two kettlebell exercises, takes you from raw newbie to solid contender—well-conditioned, flexible, resilient and muscular in all the right places.

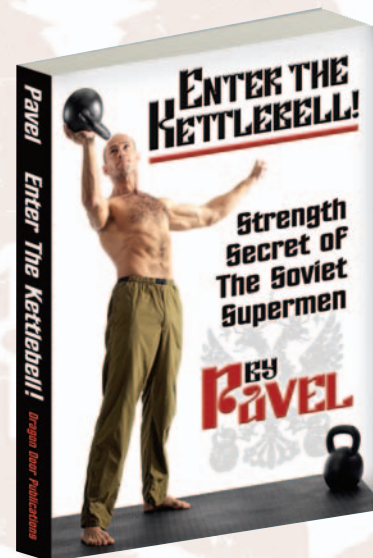
2. The RKC Rite of Passage

Jumps you to the next level of physical excellence with Pavel’s proven RKC formula for exceptional strength and conditioning.

3. Become a Man Among Men

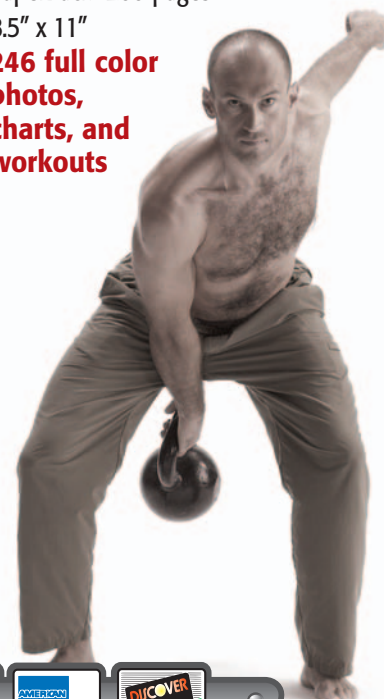
Propels you to a Special Forces level of conditioning and earns you the right to call yourself a man.

When you rise to the challenge—and *Enter the Kettlebell!*—there will be no more confusion, no more uncertainty and no more excuses—only raw power, never-quit conditioning and earned respect.



Enter the Kettlebell! Strength Secret of The Soviet Supermen by Pavel

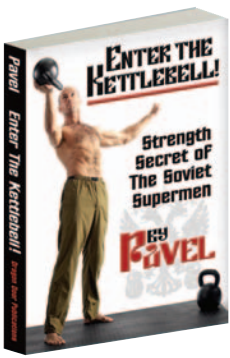
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“Pavel’s *Enter the Kettlebell!* helps you weed out weakness... **develop explosive power, strength and never-quit endurance**—with his **PROVEN** system for rapid, spectacular and across-the-board gains in physical performance”

The kettlebell has proved its worth many times over since Pavel has introduced it to America. Elite athletes, fighters, special operators, and regular hard Comrades swear by the extraordinary strength and conditioning delivered by this ancient Russian tool. Now, it is YOUR turn to *Enter the Kettlebell!*

For a kettlebell novice, the hardest part is knowing where to begin. And what you really need to do to get off to a quick—yet rock-solid—start. Pavel delivers.

For the Comrade who’s already put in a year or two of kettlebell time, it’s easy to hit a plateau after explosive early gains. Pavel

knocks him out of his sophomore slump and helps him take his game to a higher level.

Then there’s the grizzled KB vet who’s been around the block and got too arrogant to practice his fundamentals (or never learned them in the first place). Pavel **hammers the fundamentals** because “it is the mastery of the basics that separates the elite from the rest.”

With *Enter the Kettlebell!* Pavel has done all the work for you—**honing a masterplan of essential training secrets that guarantee to make you powerful, resilient, and enduring**—if you simply follow the proven guidelines.

Lift Your Kettlebell Like a Pro...

- Are you making these beginner’s mistakes in your training?
- Nine secrets of greater strength and reduced injuries
- Get the most technique improvement with the least instruction
- How to stop fighting your body and get stronger
- These two movements will give you **the biggest bang for your KB buck**
- Discover a “simple & sinister” routine for killer conditioning and muscular shoulders
- A common cause of back pain after workouts—you would never guess what it is!—and how to avoid it
- How to stretch your back after training—everyone does it wrong
- One style of breathing will weaken you and make your back vulnerable—the other style of breathing **gives you the explosive power of a trained fighter**... know which is which
- The top five reasons RKC kettlebell training is great for your back
- You have been misled: sucking your stomach in does not protect your back but makes it more vulnerable! **How to really protect your back when lifting**
- Reducing the odds of arthritis—with ballistic loading
- A surefire shortcut to **loosening stuck shoulders**
- How to temper your shoulders for sports that trash them
- A great visualization for resilient elbows and shoulders
- Why cool-downs are important to your heart health
- What you must know about your heart rate and kettlebell training
- The new prescription for a power pump heart and great body composition
- This little-known drill guarantees improvement in your squatting depth, flexibility, technique and power

- How to make a simple towel your kettlebell coach—and reach your training goals faster
- Get this one foundational drill down—and most of the remaining exercises will be a piece of cake to learn and master
- Why most Comrades should choose pulls over squats
- How to strengthen your legs and hips without blowing them up
- How to time the hip movement for maximum explosive power
- How to be the indisputable master of the force you generate
- Understand the crucial value of “slow strength” training—the counterintuitive and rarely revealed secret of Russian athletic might
- What it takes to be more resilient in the ring
- A simple way to increase an experienced fighter’s punching power
- How to master the natural athletic rhythm of tension and relaxation
- A killer one-two combination for the gym and ring
- The key characteristics of a kettlebell pro’s press
- Master this skill and you will wield **awesome pressing power**
- How to make the heaviest kettlebell feel like a toy in your hand
- Prof. Verkhoshansky’s secret for improving your strength by up to twenty percent
- How amateurs “leak” strength from their knees—and how pros fix the drain
- How to get the most out of your press while putting the least amount of stress on your shoulders
- A unique isometric drill to improve your pressing power
- Where to look—and not look—when pressing

- An unexpected assistance exercise for achieving a one-arm pull up
- Smoke your abs and obliques the old fashioned way
- A foolproof method for accelerating the curve on snatch mastery
- The snatch is a three-stage rocket—how to finesse the stages
- How to avoid bruising the forearm when snatching
- A crucial warning about shoulders and elbows in your first year of snatches
- How to accomplish the USSS Counter Assault Team 10-min snatch test—**and be a man among men**
- How to keep your training targeted while still having fun with new exercises
- How to idiot-proof your kettlebell workout—**for consistently powerful gains**
- The little-understood but crucial value of “in-between-strength”
- Russian research finds the day of the week when you are strongest—and it is not Monday
- Work harder? Or do more work?
- The “ladder” method for highly effective strength building
- The kettlebell rules for conditioning
- A gambler’s method for deciding your high-rep workout
- How to log your workouts for optimal results
- How to use timed sets—for a **foolproof and flexible practice**
- What makes the **kettlebell superior to other weights and fitness equipment?**
- Should you train with the kettlebell as a stand-alone tool or mix it up with a barbell and dumbbells?
- How to get superior gains in athletic performance without sport specific training
- The kettlebell “what the hell effect”—**for improving at skills you have not practiced**

DISCOVER **THE PAVEL SYSTEM** —And **Master The Key Kettlebell Secrets** For **Rapid Development of Exceptional** **Power, Strength and Endurance**

With *Enter the Kettlebell!* Pavel delivers a significant upgrade to his original landmark work, *The Russian Kettlebell Challenge*. Drawing on five years of developing and leading the world's first and premiere kettlebell instructor certification program, and after spending five years of additional research into what really works for dramatic results with the kettlebell—we have *Enter the Kettlebell!*

Inside, discover the **absolutely essential kettlebell training** secrets anyone—from the rawest newbie to most grizzled of vets—can use to rapidly develop exceptional power, strength and endurance.

At time of going to press dragondoor.com customers have posted 34 similar reviews of Pavel's *Enter the Kettlebell!* DVD, for an average rating of 9.2 out of a possible 10. To read all customer reviews visit this page on our website: <http://enterthekettlebell.com/dv036.html>

A MUST HAVE FOR ANY KETTLEBELL BEGINNER Rated 10 out of 10

"In one word, outstanding. The elementary kettlebell routines with a single kettlebell. I lost 20 pounds in a single month just with this basic set of exercises. Best DVD I have ever purchased."—*Keith "Pappy" Iseley - Snellville, Georgia*

Incredible - This DVD is all that is Pavel: Clear, Strong and Tight! Rated 10 out of 10

"This new DVD is everything you need to help launch your Kettlebell workouts. The stretching and warm-up exercises helped me to get into the right positions to get the most out of my swings, cleans and presses. Major impact on the flexibility of my shoulders and my sore back has disappeared. This DVD has great flow from one exercise to the next and not a moment was wasted. Detailed exercise instruction and tips filled in any gaps needed to perform the exercises correctly and with the most effectiveness."—*MCA - Seattle, WA*

Another Masterpiece from Pavel! Rated 10 out of 10

"For over 35 years I have trained and studied many martial arts earning black belts in Shai Chiao Chinese Wrestling and Shaolin Hung Fut. I've had the privilege to study under some of the worlds best in traditional kung fu but have never achieved as much in as little of time from your information. This DVD breaks it down and answers many question better than all your others. Keep it coming and, 'Enjoy the Pain!'"—*Marvin King, RKC, NCSF, NARS, MjKRKC - Bowie, MD*

Great DVD Rated 10 out of 10

"The progression here and on the ETK book make it impossible to screw up. Every step of the drills is clearly explained and demonstrated. And the DVD has applications even for experienced athletes. The remedial drills are outstanding. I cannot say enough good things about the ETK program. The Rite of Passage will turn you in to a machine."—*SSGLASS - Okinawa, Japan*

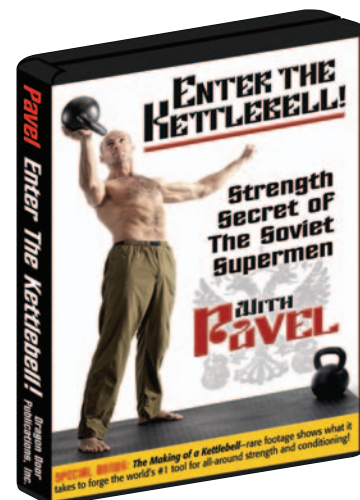
Get on the Bandwagon! Rated 10 out of 10

"If you are not on the Pavel Tsatsouline bandwagon yet, what are you waiting for? I have had Enter the Kettlebell DVD for a little over a month now and likely have watched it a least 12 times! How many DVDs do you have that you refer too that much? Don't hesitate any longer; get this DVD you will NOT be disappointed. There are lots of people selling kettlebell instructional DVDs and manual on the internet, but they are just copying the real master. I know imitation is the greatest form of flattery, but why not start with the best and go from there."—*James Lund - Winnipeg, MB Canada*

Pavel lays out a foolproof master system that guarantees you success—if you simply follow the commands!

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- **Maximize** staying power—because the last round decides all
- **Forge** a fighter's physique—because the form must follow the function

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Enter the Kettlebell! **Strength Secret of** **The Soviet Supermen** with Pavel

DVD #DV036 \$29.95
DVD Running time: 46 minutes

Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



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Enter The Kettlebell! Highlights

Foreword by Dan John

Preface: A Step to the Left and I Shoot
“Do it this way!”... the no-more-guesswork, failure-is-not-an-option, quick-start guide to kettlebell success... *Power to the People!* for kettlebells.

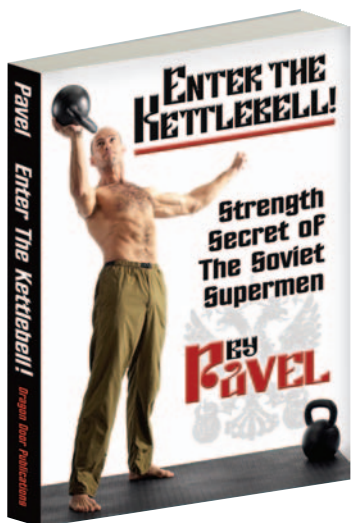
Introduction: When We Say “Strength,” We Mean “Kettlebell.” When We Say “Kettlebell,” We Mean “Strength.”

How the Kettlebell Has Bred Weakness Out of the Russian Gene Pool

The Russian recipe for doubling or tripling your strength ... kettlebells as the backbone of Russian military strength training... why Soviet scientists gave the kettlebell two thumbs-up... the Voropayev study—kettlebells boost pull-ups, jumping, and running... the Vinogradov & Lukyanov study—kettlebells improve fitness across the board... the studies by Luchkin and Laputin... the Soviet armed forces strength training manual—kettlebell training “one of the most effective means of strength development potential”... the Shevtsova study... the Gomonov study—consistently low body fat in kettlebell lifters.

Chronicle of the Russian Kettlebell Invasion of America

Kettlebells and the American iron men of old... rise of the machines... kettlebells change the face of exercise in America.



Enter the Kettlebell!
Strength Secret of The Soviet Supermen
by Pavel #B33 \$34.95

Chapter 1: Enter the Kettlebell!

Which Kettlebells Should I Start With?

Choosing the correct size of kettlebell for men and women of differing backgrounds, strength and skills... understanding your goals with kettlebells.

How to Make Your Hips, Back, and Shoulders Speak Russian Body Language

Developing flexibility in the hip flexors for greater power... the kettlebell preschool test... the kettlebell Sumo Deadlift checklist... how to make the fastest gains... the Halo for looser shoulders... the Pump Stretch.

“It’s Your Fault”: Kettlebell Safety 101

Ten key tips to have your strength and your health too... practicing safety to make safety permanent.

Safety as a Part of, Not the Opposite of, Performance

Nine secrets for guaranteeing greater strength and reduced risk of injury in your kettlebell training.

Chapter 2: The New RKC Program Minimum

Practice Before Workout:

The Break-in Plan

The two staples of the Russian Kettlebell Challenge program—Swing and Get-up... building skill by practicing, not working out.

The Swing—for Legs and Conditioning That Won’t Quit

The single most effective strength and conditioning exercise in the world?... mechanics of a good and a bad Swing... the three essential standards for a perfect Swing ... Swing mastery, Steps 1 through 4.

The Get-up—for Shoulders That Can Take Punishment and Dish It Out

Miraculous shoulder comebacks... developing shoulder mobility and stability... pressing heavier... the six essential standards for a perfect Get-up... Get-up mastery, Steps 1 through 4.

The New RKC Program Minimum

For the most important and immediate concerns: world-class conditioning, rapid fat loss, a steel back, muscular, flexible, and resilient shoulders—and a skill base for the rest of the RKC drills... “simple and sinister” S&C routine.

The Next Step

What to do next, once you are rocking on the RKC Program Minimum.

Chapter 3: The RKC Rite of Passage

The RKC Proven Formula: Low-Rep Grinds + High-Rep Quick Lifts

The priority in RKC-style training... the value of “slow strength” training... a counter-intuitive and rarely revealed secret of Russian athletic might... the advantages of slow strength for a fighter... definition of power... mastering the natural athletic rhythm of tension and relaxation... a killer one-two combination for the gym and the ring.

A Pull and a Press—Sound Familiar?

A PTP format for kettlebells... pulls to build backs... a dramatic way to reduce back injuries... building stronger abs... forging a vice grip... why kettlebell presses rule... how to go from regular guy to hard guy—a set of goals... and a set of goals for women.

The Clean—Crisp Like a Punch

Defining the RKC Clean... the six essential standards for a perfect Clean... Clean mastery, Steps 1 through 4.

The Press—for a Classic Torso

The five essential standards for a perfect Press... Press mastery, Steps 1 through 5.

The Snatch—for Android Work Capacity and the Pain Tolerance of an Immortal

The Tsar of kettlebell lifts... snatches for military and law enforcement... physical and mental benefits of the Snatch... The six essential standards for a perfect Snatch... Snatch mastery, Steps 1 through 6.

Chapter 4: A Step-by-Step Guide to Becoming a Man Among Men

Have Your Borsch and Eat It Too:

The Hazards of Variety and

How to Dodge Them

A system for the really ambitious man... constructive corrections and waving the loads... the function of variety days... working your “in-between strength”... schedules for the RKC Right of Passage.

The RKC Ladder to Pressing Power

The intensity and volume equation... the “ladder,” for highly effective strength building... the perfect rest interval between sets... the role of density in your strength training... George Hackenschmidt’s regimen ... compressed rest periods... Pull-ups as a great addition to your Presses.

Rest Less, Snatch More

The kettlebell rules for conditioning... when to do your high-rep kettlebell pulls... the heavy-light-medium template... how to log your workouts... warning for shoulders and elbows in your first year of kettlebelling... how to get the same results for different fitness levels with the same workout... the Russian science of periodization in your kettlebell training... high-intensity intervals—the new Rx for heart health.

From Boy to Man

Testing yourself for progress in the RKC Rite of Passage... the United States Secret Service kettlebell Snatch rules... the RKC Rite of Passage training plan summary... how to measure a man’s true character.

Chapter 5: FAQ

Is kettlebell training a fad?

What makes the kettlebell superior to other weights and fitness equipment?

Should I train with the kettlebell as a stand-alone tool or mix it up with a barbell and dumbbells?

How can I combine kettlebell training with *Power to the People!* and *The Naked Warrior*?

How can I incorporate *Bullet-Proof Abs* exercises into my kettlebell regimen?

I have a bad back. Can I train with kettlebells?

The top five reasons RKC kettlebell training is great for your back.

What diet do you recommend?

Will kettlebells help my sport-specific strength?

The pros and cons of sports-specific training... the kettlebell “what-the-hell effect” for improving at things you have not practiced... how to truly excel at a certain exercise... when to do “special strength” training.

Why are your exercise descriptions so detailed? Come on, kettlebells are not rocket science!

Reverse-engineering what the greats do naturally... learning how to move like the elite... refining the basics.

Can I substitute the . . . with the . . . ?

Once I have put up the RKC Rite of Passage numbers, where do I go next?

If Russian stuff is so tough, why did the USSR lose the Cold War

Chapter 6: The Making of a Kettlebell

The kettlebell pattern... pressing the kettlebell mold... crucible for a hot kettlebell... pouring the kettlebell molds... shaking out the kettlebell... hammer and kettlebell... sandblasting the kettlebell... grinding the kettlebell.

Dragon Door's Most Popular Russian Kettlebell Weighs 35lb (16kg)— And Is The Ideal Size For Most Men To Jumpstart Their New Cardio, Conditioning and Strength Programs

Dragon Door and Pavel Tsatsouline re-introduced kettlebells to the US with the uniquely designed 35lb cast iron kettlebell—and it has remained our most popular kettlebell.

Why?

Even a man of average initial strength can immediately start using the 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.

Stronger men and more experienced weightlifters and powerlifters can use the 35lb kettlebell to train themselves effectively in the many excellent drills you'll find in Pavel's classic book and DVD, *Enter the Kettlebell!*.

The 35 lb kettlebell quickly becomes a favorite for women too, once they have built up their strength using Dragon Door's lighter kettlebells. (Women, we recommend you start with either the 26lb kettlebell or the 18lb kettlebell initially.)

Visit our webpage <http://www.kettlebellkettlebells.com/index.html> to see customer reviews of our many sizes of kettlebell. In the meantime, here is a sample of reviews for the 16kg bell:

Reader reviews of: Russian Kettlebell - 16kg (35lb) Average Rating: When going to press, 10.0 out of a possible 10, in 16 reviews

Excellent Alternative **Rated 10 out of 10**

"I never even knew that there was something out there that could work all the muscles. A workout program that stimulates your muscles as well as your stamina and endurance. **20 minutes of swinging around my kettlebell and I am drenched as if I ran a marathon.** I can hardly wait until my body allows me to upgrade to a second kettlebell. I love my kettlebell."—JMN - Sayreville, NJ

Less is more **Rated 10 out of 10**

"This is not for the weak hearted. Pure weight, quality product. I wish I would have known sooner, but now is better than never. I can't wait to go to the next level."—Tony - Fayetteville (Ft. Bragg), NC USA

True Strength Training **Rated 10 out of 10**

Kettlebell training is the only way I know that builds strength, increases flexibility, and burns off the excess fat. **In four weeks, I lost 7 pounds and I'm starting to see those muscles that have been hiding under that extra layer of fat.** Kettlebell training is challenging and demands your full attention while lifting. Unlike the linear movements of the bench press and curls (as with the other exercises in the gym), KB training works the whole body with every technique. Great product, very

helpful customer service." —Anthony Lang - San Diego, Ca

The Right Tool For The Right Job

Rated 10 out of 10

"After a long absence from the world of real exercise, due to injury after injury, it's nice to be back. I couldn't have made the transition back with conventional free weights and machines. **The kettlebell has been my saving grace. After almost a year of rehab and licking my wounds the kettlebell has been instrumental in reconstructing my physique as well as the confidence in my ability to use my body again.** I'm finally getting back into wrestling-shape again and have never felt more optimistic about my ability to achieve. I highly recommend this product and its brothers and sisters to everyone looking to make a dramatic change in their life both physically and mentally, this is second to none. Russ, age 23."—Russell Mesteth - Grand Forks, ND USA

Physical Results **Rated 10 out of 10**

"I bought the RKC book 3 months ago, and started doing the exercises with dumbbells. After reading several testimonials, explaining the difference of using kettlebells over dumbbells, I broke down and got the real thing for my wife and myself.

Due to my occupation, I receive a full physical examination each year. The results this year were a little surprising. At age 38, I did not train with KBs, at

age 39 I started KB training. Basic results were: Resting pulse at age 38 was 72bpm. Resting pulse at age 39 was 58bpm. **Blood pressure at age 38 was 116/70. Blood pressure at age 39 was 102/60.** Weight at age 38 was 170. Weight at age 39 was 159.

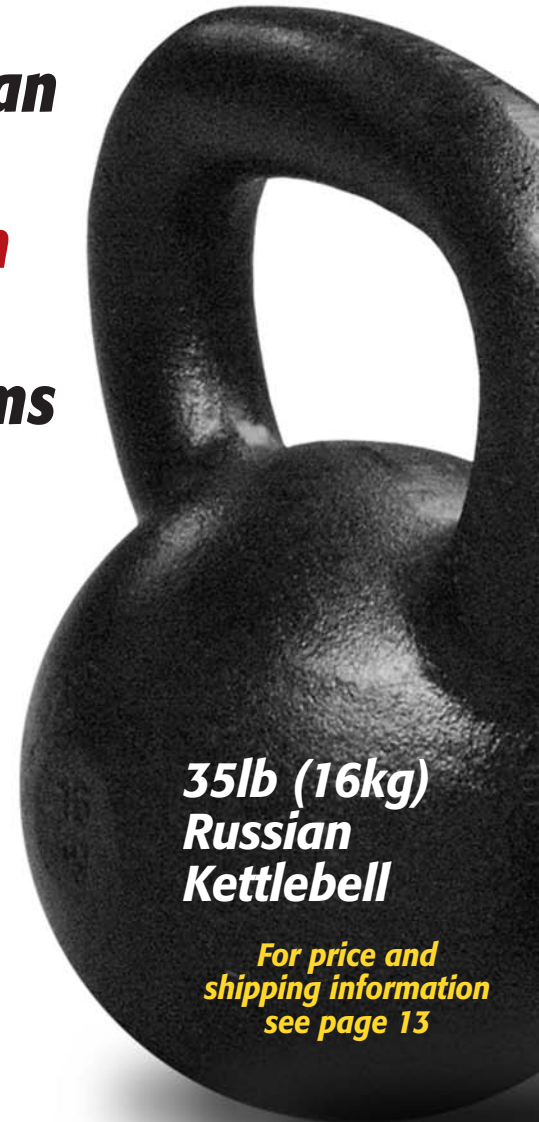
My favorite test: Age of lungs: at age 38, my lungs were recorded as to have aged to 44 years old. **At age 39, age of my lungs dropped to 30 years old. Gotta love that!**

Of course I can't prove that KBs were responsible for the physical improvements, but KB training was the only thing I did differently between the 2 examinations. I can't wait to take my next physical examination!

Thanks Pavel!" —romzilla - Atlantic City, NJ

Enjoying the kettlebell **Rated 10 out of 10**

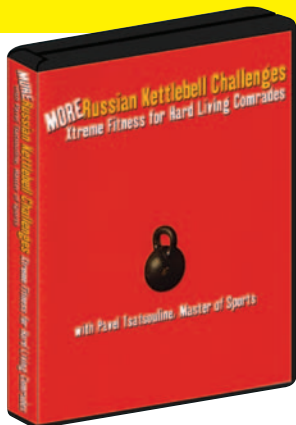
"On the box the kettlebell came in, it said 'Enjoy the Pain'. I've been doing just that. **Dragon Door was the most reasonable site I could find for the purchase of and shipping of kettlebells.** And the product arrived in a timely manner. Thanks again for a great product and great service."—Mike Haggerty - California



**35lb (16kg)
Russian
Kettlebell**

**For price and
shipping information
see page 13**

“Pavel’s stuff works – period. His methods – and his kettlebells that are my prized possessions – are simply the most effective combination – by far – that I’ve ever encountered in 30 years of training. This tape, like all of Pavel’s products, is worth every penny.”—John Quigley, Hazleton, PA



More Russian Kettlebell Challenges

25 Evil Drills for Radical Strength and Old School Toughness

With Pavel Tsatsouline

VIDEO #V111 **\$59.95**

DVD #DV005 **\$59.95**

Running Time: 40 minutes



Here’s just some of the secrets you’ll gain from Pavel—for breakthrough results in your strength and power—when you add MRKC to your arsenal of tricks:



The Traditional Bent Press

Eight success secrets for safety, strength and optimal performance, including: What two motions are crucial for aching the Traditional Bent Press?

The DARC Swing

Six success secrets, including: What breathing technique helps you safely unload your spine?

The Reverse Floor Wrist Drill

Two success secrets, including: What performance-boosting skill to employ with your torso and stomach.

The Front Squat

Fifteen success secrets, including: What four parts of your body is it crucial to tighten before you descend?

The Para Press

Three success secrets, including: What not to let happen with your shoulders

The Knee Supported Row

Four success secrets, including: What is the correct trajectory when lowering the kettlebell in an arc?

The One Legged Deadlift

Seven success secrets, including: What to lock out and what to contract for best success.

The Seated Good Morning Stretch

Four success secrets, including: How to best achieve a deeper stretch with correct breathing and tension control.

The Floor Seated Press

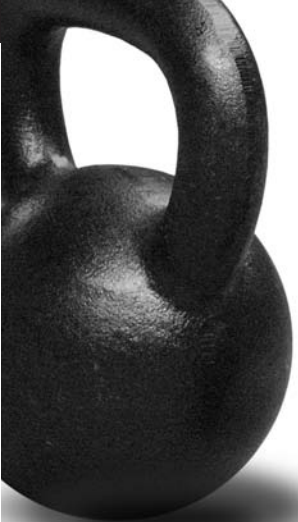
Two success secrets, including: How to correctly bring the kettlebell to your shoulder.

The Split Press

The key success secret for safety, strength and optimal performance—and one vital warning: How to avoid tearing your groin muscles.

“Pavel has done another excellent job in presenting challenging drills that will take your kettlebell practice and fitness to new heights. Pavel’s trademark humor is ever present, and his instruction is no-nonsense and, as always, well done. Multiple camera angles are used, and are very helpful in grasping the fine points of the drills. Pavel’s instruction is pure gold — detailed and meticulous. There is a tremendous amount of valuable information packed into this 40-minute tape. Watch and listen closely, follow Pavel’s advice, and you’ll find something remarkable in the fitness industry — someone actually delivering on what might appear to be the usual marketing hyperbole.”—John Quigley, Hazleton, PA

“The video takes you through some new moves with great detail and also revisits some older ones with more attention to the finer points. This tape will give you many more weapons in your arsenal of KB exercises. KB’s offer variety of exercises and great flexibility in program design and this video will give you more to work with. Highly recommended!”—Dave Randolph, RKC, Louisville, KY



Which Kettlebells Should I Get?

BY PAVEL

If you can train with a 53-pound kettlebell for a 700-pound bench, that's great, why go heavier?

—Louie Simmons, Westside Barbell Club

Russian kettlebells traditionally come in *poods*. One *pood*, an old Russian unit of measurement, equals 16 kilograms, approximately 35 pounds. The most popular sizes in Russia are 1 *pood*, the right kettlebell for a typical male beginner; 1 1/2 *pood*, or a 53-pounder, the standard issue in the military; and the “double,” as the 2-*pood*, or 70-pound kettlebell, is called. Doubles are for advanced gireviks.

Heavy kettlebells are traditionally called “bulldogs.” “Heavy” is in the eye of the beholder; we usually dump the bells heavier than 32 kilograms in that category. 48 kilograms is as heavy as traditional kettlebells go, but it does not stop Russia’s strongest from going heavier. Weightlifting legend Yuri Vlasov was heartbroken when someone stole his custom-made 56-kilogram kettlebells.

Dragon Door makes top-quality, classic, Russian-style cast iron kettlebells ranging from 26 to 106 pounds and rubber-coated ladies’ kettlebells ranging from 9 to 18 pounds. Which ones do you need?

Start with one kettlebell; the table below will help you pick the right one. If you have the funds, get a set of three or four kettlebells, referring to the table for sizes.

Do you need two kettlebells of the same size?—Not yet. Double kettlebell drills are great—look what they have done for Senior RKC Mike Mahler—but they are not for beginners. Get good with single kettlebell exercises, then we’ll talk.

An average man should start with a 35-pounder. What is “average”?—Given the bench press as a typical, albeit misguided, standard of strength, men with a bench press under 200 pounds should start with

a 35-pounder. If you bench more than 200, a 44 that weighs as much as a big barbell plate will do the trick.


Unless you are a powerlifter or a strongman, you have no business starting with a 53. I know, it does not sound like a lot, but a kettlebell feels a lot heavier than its weight suggests! To give you an idea, for a few years we ran an 88-pound kettlebell military press challenge at our booth at the Arnold Fitness Expo. The rules are simple: the fist must be lower than the chin at the start of the press, and the knees must remain locked. You don’t even have to clean the bell because I do not want any of the “this is all technique” whining. We’ll hand it to you if you insist.

Let us face it, one-arm pressing 88 pounds overhead is not a feat of strength. Definitely not for a 250-pound man who can bench close to 400 pounds. Yet most can’t do it. Let this be a lesson: err on the lighter side when ordering your kettlebells. There is no dishonor. Even superpowerful men like 1,000-pound squatters RKC’s Donnie Thompson and Marc Bartlett find plenty of things to do with 35- and 53-pounders.

An average woman should start with an 18-pounder. A strong woman can go for a 26-pounder. Most women should advance to a 35-pounder. A few hard women will go beyond. Catherine “Steel Kate” Imes, RKC, can press the 70-pounder for a few reps, putting many men to shame.

You must have noticed that, unlike dumbbells, kettlebell weights do not go up in small increments. There is simply no need for extra iron. Inventive gireviks don’t need a ton of weight to provide progressive resistance. And you get to save money and space.

Poods and Kilograms to Pounds Approximate Conversion

Poods	kgs.	lbs.	
0.25	4	9	 <i>The most popular sizes in Russia are shaded in red.</i>
0.375	6	13	
0.5	8	18	
0.75	12	26	
1	16	35	Male beginner’s weight
1.25	20	44	
1.5	24	53	Most popular in the military
1.75	28	62	
2	32	70	Advanced men
2.5	40	88	
3	48	106	

Start out with the Right Kettlebell!

Is It You?	Kettlebell to Start with	Ideally, Buy This Set
An average lady	18 lbs.	18, 26, 35 lbs.
A strong lady	26 lbs.	26, 35, 44 lbs.
An average gentleman	35 lbs.	35, 44, 53, 70 lbs.
A stronger-than-average gentleman	44 lbs.	44, 53, 70 lbs.
A very strong gentleman	53 lbs.	53, 70, 88 lbs.

Don’t chase ever heavier kettlebells just for the heck of it; keep your goals in mind. Anatoly Taras, a special operations veteran and a leading hand-to-hand combat expert in the countries of the former Soviet Union, believes that once a fighting man can do 50 snatches per arm, switching hands only once, with a 24-kilogram kettlebell, he has reached the point of diminishing returns. “People of a certain personality type will ask, why not [really crank up those numbers]?” says Taras. “You could if you have the time and the desire, but it is not necessary unless your goal is setting records. Having set a few records of this kind will not make you fight any better.”

Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



www.dragondoor.com

The World's #1 Handheld Gym For Extreme Fitness

Use Kettlebells to:

- **Accelerate your all-purpose strength**—so you can readily handle the toughest demands
- **Hack away your fat**—without the dishonor of dieting and aerobics
- **Boost your physical resilience**—to repel the hardest hits
- **Build your staying power**—to endure and conquer, whatever the distance
- **Create a potent mix of strength-with-flexibility**—to always reach your target
- **Forge a fighter's physique**—so form matches function
- **Be independent**—world's #1 portable gym makes you as strong as you want to be, anywhere, anytime

Kettlebells Fly Air Force One!

“There’s a competitive reason behind the appearance of kettlebells at the back doors and tent flaps of military personnel. When Russian and US Special Forces started competing against each other after the Soviet Union broke up, the Americans made a disturbing discovery. “We’d be totally exhausted and the Russians wouldn’t even be catching their breath,” says... [a] Secret Service agent... “It turned out they were all working with kettlebells.”

Now, half the Secret Service is snatching kettlebells and a set sometimes travels with the President’s detail on Air Force One.”—*Christian Science Monitor*



Pavel's Kettlebell FAQ

What is a 'kettlebell'?

A 'kettlebell' or girya (Russ.) is a traditional Russian cast iron weight that looks like a cannonball with a handle. The ultimate tool for extreme all-round fitness.

The kettlebell goes way back – it first appeared in a Russian dictionary in 1704 (Cherkikh, 1994). So popular were kettlebells in Tsarist Russia that any strongman or weightlifter was referred to as a girevik, or 'a kettlebell man'.

“Not a single sport develops our muscular strength and bodies as well as kettlebell athletics,” reported Russian magazine Hercules in 1913.

“Kettlebells—Hot Weight of the Year”—*Rolling Stone*

Why train with kettlebells?

Because they deliver extreme all-round fitness. And no single other tool does it better. Here is a short list of hardware the Russian kettlebell replaces: barbells, dumbbells, belts for weighted pullups and dips, thick bars, lever bars, medicine balls, grip devices, and cardio equipment.

Vinogradov & Lukyanov (1986) found a very high correlation between the results posted in a kettlebell lifting competition and a great range of dissimilar tests: strength, measured with the three powerlifts and grip strength; strength endurance, measured with pullups and parallel bar dips; general endurance, determined by a 1000 meter run; work capacity and balance, measured with special tests.

Voropayev (1983) tested two groups of subjects in pullups, a standing broad jump, a 100m sprint, and a 1k run. He put the control group on a program that emphasized the above tests; the experimental group lifted kettlebells. In spite of the lack of practice on the tested exercises, the kettlebell group scored better in every one of them! This is what we call “the what the hell effect”.

Kettlebells melt fat without the dishonor of dieting or aerobics. If you are overweight, you will lean out. If you are skinny, you will get built up. According to Voropayev (1997) who studied top Russian gireviks, 21.2% increased their bodyweight since taking up kettlebelling and 21.2% (the exact same percentage, not a typo), mostly heavyweights, decreased it. The Russian kettlebell is a powerful tool for fixing your body comp, whichever way it needs fixing.

Kettlebells forge doers' physiques along the lines of antique statues: broad shoulders with just a hint of pecs, back muscles standing out in bold relief, wiry arms, rugged forearms, a cut-up midsection, and strong legs without a hint of squatter's chafing.

Liberating and aggressive as medieval swordplay, kettlebell training is highly addictive. What other piece of exercise equipment can boast that its owners name it? Paint it? Get tattoos of it? Our Russian kettlebell is the Harley-Davidson of strength hardware.

“Kettlebells—A Workout with Balls”—*Men's Journal*

Who trains with kettlebells?

Hard comrades of all persuasions.

Soviet weightlifting legends such as Vlasov, Zhabotinskiy, and Alexeyev started their Olympic careers with old-fashioned kettlebells. Yuri Vlasov once interrupted an interview he was giving to a Western journalist and proceeded to press a pair of kettlebells. "A wonderful exercise," commented the world champion. "...It is hard to find an exercise better suited for developing strength and flexibility simultaneously."

The Russian Special Forces personnel owe much of their wiry strength, explosive agility, and never-quitting stamina to kettlebells. *Soldier, Be Strong!*, the official Soviet armed forces strength training manual pronounced kettlebell drills to be "one of the most effective means of strength development" representing "a new era in the development of human strength-potential".

The elite of the US military and law enforcement instantly recognized the power of the Russian kettlebell, ruggedly simple and deadly effective as an AK-47. You can find Pavel's certified RKC instructors among Force Recon Marines, Department of Energy nuclear security teams, the FBI's Hostage Rescue Team, the Secret Service Counter Assault Team, etc.

Once the Russian kettlebell became a hit among those whose life depends on their strength and conditioning, it took off among hard people from all walks of life: martial artists, athletes, regular hard comrades.

"I can't think of a more practical way of special operations training... I was extremely skeptical about kettlebell training and now wish that I had known about it fifteen years ago..."

—Name withheld, Special Agent, U.S. Secret Service Counter Assault Team

Am I kettlebell material?

Kettlebell training is extreme but not elitist. At the 1995 Russian Championship the youngest contestant was 16, the oldest 53! And we are talking elite competition here; the range is even wider if you are training for yourself rather than for the gold. Dr. Krayevskiy, the father of the kettlebell sport, took up training at the age of forty-one and twenty years later he was said to look fresher and healthier than at forty.

Only 8.8% of top Russian gireviks, members of the Russian National Team and regional teams, reported injuries in training or competition (Voropayev, 1997). A remarkably low number, especially if you consider that these are elite athletes who push their bodies over the edge. Many hard men with high mileage have overcome debilitating injuries with kettlebell training (get your doctor's approval). Acrobat Valentin Dikul fell and broke his back at seventeen. Today, in his mid-sixties, he juggles 180-pound balls and breaks powerlifting records!

"... kettlebells are a unique conditioning tool and a powerful one as well that you should add to your arsenal of strength... my experience with them has been part of what's led me to a modification in my thoughts on strength and bodyweight exercises... I'm having a blast training with them and I think you will as well."

—Bud Jeffries, the author of *How to Squat 900lbs. without Drugs, Powersuits, or Kneewraps*

How do I learn to use the kettlebell?

From Pavel's books and videos: *The Russian Kettlebell Challenge* or *From Russia with Tough Love* for comrades ladies. From an RKC certified instructor; find one in your area on RussianKettlebell.com. Kettlebell technique can be learned in one or two sessions and you can start intense training during the second or even first week (Dvorkin, 2001).

"...I felt rejuvenated and ready to conquer the world. I was sold on the kettlebells, as the exercises were fun and challenging, and demanded coordination, explosion, balance, and power... I am now on my way to being a better, fitter, and more explosive grappler, and doing things I haven't done in years!"

—Kid Peligro, *Grappling* magazine

What is the right kettlebell size for me?

Kettlebells come in 'poods'. A pood is an old Russian measure of weight, which equals 16kg, or roughly 35 lbs. An average man should start with a 35-pounder. It does not sound like a lot but believe it; it feels a lot heavier than it should! Most men will eventually progress to a 53-pounder, the standard issue size in the Russian military. Although available in most units, 70-pounders are used only by a few advanced guys and in elite competitions. 88-pounders are for mutants.

An average woman should start with an 18-pounder. A strong woman can go for a 26-pounder. Some women will advance to a 35-pounder. A few hard women will go beyond.

"Kettlebells are like weightlifting times ten."

"Kettlebells are like weightlifting times ten. ...If I could've met Pavel in the early '80s, I might've won two gold medals. I'm serious."

—Dennis Koslowski, D.C., RKC,
Olympic Silver Medalist in Greco-Roman Wrestling

Announcing:

**Two
New
Sizes!**

Many of you have asked for an intermediate kettlebell between the 4kg and 8kg. So here it is... the 6kg (13lb), which like its sisters has a steel handle and core with rubber casing. Great for weighted joint mobility drills!

And then, we've uncaged **"THE BEAST"**, a monstrous 48kg (106lb) of solid iron, for the ultimate in hardcore training. Swing it, clean it, snatch it —and, if you dare, try pistols, pullups and presses! Are you man (or woman) enough to tame THE BEAST — or will THE BEAST tame you?

See page 23

RUBBER CASED



CLASSIC STYLE



STEEL HANDLE & CORE/RUBBER CASING

	Price	MAIN USA	AK&HI	CAN
#P10D 4kg (approx. 9lb) —.25 poods	\$89.95	S/H \$11.00	\$49.00	\$27.00
#P10K 6kg (approx. 13lb) — .50 poods	\$97.95	S/H \$14.00	\$56.00	\$32.00
#P10E 8kg (approx. 18lb) — .50 poods	\$99.95	S/H \$17.00	\$65.00	\$38.00

CLASSIC KETTLEBELLS (SOLID CAST IRON)

#P10G 12kg (approx. 26lb) — .75 poods	\$82.95	S/H \$21.00	\$79.00	\$47.00
#P10A 16kg (approx. 35lb) — 1 pood	\$89.95	S/H \$27.00	\$94.00	\$58.00
#P10H 20kg (approx. 44lb) — 1.25 poods	\$99.95	S/H \$32.00	\$109.00	\$70.00
#P10B 24kg (approx. 53lb) — 1.5 poods	\$109.95	S/H \$36.00	\$125.00	\$81.00
#P10J 28kg (approx. 62lb) — 1.75 poods	\$129.95	S/H \$38.00	\$142.00	\$90.00
#P10C 32kg (approx. 70lb) — 2 poods	\$139.95	S/H \$43.00	\$158.00	\$99.00
#P10F 40kg (approx. 88lb) — 2.5 poods	\$179.95	S/H \$57.00	\$190.00	\$124.00
#P10L 48kg (approx. 106lb) — 3 poods	\$247.95	S/H \$67.00	\$223.00	\$158.00

SAVE! ORDER A SET OF CLASSIC KETTLEBELLS & SAVE \$17.00

#SP10 Classic Set (one each of 16, 24 & 32kg)	\$322.85	S/H \$106.00	\$377.00	\$238.00
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ALASKA/HAWAII KETTLEBELL ORDERING

Dragon Door now ships to all 50 states, including Alaska and Hawaii, via UPS Ground.

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 ten provinces. Delivery time can vary between 3 to 10 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 4KG TO 24KG 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 THE 32KG AND 40KG KETTLEBELLS.
- **NO RUSH ORDERS ON KETTLEBELLS!**



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Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!

Ten Reasons Why **Dragon Door's** American-Made **RKC Kettlebells** Are The Best Money Can Buy

When You Are Investing In Your Body, Why Would You Settle For Anything Less Than the Best Quality In the World?

The Russian kettlebell. Five years ago Dragon Door and Pavel unleashed this deceptively simple-but-deadly tool on an unsuspecting nation. Ever since we have been relentlessly educating America on the benefits of the kettlebell. We have succeeded.

Now that the kettlebell revolution is sweeping America and imitators are popping up left and right, it is time to tell you why our kettlebells are not only the first but also the best.

There is a whole lot of science and art and a heck of a lot of manpower and very precise labor involved in the production of a perfectly balanced, flawless kettlebell.

Here's the Truth About What It Takes To Give You the Perfect Kettlebell—Look For And Accept Nothing Less:

FIRST and foremost: it takes a kettlebell expert and master (like Pavel) to design the perfect heft and balance between handle size and ball size for each weight—with a special provision for the beginner's 16kg kettlebell—to ensure the kettlebell precisely and optimally challenges your body in exactly the way it's supposed. A kettlebell designed by an amateur who does not understand the dynamics of ballistic exercise will only bang up your forearm and wrench your elbow.



Then there is the shape and the dimensions of the handle. The Dragon Door kettlebell will fit your hand like a glove. A me-too kettlebell will jam, tweak, and trash your wrists. When Pavel says "Enjoy the pain!" it is not THAT kind of pain he refers to.

Needless to say, when you pick up a Dragon Door kettlebell you are picking up what Pavel himself uses to train with. Exactly that!

SECOND: you need a master pattern maker (like Dragon Door's) who's going to truly recreate the exact design of kettlebell specified to the centimeter by our expert Pavel. Making a pattern is a complex and labor-intensive process that takes over two weeks (and A LOT OF DOLLARS!) to perfect.

THIRD: Each kettlebell is cast in a perfect mold of its own. A metal box called the "flask" opens vertically to receive the pattern. Then it is filled with specially formulated sand. A machine rams the sand to pack it and the pattern is removed leaving behind a kettlebell "crater"—steel workers call it an "impression". The process is then repeated with the other half of the



box. The top and the bottom of the mold are put together like a sandwich. The kettlebell-shaped cavity inside the compressed sand is ready to receive molten metal.

FOURTH: The iron has to be the perfect formulation, for longterm strength and durability. Pure molten iron is poured into a pitcher-like "crucible". Foundrymen pour the glowing iron from this large crucible into a smaller one. Special alloys and inoculants are then added to the "bath", as steel workers call molten metal. These additives will give the kettlebell the mechanical properties we specified (like the ability to stand a lifetime of punishment at your hands).

FIFTH: Tremendous precision ensures the iron maintains the exact shape it has to be. A hard man pulls the crucible to the conveyor where molds held together with special "jackets" are waiting. He fills each mold with molten metal. The metal is poured through a hole in the sand called the "gate" into the mold and into a cylinder shaped "riser". The riser is attached to the kettlebell shape and sits above it.

The alien growths of the gate and the riser had to be attached to the pattern when it was made. If you did not have the riser, two things would have gone wrong. First, some of the air trapped inside the cavity would be unable to escape from the fast pouring metal. Do you want bubbles in your kettlebells? We didn't think so. Let the riser take a sissy bubble bath with the displaced gas. The unwanted air escapes from an opening at the top of the riser.

The second problem the riser tackles is metal shrinkage. Iron



shrinks when it cools. You don't want a lighter kettlebell, do you? Gravity—now you know another strategic reason to position the riser above the mold—will force extra molten metal from the riser back down into the mold. Metal hardens in seconds and the process of shrinkage and compensation is very quick.

SIXTH: The cast iron needs to be cleaned of its sand and its riser-blob removed. A hardcore and laborious process! The end product, the kettlebell, is called the "casting". The castings are allowed to cool some before the "shakeout", the process of removing them from their molds. The molds are dumped onto a vibrating conveyor. Black sand falls off to reveal sinister, red-hot kettlebells.

The conveyor takes the kettlebells—with riser-shaped growths still attached—to a man whose job has been done the same way for centuries. He grabs one casting at a time and chops off the riser blob the old-fashioned way—with a sledgehammer. Foundry work is for real men.

SEVENTH: And still there is cleaning work to be done! The raw kettlebells have burrs—small ridges and rough edges that can rip and shred the skin if left unattended. Blood does not faze us but lost training time does.



Enter the *Wheelabrator*, another primeval machine—this powerful (and expensive) machine tumbles and sandblasts the skin-ripping burrs, until the kettlebells are ready for their final grinding.

EIGHT: But we are still not done! The wheelabrated kettlebells demand more hard manual labor. The bottoms of the kettlebell will still have some riser growth after the sledgehammer treatment. Time for a husky steel worker to grab each kettlebell by its horns, inspect the bottom, then grind off the excess riser blob. If necessary the worker will grind away any sharp seams between the kettlebell "halves".

NINTH: But it don't mean a thing if the paint ain't right! The right paint job means your kettlebell will be smooth to the left, without being too sticky—and will maintain its resilient coat despite years of hard use. So in the final process, Dragon Door spares no expense in providing you a state-of-the-art, black powdercoat to ensure you those years of trouble-free use.

TENTH: The most powerful reason! Well, let's get real now... Despite all of the above nine huge reasons you should ALWAYS insist on a Dragon Door kettlebell when you invest in your body, despite all of this, every now and then a defective kettlebell is somehow going to crawl through our defenses. Hey, it happens... Which is why the most powerful reason to insist on a Dragon Door kettlebell is that **every one of our bells comes with a one-year 100% satisfaction, 100% money back guarantee.** No one else in our industry dares to match that!

When you order from Dragon Door, you order risk-free—and we guarantee your results!

“Discover How to Reinforce Your Body—and Snap Back from the Toughest Challenge with Deceptive Ease and Strength”

Life has a habit of body-slamming us when we least expect it. And the more active we are, the more likely we're gonna be wrenched, tossed, torn, torqued, twisted, scrunched, hammered and generally whacked around. Hit your forties—let alone fifties—and you can be reduced to a tangled mess of injuries and performance-crimping tensions.

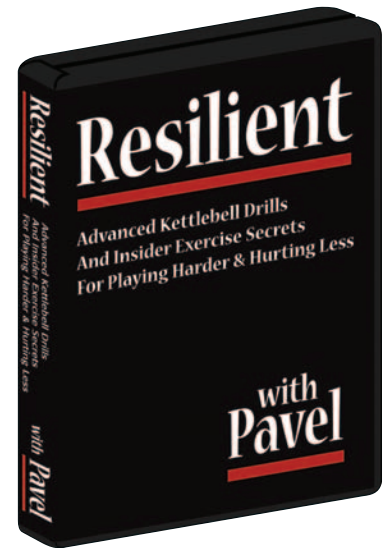
You get sidelined! You can't do what you want to do anymore. People don't want you on their team anymore. You can't compete anymore. You're... let's face it...washed up, as a card-carrying member of the active elite. Sometimes all it takes is one sudden injury to that one weak spot you neglected to strengthen and defend....and you're history.

As a former *Spetsnaz* physical training instructor

and as a current subject-matter expert to elite members of the U.S. military, Pavel knows what it takes—personally and professionally—to remove flaws and weaknesses from your body armor—so you can bounce back, time and time again, from the toughest challenge.

So, in this specialized program, Pavel's put together 19 of his favorite drills for restoring and reinforcing your body's "rebound strength." Pavel's concentrated on the weak links—the knees, the elbows, the shoulders, the spine, the neck—and shows you how to change a liability-waiting-to-happen into a strength-weapon-of-choice.

Discover what it really means to be RESILIENT. Add years of wiry, tensile, pliant strength back into your life—and hurt a whole lot less while you're doing it.



Pavel's Resilient program:

- **Develops** a more flexible, yet stronger neck
- **Restores** crucial elbow strength and mobility
- **Develops** spectacular shoulder girdle and upper back flexibility
- **Boosts** performance for girevoy sport, weightlifting, powerlifting, strongman events, gymnastics, yoga
- **Loosens** up your spine while teaching you powerful body mechanics
- **Rewards** you with the ultimate in squatting flexibility—a must for military and law enforcement
- **Helps** you move like liquid metal
- **Conditions** your knees in a little-known plane that can spell the difference between true resilience and dangerous weakness
- **Helps** release your tight hip flexors—which act like parking brakes to cripple your kicking, punching, running and lifting
- **Develops** a stronger, more sinuous back
- **Stretches** your spine—for extra "activity-mileage"
- **Injury-proofs** your back with a little-known drill from Russian contact sports

Resilient Advanced Kettlebell Drills and Insider Secrets for Playing Harder & Hurting Less with Pavel

#DV017 **\$59.95**
DVD Running time: 36 minutes

Customer reviews from Dragon Door's website

"Worth every penny! This DVD is probably the best I have ever viewed. The moves for the shoulders are excellent, the RKC arm bar, the triceps extension, and the one that really surprised me the most was the hack shoulder stretch was the best and made an immediate impact on my shoulders. Keep up the good work."
—Donnie, West Hamlin, WV

"Concise and truly beneficial. Pavel breaks these drills down wonderfully: first demonstrating, then focusing on finer points and offering visualizations for safety, power, and keeping form. As a member of a special reaction team, our training requires performance in any condition. Pavel's products and drills like these

help keep me mobile and ready. A great DVD!"
—Michael Ottaway, FE Warren AFB, WY

"Ever get beat up? I had one of those months. Between wrestling, brazilian jiu-jitsu, training for the Washington State Kettlebell Championships and the June 2004 RKC, I was run down and hurting. Just lots of hard training, plus getting bounced off the mat 100 times a day in my takedown class I felt like everything hurt. So I took a month, and all I did was Resilient exercises with my 26 lb kettlebell, Super Joints, and a little juggling with my 26 lb kettlebell. All my joints feel SOOOOO GOOD. Coming back I feel stronger and more solid everywhere. Now I'm still doing the

Resilient exercises as preventive medicine. The neck stuff is REALLY good for my Brazilian Jiu Jitsu."
—Joshua Hillis RKC, NASM-CPT - Denver, CO

"If as a male, you thought 8kg or 12kg KB were for women only? I strongly suggest you think again. With this product, Pavel shows, yet again the information you need to "re-install & repair" your joints. Nothing's a patch on Pavel. In fact, I wonder if I went to the Australian Government & asked for my HECS fees back, if they'd agree. I spent four years at Uni with a double major in Physical Education, yet this information was not provided!"
—Pete Rogers, Hobart, Tasmania

Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



www.dragondoor.com

Unleashing a Powerful Force: Become a Leader in The World's Most Dynamic Exercise Method



Participants at *Pavel's Russian Kettlebell Certifications* include world champions, elite athletes, special forces, law enforcement, firemen, doctors, personal trainers, martial artists...and regular folk just looking to achieve irregularly spectacular levels of strength and conditioning. The Party is On. The Party is Growing. We invite you to ride the wave. Go to www.dragondoors.com today and sign on!

Participants at Pavel's September 2006 RKC Workshop



Participants at Pavel's June 2006 RKC Workshop



**Look *WAY YOUNGER* than Your Age
Have a *LEAN, GRACEFUL, Athletic-Looking* Body
Feel *AMAZING, Feel VIGOROUS, Feel BEAUTIFUL*
Have *MORE* Energy and *MORE* Strength to
Get *MORE* Done in Your Day**

In Russia, kettlebells have long been revered as the fitness-tool of choice for Olympic athletes, elite special forces and martial artists. The kettlebell's ballistic movement challenges the body to achieve an unparalleled level of physical conditioning and overall strength.

But until now, the astonishing benefits of the Russian kettlebell have been unavailable to all but a few women. Kettlebells have mostly been the sacred preserve of the male professional athlete, the military and other hardcore types. That's about to change, as Russian fitness expert and best selling author PAVEL, delivers the first-ever kettlebell program for women.

It's wild, but women really CAN have it all when they access the magical power of Russian kettlebells. Pavel's uncompromising workouts give *across-the-board, simultaneous, spectacular and immediate results* for all aspects of physical fitness: strength, speed, endurance, fat-burning, you name it. Kettlebells deliver any and everything a woman could want—if she wants to be in the best-shape-ever of her life.

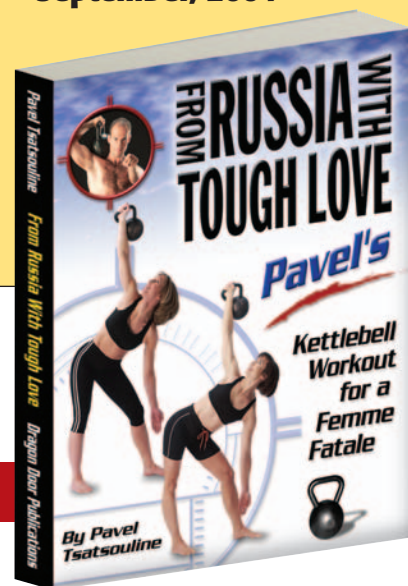
And one handy, super-simple tool—finally available in woman-friendly sizes—does it all. No bulky, expensive machines. No complicated gizmos. No time-devouring trips to the gym.

Into sports? Jump higher. Leap further. Kick faster. Hit harder. Throw harder. Run with newfound speed. Swim with greater power. Endure longer. Wow!

Working hard? Handle stress with ridiculous ease. Blaze thru tasks in half the time. Radiate confidence. Knock 'em dead with your energy and enthusiasm.

Penélope Cruz Trains with Kettlebells

"To build core strength, Penélope uses kettlebells... For a total body workout her trainer Gunnar Peterson suggests swinging one like a pendulum... Swing the bell down low as you lower into the squat; lift as you rise up."
—*Fitness Magazine, September, 2004*



Just some of what *From Russia with Tough Love* reveals:

- How the *Snatch* eliminates cellulite, firms your butt, and gives you the cardio-ride of a lifetime
- How to get as strong as you want, without bulking up
- How the *Swing* melts your fat and blasts your hips 'n thighs
- How to supercharge your heart and lungs without aerobics
- How to shrink your waist with the *Power Breathing Crunch*
- *The real secret to great muscle tone*
- How the *Deck Squat* makes you super flexible
- An incredible exercise to tone your arms and shoulders
- The *Clean-and-Press*—for a magnificent upper body
- The *Overhead Squat* for explosive leg strength
- Cool combination exercises that deliver an unbelievable muscular and cardiovascular workout in zero time

From Russia with Tough Love

Pavel's Kettlebell Workout for a Femme Fatale

Book By Pavel Tsatsouline
Paperback 184 pages 8.5" x 11"
#B22 \$34.95

Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!

www.dragondoor.com

From Russia with Tough Love Highlights

- How to strip away stubborn flab and morph into graceful strength.
- How Russian Kettlebells let you have it all: strength, speed, endurance, and flexibility.
- How Soviet science discovered kettlebell lifting to be one of the best tools for all-around physical development.
- Kettlebells for shoulder and hip flexibility—and as a highly effective tool for strengthening the connective tissues, especially in the back.
- How kettlebells set your fat on fire like no other form of exercise.
- Extra benefits: cheap, indestructible and easy to store.
- How only K-bells deliver strength, explosiveness, flexibility, endurance, and fat loss in one tight package.

What Makes The Kettlebell Workout Unique?

- How KBs strengthen and recruit the deeper, harder-to-work, stabilizing and supporting muscles.
- Gaining greater daily functional strength.
- Why KBs are better at burning off body fat.
- Gives you better muscle definition... stronger tendons and ligaments.

Fast-Track Training Secrets

- How to avoid injuries while gaining strength faster.
- The vital process of synaptic facilitation...how to get more juice of your muscles.
- Succeeding with daily submaximal training...the powerful Russian concept of continuity of the training process.
- Your speed lane to fat loss.
- How to get rid of unwanted soreness.
- The delayed training effect...the power of the adaptation lag.
- Intelligent short-term overtraining.

How To Get Very Strong Yet Stay Slender

- Why the mind-muscle link is your real key to strength.
- The structural approach to strength training vs. the functional approach.
- Conscious practice vs. the mindless workout.
- How to rev up recruitment and firing

rate to build strength without adding muscle.

- Developing the skill of staying tight for greater safety and performance.
- The real secret to great muscle tone.

Advanced Weight Lifting Secrets

- External and internal resistance training.
- The impracticality of isolation exercises.
- How to optimize full-body tension for your primary muscles.
- How to make heavy metal your best friend.
- How to master the secret of intra-abdominal pressure for greater and safer lifting power...the miraculous effects of Virtual Power Breathing.
- Molding hard obliques... the unexpected benefits of low reps.
- When controlled overtraining or overreaching beats out total recovery training.
- Building up your adaptation reserves for greater gains.
- Little-known secrets that help you grade-out higher on the press.
- How to optimize strength by manipulating the extensor reflex.
- Why locking out your joints is A-Okay.

Get Younger And Healthier With Kettlebells

- Success stories: curing a host of maladies with KBs.
- Rehabilitating hopeless back injuries...from wheelchair to national ranking.
- KBs for better joint health.

Anti-Isolation For Power And Safety

- Why isolation as a key cause of injury in the gym.
- How to take advantage of irradiation for greater strength.
- Maximizing tension with the secret of bracing.
- Using Starling's law and the obtyazhka maneuver to get stronger in your press.

Think And Be Strong

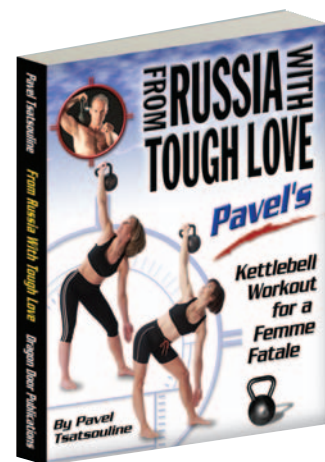
- The power of thought to make you firmer.
- The Russian sports science concept of skill strength.
- The dating game, iron-style: why's it all

about lessons and practice.

- Treating your kettlebell practice as "iron yoga."
- Focusing on the mind, muscle, and breathing connection.

Workouts for the Perfect Female Form

- Unlock the power of your hips with the BOX SQUAT.
- How to improve squatting depth, flexibility, technique, and power.
- Stretch and strengthen your glutes and hamstrings with the GOOD MORNING STRETCH.
- Blast your glutes, hams, inner and outer thighs—and even abs!—with the ONE LEGGED DEADLIFT.
- Strengthen and harden your whole body—and especially your obliques—with the ONE ARM DEADLIFT.
- Firm and shrink your waist, boost your overall strength, and protect your back with the POWER BREATHING CRUNCH.
- Why the conventional crunch is a waste of time and effort...how to avoid neck problems.
- The foolishness of high-rep ab training.
- How to perform Power Breathing for harder abs and a slimmer waist.
- Controlled striking to generate stronger tension.
- Get super flexible and work your hips and thighs even harder with the DECKSQUAT.
- Melt fat and blast your hips and inner thighs with the SWING.
- Get cool and slim with the CLEAN.
- Add power and definition to your hips, thighs, and even abs with the FRONT SQUAT.
- Strengthen and firm your arms and shoulders with the MILITARY PRESS.
- What if I want to work my pecs more?— The unique kettlebell floor press.
- The cardio and fat-burning powers of the clean-and-press.
- Strengthen your legs and open your shoulders with the OVERHEAD SQUAT.
- Mold a graceful and athletic body with the TURKISH GETUP.
- Shed cellulite, get a hard butt, and enjoy the cardio workout of a lifetime with the SNATCH.
- How to concoct cool combination exercises that deliver an unbelievable muscular and cardiovascular workout in a very short period.



From Russia with Tough Love Pavel's Kettlebell Workout for a Femme Fatale

Book By Pavel Tsatsouline
Paperback 184 pages 8.5" x 11"
#B22 \$34.95

- The WINDMILL—an unreal drill for a powerful and flexible waist, back, and hip.
- Forge iron wrists and grip and firm up your waist with the BOTTOMS-UP CLEAN-AND-PRESS.
- Get an even harder stomach and tie your upper and lower body into a strong unit with the ROLLING SITUP.
- Cut up your legs and burn calories with the DRAGON WALK—the evil alternative to the lunge.

Freestyle Kettlebell Training

- The tremendous versatility of KBs—fitting your ideal practice schedule.
- Why KB's are NOT for brainless, senseless sissies.
- The first commandment of kettlebell training.
- Fragmentation of training volume for more effective strength adaptation.
- The secret power of multiple mini-sessions.
- Why fresh and frequent rules.
- Variation cycling for quicker progress.
- When best to practice what.
- Circuit training and the phenomenon of fatigue specificity.
- Two great alternatives to straight sets: Interval training and the ladder, a Russian Special Forces favorite.



“Download this tape into your eager cells and watch in stunned disbelief as your body reconstitutes itself, almost overnight”



From Russia with Tough Love

Pavel's Kettlebell Workout
for a Femme Fatale

With Pavel Tsatsouline

Running Time: 1hr 12 minutes

VIDEO **#V110 \$29.95**

DVD **#DV002 \$29.95**



The Sure-Fire Secret to Looking Younger, Leaner and Stronger AND Having More Energy to Get a Whole Lot More Done in the Day

What you'll discover when "Tough" explodes on your monitor:

- The *Snatch*—to eliminate cellulite, firm your butt, and give you the cardio-workout of a lifetime
- The *Swing*— to fry your fat and slenderize hips 'n thighs
- The *Power Breathing Crunch*— to shrink your waist
- The *Deck Squat*— for strength and super-flexibility
- An incredible exercise to tone your arms and shoulders
- The *Clean-and-Press*— for a magnificent upper body
- The *Overhead Squat*— for explosive leg strength
- The queen of situps— for a flat, flat stomach
- Combination exercises that wallop you with an unbelievable muscular and cardio workout

Spanking graphics, a kick-ass opening, smooth-as-silk camera work, Pavel at his absolute dynamic best, two awesome femme fatales, and a slew of fantastic KB exercises, many of which were not included on the original Russian Kettlebell Challenge video.

At one hour and twenty minutes of rock-solid, cutting-edge information, this video is value-beyond-belief. I challenge any woman worth her salt not to be able to completely transform herself physically with this one tape.

“In six weeks of kettlebell work, I lost an inch off my waist and dropped my heart rate 6 beats per minute, while staying the same weight. I was already working out when I started using kettlebells, so I'm not a novice. There are few ways to lose fat, gain muscle, and improve your cardio fitness all at the same time; I've never seen a better one than this.”

—Steven Justus, Westminster, CO

“I have practiced Kettlebell training for a year and a half. I now have an anatomy chart back and have gotten MUCH stronger.”

—Samantha Mendelson,
Coral Gables, FL

“Kettlebells are without a doubt the most effective strength/endurance conditioning tool out there. I wish I had known about them 15 years ago!”

—Santiago, Orlando, FL

“I know now that I will never walk into a gym again - who would? It is absolutely amazing how much individual accomplishment can be attained using a kettlebell. Simply fantastic. I would recommend it to anyone at any fitness level, in any sport.

—William Hevener,
North Cape May, NJ

“It is the most effective training tool I have ever used. I have increased both my speed and endurance, with extra power to boot. It wasn't even a priority, but I lost some bodyfat, which was nice. However, increased athletic performance was my main goal, and this is where the program really shines.”

—Tyler Hass, Walla Walla, WA

Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



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Customer Praise for the *From Russia with Tough Love Kettlebell Program*

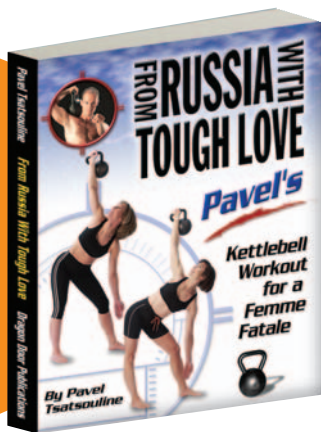
"Best Fitness Video I Have Ever Bought"

"I am a 56 year old gal, have videos from Jane Fonda, Tai Chi, the FIRM, etc. *From Russia with Tough Love* is the best workout video I have ever bought. Well worth every cent."

—*rkb beginner, Knoxville, TN*

"All Of Pavel Tsatsouline's Products Are Excellent"

"I am truly pleased with every Pavel Tsatsouline book and video that I have purchased (and I have bought everything other than the Rapid Response videos which I will be buying before Christmas). The *From Russia With Tough Love* book and video include excellent Kettlebell moves for the legs and back, and Ms. Du Cane and Ms. Maxwell show themselves as truly inspiring athletes in the bonus workout at the end of the video. *The Russian Kettlebell Challenge* book and video address upper body exercises that I will include in my exercise routine for life. The strength, stretching, joint mobility, and abdominal books and videos are awesome, too.



From Russia with Tough Love

Pavel's Kettlebell Workout for a Femme Fatale

Book By Pavel Tsatsouline

Paperback 184 pages 8.5" x 11"

#B22 \$34.95

Mr. Tsatsouline's workout advice is effective, efficient, and fun. I was in good shape before starting to work out with Kettlebells, but now I am in the best shape of my life and have never felt better. My husband noticed the improvements right away. After working out the Tsatsouline way, I would never consider owning a gym membership again (and I had a gym membership for 10 years).

I am so pleased with these DragonDoor products. They are worth every penny."

—*Comrade Giryagirl - Philadelphia, PA*

"This Book is For Everybody, Not Just For Women"

From Russia With Tough Love is a goldmine and belongs in every comrade's library. I believe the material in the book is also useful for putting any kid on kettlebell training."

—*Craig - Fayetteville, AR*

"Video Is Outstanding For Everyone"

"As a high school teacher getting the Kettlebell routines started at my high school I found the *From Russia With Tough Love* video to be informative for all individuals in the class. The fact that the exercises are demonstrated by ladies who are fit and feminine is an outstanding attribute. The teenage girls see fit lady athletes performing the exercises. Of course the teenage boys in the class not to be outdone, have to demo that they too can do what the ladies are doing!! Good job Dragon Door...keep it up!!!"

—*Mike Burgener, high school coach - Vista, CA*

"This is Fun!"

"Pavel gives a simple straightforward workout, with emphasis on steady progress and safe technique. I started this program to strengthen my back. I am staying with it because IT IS FUN! To quote Pavel, Comrade Ladies, enjoy!"

—*Christine Deane - Knoxville, TN*

"You Can Always Tell People You Bought it for Your Wife..."

"I used the excuse that I was getting this book for my wife and daughter. But this book would be an excellent addition to anyone's fitness library. If you already use kettlebells, *From Russia with Tough Love* will give you more ideas and drills to try. If you haven't started kettlebell training yet, what are you waiting for? Get this book and the *Russian Kettlebell Challenge*. No matter what your fitness goals are kettlebells can help you achieve them, and this book is a must have. You can always tell people you bought it for your wife..."

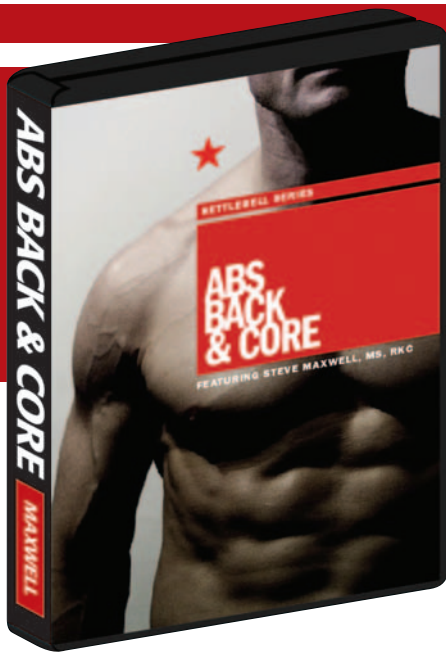
—*jam1868, IL, USA*

"Great Bang For The Buck! Best Kettlebell Video"

The *From Russia with Tough Love* video gives you an hour and 10 minutes of great instruction given from different angles. Pavel shows how to tighten the gut when lifting and ways of breathing to maximize strength and exercise effectiveness. This video is very detailed and demos many kettlebell exercises including the swing, snatch, clean, windmill, 2 turkish getup variations, 1 arm overhead squat, deck squats, 2 sizzling ab exercises using the kettlebells and some sample routines.

I am male and found this video to be very user friendly towards both genders. Though geared for women guys can benefit tremendously. There is a lot to learn and this video is just the cat's meow. I purchased it because I was curious about kettlebells and now I'm hooked. Kettlebell workouts will trim you up, strengthen you, and are just damn fun. I have a cracked spine and the swings have made my back stronger and tightened all my abdominal muscles including the serratus, obliques and intercostals. Kettlebell workouts will build a nice girdle of strength in the waistline and trim you up very nicely. My abs and midsection has never been this toned. You can't go wrong with this video. I really lucked out when I gave it a chance..."

—*Robert Cisek, New York, NY*



ABS, BACK & CORE SMS&C KETTLEBELL SERIES

with Steve Maxwell, MS,
Senior RKC

#DV027 **\$34.95**

DVD Running time: 30 minutes

Steve Maxwell is beyond passionate in his exploration of what truly works to build a blazingly functional human body. He's spent over thirty years relentlessly tracking down the ultimate techniques for functional strength and mobility. He's ferocious in batting his way through the flotsam and jetsam of fitness fads, fighting styles and routines-de-jour until he wrestles a prize method to the floor and truly makes it his own.

Nothing, nothing, NOTHING from Steve Maxwell serves any other purpose than to dramatically enhance his and your physical performance. He's proved it on the brutal mat of Brazilian Jiu Jitsu more times than I want to know about. He's proved it with countless clients, from elite athletes, to secret service, to kids, to the fat-elderly. And the results have ALWAYS spoken for themselves.

Now in *Abs, Back & Core* Steve shares 13 dramatically functional kettlebell exercises that are guaranteed to strengthen your center—and therefore hugely enhance your athletic power. But that's not all: Steve shows you how to connect your core to the arms and legs—so you can successfully deliver your power in actual performance.

**How to Handle Anything That's Thrown At You...
Be a Winner All Day, Every Day...
Generate Ever-Greater Power...
And Function At Your Physical Peak...**

**Master Trainer... Master Innovator...
Master Coach... And Brazilian Jiu Jitsu
World Champion... Steve Maxwell...
Reveals **NEW KETTLEBELL SECRETS** for
Inflicting Unheard-of-Levels of Punishment
On Your Core, Abs and Back...**

**"Elite spine mobility meets resilient strength and
is topped off with a ripped six-pack."**

—Pavel Tsatsouline

CONTENTS:

- 1. Turkish Get-Up/Windmill Combo:** This variation of the Turkish Get-Up connects the core to the shoulders, with extra attention to the torso and spinal rotators, topped off with bonus hamstring and shoulder flexibility work.
- 2. Rotating Dead Lift:** Strengthens your back through all planes of motion training you the way you play. How often do you do a straight lift in sports or life?
- 3. KB Janda Sit-Ups:** Concentrated abdominal work in a full range sit up that minimizes hip flexor involvement and fully activates the transverse abdominus.
- 4. Glute-Ham Raise:** Teaches your body to coordinate your glutes, hamstrings and lower back, specifically developing the hamstrings in their function as stabilizers, to be more resistant to injury, working them from origin to insertion.
- 5. Russian Sit up:** Connects the core directly to the shoulders without the hip and thigh element.
- 6. Russian Twist:** Targets the abs and spinal rotators
- 7. See Saw Side Bend:** Direct work on lateral flexion of the torso. Works external and internal obliques and all rib muscles, front and back. The rear shoulder involvement completes the purpose of this movement, which is to form a strong protective girdle of muscle around the spine. Also helps develop spinal flexibility.
- 8. Figure 8 Torso Rotation:** This multi-planed exercise strengthens your torso in positions where injuries often occur, complementing the Rotating Dead Lift.
- 9. Single Leg Dead Lift Row:** Develops foot, calf, and hamstring stability. Teaches your pelvic girdle to stabilize your body while under uneven load on one foot...which is exactly what happens in sports.
- 10. Rolling Side Press:** Serious chest, lats, triceps, and shoulder work with frontal plane involvement, and strong use of glutes and hamstrings for stabilization.
- 11. Gladiator Press/Variations:** Connects your core to the lats and rear shoulder stabilizers, while working all lateral musculature from ankles to the neck, particularly the hip abductors.
- 12. Kettlebell Bear Crawl/Lizard Crawl:** Every single core muscle is recruited for stabilization in this movement, which also has a very strong cardio element. The Lizard Crawl variation adds chest and triceps.
- 13. Low Momentum Deck Squats:** this total body movement puts it all together, using your entire body as a unit. It also develops hip and lower back flexibility, which is essential to maximize the power that is generated from the core for athletic movement.

Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



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Manipulating biomechanical pathways for increased pressing power

"How much do you bench?"

For the past five decades or so, this has probably been the most frequently asked question whenever guys got together and the conversation turned to the topic of strength training or bodybuilding.

With the recent surge of interest in old-school, functional styles of lifting however, pressing overhead is slowly regaining the popularity and status it so rightly held in the pre-musclepumping days of Saxon, Klein, and Goerner—when it was taken as a measure of a man's true strength.

Outside of the complete lack of functionality and the way it really wrecks havoc on your shoulders, I have nothing against the bench press of course...

But seriously—the demand for overall body tension, skill and the pure satisfaction in my newfound ability to strictly press overhead two thirds of my own bodyweight in one arm makes the single hand military press my press of choice—no contest. Much has been said already on the benefits of the military press. I will not tire you with more of the same, but rather share with you a discovery that made me blast through my plateau in this exercise faster than I had thought possible.

I stumbled upon the following concept by pure chance as my budding desire to work up to pressing the 48kg BEAST happened to coincide with me not actually having one. I was forced to use two or even three lighter kettlebells in one hand to make the weight.

Say you use two kettlebells. Put them on the ground close together. Tilt the handles towards each other and grab them by wrapping your fingers around both handles as shown.

Now clean the bells. The important thing here is to adjust the kettlebells in the rack position so that they balance one on top of the other and then press them like that (don't allow the top bell to "slide over" on your arm).

This creates a totally different feeling in the press than pressing the same weight in one solid bell. The reason is that by placing two kettlebells on top of each other the combined center of gravity of the bells shift upwards and changes the biomechanics of the press.

Now, many of you have already tried this out as a stunt. Incorporating it into your program as a

consistent way of training is what is going to make the difference. The initiation of the press becomes notably harder and the sticking point changes slightly. This will force you to accelerate the press earlier thus exerting more power and drive from the get go, which in turn will have a very positive impact on, and carryover to, the one-kettlebell military press.

A very cool thing about the single-hand double-bell military press is that it is self-correcting. There is no way you can get away with not keeping your forearm vertical. If the forearm goes slightly to either side, the bell on top of the other will slide down and put a stop to your pressing attempt. Also the, for most people unconscious, action of "kicking" with the hip and/or lifting the heel to help get the weight underway will be punished.

The bells keep you honest and tell you what you are doing wrong and when! Even more so, if you place a smaller bell at the bottom with a larger and heavier on top.

Obviously if you are a trainer this makes for a great teaching tool as you can drill perfect form into a student from the start by using submaximal weights.

The grip—and the shoulder girdle too—benefits from this style of lifting. The grip for obvious reasons... But why the shoulder girdle?

The elevated center of gravity coincides with less of the physical mass resting against your forearm. This makes the weight pull more outwards than downwards, forcing the muscles in your shoulder to work harder to keep the weight in position.

Use different combinations to vary and manipulate the center of gravity. Change which size kettlebell is on top of the other and use various sizes and order to mix things up.

Pressing this way over a consistent period of time allowed me to break through the roof of my own previous best—and fast! I am currently pressing 32kg + 24kg for singles and multiple reps with two 24kgs either arm.

If you are following the *Enter the Kettlebell!* rite of passage program you could do these kinds of presses on your moderate days. Another option is to do 3-4 week specialization cycles with these kind of presses and then go back to the original one-hand military press and break that plateau.

Play hard—and always like you mean it!

Tommy Eli, Senior RKC contributed to this article—Publ.



Kenneth Jay, Senior RKC is a Strength & Conditioning Coach for Olympic level Swimmers and other athletes in Denmark. He can be reached by email at: kennethjay@kettlebells.dk

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- How and why kettlebells can improve your athletes' performance
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- How to optimize the Kettlebell Clean to extract maximum performance-value
- Crucial safety tips for avoiding injury
- The critical do's and don'ts that change your Kettlebell Jerk from average to extraordinary
- Why the Kettlebell Snatch is the single best exercise for overall body development – and how to make sure you extract maximum advantage for your clients and athletes
- How to breathe for optimal power

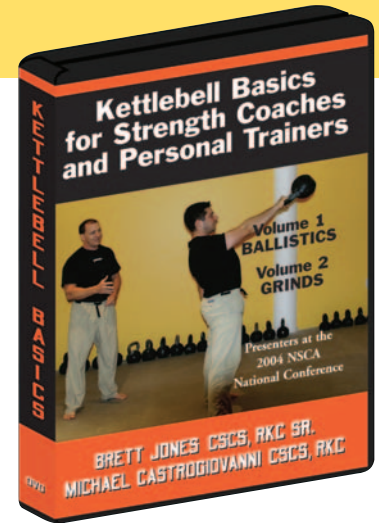
HIGHLIGHTS OF VOLUME TWO

- The secrets of the Kettlebell Windmill – for flexible strength
- How to optimize the extraordinary benefits of the Turkish Get Up
- How to correctly perform the Military Press
- Building stronger legs and a tougher torso – with the Front Squat
- The athletic advantages of a well-executed Single Leg Dead Lift
- Discover the Bear Crawl – a little known, brutal and highly effective routine for strength and conditioning



“A clear presentation of the RKC kettlebell training fundamentals. A must for any strength coach and personal trainer. Highly recommended if you are planning to become a certified RKC instructor.”

—Pavel Tsatsouline, Chief Instructor, Russian Kettlebell Challenge



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ABOUT THE AUTHORS

Brett Jones holds a Bachelors degree in Sports Medicine and a Masters in Rehabilitative Science and is a Senior Instructor in the Russian Kettlebell Challenge program. Also a Certified Strength and Conditioning Specialist through the NSCA, Brett uses a combination of techniques to maximize the performance of his clients.

Michael Castrogiovanni holds a degree in Kinesiology emphasizing on fitness nutrition and health and is a Russian Kettlebell instructor, a CSCS and an ACSM health fitness instructor.

Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



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Using the **Encyclopedia of Kettlebell Lifting** DVDs for Rapid Gains!

By Steve Cotter, Senior RKC

In the new *Encyclopedia of Kettlebell Lifting, Series 2*, you have at your disposal an astonishing array of over 220 individual kettlebell exercises presented on a 9-hour program. Combined with the over 180 exercises on the Series 1 Encyclopedia you possess hands-on guidance to in-depth instruction of over 400 kettlebell exercises! The abundance of information on these DVDs makes them truly an encyclopedic resource for the art and science of kettlebell training.

The technical training in the basic and advanced variations of the kettlebell lifts gives you a formidable arsenal from which to build your strength training. So, how to make best use of this wealth of information?

Here are some guidelines to help you create programs that can have a major impact on your strength and fitness for many, many years to come.

The *Series 1 Encyclopedia* gives you a thorough explanation of all the basic and main variations. In addition, the written programs give you the versatility to create programs that you can follow for weeks at a time, and the variety to regularly change movements and intensity to prevent lulls in your progress. **Series 1 lays the groundwork for you to become technically correct in your basics and thus really strong.**

Series 2 of the Encyclopedia brings you well beyond the basics into the realm of endless possibilities that Kettlebells provide, as a tool for ultimate challenges in body control. Series 2 asks you to challenge your strength further beyond your previous abilities. You may be able to swing a 53lb KB with ease, but see what happens when you try a Single-leg Swing with even half that weight! What happens is your body learns! It learns to control its movement and as a result you become a more gifted athlete. When you go back to your basics—and you always must—you will be stronger; much stronger. **Variety here is never for variety's sake. It is for increased depth of understanding. That is what distinguishes an art from simply a practice.**

Here is a very simple plan for correctly utilizing the wealth of information contained within the Encyclopedia and that you have at the touch of a button on your DVD player.

The DVDs are presented with interactive menus that enable you to pick an exercise from each of several categories, to put together fresh programs that address your goals.

How to use the Interactive Menus to Build your own Kettlebell Workouts!

Looking at the Table of Contents for *Series 2* on Page 25 opposite, you can see that there is so much to choose from.

That's 223 total exercises! Now before you say, "that is way too many exercises, where do I begin?," you have to remember that this is an Encyclopedia. That is exactly how you should use it—take out what you need for the job. The great thing about an encyclopedia is that it will never be outdated and always be there as a resource when needed. Here is how you use the *Encyclopedia of Kettlebell Lifting* to build your own programs:

For a **Strength** emphasis take one movement from each of these 5 categories:

- A. Pull
- B. Press
- C. Legs
- D. Abdominals/Core
- E. Grip

Examples:

- Pull---choose any swing, any clean, any snatch
- Press---choose any press
- Legs---choose any from Legs category
- Abdominals/Core---choose any from Abdominals & Trunk section
- Grip---choose any from Forearm/Grip/Fingers

You have the versatility to build your own program within the above guidelines.

Your program for this month may look like this:

- Bottoms Up Twisting Swings—3 sets of 10
- Anchored Chair Press—3 sets of 5
- OH Squat Kicks—3 sets of 5
- Alternating Jackknives—2 sets of 20
- Pinch Grip & Carry—2 sets for max time

After 4 weeks, you can modify to this:

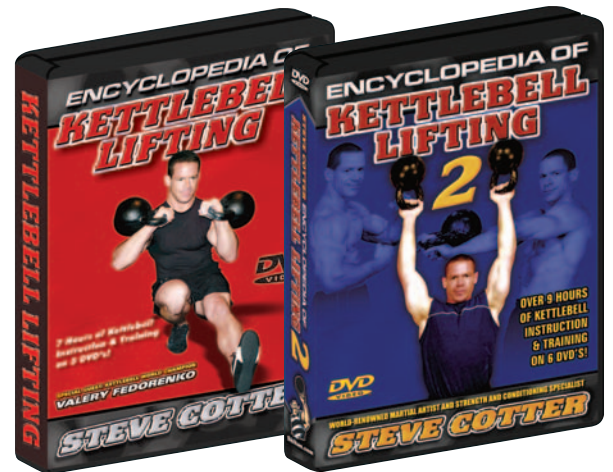
- Seated Alternating Snatch—2 sets of 10
- Lunge Press—3 sets of 5
- Off-center Step-Ups—2 sets of 10
- Modified Dragon Flags—2 sets of 5
- 1 Hand/2 KB Swings—3 sets of 10

To balance your training session add in 2-3 exercises from the **Joint Mobility Warm-up** as a warm-up and 1-2 exercises from **Joint Health & Flexibility** exercises at the conclusion of training.

For an **Endurance** emphasis modify your categories to include more ballistic movements and increase the repetitions used.

For example:

- A. High rep ballistics (usually associated with pulling movements—swings, cleans, snatch)
- B. KB Pushups
- C. Quick Hands-Juggling Basics
- D. Abdominals & Trunk
- E. KB & BW Combos



A sample program for endurance focus may be:

- Partial Speed Snatch—1 set max reps in 2:00
- Crossover Pushups—3 sets of 12
- Open Palm Flip & Catch—2 sets of 20
- Double Knees to Chest—2 sets of 20
- KB Bear Crawls—3 sets of 10 yards

Advanced athletes can put together programs using a more dynamic design model:

Eg:

- A. Pulling
- B. Explode!
- C. Press
- D. Explode!
- E. Abdominals & Trunk
- F. Neck

A 4-week program may look like this:

- Single Leg Double Snatch—3 sets of 5
- Weighted Box Jumps—3 sets of 5
- Double Bottoms Up Clean & Press—2 sets of 5
- Jump Lunge Cleans—3 sets of 5
- L-Sit Knees to Chest—3 sets of 15
- Dynamic Alternating Bridge Press—2 sets of 10

As you can see, the possibilities are endless, and yet the path to success is very clear cut and easy to implement with the correct proportions of desire and effort on your part.

With simplicity as your guide, the new *Encyclopedia of Kettlebell Lifting Series 2* and its *Series 1* companion set of the same name provides you with in-depth resource and the built-in versatility and flexibility to serve as your guide for safe and effective kettlebell lifting for years to come.

Steve Cotter is a Senior RKC and consultant to NFL teams San Francisco 49ers and San Diego Chargers, MMA stars Chuck Liddell and Brendan Vera and the US Marines at Quantico.

For additional help with program design and implementation, contact Steve at: www.fullkontakt.com

"Steve Cotter's Encyclopedia of Kettlebell Lifting Series 1 & 2 Take You from Raw Newbie to A Seasoned PhD in Kettlebell Lifting—Guarantees You Levels of Brooding Power, Inhuman Strength and Physical Achievement to Exceed Your Wildest Dreams"

"The rate at which Steve Cotter has transformed kettlebell training is nothing short of AMAZING. He has challenged the average training methodologies out there and has proven that his principles based on internal martial arts and Russian strength training are superior. Everything I thought I knew about strength training and athletic conditioning changed for the better when I started to study his methods. As a strength coach, my training applications have been influenced greatly by Steve. Steve is a true pioneer and is taking kettlebell training back to its grass roots. Anyone who is serious about athletic enhancement should study and listen to Steve Cotter. He is leaving a legacy of excellence and frankly, I want to be part of it!" —Franz Snideman RKC, CHEK, Owner of Revolution Fitness Center, and author of *The Revolution Kettlebell Fat Loss Program*

Steve Cotter, Senior RKC already gave you a rock-solid foundation in kettlebell basics with his highly acclaimed *Encyclopedia of Kettlebell Lifting, Series 1*

Steve's *Encyclopedia of Kettlebell Lifting, Series 2* elevates your kettlebell training to an even higher level with extreme lifts for every part of your body. Over 220 new kettlebell techniques are presented in the detailed, in-depth and easily digestible style that is the hallmark of Steve Cotter DVDs.

5 years since the rebirth of kettlebell training through the efforts of Pavel Tsatsouline and Dragon Door Publications, it would seem that everything that can be done with a kettlebell has been realized.

So, what's next?

Whatever level you bring to the table, the Encyclopedia of Kettlebell Lifting-Series 2 will show you how to take it to the next step and beyond.

The Series 2 content is suited equally to the beginner and elite physical performer. With the depth of variation presented on these DVDs, you have at your fingers an unlimited tool for creating and combing kettlebell training programs that are perfect for your goals.

Includes sections on joint mobility warm-ups, swings, cleans, presses, snatch, legs, abdominals & trunk, grip/forearm/fingers, joint health & flexibility, neck and spine, isometrics, quick hands juggling, explosive lifts, balance & coordination, KB pushups, and KB & Bodyweight combos.

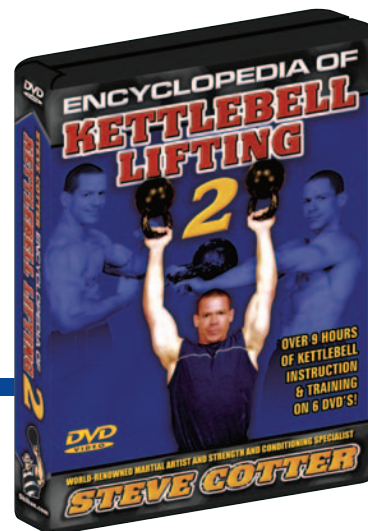
In addition to this wealth of information, follow along through all or part of the grueling 70-minute Steve Cotter Extreme Kettlebell workout...

Discover the type of focus, technique and intensity that goes into building world-class strength, power and conditioning. Follow along with Steve for a few sections at a time and as your strength and fitness continues to improve, go through the entire minute workout start to finish.

Experience first-hand how to put together the vast array of Kb techniques presented in the Encyclopedia DVDs into a comprehensive, full-body workout.

All the elements of a complete Strength & Conditioning training program seamlessly flow together to give you the most complete workout imaginable: Strength, Speed, Power, Range of Motion, Endurance, Coordination and Balance are all represented in equal parts.

Includes an insert with 10 great written programs addressing: general conditioning, core training, anaerobic conditioning, mobility, strength and power and quick hands cardio circuit.



Here is what the series has to offer:

I. Joint Mobility Warm-ups —A great use for your lighter KBs to increase circulation in and around all the major joints of your body and to prepare you for the more vigorous portions of your workout.

II. Swing —Techniques to increase your understanding of the most fundamental KB lift through challenging variations.

III. Clean —New challenges that teach you how to generate power from odd angles

IV. Press —Increase your pressing strength and muscularity by manipulating your body's leverage.

V. Snatch —Combining the strength and power of the Snatch with increased demands on balance and range of motion.

VI. Legs —Just when you thought your leg training could not get any more grueling—along comes these innovative exercises that will develop the strength and athleticism you've always desired.

VII. Abdominals & Trunk —Get the hard, sculpted mid-section of your dreams! If you have a 6-pack now, get ready for your new 8-pack!

VIII. Grip/Forearm/Fingers —Your training program won't be complete without the ever-important hand and lower arm development that is the territory of the truly strong.

IX. Joint Health & Flexibility —Move deeper into the joints and increase your range of motion in the commonly tight areas of your body.

X. Neck & Spine —Shore up any weak links in your body's kinetic chain with these challenging neck and spine exercises.

XI. Isometrics —Develop the shredded muscles of a gymnast with these intense high-tension techniques.

XII. Quick Hands-Juggling Basics —The perfect way to increase hand-eye coordination while also challenging your mind. Best of all, these are fun!

XIII. Explode! —Run faster, jump higher, hit harder with these powerful and athletic KB movements.

XIV. Balance & Coordination —Learn new skills and break through old plateaus with these fun and highly challenging maneuvers.

XV. KB Pushups —Pushups from A to Z. You'll never have this much fun doing pushups! Challenges for beginners and elite athletes alike.

XVI. KB & Bodyweight Combos —Add spice to your mundane bodyweight movements with these nasty combinations.

XVII. KB & BOSU™ —Learn how to combine your KB exercises with the popular BOSU™ Balance Trainer to create exciting routines that will challenge your strength and balance to the max.



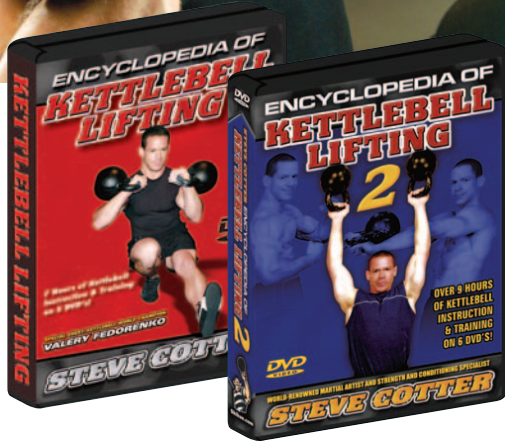
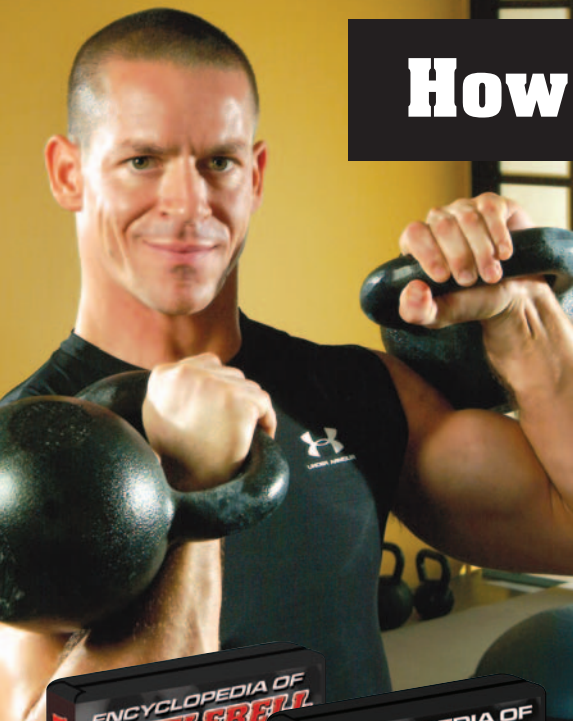
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How to Save Yourself \$7,900

On Personal Kettlebell Instruction from Steve Cotter...



establishes a new standard for comprehensive training. If kettlebell training is the 'martial art of weightlifting', then with this series, Steve has resolutely established himself as one of its preeminent masters. With his innovative tweaking of exercises through 'positions of extreme compromise' and emphasis on applicability to martial artists, professional athletes and fitness enthusiasts everywhere, he ably demonstrates that his ability to cue the subtle details that unlock a technique is only bested by his mastery of then demonstrating those same techniques with very challenging poundage and skill. His unique background in the Internal Chinese Martial Arts (as well as his degree in Kinesiology) has provided him a wealth of esoteric and practical knowledge in body orientation that has allowed him to take description of technique beyond the mundane and that knowledge has clearly been tested in real life with two full contact championships under his belt. After watching his personal workout on disc 6, you will realize that Steve is able to offer the full package with strength, power, flexibility, balance, grace and endurance.

This encyclopedia fully catalogues exactly how versatile this stand-alone fitness tool is with hundreds of techniques, many of which are evidence of Steve's own unique 'Full KOnTact' style of very innovative and dominantly effective training.

An amazing sequel to the already astoundingly comprehensive Vol. I, a completely absolute 'must have' for all RKC instructors, kettlebell devotees and martial artists of all types."—Court Wing, RKC - New York, NY

Another Fantastic Product from Steve Cotter

Rated 10 out of 10

"Steve Cotter has taken his terrific KB *Encyclopedia* series to a new level with Volume 2. The work-along DVD alone is worth the asking price. I hope he considers doing more in future DVDs. Don't pass up this second edition."—Keith Hendricks - Chicago, IL

Taking it to the next level

Rated 10 out of 10

"Steve, congrats on a job well done. You have taken volume one to the next level. A few of years ago I was part of multi-national spec op strike force, and a couple of SEALs in the unit introduced me to KBs. The KBs traveled with us in the back of our pick ups. I was blown away by how well they worked for strength and endurance.

Since leaving the armed forces to pursue a career in the private security contract field I have relied very heavy on your training methodologies to keep in combat shape. Whenever I pick up a contract, the first thing I pack is my 24kg KB, my Cotter Volume 1, my portable dvd player and then the rest of my gear. Now I am going to have to make room for the Volume 2."—Jimmy the Camel Jockey - Parts unknown

Steve Cotter is amazing!

Rated 10 out of 10

"I own the *first Encyclopedia Series* and use many of the moves from that on a daily basis. I didn't think there would be much more to teach since Volume 1 covered every kettlebell move I would ever need (or so I thought). His *Encyclopedia Volume 2* blew me away. This is definitely not for beginners but if you've been lifting kettlebells for a year or more and are confident your form/technique is down to a science then you absolutely CAN'T miss out on the Volume 2. It has opened my eyes to where my weak links are in my strength training. Some of the moves on his Volume 2 I couldn't even do with the 16kg kettlebell....and I can snatch the Beast for reps!!

He is nothing short of amazing in the execution of his moves, strength, physique, and natural ability to teach and convey his message in easy to understand terms. If I ever meet Steve I'm going to shake his hand and thank him for giving me the motivation to improve myself more and more. I thought I had these kettlebell things conquered but, after watching Volume 2, I have once again been humbled and realize I have a long ways to go before I get to his level. Thanks for another great product Steve, between your Volume 1 and Volume 2 Encyclopedias, I will have great reference material for the rest of my life."—SSgt Davis - Nellis AFB, NV

An unbelievably comprehensive resource that every kettlebell user should own

Rated 10 out of 10

"I've hired Steve as an online trainer, and done a private training with him when traveling to San Diego. I happily paid more than the price of this DVD set just to spend an hour learning from this guy. Steve's professionalism, creativity as a program designer, knowledge and teaching skills are, in my opinion, unrivaled in the strength and conditioning world. The quality of instruction contained in this DVD set is absolutely excellent, and the sheer variety of exercises is incredible. If you're on the fence about this one, do yourself a favor and order it."—Glenn Hyman, DC - Denver, CO, USA

"When I purchased Steve Cotter's first *Encyclopedia of Kettlebell Lifting* at one of his workshops, I could not believe how low the price was. I kept asking 'are you sure man?'. The 2nd dvd set is 9 hours... to get an idea of the value you are receiving, if you were to hire him 1 on 1 for the same time it would cost over \$8,000 plus expenses. So why not save \$7,900 and buy these disks. It's a no brainer decision."— JTF2-kb, dragondoor.com forum

Dragon Door reader reviews of: Encyclopedia of Kettlebell Lifting Series 2

Average Rating: 10 out of 10
(To see all our customers' reviews for this product visit: <http://www.dragondoor.com/dv039.html>)

"The Empire Strikes Back" of Kettlebell DVDs! Steve Cotter makes you want to hurt yourself! **Rated 10 out of 10**

"What Steve Cotter has done with the issue of Vol. II of his magnificent *Encyclopedia of Kettlebell Lifting* series, truly

"I am proud to introduce the Encyclopedia of Kettlebell Lifting by Steve Cotter, Senior RKC. It is a detailed presentation of the fundamentals of my RKC system plus a mind-boggling variety of exercises, from basics to extreme stunts for comrades who choose to live dangerously. Russian hardcore basics meet American ingenuity."

—Pavel Tsatsouline, Chief RKC Instructor

The Encyclopedia of Kettlebell Lifting is an intensive A to Z training system, designed to fit your needs from beginning and preparation to advanced techniques and competition skills. Included inside is a unique Program Guide providing tailored programs ranging from Beginner, Intermediate and Advanced to Strength, Endurance, Speed, Flexibility, and Explosive Power training programs. The Encyclopedia of Kettlebell Training is a goldmine of lifting theory, techniques and training guidelines.

Contents Include:

• Introduction to Kettlebells

Discover all the finer points necessary for safe, effective kettlebell lifting, including breathing, posture, safety guidelines and precise mechanics for all the lifts.

• Swings

This section teaches you the foundation of all kettlebell lifts, the Swing. Discover how to prepare the body for safe practice and more than a dozen variations to allow you to explore this powerful movement from every conceivable angle.

• Clean

The clean is the key exercise for explosive strength development. Learn the precise mechanics of this lift and important guidelines for training your body for serious power. The wide array of variations that Steve teaches you will assure that you never become bored with your kettlebell workouts.

• Overhead Pressing

Develop a cast iron body with shoulders and arms to match! Overhead pressing is one of the key exercises for muscular development and whole-body strength. Steve leads you through all the steps for a strong press and presents you with over two dozen variations to train it. You will gain a new appreciation for the value of overhead lifting and the muscular development to show for it.

• Leg Training

Powerful legs are the key to longevity and productive movement. Like a building, your body must be built from the ground up. Learn how to use the kettlebells to develop a strong, agile and flexible lower body, taught by a foremost expert on leg training.

• Snatch

The snatch is called the King of the Kettlebell lifts because it works every muscle, every ounce of your being! In bringing the kettlebell from ground to overhead in one fluid motion, you train the entire musculo-skeletal and metabolic systems simultaneously. The variations shown in this section are extremely challenging and demand the highest levels of strength, coordination, and conditioning.

• Jerk

The jerk is an explosive timing that allows you to coordinate all the pushing muscles of your body into one movement. While highly effective for strength and conditioning, the jerk is also one of the most highly technical of all kettlebell lifts.

Steve takes this seemingly complex movement, and separates each component into easy-to-learn sections. Then by putting it all together, you learn how to perform this powerful movement flawlessly.

• Clean & Jerk

Clean and Jerk is a complete exercise system by itself. With just one simple technique, you can work every single muscle in your body. The key is in understanding how to perform the movement with precision, and Steve shows you how by teaching it step-by-step. With the challenging variations, clean & jerk will take transform your body into an unstoppable force!

• Windmills

The windmill blends the power of heavy iron with the grace of a yogi. By mastering the windmill in all its variations, you will reach the pinnacle of what Steve calls Flexible Strength.

• Abdominals

What good is all the power in your arms and legs, without an equally strong midsection? Using the kettlebell to work all ranges of possibilities, Steve shows you how to not only get the washboard abs of your dreams, but how to properly engage your abdominal core so that all of your movements become stronger, in training and in life.

• Special Lifts

The Special Lifts go beyond the foundational or core lifts to give you more variety and unique physical challenges.

• Combo Lifts

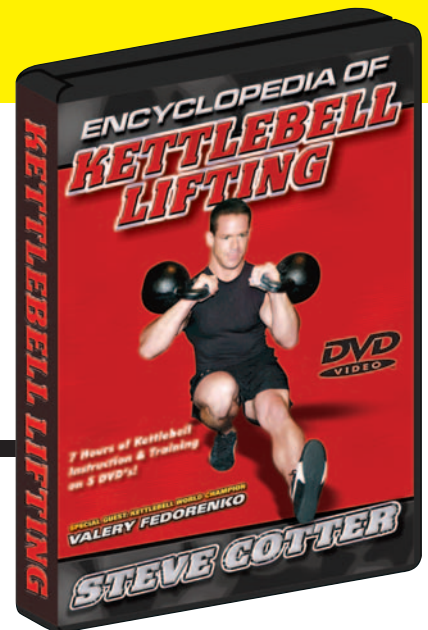
Steve provides an assortment of quick and dirty combination lifts that will leave you gasping for air in no time. Perfect for those times when you are short on time, but long on desire, or when you want to 'mix it up' a little bit and do more work in less time.

• Monster Lifts

Monster Lifts give you a peak at some of the more advanced levels of strength and skill that can be developed through the use of kettlebells. Don't try these at home until you can throw around the 88 lb (40kg) kettlebell like it's a pillow!

• Girevoy Sport

Girevoy Sport is the traditional Russian Strongman sport of Repetition Gira (handlebell or kettlebell) Lifting. Special Guest Valery Fedorenko, a World Champion in Girevoy Sport (GS) demonstrates the precise coordination and strength-endurance required in the GS competition lifts.



Encyclopedia of Kettlebell Lifting

With Steve Cotter, Senior RKC
Features special guest, Valery
Fedorenko, Kettlebell World
Champion

5 DVD set • Running time: 7 hours

#DV032 \$99.99

Here is what mixed martial art legend Mario Sperry has to say about the Encyclopedia of Kettlebell Lifting:

"Steve Cotter's *Encyclopedia of Kettlebell Lifting* is amazing! I am looking forward to using the techniques in my MMA conditioning workout. It is the best DVD series I have ever seen on the subject."—Mario "The Zen Machine" Sperry.

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Dragon Door Forum Praise and Customer Reviews for Steve Cotter's ENCYCLOPEDIA OF KETTLEBELL LIFTING

"This is the most comprehensive work on Kettlebell lifting I have ever come across. I have been in the fitness/martial arts industry for over 20 years and look for certain things in a product like this. How much information am I getting? Is it quality information? Is it communicated in a way that I can absorb? The answer to all this is YES! You get over a 180 exercises that are beneficial for every attribute on the athletic continuum - Strength, speed, stamina, explosiveness, force reduction, agility, coordination, flexibility etc.

Moreover, Steve's an articulate guy and describes the exercises in a detailed yet easy to follow manner. The menus are organized in a way that makes finding a particular exercise simple.

Steve's athleticism and talent lend this product a credibility that is often missing in other fitness related products. He can do what he teaches. I like that. I can't recommend this product enough. Simply put, you are getting more value than what you are paying for." —Ken Blackburn

"One the best instructional DVDs I have seen in the fitness arena.

Steve covers probably every KB lift ever invented and does a great job of describing each exercise, pointing out things of import and performing the lifts, which he does with ease. The GS section featuring Valery Fedorenko is a great addition for all you aspiring Gireviks and shows the differences in technique between GS & regular styles. Valery does a great job with his sections.

Overall this is an EXCELLENT value. I highly recommend this DVD to anyone interested in learning the lifts or improving their knowledge of them and to tweak their performance." —Dave RKC

"I think this DVD is absolutely the best! No one did I learn new material but I learned new layers of basic exercises such as swings. Yes, Steve articulates things very well, but his understanding and execution of the exercise is even better. I've watched his swing several times then went out

and worked on my technique. A week later I would watch it again and learn something more! Although the DVD is 'encyclopedic' in its breadth, the depth of his teaching can be seen if you watch closely. He has the makings of a master." —Kirsten Cummings, RKC

"I've been working out with KBs for a while and seen many KB videos. They are all good and varied and I thought there was nothing else to be said that would make a great difference. However, Steve - with the assistance of Valery Fedorenko who demonstrates all the GS style lifts- really put together something great for everyone. I was excited to get so much out of these DVDs and impressed with all the variations of each exercise, detailed prep work to build up to the more difficult exercises and tips to overcome almost any problem with any particular exercise.

Steve's technical expertise really comes across and makes you want to grab your kettlebells and go for it! With each generation of KB videos, one more impressive than the next, I thought to myself, "what more can be said about KB lifting?". And here I find the answer, the whole "Encyclopedia of Kettlebell lifting". I think God has a funny sense of humor...

I even bought one for my father, a new kettlebell lifter, and I know now that with these DVDs, he'll have the information to get started and improve quickly thanks to Steve's hard work." —TaliMike

"Fantastic!!!!...may not be good enough word to describe your new Kettlebell Encyclopedia DVD's... Thanks Steve, worth twice the price" —Brody

If you could only purchase one kettlebell training DVD, make it "The Encyclopedia of Kettlebell Lifting. It has everything one could every wish for. The knowledge and variety of lifts contained within this DVD would take a lifetime to master. Who could ask for more! This is truly the Holy Grail of KB training DVDs." —Perry Brown II

"With a set of kettlebells and Steve's brilliant DVD set you would be set up for life. There are so many options here you would never get bored or need to look elsewhere. In fact, you could probably make a career as a trainer with just this DVD set!" —Matthew Green

"I love Steve Cotter for his vision, he is not a man to be accused of thinking small. So it is only natural that he is the one to take on a project as vast as the Encyclopedia of KB training. It makes perfect sense as he is the one man, even in the sea of talent we have here at DD, that could pull it off. From the basics to the most advanced moves, from the grinds to the ballistics, not only can he explain his way through anything he can demonstrate each move with ease.

I truly believe that this is the last word on kettlebell instruction. I've been watching and re-watching this DVD to see if there is anything he's left out. If I do come up with something chances are he'll have thought of it already and it will be in the next edition. I am still patiently waiting for him to levitate as I think that's all that remains to be seen from him." —Lorraine Patten

"This is the most comprehensive kettlebell DVD of all time. Each aspect of each exercise is covered in a depth and scope just not attempted before. Not only is Steve incredibly talented as a kettlebell athlete (no surprise there) but his instructional and teaching ability is superb.

Most would pay the full price of the DVDs for just a little bit of Steve's individual instruction. This series is like getting not just a Cotter seminar but hundreds of seminars, each incredibly detailed about every nuance of every exercise. Of course the exercises are done as perfectly as one can do them, creating the perfect visual template for how to do each movement as well as it can be done.

The level of detail he goes into for each movement is amazing and will give the KB aficionado more things to think and obsess about than they bargained for. This series cannot just be watched, it must be studied and truly lives up to its "Encyclopedia" title. Huge accomplishment Steve, well done." —Mark Reiffkind

How to Dominate Your Competition, Boost Your Income and Attract More Customers with Kettlebells—The Nation's #1 Tool for Strength, Conditioning and Resilience



Pavel's *Russian Kettlebell Challenge Certification Workshop* Gives You A Crash Course in *Advanced Strength Skills... Ignites New Business Opportunities... And Propels You Into The Front Ranks of Physical Excellence*

Since Pavel Tsatsouline and Dragon Door introduced America to kettlebells five years ago, this amazing "gym in one hand" has been redefining our nation's strength and conditioning landscape.

Now, personal trainers who incorporate kettlebells into their programs have watched their **client base explode**. Previous clients have flocked back, attracted by **undeniable gains in strength—and loss of body fat!** Kettlebells have opened up whole new vistas of training success for personal trainers and their clients alike.

In fact, professionals of all kinds have been rushing to take advantage of the kettlebells' almost **magical ability to strip off unwanted fat and turn wretched physiques into the envy of the neighborhood..**

Chiropractors, massage therapists, physical therapists, physicians, sports coaches, you name it, have also eagerly embraced the kettlebells' **uncanny ability to snap back from injuries**—in particular, back and shoulder injuries.

And, of course, athletic coaches at the school and professional level have been falling over themselves to ensure they and their athletes gain the **competitive advantage** almost guaranteed by proper kettlebell training.

Then, the police and military—whose very lives can depend on their physical strength and conditioning levels—have jumped on kettlebells as the quick and very handy answer to fast and lasting strength and cardio gains.

With the kettlebells growing popularity as the **exercise tool "that does it all"**—be it for the professional athlete or simply average fitness-Joe looking for a more effective workout—there's a **rising demand** for highly skilled and competent kettlebell instructors.

And there's **ONLY ONE KETTLEBELL CERTIFICATION PROGRAM** in the United States that delivers the depth and breadth of core competencies critical to successful kettlebell instruction...Pavel's Russian Kettlebell Challenge Certification...

The business rewards and personal results from attending Pavel's Russian Kettlebell Certification have often been spectacular:

"I have been a personal trainer since 1987, and frankly, I've never seen anything like the excitement generated by Russian kettlebells. This age-old art has infused my business with a new level of passion I've never seen before, and it's spreading like wildfire.

Let's start with the **financial benefits**. I've more than doubled my personal training income since becoming Russian kettlebell certified, which has enriched my career as well as my personal life. This past Thanksgiving I was actually able to leave the gym behind and whisk my wife away on a rugged 2-week trip to Costa Rica, **something that simply would not have been feasible before.**

December 2004 was one of my busiest months ever. **Business was up, and clients were in a generous mood.** My wife couldn't help but note the huge increase in holiday tips I received, which nearly covered the cost of our Costa Rican adventure!

"What do you attribute it to," she asked.
"The economy isn't that great."
I immediately summed it up in one word:
"KETTLEBELLS!"

The bottom line is, my clients were feeling generous because they were grateful for what they'd gained (and lost!) over the past year! **I've had incredible results across the board with all my clients, male and female, since kettlebells entered the picture.**

One of my longtime clients **lost 26 pounds in six weeks.** His sister and her husband, visiting from Ireland over the holidays, were totally amazed at both his fitness level and this odd "new" form of training.

A newer client lost three dress sizes and really toned up in the span of two months that she had to prepare for her wedding. A masseuse called me to inquire about kettlebell training because she couldn't help but notice the **change in muscle tone** our mutual client had achieved.

Success stories like these—and there are many—made for a lot of very happy and fit clients with a renewed interest and commitment to training.

Needless to say, these kinds of results also brought a lot of **new business** my way last year. I now have a physical therapist sending me clients because of the improvements he's seen in his patients' strength and mobility after sending them my way.

"Beyond the professional gains, Russian kettlebells have really benefited me on a personal level as an athlete..."

I am 46 years old and have pursued a very rugged and adventurous outdoor lifestyle for as long as I can remember. As a result, there were a few old injuries that had really started to dog me in the past couple of years.

Since becoming RKC certified, however, things have changed. **I have made amazing strength gains**, but perhaps more importantly in terms of improving my quality of life, **I have increased the flexibility and joint mobility in my hips and shoulders tremendously.** Both have been invaluable in terms of increasing my enjoyment of rock climbing, skiing, and hiking, not to mention **improving my performance exponentially!**

My endurance, strength-to-weight ratio, core strength, static strength, grip strength, and flexibility are all **markedly greater** than before I started training with kettlebells and incorporating Pavel's other techniques.

Pavel has a way of cutting through the B.S., and he gave me the essential information and techniques that work, both for my clients and for me personally. **No question about it, becoming a Russian Kettlebell Certified Instructor is the best move I have made in 18 years as a trainer."**

—Gus Petersen, RKC, Denver, CO

Pavel's next Russian Kettlebell Challenge Certification Program will be held in St. Paul, Minnesota, **June 8—10, 2007.** For more information visit our website at: <http://www.dragondoor.com/wpkb24.html>
To register today call: 1-800-899-5111



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More a Guideline than a Rule

How the Kettlebell can also help you get your swole on

By Jack Reape aka powerlifter54

There are three things I have consistently disavowed in my articles and posts on DragonDoor.com:

A real disdain for overhead work, a dim view of instinctive training, and not a lot of time for having too many bodybuilder-type muscles.

But as I have also pointed out, everything is a constant cycle of learning, changing, adapting, and then starting over. About two years ago I found an old 53lb KB in the storeroom of a closing YMCA. I started using it just for swings for conditioning and for extra workouts. It had a longer, thinner handle and as it turns out, was impossible to clean or snatch. Since I was not an overhead lifting fan, it wasn't an issue with me. I used the KB for a fairly regimented approach to swing-based extra workouts, ramping up the volume in a linear fashion, and then starting over.



At the Wake Forest Strength coach symposium in January of 05, I continental cleaned (drug it up my body with nobody looking) a Dragon Door 88 and pressed it. I really liked the fatter, smoother, and closer-to-the-bell handle. Brett Jones even showed me how to roll my wrist to clean the bell. But I had no overhead aspirations and only wanted to do swings for my posterior chain, and two 53s would do just fine.

So in spring that year I ordered two DD 53s and started a program of double and single KB swings. My GPP and hamstrings both showed marked improvement with very simple linear waves of increasing sets of 10, but I found

myself bored with a perfectly planned out, scheduled-ahead-of-time, extra workout plan. Some days I felt more comfortable just doing pure volume of single KB work, and other days wanted to crank harder on double KB swings.

I really liked just throwing the bells out in the grass and doing random sets while I was cutting the grass or working in the yard. I even began to play with outside-the-leg swings and another Brett Jones inspired concept, double alternating cleans. On one hand, the alternating cleans quickly made my spindly biceps REALLY grow, on the other hand, the raw hole where the skin used to be on my bicep was ruining the effect of getting that swole on.

So I stopped that nonsense...

In late August of 2005 my family and I evacuated our home with little notice for Hurricane Katrina. I brought nothing to train with but a set of wrist wraps and Adidas Superstars. I did put all my PL gear and my two 53s in the trunk of the garaged car we left behind, and hoped for the best. I noticed on the Saturday that we left that even though I had worked in the yard that day, and done an extra KB workout, that I had boundless energy to load the car and get out of town. In mid September I returned to my damaged home to size up the damage, start the clean up, and hopefully grab my car full of goodies. I headed back to Memphis where I was temporarily based with my gear, but returned on most weekends to work on my home, with no air conditioning, in the brutal south Louisiana weather.

You may never ever plan to run a 10K or a triathlon, lift in a PL meet, or roll with somebody on the mat or Octagon, but having a level of conditioning to deal with the possible obstacles to you and your family's safety is an extremely important aspect of fitness. In fact, it is my definition of fitness!

Settling into my disrupted life, I decided to make some changes while change was the norm. Long days of office work, meetings, restaurant food, and all night duties were affecting my training. I was having trouble transitioning from work to the gym when I arrived later at night than I was accustomed to after big days of hurricane related issues. I decided to precede my Powerlifting workouts with some more varied KB workouts to prepare my mind and body to train. I kept my 53s in the trunk of my car in a plastic beer case and pulled them out for those workouts in the grass outside the gym. These were done 3-4 times a week before my Monday, Tuesday, Thursday, and Friday PL workouts.

They consisted of a complex that included:

1. Renegade rows with both sides in sequence
2. Double sumo
3. Double Military press or See saw Press
4. Front squat
5. Double swings.

I started of doing sets of 5 of each drill and worked it through 7 reps and up to 10 on occasion. The sets were generally 2, but on a strong day 3 sets were done and if I was in a rush only 1 set. I used only 53s because that is what I had available. I realized with a little heavier KB this complex might be a great entire workout for a non competitive athlete.

In October I pulled a PR 618 DL in the AAU Push Pull Nationals and both my hamstrings and grip were much improved. My BP was off and I only made my opener of 523 due to lockout issues. On the Saturdays and Wednesdays when I had nothing to do, I added in some random single KB swings and started playing with switching hands on the fly. I also added in the Dragon Walk and facing the wall squats as both my PL workout and extra workout warm up drills. **There are not two better drills for loosening "squatter's hips", as my Powerlifting Chiropractor likes to call his meal tickets.**

In January of this year I returned to Wake Forest to attend and speak at the North Carolina Strength Coaches Symposium. In between being singled out for unwarranted, and possibly illegal, harassment by the megalomaniacal Coach Burgener, and getting humbled

my Steve Maxwell's one-limbed balance work (another article, another time) and Steve Cotter's ease of lifting all the KBs, I was able to clean and press the 88 for 5 reps. Interestingly, first time I tried it I almost broke my leg. So I practiced with a 53 for a rep or two, a 70 for a rep or two, then re-gripped the 88 and had no problem. Later, spurred on by Cotter's madness, I double cleaned the 88s and double pressed them for a few reps. I was convinced I needed some 88s, and even considered the 106s, which I don't feel like I am ready for...yet. Keep in mind as a powerlifter I am not trying to be efficient when swinging or pressing the bells, I am trying to tax my musculature to the max as quickly as possible.

Back at home in Louisiana without my family things were different and changes needed to be made. The week I returned home I hit a 722 PR squat at the state meet, but bombed with 523 in the BP. Lockout was again my BP nemesis but my IT bands were also killing me. The lockout portion of my workouts changed, but I also discovered how to work lockout with heavy KB work. I also needed to get ready for a Physical Fitness test, so in the month before the test I added 2-3 60 rep sets of single KB swings at the end of each KB workout and ran twice in the workup to the run portion. I dropped the front squats from my KB complexes to lessen my quad volume which seemed to set off my IT bands, and dropped my squat volume a bit in each workout but spread it out more over all four gym training days. I hit a tune up meet in March and hit 700-501-606 on easy second attempts to qualify again for the USAPL Nationals, but the IT band issue, lockout, and grip still needed work as 551 stuck at lockout in the BP and 622 came out of my hand before the down signal in the DL.

Spurred on by the DD anniversary KB sale, I took the plunge and ordered the 88s. My temporary roommate ordered 2 35s and 2 44s. I started to use the 35s and 44s for a warm up doing bottoms up presses from a bottoms up snatch, added in some double swings with the 88s, and realized this wasn't the same drill as when done with 53s.

53s are like Brett Jones—compact, businesslike, and helpfully humorous. 88s are like Coach Burgener—evil, ominous and dark... right down to their tiny Grinch-like heart.

While pressing the 53s had originally started as a break between lower body drills in my complexes, they had definitely made my shoulders feel better than they had in years and my traps and delts seemed much larger.

Adding in pressing the 88s was like taking Synthol injections to my traps and shoulders, without the gooey mess or law enforcement stopping by regularly. They were getting bigger weekly. I was getting some strange comments at work, from my wife, and my training partners. My bodyweight, which had been stuck in the low 230s rose to almost 240 with my belt staying in the same hole. Maybe it was that I never did much overhead work, or exploding those 2 88s in a double clean was blowing up my upper back like the double cleans with 53s did my upper arms. I rarely did more than 7 reps or more than 2 sets.

I don't know how it worked because I was looking for grip and shoulder health improvement, but I happily enjoyed the new muscle. There I said it, I do like having big traps, is that so bad? I also like horrifying my training partners and anyone within earshot by hitting a most muscular pose after taking off my bench shirt, cause that is the way I roll.

Here is what an extra workout consists of currently on Tuesday, Friday, after my main workout and Saturdays as an extra workout:

1. **Bottoms up snatch to Bottoms up press 35/44/ and or a 53 x2-3 reps a sidex3-5**
2. **Double swing+double MP or See Saw press 53x5-10 a sidex2**
3. **Double swing+double MP or See Saw press 88x5-10 a side x2**
4. **Farmers walks 88s around my yard x1-2 sets**

Monday and Thursday night my extra workout is band pushdowns and band rear delts. Sometimes I do more and sometimes less. If I am beat up I might need to do a few more bottoms up sets to get ready. If the first set goes well and I get an easy 3 reps I move right into the swings and presses. I still do renegade rows and KB rows, but will be putting back in the KB front squats out soon.

The heavier KB presses are great. When done singly or See saw fashion you can really work on tricep lockout strength, if you move the torso only slightly side to side and not lean backwards. The technique of pulling the opposite elbow down when pressing, can really help you lock out a big weight and is a far better and easier drill in every respect than the overhead dumbbell extension. When done as double MPs, the chest gets a lot of work due to a lean back like in the old Olympic press, sort of like doing incline DB work except without the do-rag and wife beater t-shirt.

The heavier KB swings have given me some huge hamstring and adductor work and my explosion out of the hole has never been better. I have learned the hard way that getting sloppy with 88s, for example by not

initiating the descent by sticking the glutes backward like in a box squat, will get you face planted right into your grass as you swing the elbows through your legs. In my last training cycle I PRed both my raw and geared squat, and tied my DL off blocks PR. Most importantly my grip was rock solid on the DL sets. In a tune-up BP meet early in May, I hit PRs of 550 and 575 in the BP, and narrowly missed 600.

If you are a powerlifter, you now have no excuse. After reading Donnie Thompson's and Mark Bailey's articles (like I did), you now have three Powerlifters telling you to start KB extra workouts.

Only one reason exists not to do these, and that is if you are in my weight class in the USAPL. Otherwise, get some KBs and swing, press, and carry the damn things however you prefer.

If you are not a powerlifter I can't think of an easier, quicker workout you can do in your yard without spotters than the KB complex I laid out above. For both the Powerlifter and the non-Powerlifter, this is the only type of overhead work most damaged shoulders can handle.

Maybe the single limbed freedom of the kettlebell press instead of both hands on a barbell while pressing allows a more natural plane and range of motion. Maybe it is the center of mass below the center of rotation as opposed to both being coincident in a dumbbell. I don't know and like muscle fiber discussions, I don't care. Quite simply KB overhead work for those who avoid overhead work will pay huge rewards.

In addition, the KB swing can be both a squat/DL builder when done for double swings or a conditioning drill when done with a lighter single KB for higher continuous reps. You do not have to have a perfectly laid out approach with sinusoidal peaks and valleys. You can do that if you want, but you can also do what you feel like while doing chores and landscaping around the home front. The KB can also help you get your swole on.

So what are you waiting for?

Jack Reape is a three time Military National Powerlifting Champion and competes several times a year when not busy with family and work. He graduated from the US Naval Academy with a B.S. in Operations Analysis

Former NFL Linebacker CARLOS BRADLEY, RKC on The Explosive Power of Kettlebells for Football, Basketball and Other Major Sports

John Du Cane interviewed Carlos Bradley when he attended Pavel's June 2006 RKC

Carlos Bradley: I was a High School All-American linebacker. I went on to Wake Forest University and became a Strength Team All-American. I was a linebacker with the San Diego Chargers from 1981 to 1986, and ended my career with the Philadelphia Eagles in 1987.

I have also participated in amateur bodybuilding. I've won the Mr. Pennsylvania title in the Super Heavy Weight Division, which is over 225, three times. Currently I am working as a personal trainer at The Aquatic and Fitness Center and also running a non-profit organization where we help student athletes from 13 to 17 academically and athletically, which is called The International Student Athlete Academy. You can visit the website at www.isaacinc.com.

Our fitness director Kevin Schultz originally introduced me to kettlebells. He felt that even though kettlebells had been around for a while, they were really getting ready to break out in a big way. Our gym, the Aquatic and Fitness Center, is always trying to be on the cutting edge in the Philadelphia or Delaware Valley area.

I think that some people will get more out of the kettlebell than they will out of traditional weights. I think that with the kettlebell you can gain strength, you can gain conditioning. You can tighten up some problem areas, particularly with women: thighs, abs, and glutes. I can see kettlebells benefiting women greatly!

I also see the kettlebell helping various sports. I work with a nationally ranked swimmer and it would benefit him greatly coming off the board, with the extra glute/abs/quad strength he will develop.

Also, with football players it is very obvious—always doing cleans and presses and deadlifts, powerlifting. I think that when you get to utilize half your body or one side of your body and then you could move dynamically with that weight, I think that it helps a lot. So you could do a clean and plant one foot and then pivot, which mimics the same movement that you would do in football.

Say, an offensive lineman has to lock out his elbow and keep his outside foot free—well you can do the same movement bearing the kettlebell weight and just rotate and still keep a sound foundation. So, I think that the kettlebell will really help football players develop their explosive power. It would really help them a lot.

And also basketball players...

I coach all sports. I've worked with Charles Barkley. I've worked with current NFL players like Bruce Perry, Lance Johnstone, and Victor Hobson.

So, the initial explosiveness that you get and need in football, you can directly mimic with kettlebell training.

With basketball players, kettlebells will help develop explosiveness out of the swings, out of the cleans. They will develop strength out of the kettlebell squats, with explosiveness to the ball, the initial movement, rebounding, going up through your jump shot, all of those things I'd definitely correlate with their sport.

You could definitely use a lot of this kettlebell training, regardless

of what level you are on, as a basketball player or a football player. I would think you would just get a little bit more refined if you were a pro as opposed to a collegiate or the high school player.

I can see kettlebells particularly helping offensive lineman. Defensive lineman it would help also with some of the pressing and the swings. All of the swing movements, building that explosiveness out of the hips would definitely help running backs, also. They need to be very explosive...and receivers, also. They need that explosion off the line bursting to get the ball. So, I see across the board where football players from all levels would definitely benefit.

The general population tends to feel that they need to separate their strength training from their cardiovascular. I think that with the kettlebell, you basically have a total gym right there! You don't need anything else...you can utilize the kettlebell in an aerobic manner or you can use it in an anaerobic manner.

You can do repetitive swings for duration, for endurance—and even with your pressing movements or your squatting in power sets of threes and fives you would definitely build your power. If you put together a program where you are continuously moving, it then becomes cardiovascular.

I think that the biggest challenge with athletes will be that it's so different from their traditional training. They may hesitate in believing or trusting in the power of the kettlebell. So, it would be up to my self or any other instructor that feels that the kettlebell will help them to convince them and show them that it can be advantageous.

This kettlebell certification has been more challenging even than I had expected it would be. My fitness director kept saying, "Well, Pavel's whole deal is he's going to beat you up."

My thinking was that I'm up for getting beat up, that's not a problem. But I want to be able to last and learn through getting beat up. I wanted to be able to transfer and make it functional and useful in my day-to-day job.

I would like to say—as a former professional football player—that if training camp was tough, then this Kettlebell Certification is the closest thing I've done in my life that comes even close to that!

The endurance that you need...the strength that you need...but also the learning aspect of this...is very demanding. It's so new even for me, and you know, I'm considered a strong guy. These movements are somewhat different and it takes some training and learning to get used to them before you can really power through of all of this.

But, I find it very rewarding, very challenging, and exciting to see how I can develop with it.

I coach all sports. I've worked with Charles Barkley. I've worked with current NFL players like Bruce Perry, Lance Johnstone, and Victor Hobson.

Carlos Bradley, RKC is a trainer at The Aquatic and Fitness Center, Philadelphia, Pennsylvania. He can be reached through his website at www.carlosbradley.com

What Do a Soldier, a JKD Martial Artist, a Horseback Rider and a He-Man Have in Common?

More tales from Dragon Door customers on our forum and in product reviews...

Kettlebells will find your weaknesses and make them disappear!!!

"I'm a 7 year vet in the military and was brainwashed by the way my fellow soldiers got 'in shape' for years. I figured lifting weights, bodybuilder style, running, time in the cardio room and PT sessions with my unit is all I would ever need. Then I met an RKC and my whole concept of 'in shape' was changed forever.

I thought I was strong (405 deadlift @ 180lb bodyweight) but I had weaknesses that were yet to be discovered. All the cardio in the world couldn't have prepared me for a hard session of swings and snatches. My heart was pumping faster in five minutes than any rucksack march has ever done.

Almost two years later, I am definitely a convert. I'll NEVER go back to my old way of training. It was a huge waste of time. I'm stronger, faster, more resilient and overall a better soldier because of my training w/ kettlebells. Over time I've purchased the following bells.....4kg(1), 8kg(1), 12kg(1), 16kg(2), 24kg(2), 32kg(2), 40kg[Bulldogs](2), and 48kg[Beast](1). I could use just these for the rest of my life and remain tough as nails and strong as an ox.

Kettlebells are amazing, I just wish I had discovered them sooner!!" — SSgt Davis, review of Dragon Door kettlebells

Kettlebells and vitality in life

From: bob tosi
Date/Time 2006-06-18 13:13:39

"Since I started kettlebell training a little over 2 months ago, I have greatly noticed an increase vigorousness, vitality, or whatever you might call it, in my life. It is almost a sense of 'He-Man', primal zest for life. Don't know if I am making sense here, but it is almost as if the kettlebells have brought back a feeling of power and 'old school' manliness back to life. It seems like kettlebell training has become the niche I have been looking for, for a long time."

Resilience

From:fiervo
Date/Time 2006-06-04 22:55:07

"Longtime lurker; first-time poster. I am 40 years old and have been using KBs for about two years now. Yesterday, a buddy and I rode horseback for four hours over some tough

terrain then climbed on foot about 400 feet on a steep pitch to the rim of a cinder cone (and descended).

When we pitched camp it started to rain and rained like a monsoon all night. Wind and water collapsed my fly tent and I spent a mostly sleepless night damp and cold.

Got up and trailered back to work (desk job) and put in a kick ass day.

Couldn't figure out why I'm not totally wiped out. Then it dawned on me. Conditioning with KBs has made me tougher and more resilient both physically and mentally than I was when I was 20. Bring it on."

Thank you Pavel, RKC's, John, Dragondoor, and the girya

From: 4 Ranges
Date/Time 2006-08-31 11:13:16

"Just a little thank you post to Pavel and the entire RKC movement for making my training more fun, more effective, and more evil.

I am a JKD instructor based in West New York, NJ. I teach MMA classes to a select group of dedicated students. I am also a BJJ practitioner, and a savate "initiateur." As with most JKD practitioners, I also have a background in wing chun, boxing, FMA, and muay thai.

For years, it was difficult to incorporate strength training or hypertrophy training into my own regimen, simply because it tended to take away from performance on the mat. Not only in the sense of time, but also in the sense of sports specific attributes. Although I understand that a good strength regimen can and does add to performance to an athlete's specific sport, I do not have the expertise to design an effective program for myself. I understood the theory, but the execution always fell short.

If I added strength through a 5x5 program, I lost my stamina during muay thai drills. I often got creamed by my BJJ classmates, who often left the mat (after tapping me many times) with the refrain "don't waste your time with the weights, just train BJJ!"

It only got worse with "bodybuilding" based hypertrophy programs. Not only was I sapped from the volume-fests, I was even more sapped after martial arts training. I got bigger, yes, but FAR from functional.

It took a lot of "juggling" to get my strength and hypertrophy to a functional level. 1 month of sprints, 2 weeks of plyos, with some yoga and pilates, and more mat time. I got "functional" results, yes...after MONTHS of adapting my attributes into my game, and after months of being used as a mop on the mats.

Last May, I discovered kettlebells. My current instructor, Roy Harris, who trains privately with Pavel, encouraged me in this path.

When I started my KB sessions, I fully expected another long lag-time between gaining attributes from KB's, then adapting it to my game. I expected snickering from my old classmates, then followed by a thrashing on the mats because I was too sapped from my KB training.

After only TWO SESSIONS with the KB's, I experienced the legendary "WTH Effect": The WHAT THE HELL???? Effect.

A day after my second KB session with a KB instructor, I rolled with several of my old classmates, fully expecting to get killed.

WRONG!!

I literally toyed with them. I moved them across the mats like they were rag dolls. I escaped SUBMISSIONS that I wasn't supposed to escape. I BENCH PRESSED them off me when they pinned me (really bad form, but they felt so LIGHT!). When I pinned them, they said I felt like a boulder on their chests. As shocked as I was, they were even MORE shocked!

"What have you been doing?? What the heck was that???? Who have you been training with??? You feel like you're 400lbs!!" They were in such disbelief! When I told them it was KB's, they IMMEDIATELY had to get their own.

Soon, my own students started to experience the "WTH Effect" when they rolled with me. Slowly, but surely, they started to see the light.

My students, without my prompting, eventually BOUGHT their own KB's, and researched it for themselves. They are devotees of the kettlebell.

Thank you again for the great methodology, the great network, and the spectacular piece of equipment. The kettlebell has made me more fun, more effective, and more evil. :)" —Rolando Garcia, III, Chief Instructor, BAD Factory

The RKC: Adding Tools to Your Toolbox—And Knowing How to Use Them—To Reach the Highest Levels of Physical Performance

An interview at the June 2006 Russian Kettlebell Challenge Instructor Certification Workshop with Strength and Conditioning Coach, Chip Morton

Chip Morton: I am currently the strength and conditioning coach for the Cincinnati Bengals. I've been there since 2003 and am in my fifteenth NFL season right now. I started my NFL career in 1992 as an assistant with the San Diego Chargers and was there through the 1994 season.

I left San Diego to become the first strength conditioning coach for the Carolina Panthers in the Spring of 1995. After the 1998 season, our coaching staff was fired, and I ended up that spring of 1999 being hired by the Baltimore Ravens as the assistant strength coach. I was in Baltimore from 1999 through 2001, including the Super Bowl season in 2000.

After 2001 season, I was hired by the Washington Redskins as the Strength & Conditioning Coach under Steve Spurrier. I was there for just the 2002 season, after which Marvin Lewis left Washington for Cincinnati. He had been the defensive coordinator in Washington and was hired as the head football coach for the Bengals, which was what brought me to my current team.

Kettlebells were initially just a personal interest I had. Training is what I enjoy doing during my "free time". I don't play golf or engage in some of the other "normal" everyday activities. I've always been interested in the training process; my passion lies in not only learning new ideas, but also trying things myself.

I am always looking, at 43 years of age, for things that I can do for a lifetime, training that is challenging, that will bring about increased fitness, help to build strength, develop power and endurance. I might not always have access to a fully equipped gymnasium with machines and barbells and all that.

I've been training for more than thirty years now. I started lifting cement filled weights in my basement when I was 12 or 13 years old. I've tried a lot of different styles of training and almost every kind of equipment.

The kettlebell is just the logical progression for me now at my age and with the time constraints professionally and personally with my family. I was looking for an effective tool that would allow me to be efficient with my time and yet get me strong or the feeling of getting "smoked" if need be, in a short period of time.

The kettlebell allows me to perform a variety of drills that are fun—and yet still obtain a training effect. I can also just work on getting stronger in the movements that I particularly like, which are the various presses and deadlift-type movements.

So, the kettlebell has become a tool that I personally really enjoy using. I have extended that interest to using kettlebells with our team.

Actually it was an employee in the front office of the Bengals staff who first showed me a kettlebell. He let me borrow it and I played around with it. I did very basic things at first; I studied Pavel's first tape, *The Russian Kettlebell Challenge*, picked up some extra exercises and then just looked more and more through



the internet, buying books, reading articles and posts on Dragondoor.com. Initially, most of what I learned was self-taught.

I'd never had any personal coaching from any instructors, so coming here I've learned a LOT of teaching points that I can now use with our players. Our players have the same desire. They want variety. They like to use new tools. They like to have some exposure to new ideas and different ways to train or new ways perform the traditional exercises.

All of the Bengals players now use kettlebells in our program.

We started with very basic exercises... standing presses with both one arm and two arms, seesaw presses, rows and front squats. We perform Romanian deadlifts, which are basically the Good Morning type exercise with the kettlebells. We've done some around the body sling shot passes, some figure eight passes. We stayed very basic though, just to introduce the concept and use the tool.

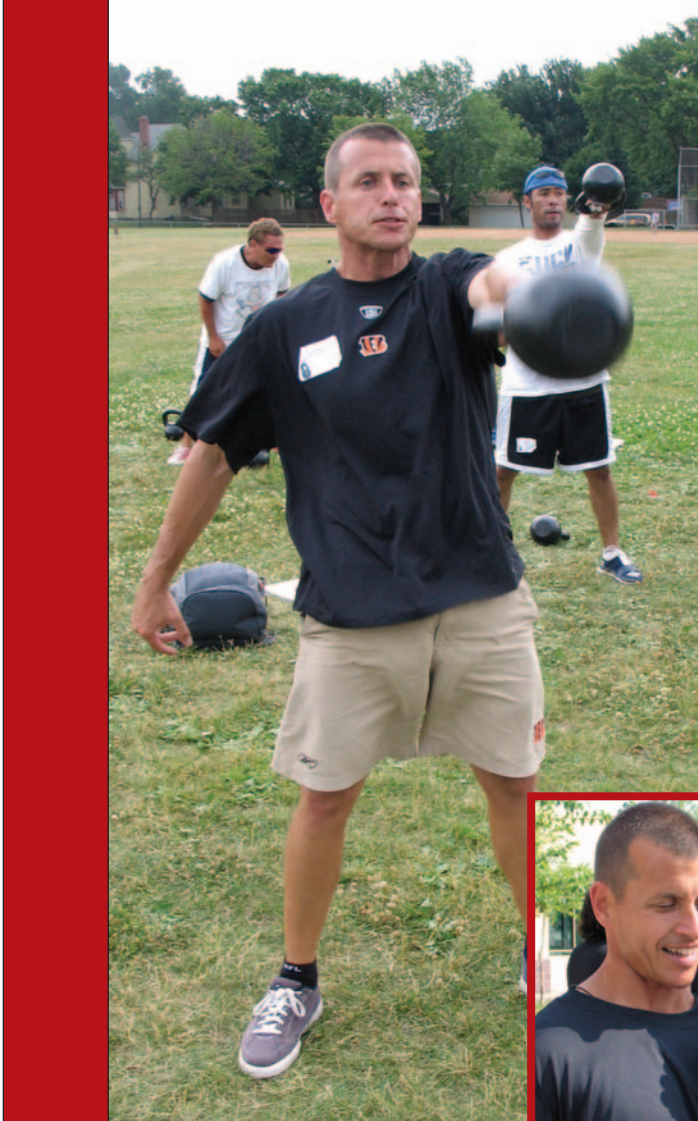
We did the swings in the fall with our younger players, but once again, now that I have the teaching points and the teaching progression, I feel more comfortable exposing them more thoroughly to the swing.

While there is nothing "magical" to me about standing on your feet to train, I understand the application there, being strong on your feet, engaging your glutes and core muscles to support skilled movement. It just makes sense.

We don't exclusively do presses from the standing position, but that is now a version added into our shoulder pressing arsenal. It's another tool in that toolbox.

I think that kettlebells do a great job of training the body's musculature, to increase strength throughout the full range of motion, as well as training for power, and endurance. They could be applied universally to the training for ALL football players.

They will benefit ALL football players.



I liked the fact that there was a definite progression, a teaching progression in all of the exercises. There were exercises or drills that could be used to make adjustments to deal with individual clients and their range of motion limitations, as well as drills that could be used to teach proper technique.

If someone wasn't quite getting the knee bend or the depth in the squat, there were drills provided that would allow you to teach that particular skill and reinforce it. I have to say that as well as the teaching aspect, we were exposed to program design, how to incorporate kettlebells into workouts and some of the different styles of training that can be used.

Sometimes there can be a bias against certain tools and there are a lot of skeptics out there when it comes to kettlebells. But whatever tool that you choose to use, I think it's important that you place yourself in this type of learning environment—where whatever system or style of training it is, you familiarize yourself with it and are appropriately trained.

You learn the nuances of the use of that particular tool. You know the safety precautions. You know the teaching progressions. Certainly there is a risk involved in kettlebell training, but that's the value of this type of seminar where you learn some of the potential pitfalls. You learn how to correct technique. You learn how to safely and sanely progress your clients, or in my case, my athletes where you greatly reduce or eliminate that potential for injury or potential for problems.

Once again, it comes back to the instructor and this workshop goes a long way to fill in those educational gaps, or those experiential gaps. And for me, personally I want to continue that growth process forward. I know I certainly don't have all of the answers after three days.

I do have a toolbox now—a toolbox of information and drills and instructions that I can build upon with our players. And that had been my goal!

Former Chargers linebacker Carlos Bradley leans on former Chargers assistant Chip Morton



I think that all football players need to have the appropriate ability to bend their knees, to get into and maintain a low position, which certain kettlebell drills will definitely reinforce and enhance.

All players need to be able to roll their hips forward and come out of their stance; they all need to be able to extend the hips, which certainly the swings and some of the other exercises involve.

All players need stability and strength in their torso, the linkage between the lower body and the upper body. All players need shoulder strength, shoulder stability and strength in their pressing and pulling muscles.

Now, the issue that I have to deal with my population is this: Are there any orthopedic limitations with certain individuals? Is it safe for this person to do an overhead press? Is it safe for this person to do a swing? That's where the refinement of the teaching principles will come in handy—the troubleshooting, being able to take a step back in the progression and trouble shoot along the way, the ability to make those adjustments with the new information in my toolbox on how to teach those exercises.

The instructors at this certification have been very professional. They are very knowledgeable in their craft. Each instructor had a unique teaching style and a unique personality to go along with it, and each brought different points of emphasis. That being said, there was an overlap in the information presented by the different instructors. There are common threads that ran through the entire weekend. But within that, you have the individual teaching nuances and experiences added by each instructor that made it that much the experience richer.



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TRUE KETTLEBELL STORIES

MY NAME IS CHERYL HOLMES AND I AM A POLICE DETECTIVE FOR THE CITY OF PORTLAND MAINE. I HAVE BEEN EMPLOYED AS AN OFFICER FOR OVER 23 YEARS. I HAVE ALWAYS TRIED TO STAY FIT AND MOST ESPECIALLY AS I AM FAST APPROACHING 50.

ABOUT 2 YEARS AGO COMRADE FRANK NAVARRO, A CITY FIREFIGHTER, OFFERED TO TRAIN ME, SO BEGAN MY JOURNEY. HE INTRODUCED ME TO THE KETTLEBELLS AND AT FIRST I KIND OF LAUGHED.

I HAVE NEVER ENJOYED WORKING OUT AS MUCH AS I DO. IN FACT I PURCHASED MY OWN SET OF 26 POUNDERS AND CARRY THEM EVERYWHERE.

ON THE NIGHT OF DEC 27 2005 I WAS WORKING A UNIFORMED POLICE CAR ON AN OVERTIME ASSIGNMENT. MYSELF AND ANOTHER OFFICER WERE ASSIGNED TO INVESTIGATE 3 PEOPLE IN A VEHICLE USING DRUGS PARKED IN AN ALLEY. WE APPROACHED THE VEHICLE ON FOOT AND HAD CONTROL OF THE TWO PASSENGERS WHILE THE DRIVER, WHO WAS USING A HYPODERMIC, WAS LEFT AT THE WHEEL.

THE DRIVER LOCKED THE VEHICLE AND MY PARTNER ATTEMPTED TO TAKE THE WINDOW OUT TO MAKE THE ARREST BUT WAS UNABLE TO DO SO. I ATTEMPTED TO UNLOCK THE DOOR FROM THE PASSENGER SIDE AT WHICH TIME THE DRIVER STARTED UP THE VEHICLE AND I WAS TRAPPED INSIDE.

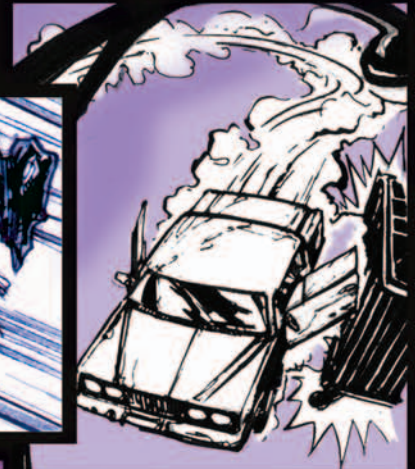
I MUST SAY THAT I TRULY THOUGHT I WAS NOT GOING TO SURVIVE. THE DRIVER BEGAN SPINNING THE VEHICLE ON ICE SLAMMING INTO A DUMPSTER, BUILDINGS AND A UTILITY POLE.

I WAS IN THE FIGHT OF MY LIFE INSIDE THE VEHICLE. HE AT ONE POINT WAS ATTEMPTING TO PUSH ME FROM THE MOVING VEHICLE AND MY UPPER BODY WAS HANGING OUT OF THE DOOR. HE THEN AIMED THE TRUCK FOR A UTILITY POLE STILL WITH THE PASSENGER DOOR OPEN AND ME HANGING OUT. I WAS ABLE TO PULL MYSELF BACK INTO THE TRUCK JUST PRIOR TO SLAMMING THE POLE. THIS BENT THE TRUCK FRAME AND SPRUNG BOTH DOORS.

AT 4AM FROM THE EMERGENCY ROOM I CALLED MY COMRADE NAVARRO AND TOLD HIM I TRULY BELIEVED IF HE HAD NOT BEEN TRAINING ME WITH KETTLEBELLS AND BUILDING MY UPPER BODY I WOULD NEVER HAVE BEEN ABLE TO PULL MYSELF UP AND PROBABLY WOULD HAVE LOST MY LIFE.

MY GRIP STRENGTH HAS INCREASED WHICH HAS ALSO HELPED ME WITH MY FIREARM QUALIFICATIONS.

BUT TRULY, I TALK UP THE KETTLEBELL TRAINING EVERYDAY. I HAVE LOST INCHES, BODY FAT AND GAINED TOTAL BODY STRENGTH. I BELIEVE EVERYONE SHOULD TRAIN AND I WANT VERY MUCH TO THANK PAVEL AND ALL THE FOLKS AT DRAGON DOOR.



art by Barry Crain

SINCERELY, CHERYL HOLMES

"I did not think one could make a high quality train-along kettlebell DVD. Anthony has proved me wrong. *'The Art of Strength'* is raw and edgy and its workout structure makes an excellent training template. Get your copy and enjoy the pain!"
—Pavel Tsatsouline

"Punch Gym Mastermind Pushes You to New Levels of Endurance, Strength and Flexibility... Hands You A Firmer, Fitter, Better-Looking Body... With His Dynamic Kettlebell Circuit Training"

So, you've read the classical, must-have kettlebell training texts. You've absorbed every second of Dragon Door's powerful kettlebell training DVDs. You've even taken some classes and lessons from a certified kettlebell instructor.

But, you're still wondering:

"What exercises should I do?... How many sets/reps?... How long should I workout?"

And to cap it all, you have a hard time staying motivated when you kettlebell by yourself...

If this is you, then Anthony Diluglio's *The Art of Strength* is tailor-made to solve your kettlebell problems, fire you back up and keep you rockin' and groovin', as it were...

Because:

Anthony pioneered the use of kettlebell-based circuit training for the general public—carefully molding this often intimidating, hardcore practice into a system accessible to all. His groundbreaking "Punch Gym" in

Providence, Rhode Island was the first to focus on kettlebells as the central tool for strength, endurance, and body shaping in every workout.

After literally tens of thousands of client-hours in kettlebell-based circuit training, Anthony Diluglio honed his circuits to such success that *Men's Journal* honored Anthony as one of America's top 100 trainers for two years in a row (2004/2005).

Now we can't all be lucky enough to live in Rhode Island and train personally with Anthony...

But fortunately for the rest of us, Anthony's taken his ultimate kettlebell-circuit workout and thrown it straight into our personal living rooms!

Now there's no excuse not to continually blast past your previous physical bests, as Anthony's follow-along kettlebell DVD pounds you into the best shape of your life, whether you like it or not.

On any given day at Punch Gym, you will see housewives, engineers, and deskbound executives performing the

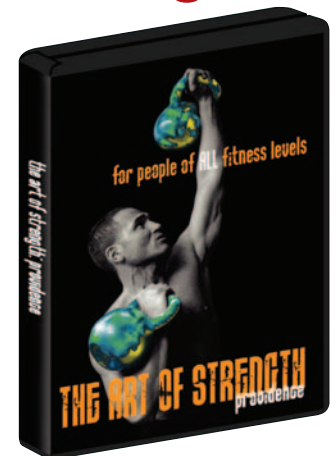
most advanced kettlebell routines with perfect form. Anthony also has a strong following with serious athletes of all ages and levels. His methods clearly work for everyone.

Through careful program design, weight selection, and inspiration, Anthony simultaneously takes both beginners and professional athletes beyond their known limits.

***The Art of Strength* exists for those without the time or inclination to master the art and science of proper circuit design...**

Diluglio works along with you through 14 two-minute rounds of intense, unique, and challenging kettlebell exercises. 1-minute breaks between each round makes this a 42-minute workout to fit the busiest of schedules. If you have the guts, take a stab at the 3-minute "bonus round."

There are nine carefully-chosen kettlebell exercises that will hammer every inch of your body into greater perfection. If it ever starts to feel too easy, simply add more weight!



The Art of Strength: Providence

A Work-Along Kettlebell Fitness DVD
With Anthony Diluglio, RKC
Running time: 50 minutes
DVD #DV028 \$49.95

Dragondoor.com Customer Reviews of *The Art of Strength*

Absolutely Outstanding!

"Very user friendly, whatever your proficiency level. Nice workout tunes and setting, and a great mix of exercises. Definitely a must have for the true kettlebell enthusiast."—Craig O'Connell RKC - Florida Dept. of Law Enforcement, Tallahassee, Florida

Kettlebells Are About To Get a Whole Lot More Popular

"There are many, many things I like about this DVD. Here are my highlights:
SETTING: Just like lifting KB's outside is

fun, it is also cool to watch it outside.

DIFFERENT EXERCISES: Anthony has a good variety of classic fitness lifts, classic KB lifts, and some cool new combos. There are a couple really cool drills that I added to my class today — my clients loved them.

DIFFICULTY: Anthony offers a different kind of workout which focuses on strength endurance. You don't have to do GS style to get high levels of endurance.

VARIETY: Don't think that doing only a few choice drills is the only way to make progress in the areas of strength, flexibility, endurance and fat loss. Variety works, too.

FUN: When is the last time you had fun with your workout? If you are a trainer, when is the last time your clients have had fun? This is fun.

Anthony has shown KB's to be the COOL way to get in shape for the so-called "mainstream" gym goers. Some things just have a cool factor — *Art of Strength* is one of those things. Anyone who hasn't seen a KB workout will be dying to try this. After they try it, they'll be hooked — just like us."—Frankie Faires, RKC - Dallas, Texas

If You like to Work Out With Kettlebells, You'll Love This DVD!

"The follow along kettlebell training DVD I've been looking for! Tremendous workout for strength, endurance and flexibility. Varied drills that cover every bodypart. Anthony does a great job leading and demonstrating all the exercises. This DVD will get a great deal of use and is already a permanent part of my fitness regime."—Bob Westgate - Tampa, Florida

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"Anthony Diluglio has set a high standard for train along kettlebell workout DVDs with his 'Art of Strength' series. The second DVD delivers another foolproof and fun workout." —**Pavel Tsatsouline**

"Punch Gym Mastermind Pushes You to Even Higher Levels of Endurance, Strength and Flexibility... With His Latest Breakthrough in Dynamic Kettlebell Circuit Training"

Anthony DiLuglio is one of the most prolific kettlebell trainers in the world. His groundbreaking **Punch Kettlebell Gym** in Providence, Rhode Island has introduced hundreds and hundreds of new victims to the kettlebell. Along the way, Anthony has developed some truly unique methods to transform mere mortals into kettlebell masters in an incredibly short period of time.

Anthony works almost exclusively with mainstream American professionals and housewives who would never devote the time, energy, and research into developing their own kettlebell routines.

Drawing on several decades of fitness experience, Anthony carefully crafts some of the most demanding, efficient, well-rounded, and potent kettlebell workouts for his clients. His methods are incredibly successful and have landed him in the *Men's Journal* "Top 100 Trainers" list for two years running.

The modern kettlebell revival spawned by Dragon Door and Pavel Tsatsouline has created legions of budding gireviks worldwide. People generally stumble upon Pavel's *The Russian Kettlebell Challenge* or the new *Enter the Kettlebell!* and enthusiastically learn proper form for the myriad of wonderful old-school kettlebell drills. Over the years, Anthony heard a single recurring question from these folks, "now what?" The AOS DVD series was created to answer that question.

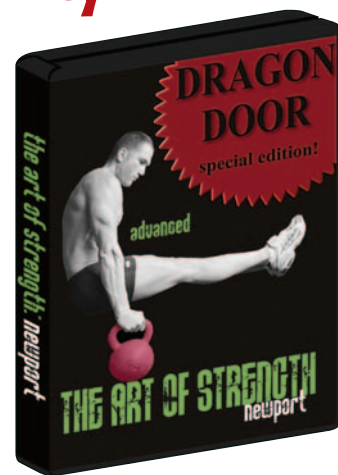
In late 2005, DiLuglio released the first DVD in a new "work-along" kettlebell video series, *The Art of Strength: Providence*. The DVD is the first to deliver a full, follow-along kettlebell workout. It takes the guesswork out of kettlebell programming and truly brings the experience of Punch Kettlebell Gym into your living room.

The follow up to Providence is now available, *The Art of Strength: Newport*. Filmed on location in this historic Rhode

Island jewel, Newport is a stunning workout sure to blow out any fitness plateau. DiLuglio focused on the concept of sustained speed and strength for this release. It is a grueling 10-round, 50-minute ordeal consisting of 20 total drills. Some of the rounds run 3-5 minutes in duration and work to build exceptional endurance.

Here is what you can expect from *Newport*:

- **The 1st work-along kettlebell DVD coaching series**
- **User-friendly format**
- **Two professional music tracks to choose from (Hip-Hop or Jazz/Blues)**
- **10 three to five minute rounds with 20 total exercises**
- **Practice rounds to improve your performance**
- **Visible time bar to pace your workout to suit your own goals**
- **A workout geared toward men and women of all ages and fitness levels**



The Art of Strength: Newport
A Work-Along Kettlebell Fitness DVD
With Anthony Diluglio, RKC
Running time: 50 minutes
DVD #DV037 **\$49.95**

DragonDoor.com Customer Reviews of *The Art of Strength: Newport*

"After spending several months training with the Providence DVD, we decided to take the challenge of the Newport workout ...WOW! The Newport really works cardio vascular fitness as well as your muscles. This workout is much more demanding than the Providence DVD. Now we enjoy combining the two workouts to add variety to our weekly exercise schedule. We run a busy Chiropractic & sports injury clinic in Milton Keynes, England."

—**Trevor and Nikki Killick**

"Anthony's video AOS: Newport is truly innovative! The video is a perfect blend of heart pumping cardio, pure strength and grueling endurance.

Suitable for all levels of fitness, I highly recommend this video to all my private clients and kettlebell class students. We use this video as a model for some of the classes we have developed at Vegas Kettlebells, as well as our own personal workouts. AOS is perfect for those trying to take their workout to the next level. Many of our clients currently use this video when they are unable to get to classes or their private training sessions - we have them do this as homework."—**Mike and Kim Springer**

"I loved the first dvd, Art of Strength: Providence... but the new dvd, Art of Strength: Newport, has even cooler kettlebell combos and even throws in a lot of bodyweight exercises. As a

Brazilian Jiu jitsu student and Capoeirista, I loved the way Anthony implements feats of coordination, flexibility, and agility into the strength workout. I'm just glad I have both dvd's, so I don't have to choose which one I like better!"

—**Michael Latch, Crossfit Trainer, Los Angeles, California**

"I own both Art of Strength DVDs and use them regularly. The AOS series has definitely helped tone my legs, glutes, and shoulders. The circuit routines always challenge me, no matter how many times I perform them. I feel myself getting stronger and more efficient with each swing, snatch, and dead lift." —**Nia Kelley, Austin, Texas**

"DiLuglio's Art of Strength is an awesome workout that really pushes you to get the most out of it. From beginner to advanced kettlebeller this is a great workout. I worked out with Anthony one on one for 2 years but had to move to New York for a new job. This video is like having the trainer himself in the same room! I did the full routine this weekend and already know that this is the motivation I needed to keep up with KB workouts without a trainer. Awesome production, great instructions, and the driving beats of Rod Strong make this the new standard in Kettlebell DVD's!"

—**Phil Barr, New York, NY**

A Sturgis Biker's Answer to On-Site Kettlebell Workouts

by Ron Morris, RKC

Sturgis Motorcycle Rally, the 65th Annual to be precise. Held every year in the Black Hills of South Dakota, which is probably one of the most beautiful spots on earth. I stay in Keystone, 1.5 miles below the noses of the Founding Fathers, with fast bikes, faster women, and loyal friends.

For the last five years there's been a very obvious decline in the character of riders flocking to Sturgis. There's the wannabees. They buy the right clothes, they ride a bike (even though they can't handle it), and use the right lingo. Needless to say, when the chance to torment these clowns arises, we take full advantage.

Then there are the hasbeens, they're the old school. These guys sit around talking about the good old days...(yeah right!). They're easy to spot—fat piles of pudding that occasionally move when they jiggle up to the bar for the next brew. With no redeeming qualities whatsoever, we don't even acknowledge these pieces of meat.

Lastly, the declining (but committed) small percentage, our crew, we ride our ass off rain or shine, hot or cold. It's all about the ride.

This year our crew was small. None of us have ties to specific clubs anymore. That made it easy to be ourselves and ride from dawn to dusk staying deep in the hills. We ride all day, stop only for gas, food or buffalo. That's right; buffalos have the right of way. Read the signs or run into one.

Where's this all going? If you knew me, the answer would be obvious...Kettlebells, of course! So bear with me, there is a tangled, knotted thread of logic that loosely ties this together.

As Hunter S. Thompson put it, "When the going Gets Weird, The Weird Get Going" ...

That's right Hunter, I've learned to embrace the bizarre, enjoy the weird and flaunt the imperfection. Here's the story...

Squid (aka Dave Renquist), My running partner and student, decided to trailer out our customs. My brother and I rode our Road Dogs. It was great having both bikes in the Hills to play with. Squid decided to throw a couple of kettlebells in the truck, just in case he could convince me to work out while on vacation.

Once a year on vacation I resist the urge to workout. In the past, it was my only chance to escape everything health oriented and routine in my life. You know, the whining, sniffing clients, the over-trained injuries; but most consuming, my own constant desire to find the perfect combination of training techniques that will magically propel me into physical Nirvana. (Or instead, I could aspire to invent a three-layer Oreo cookie before the Nabisco people have me killed). Kettlebells have since changed my vacation concept.

My training partner, the Squid, is one of my Kettlebell converts. He stands six-foot six and is presently 258 lbs. (310 lbs. before Kettlebells) all because of my sensitive nature and nurturing. But seriously, he's a body Nazi. Squid loves to TCB, which works perfect for me. My philosophy is, if weird + hard are good;



then weirder + hard are better. By the way this approach works well with choppers, women, kettlebells and some district attorneys.

Anyhow, the big man wants to train while we're in Keystone, Black Hills, and Sturgis etc. "No! This is my vacation. Leave me alone you sadist biker, or I'll be forced to jam a banana in the tail pipe of your bike." Thus began Squid's subtle hints and whining technique. (It should be noted, the Squid never used to give a crap about any exercise unless it was sitting on the couch, or a chopper, or in the cab of his truck 150 feet above the ground fixing the brains of Crane's).

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After I got over my initial reaction, I started to feel pretty good about—even to the point of liking—Squid’s idea of training in the Black Hills. So I figured I’d train and throw a real hellish workout on the Squid. We’ll see if he really wants what he’s asking for! ‘Insert: evil laughter’

It’s 6:00 a.m. and my boot’s to his door, “Let’s roll Squid”.

No problem. Grabbing his Chuck Taylors, he’s out to the truck where he stashed two 24 kg bells (Good man, that Squid).

I decide to walk us through town. It’s totally quiet, like every other a.m. in Keystone, with no evidence of the 200,000 bikes that pass through every day of the Sturgis Rally.

At the end of town they’re building something, who cares what. I note a large crane, a pile of wood, some mud, a flatbed trailer, pieces of rope and beautiful scenery...truly amazing and inspiring scenery. “Squid, we’re here! On deck for one ass-kick Sturgis Rally Workout.”



THE STURGIS WORKOUT

10-MINUTE WARM-UP:

Start with a two-by-four through the eyehook of a crane. We’re talking big machinery. Grab the 2x4 in a reverse grip. Hang—pull up—stretch. 5 repetitions

Drop down for 10 Chinese Wall Squats. Breathe in on the way down, out on the way up.

Of course there’s a flat bed truck nearby the crane. Hop up on the flat bed

while avoiding chains, sharp objects and debris... Hit the deck for 5 Jackknives per side.

Repeat this cycle for 10 minutes (at a moderate pace). Remember this is just the warm up!

THE RENEGADE ROW JACKKNIFE “What!!!”

Push up position: body over two 24kg kettlebells Row with the right hand.

Left hand and right foot come up parallel to the ground or high in a jackknife position. Keep that butt down! 5 repetitions each side. Jump up for...

CURLS:

Thread rope through one of the 24kg bells. Grip rope ends with thumbs up, curl for biceps. 5 repetitions.

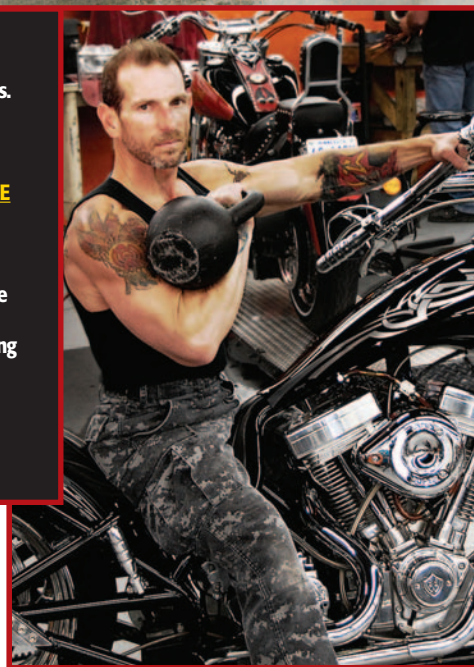
CLEANS & SQUATS:
Clean both 24kg bells.

Squat, pause, stand and press, hold. 3-5 repetitions. 2 minutes. Throw in the dirt and wheeze heavily.

REPEAT THE ABOVE THREE SETS

THE FINISH:

Find the two hooks off the crane. Grab handles, legs up (an abs move) and bring toes over your head to touch crane arm. 5 repetitions. For 5 minutes.



Ron Morris, RKC is the creator of USA KETTLEBELLS—An Experimental School for the Development of Physical and Mental Well-Being. He’s trained as a Tactical Kettlebell Combat Specialist and developed the program “Tactical Kettlebells for Firefighters”. Ron has over 26 years experience as a trainer, professional wrestler and champion power lifter. He’s currently giving seminars and retreats. Visit the website: www.usakettlebells.com

The Coup de Grâce

We throw our kettlebells back in the truck bed and walk back into Keystone. At this point we need chow. Some people use a vacation as an excuse to eat like crap. They totally go off their diet, but I don’t advise this. I’m not saying you should be a saint (I mean where’s the fun?). Staying in a dietary rhythm is much more conducive to feeling good all the time, especially when you’re on the road.

We walked down the still-empty streets of Keystone to the bikes. If you’re me (and you’re not!), my favorite thing to do when it’s still too early for all the wannabe bike punks, is to roll my chopper out into the middle of the motel parking lot, pump the throttle a couple of times and fire that Bad Boy up. Mufflers...we don’t need no stinking mufflers!

I love to hear that 117 SS V-twin crack through the morning air with all the gentleness of a blind surgeon using a hammer for nerve repair. After my 117 feels nice and warmed up, I torque the throttle again, smoke the back tire for good measure and blow through town plus 1.7 miles to the Powder House for a yogurt breakfast sundae designed for yours truly and my crew. Oh sure, they’d like to eat something else; but no drinking, no drugs and no crap food.

Like Pavel says, “Adapt and overcome”. Health clubs, workout centers and the like, are places filled with wannabees and hasbeens, just like the Rally and all walks of life really. So when you find the truth it’s always rewarding. There are no excuses...no matter where you are there’s an ‘On-Site Kettlebell Workout’ begging to be invented.

“Beyond Bodybuilding is a treasure chest of strength training secrets.” —Larry Scott, first Mr. Olympia

“Congratulations ! You have done it again Pavel. *Beyond Bodybuilding* is a treasure chest of strength training secrets. I love reading your stuff. Your books are never a rehashed... dashed out... serving of the same old thing or even close to it. It's truly ‘arm pit soaking’, exciting stuff. You are a credit to the game Pavel. I am better for having known you.” —**LARRY SCOTT**, Author of *Loaded Guns*, former Mr. America, Mr. Universe and the first Mr. Olympia

“I thoroughly enjoyed *Beyond Bodybuilding*. Every few pages, at least, your book reveals another clever kick-ass, air tight, super-intense training modality that I hadn't even considered in my own investigative research as a muscle writer. Talk about thinking many moves ahead of us other writers, training modality wise! *Beyond Bodybuilding* builds the physique page by page.” —**DENNIS B. WEIS**, Author of *Mass!*, *Raw Muscle!* and *Anabolic Muscle Mass*, *MuscleMag Int'l* Columnist

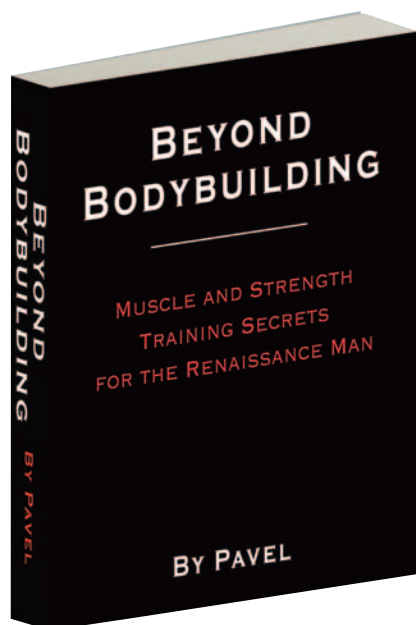
“Thanks for your recent contribution to the empire of muscle and might. Very interesting and valuable.” —**DAVE DRAPER**, Author *Brother Iron*, *Sister Steel*, former Mr. America, Mr. Universe and Mr. World

If you are serious about physical renovation and want a new approach to progressive resistance training, then purchase *Beyond Bodybuilding*.” —**MARTY GALLAGHER**, former washingtonpost.com columnist, five-time world master powerlifting champion, USA co-coach, 1991 world powerlifting team champions

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“When I first received *Beyond Bodybuilding*, I blocked out an entire day so I'd have enough time and undivided attention to savor its contents... If you think you've already seen everything Pavel has to offer, this book will prove you wrong. Don't make me come over there — get over to dragondoor.com and get your copy today!” —**CHARLES STALEY**, creator of the Escalating Density Training (EDT) system.

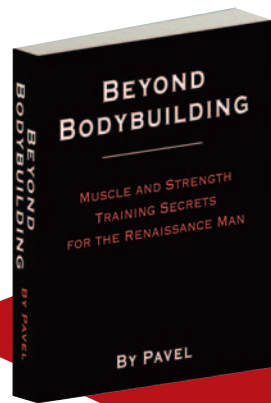
“*Beyond Bodybuilding* covers just about any physical topic you could think of. It's one of those books that will speed you toward your goals by giving you the knowledge to remove training obstacles that it would take you forever to learn how to do on your own. This is a book I wish I would've had when I started training. Pavel is one of those few people who can really deal in the science-meets-real world training area. I would jump on it if I were you. You really need this book.” —**BUD JEFFRIES**, Author of *How to Squat 900lbs*.

“I wholeheartedly recommend *Beyond Bodybuilding*: I view it as a summation of the accumulated knowledge Pavel Tsatsouline has gathered to this point in his career. Every body part is covered and a blueprint provided for how to build and strengthen every conceivable muscular target. The detail and description is tremendous. The mix between text and photos is spot on; the clarity of the exercise description leaves nothing to the imagination.

“Every aspect of training is covered in Pavel's *Beyond Bodybuilding* from flexibility to all types of strength development, U.S.M.C. training, R.K.T. training tips from many of the greatest strength experts around the world, plus a glossary of exercises to fit everyone's needs. I salute Pavel and *Beyond Bodybuilding*.” —**LOUIE SIMMONS**, *Westside Barbell*

“I received my copy of *Beyond Bodybuilding* a few days ago and have not been able to put it down. I am simply overwhelmed with the amount of great information in this book. This is not coming from some novice trainee either. I have been strength training for thirteen years and I have read a ton of books on training. Some of my favorites include: *Dinosaur Training* by Brooks Kubick, *Brawn* by Stuart McRobert, *The Poliquin Principles*, *Super Squats*, by Randall Strossen and a ton of others. Without any reservation, I state emphatically that *Beyond Bodybuilding* is the best book that I have ever read on training. Not just bodybuilding, but any form of strength training. Why? No other book contains such a dense combination of training regimens, exercises, training theory, and performance tips.” —**MIKE MAHLER**, author of *The Kettlebell Solution for Size and Strength*

Smash Your Training Plateaus, Overcome Injuries, Make Unprecedented Strength Gains and Grow More Muscle... with a Classical Education in the Wisdom of the Past — and the Scientific Breakthroughs of the Modern Day Masters



The fight for greater strength and muscle is the story of a constant struggle against conflicting forces...

Since ancient times — when strength meant survival — to the more modern goals of competitive excellence and physical culture, we've fought a never-ending battle with our own bodies to achieve and maintain maximum performance.

Because our bodies don't want to change! And if we make them, they'll do their best to sabotage us!

Let's face it... our bodies are reluctant partners in the strength game...

Anyone who's been around the block, knows this only too well:

The story of strength training is the story of constantly adjusting, constantly engaging in a guerrilla campaign of trickery and skullduggery against our obstinate bods. A small victory here, a setback there, a sudden breakthrough, another setback, another breakthrough, a long stalemate, another breakthrough ... it never ends!

And many of us simply give up from sheer frustration. We quit, when perhaps we could have stayed ahead... We become content to slough back into slackness and physical mediocrity...

And that's mostly because we never got the education we needed — to know how to win — and keep winning — the guerrilla war against our own bodies.

Of course, it doesn't help, in this day and age, that we also have to fight the myth-mongering marketers of strength training half-truths, preying on our ignorance to make a quick buck out of the gullible...

We have to fight against the machines, the gizmos, the quick fixes, the absurd claims — and the downright foolishness of most of what passes for 'training advice' in the magazines and gyms of our country.

Fortunately, there is a solution to all the confusion, ignorance and uncertainty...

When all else has failed you...

Pavel has spent his life immersed in the study and practice of **practical strength and muscle training**... as it applies in the very hard testing ground of both American and Soviet Spec ops, of the US Marines, SWAT, professional athletes, martial artists, gymnasts, powerlifters, weightlifters, Olympic champions and numerous other tough, tough competitors — where results are everything and failure is simply not on the menu.

Pavel has, frankly, done the research for you... plundering both the classic and the little-known strength texts from past and present... networking and comparing notes with many of today's great masters... submitting his own body to the pain of infinite

experiment. And Pavel has trained thousands of troops and police whose life might depend on his tips... hundreds of athletes and martial artists with the chance to achieve their dreams thanks to his advice.

And of course, tens of thousands have gone to the dragondoor.com strength forum to share the astonishing gains and results they have achieved by employing Pavel's strength advice...

In *Beyond Bodybuilding*, you get the essence of most-all of the strategies, tips, routines and fine points Pavel has developed over many, many years for these elite men and women of the strength game. (*Beyond Bodybuilding* represents a compilation of many of Pavel's best magazine articles over the course of the last few years.)

Now, with *Beyond Bodybuilding*, there are simply no more excuses for not excelling in strength, continuing to gain, continuing to reach new heights in your performance.

Defeat the enemies of progress

Now, as you'll quickly discover in *Beyond Bodybuilding*, a close adherence to classical strength training principles is the true recipe for **strength and muscle building success**. What are these key principles? You'll find them all in *Beyond Bodybuilding*.

But as mentioned, it's not-by-far enough to just know and employ these key principles. Because without an additional bag of tricks, your body will inevitably find a way to escape...

Discover the finer points of technique... that separate the champs from the chumps

What finally distinguishes Pavel from almost any strength author on the planet... is his ability to zero in on the finer points of adjustment to the body's continuing effort to sabotage your progress. That — and the sheer breadth and wealth of the fine points Pavel has to offer...

Because to **truly succeed with your strength training** you need to become a master at making these adjustments...

It's a Good Cop, Bad Cop kind of thing:

You need to know how to cajole, torture, sweet-talk, seduce, beat up and lie to your body... to bend it to your wants!

But you also need to know how to feed it, maintain it, make it happy, care for it, sensitize it, protect it... yes, all that good guy nice stuff too.

Trouble is, the rules keep changing on you...

When's it time to give the body a good smacking and

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when's it the time to lighten up? Pavel steers a path for you through the minefield...

Now, you can stop butting your head against the wall and stride through the door Pavel has opened for you...

The already highly skilled amongst you will find a treasure trove of new strategies for elevating your game. After all, give a consummate professional the correct adjustments at the correct time and they can surge forward in their gains... give a championship caliber team the right coaching tips and they can win it all...

For the regular bodybuilder or strength athlete, Pavel gives you the ultimate road map for progress and success. You'll be fired up all over again, as you experience one great breakthrough after another... with your new understanding of the skill of strength.

Fight these crimes against the body

If there's one thing that makes Pavel as mad as hell... it's the insidious sissification of the body that has been perpetrated in this country, in the name of bodybuilding and fitness.

Beyond Bodybuilding is a masterplan to eliminate those cheap, cosmetic, skin-deep looks... and move to strength-from-the-inside-out. Experience a new level of confidence as your power does the talking for you...

Armed with the new knowledge Pavel gives you, you'll find yourself with the power-body of a wild animal — but the mindset of a skilled strength-scientist.

After all you've put yourself through already, you owe it to yourself to get Pavel's **short cuts to strength-skill mastery** — and make history of your past failures.

More details next page...

Section One: Power Training

- ▶ The *real* secret to spectacular strength gains.
 - ▶ The two strength skills you *must* have to fortify your power.
 - ▶ The best breathing technique to ensure you get stronger in every lift. Find it in your sound system!
 - ▶ The basic laws of successful practice -- follow these and you can't help but gain and gain and gain. Page 2
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 - ▶ It's not just for firing squads! How the use of a simple blindfold can trigger surprising gains.
 - ▶ Watch difficult lifts like the squat explode in poundage -- when you finesse your strength skill with sensitivity training.
 - ▶ The little-known secret of extensor reflex training can give you a championship edge.
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- How and why integration, not isolation, is the key to **elite performance**.
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- Soviet ice hockey megastar, Oleg Fetisov solemnly swore: "this drill cannot be beat for building a **powerful corset of ligaments and muscles**."

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- Why stretching your muscles can make them grow.
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Section Eight: Naked Warrior

- How many times do I have to repeat myself? THIS is the surest ticket to muscles and might. Page 279
- Discover the Russian Special Forces ladder to power -- it's common for veteran soldiers to add many reps, in short order, to their pullup max...
- The classic ladder for strength endurance and muscle building. Page 280
- How to develop your muscles' 'vascular network' - for consistent, long-term strength gains. Page 282
- Get them here! The secrets of proper pushup form to amplify your strength gains. Page 284.
- This manly technique strengthens your wrists in a hurry.
- Failing to do this during an endurance feat can mean the kiss of death.
- Discover how to take advantage of the 'central pattern generators' in your nervous system -- for longer-lasting energy.
- How military personnel routinely add 10-15 reps to their pushup max -- with HTT techniques.
- How to add one inch to your chest in ten days with pushups.

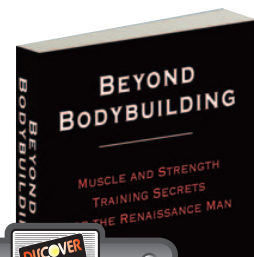
- The NASA Pushup Program -- simple, effective and soundly rooted in science -- good for any and everyone! Page 287

- Now you can smoke your forearms and reinforce your finger strength, anywhere, anyhow -- thanks to this drill from Russian Coach Bogdarsov.
- 2 ultimate hand strengtheners from the 'ingenious fanatic of bodyweight strength training', Brad Johnson. Page 291

-
- Steel claws, anyone? How to practice your pinch grip without plates. Page 292
 - How to develop cut and muscular legs with the Dragon Walk. Page 295
 - The Lizard... delivers driving leg power and a ripped, mean, upper body. Page 298
 - A supremely nasty pushup-walk favored by the likes of national full contact Kung Fu champion Steve Cotter. Page 300
 - All the rage among Brazilian Jiu-Jitsu players, mixed martial artists, Recon Marines and assorted bad boys -- this drill builds leg and cardio endurance, torches off fat and just plain toughens the heck out of you. Page 300
 - How to assault your body with a brutal workout -- yet save your knees to fight another day. Page 301
 - Strength coach Mike Mahler created a one-way ticket to pain with this exercise combo... Are you man enough?
-
- Why Russian Sambo wrestlers refuse to let their wives wring out the laundry -- just let one of these guys grab your hand... and he'll squash it like a rotten tomato. Page 304
 - Learn the key mechanics for max body strength.
 - How to gain 'linkage', avoid 'leakage' in your strength training.
 - Earn instant respect! The hellacious tiger bend push up and its variants are for the supremely strong and confident only. Page 305
 - Some little-known methods to make bodyweight neck bridges even harder. Page 307
 - How to ace the Marine pullup test with the 'Russian rest pause.'
 - Strengthen your neck from every direction and reduce the chances of neck injury, with the Rolling Neck Bridge. Page 311
 - The secret to achieving 20 pullups, come hell or high water. Page 317

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Reader Praise for Pavel's *Beyond Bodybuilding*

"IN THE TOP 5 OF STRENGTH TRAINING BOOKS OF ALL TIME"

"As a trainer of 16 years and a martial artist of 24 years, I can say that I have read most of what's out there. Walk in any bookstore, go to the weightlifting section and realize that I have read 95% of what is on the shelves. This is a READABLE, APPLICABLE text that could change your physique forever. I first balked at the price but I recant. I find that I have reread this text 5 times in the first week since I have owned it. If you really apply what is contained, success will not evade you. Trust my experience. I am no shill. I have spoken out on the forum when I disapproved of a product. I will stake my reputation as a trainer on the quality of the data this text presents! Safe, smart training to all!"
—Zachariah Salazar, dragondoor.com review

"I have spent a lot of money on training books and info over the years. Most of it was on things that I could get one or two good tips or ideas from without much use for the rest. Some of it was garbage. Occasionally it has been great. This has been the case with all of Pavel's work. *Beyond Bodybuilding*, as the title implies, takes weight training past the "pump & tone" attitude so common in today's gyms and into the science & practice of getting STRONG as well as buff.

Throughout the text the idea of "Be as Strong as You Look" pervades. For a fan of the old-timers and their methods (like me) this is the perfect marriage of old-school training and modern science.

Every one who does any type of resistance training will find something of value in this book. For those of us who also train others, the book is an invaluable resource. Want to know how the Smolov Squat cycle works? It is in here. Bench press stuck? Pavel has the answer. Curious about how to do dips without hurting your bad shoulder? Look no further. Want to work up to 100+ pushups? Yep, it's in here. This book is everyone's chance to tap into Pavel's encyclopedic knowledge of human performance.

If you are serious about being strong, get this book."
—David Whitley, RKC, dragondoor.com review

"I just read through the whole thing a second time. WOW! To say there is a lot of info in this volume is an understatement. This book teaches you how to look like you could walk through walls and have the strength to actually do it. *Beyond Bodybuilding* combined with RKC and PTP has become my new "holy trinity." Thanks Pavel, for the continued outstanding work."

—IDMT, dragondoor.com review

"NO ONE should be without this book! Like Stuart McRoberts? Buy this book - It's much better. Like Fred Hatfield? Buy this book - you can actually understand the split protocols. Like Arnold and Bill Pearl's Encyclopedias?

Buy this book - you won't have to wade through 75 ways to do a triceps extension. Pavel's refreshing wit separates this book from the herd, and you now have the best of all worlds-kettlebells, power lifting, body building and beyond. I would have ordered this book at \$100 and been delighted! Thanks Pavel!"

—Bill Bedeck, dragondoor.com review

"Pavel has an uncanny knack for telling us what works - and why it works. I, like many of us, have a comprehensive library. Pavel, in this 327-page masterpiece covers a lifetime of learning and training. As a trainer of athletes myself, if there is one bit of advice I can give, it's buy this book, learn from it, and PUT IT AWAY (But nearby)! It's addictive! Just go out and do what he says! You'll finally be bigger, faster, and stronger."

—Michael Ciosek, CSCS, NSCA, dragondoor.com review

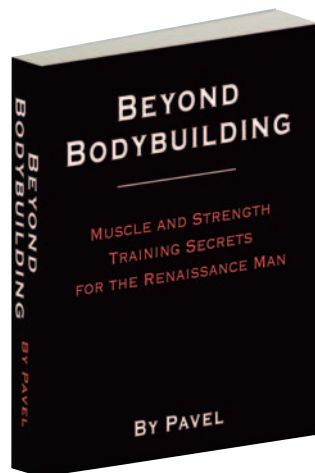
"I've read *Beyond Bodybuilding* cover to cover. Twice. And I continue to go back for more in-depth study. If you're a fan of power bodybuilding, this is your Bible. If you're not really interested in being strong AND looking strong, then this is probably not for you.

There are exercises in here I've never seen anywhere else and there are concepts I'd forgotten. For the serious trainer, this is an invaluable resource. But it's also accessible for the neophyte. Regardless of your level, this belongs on your bookshelf!"

—Kevin Cooper, D.C., CSCS, RKC, CST, dragondoor.com review

"One of the best strength books I have ever read. This book has it all. Don't let the price discourage you from the purchase. The information covers so many topics and is so dense with great material that I would have spent a heck of a lot more. I ran out of ink in my highlighter 2/3 of the way through!"

—Thomas Phillips, dragondoor.com review



**Beyond
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"Loaded Stretching can provide everyone an edge.. **Pavel** leads you thru a series of stretching techniques that can immediately increase stamina. As one approaches their limits, little strength secrets can make the difference between winning and losing. **Loaded Stretching** is that, secrets." —**LOUIE SIMMONS, Westside Barbell**

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Can you easily and instantly turn yourself into a coiled steel spring — ready to burst into action and leap past your previous athletic best? Or are you more like an overstretched rubber band — no longer capable of suddenly generating performance-busting power? Now, for the first time in the West, Russian strength master Pavel reveals the Soviet secret of **Loaded Stretching** — guaranteed within MINUTES of its application to have you:

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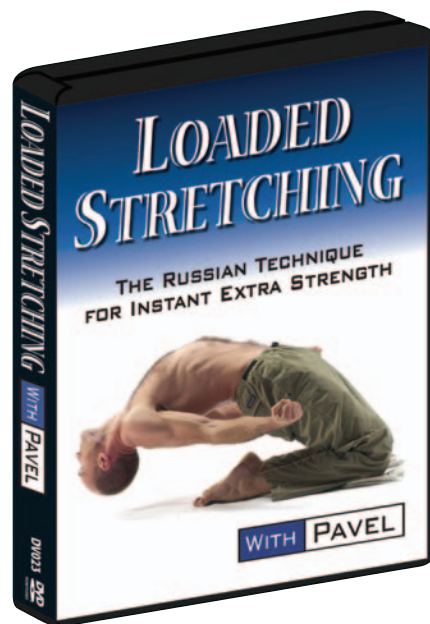
Finally, you too can take advantage of this powerful technique — and watch your athletic performance soar to new heights. **Take the Loaded Stretching challenge** today: perform the exact LS technique Pavel specifies for your chosen strength-skill — and see immediate, measurable gains... be it deadlift, squat, vertical jump, kicks, throws or presses.

"Each of the exercises is explained succinctly, but with attention to the small details that make huge differences in the effects I felt. If you judge fighters pound-for-pound, then minute-by-minute, **Loaded Stretching** is one of the most cost-effective products Pavel has produced." — **KEN HARPER, RKC, Portland, OR**

"The high end concept of controlled strain, when applied to various movements, have demonstrated ability to improve sport performance in the short and long run and can be used by everyone. The loaded hip stretch using a box, the loaded Russian twist, the loaded RKC clean stretch, and the KB loaded triceps stretch

are very powerful tools that I have put in my bag of tricks. The loaded RKC clean stretch has been a real blessing to my football and powerlifting ravaged shoulders. There is a lot more here too for every athlete." —**JACK REAPE, Armed Forces Powerlifting Champion**

"A well structured program that has you receiving solutions before you finish a question. As for applying the exercises - they DO load the muscles up like tightly wound springs and I felt instant results with such controlled, powerful release unleashed on my workout. A high quality look complements a fine work of teaching." —**DEAN JOLLY, New Zealand**



Loaded Stretching
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with Pavel
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"It is interesting that we have all these great minds in America, and a tremendous amount of info from the Easter Bloc, but never really entered that special door of duplicating elite performance. It took someone from the Eastern Bloc, to show where the door was. Now he has given the key to that all-important first door to creating elite performance. Pavel's **Loaded Stretching** DVD is that key. Thank You Pavel!" —**JAY SCHROEDER, arpprogram.com**

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"Watch **The Kettlebell Goddess Workout** and you will know why Andrea Du Cane is the leader in women's kettlebell training." —**Pavel Tsatsouline**

"Stay Strong, Young, Toned and Vibrant With Andrea Du Cane's High-Powered, Super-High-Energy Kettlebell Cardio and Strength Workouts"



The ancient Greek Goddesses were famous for their vigorous and vibrant strength, their power, their grace and their physical elegance.

Now you have a realistic chance to make even a Greek Goddess green with envy as you match—if not surpass—they for athletic grace and high performance!

In this superbly produced, interactive, menu-based DVD, Senior Russian Kettlebell Instructor, **Andrea Du Cane** challenges and inspires you to seize that ideal of elegant strength and make it your own.

Andrea's powerful array of authentic kettlebell workouts, plus cool downs and stretches, are guaranteed to reward you with greater energy, greater well being, greater strength and a superb figure. Fit for the Goddess you know you are!

Choose from a wide variety of **Upper Body, Lower Body, Abs and Cardio** workouts, then mix and match to create your own customized training program for godly perfection. Your results will be strictly divine...

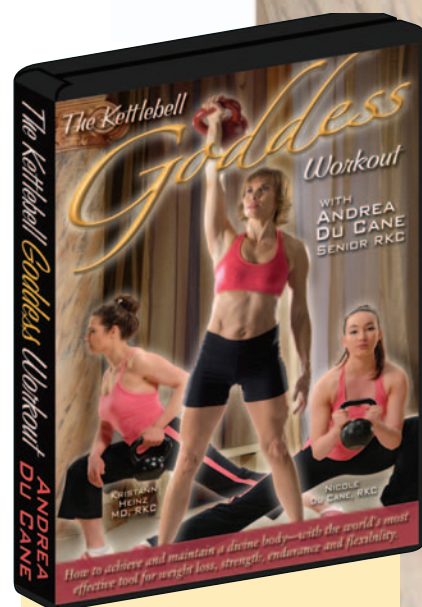
Or simply follow along with one of the six **Goddess Workouts** for a complete, carefully targeted session designed to carve away the fat and sculpt lean, toned muscles—ready and willing to take on the world and win it all. Just like Athena... Just like Nike...

Once the hard-kept secret of elite Russian athletes, special forces and 'manly' men, the kettlebell is now becoming the preferred tool for women who are tired of being merely human and tired of mediocre results—and who demand fast fat loss, high energy and exceptional physical performance, now! Let Andrea show you the way...

- Receive inspiring, first-class personal instruction from one of the nation's top female kettlebell athletes.
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“Power to the People!” **IS ABSOLUTE DYNAMITE.**

If there was only one book I could recommend to help you reach your ultimate physical potential, this would be it.”

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The Five Keys to Being Stronger than 99% of Our Species:

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- 2. An attitude.**
- 3. 20 minutes a day.**
- 4. A good steak.**
- 5. A dog-eared copy of *Power to the People!***

How often do you grab a read and discover you’ve just landed one of those “IF-I-COULD-ONLY-TAKE-FIVE-BOOKS-TO-A-DESERT-ISLAND” blockbusters? The kind of book that shakes the molecules in your brain and has your synapses firing like popcorn? The kind of book that has you leaping out of the bath tub, pumping your fist and screaming “FINALLY!” to the startled masses?

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If you’re about maximizing your potential, if you’re about cutting-to-the-chase, if you’re about “just-give-me-what-works”, then *Pavel’s Power to the People!* is everything you ever dreamed about—and then some.

Power to the People! is a strength training classic that reveals the hoarded secrets of the iron elite. It’s no longer the case...you don’t have to be a 300-pound strongman to be awesomely strong...and discover the fast road to superior strength.

As Senior Science Editor for Joe Weider’s *Flex* magazine, Jim Wright is recognized as one of the world’s premier authorities on strength training. Here’s more of what he had to say:

“Whether you’re young or old, a beginner or an elite athlete, training in your room or in the most high tech facility, if there was only one book I could recommend to help you reach your ultimate physical potential, this would be it.

Simple, concise and truly reader friendly, this amazing book contains it all—everything you need to know—what exercises (only two!), how to do them (unique detailed information you’ll find nowhere else), and why.

Follow its advice and, believe it or not, you’ll be stronger and more injury-resistant immediately. I guar-antee it. I only wish I’d had a book like this when I first began training.”

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Decoding the “Russian Mystery”

In his classic article in *Powerlifting USA* Marty Gallagher ponders why the Russians excel in the sport, in spite of horrible food and scarcity of training equipment. Porridge and potatoes supplemented with soy animal feed for extra protein are not exactly ‘the breakfast of champions’. The equipment is equally Spartan; post-Soviet strength athletes rarely have access to more than just a basic barbell and a lot of plates.

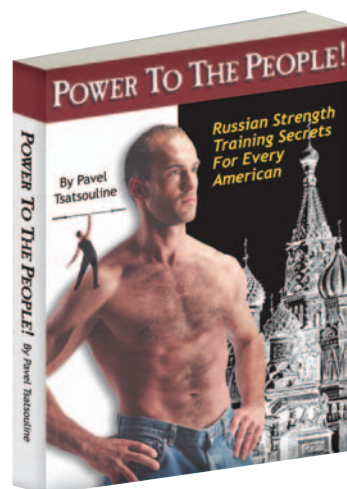


“You are not training if you are not training with Pavel!”

—Dr. Fred Clary,
National Powerlifting Champion
and World Record Holder.

The former Coach for *Powerlifting Team USA* concludes that the ‘purposefully primitive’ approach to training is an asset, not a liability. It affords no distractions from the only thing that matters – raw power.

A \$150 barbell, an attitude, and a copy *Power to the People!* are all you need to become STRONG.



Power to the People!
Russian Strength Secrets for Every American
By Pavel Tsatsouline
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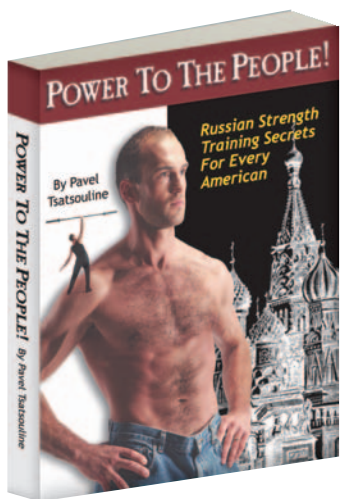
The Power Points – what you’ll get with Pavel’s *Power to the People!*:



“Pavel and his book are the best imports from Russia since Siberian Ginseng!”

—Fairfax Hackley, Arnold Schwarzenegger
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- How to get brutally strong all over – with only two old-school exercises



“I used the strength building secrets from *Power to the People* for one week and my max deadlift went up 18%.”

—Larry Scott, 1st Mr. Olympia, author of *Loaded Guns*

Power to the People!

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“I have gained 25 lbs. in my bench and 40 lbs. in my deadlift in six weeks. All this improvement and I would spend only 20 minutes a day in the weight room and not one day was I ever sore. If you are serious about strength, you are not doing everything you can if you don't purchase this book.”—ALEX RODRIGUEZ, Redondo Beach, Ca



“I've been lifting for eight years, and *Power to the People!* is the most functional strength training system that I have ever tried. In four short months, I went from being able to deadlift 165 for five reps to being able to dead 405 for a single. All without putting on a pound of weight, but by making my nervous system more effective. Though, to be honest... I seem to have replaced some of my fat with muscle.... My ex-girlfriend told me: “You're so buff now.... I hate you.” My new girlfriend told me: “They should make a statue out of you.” The difference? Pavel.”

—DAN MCVICKER, Boulder, CO



“I started using the PTP program about 6 weeks ago, and the results for me have been phenomenal....50 lbs. on the deadlift and 35 lbs. on the bench press.”

—WYLDMAN, Kansas City, KS



“A good book for the athlete looking for a routine that will increase strength without building muscle mass. Good source of variation for anyone who's tired of doing standard exercises.”

—JONATHAN LAWSON, *IronMan Magazine*



“I learned a lot from Pavel's books and plan to use many of his ideas in my own workouts. *Power to the People!* is an eye-opener. It will give you new—and valuable—perspectives on strength training. You will find plenty of ideas here to make your training more productive.”

—CLARENCE BASS, author of *Ripped 1, 2 & 3*.



“This is the best of the best, and you owe it yourself to try it. You will experience a surge of strength you never thought possible. My personal experience has been a two-fold increase in my pulling strength and a 70% increase in my presses. Unlike my previous experiences with weight training, these gains were functional. I now run faster, jump higher, and hit harder.”

—TYLER HASS, Pullman, WA



“I've been a student of the martial arts for over 15 years... I've added 30 pounds to my bench press with only 6 training sessions in 1 month. My deadlift has also gone up 100 pounds too. All of this without gaining additional bodyweight. I definitely recommend this book to anyone who is serious about their Martial Arts training.”

—ICHIBAN, Columbus, OH



“I have increased my deadlift by 150% and have doubled my snatch and power clean. My workouts now take less than half the time they did before. And now I'm strong! Best of all, I've regained the strength in my leg that I had lost after a botched knee surgery. *Power to the People!* will teach you how to gain true real-world strength to move your couch, heavy boxes, your piano, etc. in a 15-20 minute workout you can do at home. It also explains why most popular American workouts are useless or dangerous or both. I can't recommend PTP enough.”

—DAVID COOKE, Atlanta, GA



“I have been a training athlete for over 30 years. I played NCAA basketball in college, kick boxed as a pro for two years, made it to the NFL as a free

agent in 1982, powerlifted through my 20's and do Olympic lifting now at 42. I have also coached swimming and strength athletes for over 20 years. I have never read a book more useful than *Power to the People!* I have seen my strength explode like I was in my 20's again—and my joints are no longer hurting.”—CARTER STAMM, New Orleans, LA



“I personally added 120 pounds to my deadlift following *Power to the People!* principles -going from 300 lbs. to 420 lbs. in a little over six months -at a bodyweight of 160 pounds. This book is worth its weight in gold.”

—JOHN QUIGLEY, Hazleton, PA



“I have been following a regimen I got from *Power to the People!* for about seven weeks now. I have lost about 17lbs and have lost three inches in my waist. My deadlift has gone from a meager 180lbs to 255 lbs in that short time as well.”

—LAWRENCE J. KOCHERT



“I had very little previous experience with deadlifting (or much of any type of lifting for that matter) when I purchased *Power to the People!*. I found the information to be most interesting, and well written. The book is now tattered, coffee-stained, and beat up from usage a year later, and my deadlift max is 100lbs higher than when I began. The techniques and cycles are simple to understand and undeniably effective. PTP is a must-read for the individual looking to truly get stronger.”

—JIM WISSING, dragondoor.com review



“I finally broke the double bodyweight DL barrier, 1 year ago I damaged my back to the point of not being able to move let alone bend over with out being in major pain and today I pulled over 2xBW destroying my previous PR by about 50lbs. So much here from dragondoor has been immensely helpful, from the material to the people this place is a huge resource. Next up is the RKC in less than a week and I can't wait.”

—KEVIN PERRONE, dragondoor.com forum

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and watch in amazement as you
rapidly increase your strength
by **20, 30, even 50 percent!**

Do you have a "power presence"?

The quiet strength of a man with whom, as Russians say, 'you would go on a recon mission'. The bearing of an old warhorse who does not need his campaign ribbons to show that he has been around. That look of a hand-to-hand combat expert whose efficiency in violence is advertised, rather than hidden, by his serene composure.

You can't fake it!

You can't fake it with a tough grimace from a cheesy action flick or vain flexing of virtual muscles pumped up with Barbie weights. It must be earned.

The look comes from cultivated power

So stop being a mirror-gazing sissy and get strong. And strength has never been so quick to achieve. Just pop in your copy of *Power to the People! Russian Strength Training Secrets for Every American* and hit 'Play'!

Start deadlifting!

The deadlift separates the serious students of strength from the wannabes.

Any weenie can answer the question, "How much can you bench?" Ask the poser how much he deadlifts and he will run for cover.

No other exercise will work more muscles in five reps of concentrated agony. Your back will fill with strength and vitality. Your legs will harden into powerful pistons. Have you seen photos of strongmen in the pre-squat days? No chafing, just wiry power. Your forearms will demand an outlet for their new, claw-like power.

No other exercise will give you more functional strength. 'Functional' implies 'a function'. Does your life require balancing on rubber balls and performing

weird circus tricks? I didn't think so. Do you have to lift things? I rest my case.

Start side pressing!

Learn the barbell Side Press, a classic exercise from the days when broad shoulders rather than breast-like pecs were it.

This lift will fill your lats, shoulders, and arms with power and give you that awesome V-look. Due to the unique nature of this exercise, your obliques will be smoked. Back to the old-time strongmen. One-arm overhead lifts like the Side Press is the cause of their gladiator midsections.

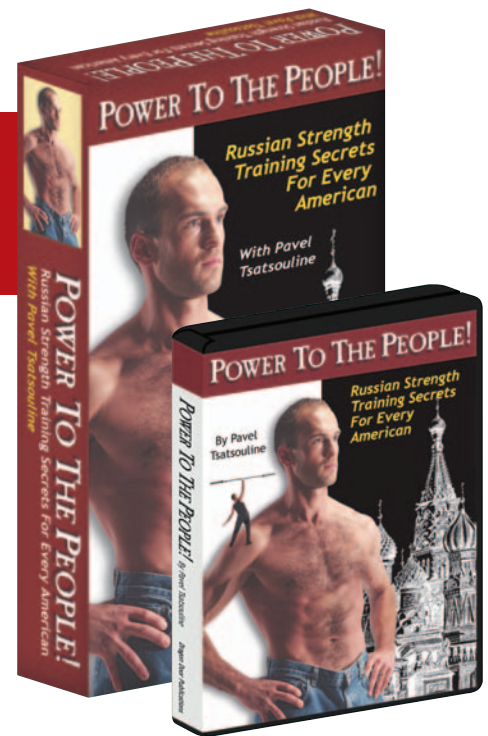
What else? – 'Instant strength techniques'

It is not just the exercises themselves but how you do them. *Power to the People!* teaches Pavel's patented Power Breathing™ and High-Tension Techniques™. These secrets make an amazing, often instant difference in strength. Once Pavel had a Marine deadlift 70 pounds over his previous best in just an hour. Such gains aren't exactly typical, but you get the idea.

Did Pavel invent the 'instant strength techniques'? — No. All top strength athletes use them, some consciously, others not. These elite specimens figured these things out after years of practice. But for one reason or another they generally choose to keep it to themselves. When Pavel mentioned one of these obscure moves to a world champion powerlifter, the latter thought for a moment and said, "I already do that."

Now, you don't have to be an elite lifter with decades of experience to take advantage of these incredibly powerful ways of aligning your body for maximum power. Hit 'Play'!

Power to you!



Power to the People! Russian Strength Secrets for Every American DVD

With Pavel Tsatsouline

Running Time 47 Min

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workout program, just
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techniques for an immediate
improvement in your results.**

Here's what you'll discover, when you possess your own copy of Pavel Tsatsouline's *Power to the People!*:

Wired for power: superstrength without bulk

How to install a 'muscle software' upgrade into your nervous system and improve your strength and muscle tone...Why the fascination with bodybuilding has led to a decline in effective strength training... Futuristic techniques which enable you to squeeze more horsepower out of your body-engine.

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Why the strongest men and women in the world have never trained to failure...Why intensity is the single most important factor in strength training...The fallacy of 'pushing to the limit'...The only scientific definition of weight training intensity... Pushing the limits of weight/tension, not reps/exhaustion...Why training to muscle failure is counterproductive... Greasing the neural groove using the Hebbian rule.

Don't water down your strength with reps and fatigue!

How to minimize various types of fatigue and get the most out of your strength training...How to ensure high energy after your workout...Why performing more than five reps per set hinders strength development...Why you need to increase the rest intervals between sets...Why it's best to do only two sets...Why you need to pause and relax between reps...How to build greater ligament strength by 'locking and loading'...Surprising advice on how often to practice a lift for optimal gains.

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Three reasons why heavy low rep training is the safest way to lift... Why the stabilizing muscles are prematurely fatigued during high-rep sets... Why most serious injuries occur during fatigued states...Why bodybuilders suffer from more pec tears than powerlifters...the significance of concentration for injury prevention...Low reps for a better quality of life...Why heavy low reps can have a tonic, energizing effect on the nervous system.

Rigor mortis, or why high reps failed to tone you up

Why going for the 'burn' doesn't work...What is 'real' muscle tone and how do you get it?...building muscular tension from neurological activity, not energy exhaustion...Increasing muscle tone through a more alert nervous system...Why strength and tone training is the same thing...Why deadlifts work best for steel glutes...How to get maximum definition in your triceps...Why training heavy is the best way to get ripped.

"But I don't want to bulk up!"

Why lifting heavy doesn't have to translate into bulking up...What makes a biceps grow?... How to get stronger and harder without getting bigger...minimizing muscular tear-down and reconstruction... Increasing your muscles' packing density...Why a denser muscle is a harder muscle.

"Machines are the wusses' way out"

Why it's safer to use free weights than machines...And why using the strength built on an exercise machine is like shooting a cannon from a canoe...How machines create micro-trauma, pattern overload and eventual injury...Why the Soviet Olympic teams considered free weights their best chance for winning a Gold.

Isolation exercises, Frankenstein's choice

The dangers of isolation exercises...Paying attention to the kinetic chain for optimal performance...The importance of building inter-muscular coordination for functional strength...Why deadlifts can help you run faster and jump higher.

Irradiation: the science of getting strong and hard with only two exercises

The Sherrington Law of Irradiation...The neural 'turn on'... How a hard-working muscle can cheerlead its neighbors into amplifying their strength...Why compound exercises are more effective strength builders than isolation moves...Designing a superior efficiency

strength workout... Starting a chain reaction and bringing every muscle in your body into play...portrait of the deadlifter as supreme muscleman...Why the deadlift is THE exercise of choice for everyone, from computer geek to Olympic athlete...Why the deadlift is more effective than the squat... How the deadlift strengthens the lower back, traps, scapulae retractors, lats, forearms, and hamstrings... Why the deadlift may be the best abdominal exercise, bar none...How to develop your pressing prowess...How to correctly perform the side press.

How to emphasize your problem areas without adding exercises

How to shape your body with only two exercises...Why you cannot reshape an individual muscle...Why genetics makes a difference... Tweaking the basic drill to shift a lion's share of the load to your problem area...Specializing on your weakness while working the rest of your muscles adequately—without adding exercises.

How to become a bear: a Soviet commando's muscle building secret

If you want massive muscles and awesome strength...How a Russian trooper was able to sport sixteen inch arms-of-steel in just two months of training—and go on to lift 40-50 tons every workout...How compression of rest intervals promotes growth hormone production and maximizes testosterone.

Last three pieces of the big biceps puzzle

How to build huge muscles on a program of deadlifts and presses only...What, how and when to eat for maximum gains...The importance of rest...Why you need to reduce stress to protect your gains—and how to do it best.

Virtual masculinity, or "Can I get built up with a very light weight by pumping my muscles up?"

'Muscle spinning', 'fake' muscle growth and the Potemkin village phenomenon...The two types of muscle growth—which one maximizes strength and makes you rock hard.

On variety, soreness, and keeping things in focus

How the rebound phenomenon affects your strength program...Mastering the magic of effective exercise variation... The danger of switching routines...The importance of focused superhuman effort...How to remain relatively free of muscle soreness...The benefits of simplicity over complexity.

Cycling: the Russian breakthrough for continuous improvement (and an excuse to work hard part time)

The fallacy of the Milo myth...The pitfalls of over-prolonged training...Making improvements through reduction...Periodization or cycling—a revolutionary approach to strength training...How to make gains year after year...Why 'softening up' can reward you with new strength breakthroughs...The ultimate formula for strength...How to gain beyond your wildest dreams—with less chance of injury...How to avoid burnout...How to perform the Linear Cycle for new personal records... Wave cycling and dealing with gaps in your training...The Flexible Wave Cycle... The Structured Wave Cycle... The Step Cycle.

Hyperirradiation: how to boost your strength and safety at the same time

How to hack into nature's neural software to maximize strength training effectiveness and efficiency...The reflex arc for easier, safer deadlifts...How to milk irradiation for all its strength amplifying worth...Hyperirradiation—the high intensity, immediate gratification technique for massive strength gains...How to increase your bench press by ten pounds overnight... Three 'Anti-isolation' techniques for added strength and greater workout safety...How Japanese sanchin techniques can add power and stability to your training...The importance of full tension...How to avoid dissipating your strength...The three greatest benefits of hyperirradiation.

Hard abs + strong hands = powerful body

Stimulating the forearm musculature for enhanced lifting ability...The importance of grip strength... Avoiding ligament damage and carpal tunnel syndrome...Abs—the weak link limiting everyone's performance...How flexing the abs amplifies the power of your lift.

Power breathing: the karate secret of superstrength

How to elevate intra-abdominal and intra-thoracic pressure for additional power...The pneumo-muscular reflex...How to potentiate 'muscle excitability' for further strength gains...How to safely hold your breath for greater lifting power—and when the Valsalva maneuver may be contraindicated...Why you shouldn't wear a lifting belt...The best-ever ab exercise?...Avoiding back injuries and hernias...Increasing your overall strength with the pneumo-muscular reflex...Rectal sphincter contraction for amplifying strength... The eight most effective breathing habits for lifting weights.

Slow and steady wins the race

How to simultaneously maximize training effect, safety, and performance...The benefits of slowness...Why gymnasts have the most spectacular muscular definition...Why ballistic cheating is a loser's game...Straining and grinding for maximum lifts...How the firing rate burst can turn you into a lifting crash-and-burn victim...How gunning the weight can kill your lift...Super slow for massive go...Teaching your nervous system how not to give up.

Feed-forward tension—how to acquire the strength of the mentally deranged

Frantz's Third Commandment of Powerlifting...How to trick your feed-back loop and surge to new strength gains...Pulling the brake from under your gas pedal... Disinhibition training, the hottest new direction in strength training...Employing feed-forward tension to maximum advantage... How 'virtual lifting' builds strength...How to successfully ignore reality...Using internalization as a secret weapon in strength training.

Pre-tension for max power and safety

Maximal flexing of the muscles for greater strength and safety... The three types of contraction and which gives the highest values of tension...The secret that separates elite athletes from 'also-rans'. Successive induction: how to get a strong biceps by contracting your triceps Why antagonist pre-tensing, or successive induction, contributes lasting changes to your strength...Successive induction for superior joint stabilization and reduced joint stress.

On shoes, gloves and mirrors

Less strength, more injuries—why it's better not to wear shoes when you lift—and what to wear if you have to... Achieving a power boost with the positive support reaction...Sensitizing the extensor reflex receptors for heavier lifts...Why wearing gloves weakens your presses... Why mirror-gazing can be the difference between mediocrity and greatness...Blindfolded lifting for developing superior 'muscle-joint sense' and better body awareness.

Power stretching

Becoming super strong and living to tell about it...Speeding recovery and reducing injury with power stretching...Increasing muscle growth 334%—with progressively more intense stretching... 9.4% strength increases using Loaded Passive Stretches between sets...Why Eastern European sports scientists consider stretching a form of strength training...The importance of Shutdown Threshold Isometrics and Fascial Stretching.

The drills

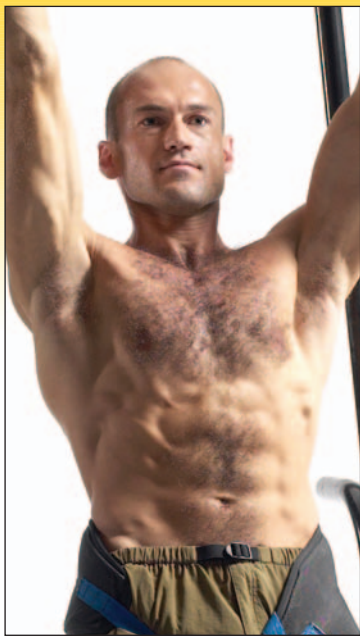
Forging your body into an off-planet rock...The only equipment you need...Loading correctly...Performing a deadlift correctly...Grip, posture, breathing...How to lower the weight...The five keys to an impeccable deadlift...The Sumo Deadlift for steel glutes...The Modified Romanian Deadlift for stronger hamstrings and granite calves... The Duck Deadlift off a Platform for eye-popping quads... The Snatch Pull for rock hard lats and upper back...The Clean Pull for exceptional hand and forearm strength...The Deadlift Lockout for midsection, traps, and grip emphasis... The Side Press—seven reasons to make it the press of choice... The Floor Press for pec emphasis... The Curl Grip Floor Press for biceps and lateral triceps emphasis—and for fixing wrecked shoulders... The Barbell Curl—for those who insist.

The Power to the People! Manifesto

Getting back to the basics—the Holy Grail of true power and strength...Power to the People!, a 'simplex' approach to strength training...The no frills power formula for everyone...On brutally effective essentials—Bruce Lee's final word.



www.dragondoor.com



A RIPPED POWERHOUSE OF SIX-PACK MUSCLE IN JUST 5 REPS? – YOU GOT IT!

“Unique Ab Pavelizer™ II Smokes Your Abs More INTENSELY, More SAFELY, And More QUICKLY Than Any Abs Machine in the World – Guaranteed!”

And we are not talking about the wishy-washy, pretend abs sported by those lowly metrosexuals (they call their abs ‘toned’, we believe...Hah!) No, Comrade, we’re talking about the real thing: a wall of muscle ready to handle full contact punishment — or jack out powerlifting poundages at record amounts!

full year to take advantage of the Ab Pavelizer™ II’s ab-hardening benefits — and if you aren’t astounded by the change in your ab-strength, we will immediately refund you your full purchase price.

The Ab Pavelizer™ II

Item # P12

\$149.95

10-25 lb Olympic plate required for correct use. (You will need to supply your own plate)



One of the secrets of elite martial artists’ and gymnasts’ shredded abs and awesome power is a subtle alignment of the core. Examine any photo of an expert fighter connecting with his unfortunate target — or an elite gymnast performing a difficult feat — and you can’t miss it. The stomach is never sucked in — this is no beauty pageant — but ‘walled’ into armored squares. The glutes are tensed like they are an extension of the abs. The whole works compress like a piston, instantaneously, as he delivers maximum force. The athlete whose body speaks this language always packs power... and a six-pack to match.

The Ab Pavelizer™ II literally pushes up against your calves (you’d almost swear it was a human partner) and forces you to recruit your glutes and hamstrings. But that is only the beginning. Pavel is a stickler for perfect technique and the moment you try to cheat, the Ab Pavelizer™ II will let you know, loud and clear! Tensing the glutes and hams is not enough; it must be done in a special pattern. Should you fail to do it just right, your feet will come up or the machine will be dragged towards you. The translation from Russian: “You are cheating, slacker!”

“My strength comes from the abdomen. It’s the center of gravity and source of real power...Without strong abs you have no business sparring or fighting.” – Bruce Lee

The feedback provided by the Ab Pavelizer™ II remarkably accelerates your ability to use your abs just right, in an ab workout, in the ring, or with a kettlebell in your hand.

FREE BONUS:

Comes with a four page detailed instruction guide on how to use and get the most out of your Ab Pavelizer™ II. Includes two incredible methods for massively intensifying your ab workout with *Power* and *Paradox Breathing*.

Pavel has designed his Ab Pavelizer™ II to force you to fire your waist and hips in this powerful manner. This subtle alignment dramatically amplifies your power in any lift above the waist, any strike, and most extreme bodyweight exercises. And while you are building your power, your six-pack is getting rock hard!

It’s got to be Pavel’s sick sense of humor that is to blame for the innocent appearance of his cruel instrument. It is astonishingly hard to sit up all the way when the new Ab Pavelizer™ II is loaded with enough weight, 25-35 pounds for most comrades. The sticking point half way up seems impossible, and don’t you even dare to cheat through it! Grind, like you grind a max deadlift! No worries if you can’t, you can always start with negative only situps. Even more tension, even quicker gains with fewer reps.

Can you learn this powerful alignment without Pavel’s cruel machine? — Yes, after some years of a hard style martial art or gymnastics practice under an expert instructor. Or you can have the Ab Pavelizer™ II teach you this power skill in weeks.

But you won’t have to wait weeks for results! Your abdominals will start noticeably hardening up after the first workout. It’s a promise. It’s a guarantee... You have a



High reps and crunches belong on the junk pile of history. Get your abs Pavelized!

“Strength Stretching is a virtual must for the powerlifter, novice or advanced. Our bodies change as our body mass increases, mostly unnoticed until lack of mobility and flexibility causes reduced performance, or worse injury. Pavel has addressed these issues with time proven methods from the former USSR. **Strength Stretching** has helped **Westside Barbell** enormously and I know it will help everyone who is in powerlifting at any stage of the game.”—**LOUIE SIMMONS, Westside Barbell**

Are Rigid Muscles Robbing You of Your Strength?

- Traditional stretching programs *weaken* you — but stop stretching altogether and you’ll doom yourself to injuries and mediocrity!
- Discover the world’s *only* stretching protocol *specifically and uniquely* designed to *increase* — not reduce — a powerlifter’s strength.
- Skyrocket your strength now — and reduce the wear and tear on your joints — by mastering the secrets of *Strength Stretching*!

The iron elite knows that ‘being tight’ is critical to making that big lift. At the same time you can’t put up a big squat, bench press, or deadlift without having *just the right amount* of flexibility and *only* in the right places. A paradox.

Ignore stretching altogether and lose power to the joints that ‘don’t bend easy’. Do stretches designed for fighters or other athletes and toss away strength by the bucket... because you’ll lose your crucial ‘tightness’. Either way, a dead end.

Not any more. Enter *Strength Stretching* by Pavel, the *only* flexibility program custom designed to up your squat, up your bench, up your dead!

“Pavel is a fitness visionary. He has been teaching people about whole body functional training when sports scientists and exercise leaders were emphasizing aerobics and muscle isolation bodybuilding techniques. He formulated his methods by combining training principles developed by Soviet and eastern European coaches and scientists, worldwide sports medicine research, and personal experience. His books and DVDs will help athletes increase power, functional flexibility, and neuromuscular control, while minimizing the risk of injury. Coaches, athletes, and sports scientists will benefit from his unique training courses.” —**DR. THOMAS FAHEY, Exercise Physiology Lab, Dept of Kinesiology Track and Field Team, California State University, Chico**

“Pavel’s stretching ability is unbelievable. As World Class as it comes!”—**BRAD GILLINGHAM, 2 times World Superheavyweight Powerlifting Champion**

“Pavel takes us through the Big Three of Powerlifting and shows simple movements with Olympic Bars, racks, and benches on how to set up the body to lift more. The section on Wall Squats (hard to explain...easy to understand when you watch) is the single best explanation of squatting I have ever seen. That section is worth the investment for anybody still struggling with figuring out the squat.

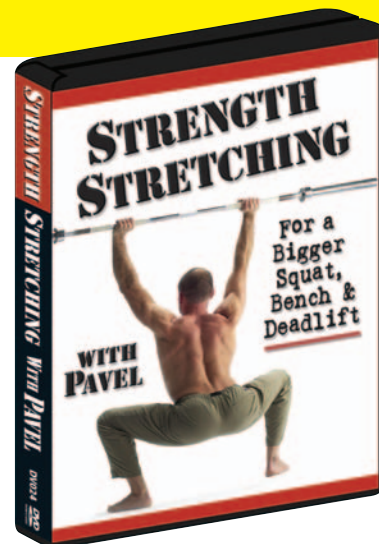
One thing I really liked about the DVD is the clarity provided by not only Pavel’s explanations but the simple graphics that accompanied the points. I kept having that “Oh” moment where you are convinced you know

something, realize that you don’t, then say out loud, “Oh.” The DVD is filled with these and I am a bit humbled today by the realization that I thought I understood a lot of things about flexibility and lifting and realize that I knew little.

I loved the DVD. A viewer might discover that they may already be doing several of the Strength Stretches but might quickly discover, as I did, that one additional idea or factor can turn that stretch into a game changer. Good Stuff!”—**DAN JOHN, National Masters Champion in Discus and Olympic Lifting, Salt Lake City, UT**

“When I consume a teaching resource, I look for two things; first does it have something I can use immediately, and second does it mention something that I have been playing with in the gym. *Strength Stretching* hits both points several times. Things I used immediately are the Wall Squat, the Wedge, the RKC hip flexor stretch, and the GHR back stretch. The Wall Squat has become my squat warmup drill, the wedge changed my dl start routine, the hip flexor stretch and when to use it are now part of my training and meet bag of tricks, and the use of the GHR for learning to arch is ingenious. The press behind the neck stretch and “prying” are two drills that I have been playing with and have enhanced through the DVD. The Wall Squat portion itself would have made the DVD worth it, but the rest of the material is superb and clearly presented. Graphics are concise. Great for both new and more experienced PLers. Very few things have my full endorsement, but this does.”

—**JACK REAPE, Armed Forces Powerlifting Champion**



Strength Stretching For a Bigger Squat, Bench & Deadlift

with Pavel

#DV024

\$39.95

DVD Running time: 38 minutes

- **Gain up to 15% on your pulling strength** – by learning how to properly arch your back
- **How to arch higher – and bench more** – without killing your back
- **Master the Kettlebell Depth Squat** – the Russian powerlifting secret for teaching perfect squat and pull form and developing championship flexibility
- **Discover how to release the hidden brakes** that are silently sabotaging your deadlift
- **How to relax your turtle traps** – and up your dead
- **How to squat with the big boys** – without killing your shoulders and elbows

Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



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Highlights Of What You Get With Pavel's *The Naked Warrior*

Chapter 1 The Naked Warrior Rules of Engagement

'The Naked Warrior', or why strength train with bodyweight? The definition of strength...strength classifications...examples of the three types of strength...the only way to build strength...high resistance and mental focus on contraction...tension generation skill...a powerful instant-strength mix...The Naked Warrior Principles...the six keys to greater strength...How do lifters really train?...'best practice' secrets of powerlifters and Olympic weightlifters...How do gymnasts get a good workout with the same weight?...five strategies for making 5-rep exercises harder...how gymnasts achieve super strength...how to customize the resistance without changing the weight.

Chapter 2 The Naked Warrior Workout

"Grease the groove," or how to get superstrong without a routine...the secret success formula...Some GTG testimonials from the dragondoor.com forum...how does the GTG system work?...turning your nerves into superconductors...avoiding muscle failure...strength as a skill—the magic formula..."The Pistol": the Russian Spec Ops' leg strengthener of choice...how to do it—the basics...The one-arm/one-leg pushup: "an exercise in total body tension"...what gymnastics has to teach us...another advantage of the one-arm pushup...GTG, the ultimate specialization program.

Chapter 3 High-Tension Techniques for Instant Strength

Tension. What force is made of...the relationship between tension and force...high-tension techniques...'Raw strength' versus 'technique'...the power of mental focus...Low gear for brute force...speed and tension...putting explosiveness in context..."Doesn't dynamic tension act like a brake?"...a dirty little secret of bodybuilding...the dangers of mindless lifting...The power of a fist...the principle of irradiation...Accidental discharge of strength: a tip from firearms instructors...interlimb response and your muscle software...Power abs = a power body...the relationship between abs tension and body strength...the 'back-pressure crunch'...the source of real striking power...A gymnast instantly gains 40 pounds of strength on his iron cross with the three techniques you have just learned...The "static stomp": using ground pressure to maximize power...a secret of top karatekas and bench pressers...how the secret of armpit power translates into paydirt for one-arm pushups, punches, and bench presses..."The corkscrew":

Another secret of the karate punch...the power of rotation and spiral...the invisible force...Bracing: boost your strength up to 20% with an armwrestling tactic...when to brace...the advantage of dead-start exercises...'Body hardening'—tough love for teaching tension...the quick and hard way to greater tension control...Beyond bracing: "zipping up"...taking your pretensing skills to a new level...Wind up for power...the art of storing elastic energy for greater power...the reverse squat.

Chapter 4 Power Breathing: The Martial Arts Masters' Secret for Superstrength

Bruce Lee called it "breath strength"...cranking up your breath strength...your body as a first-class sound system—how to make it happen...definition of true power breathing...Power inhalation...the mystery breathing muscle that's vital to your strength...amping up the compression...when and why to hold your breath...Reverse power breathing: evolution of the Iron Shirt technique...the pelvic diaphragm lock...two crucial rules for maximal power breathing...Power up from the core, or the 'pneumatics of Chi'...two important principles of power generation...how to avoid a power leakage...the "balloon" technique for greater power.

Chapter 5 Driving GTG Home

Driving GTG home: focused...skill-building—why "fewer is better"...the law of the jungle...Driving GTG home: flawless...how to achieve perfection—the real key...the five conditions for generating high tension...the significance of low rep work...Driving GTG home: frequent...the one great secret of press success...Driving GTG home: fresh...the many aspects of staying fresh for optimal strength gains...staying away from failure...the balancing act between frequency and freshness...Driving GTG home: fluctuating...how to avoid training plateaus..."same yet different" strategies... 'waviness of load'...countering fatigue...training guidelines for a PR...backing off and overtraining.

Chapter 6 Field-Stripping the Pistol

Box Pistol...how to go from zero to hero...the box squat—a champions' favorite for multi-muscle strength gains...making a quantum leap in your squats...various options from easier to eviler...the rocking pistol...how to recruit your hip flexors...how to avoid cramping...One-Legged Squat, Paul Anderson style...Airborne Lunge...Pistol Classic...mastering the real deal...Negative-Free Pistol...the three advantages

of concentric-only training...Renegade Pistol...Fire-in-the-Hole Pistol...Cossack Pistol...Dynamic Isometric Pistol...combining dynamic exercise with high-tension stops...multiple stops for greater pain...taking advantage of your sticking points...easier variations...three reasons why adding isos to dynamic lifting can increase effectiveness by up to 15%...protecting yourself against injury...Isometric Pistol...holding tension over time...the art of "powered-down" high-tension techniques...Weighted Pistol...working the spinal erectors.

Chapter 7 Field-Stripping the One-Arm Pushup

The One-Arm Pushup, floor and elevated...how to shine at high-intensity exertion...change-ups for easy and difficult...the authorized technique...developing a controlled descent...Isometric One-Arm Pushup...The One-Arm Dive Bomber Pushup...The One-Arm Pump...The One-Arm Half Bomber Pushup...Four more drills to work up to the One-Arm Dive Bomber...The One-Arm/One-Leg Pushup...the Tsar of the one-arm pushups.

Chapter 8 Naked Warrior Q&A

Are bodyweight exercises superior to exercises with weights?...the advantage of cal...what cal...enforce...the biggest disadvantage of bodyweight exercising...the advantage of barbells...the advantages and disadvantages of dumbbells...the advantages of kettlebells...Why is there such an intense argument in the martial arts community as to whether bodyweight exercises are superior to exercises with weights?...confusions explained...what a fighter needs...Can I get very strong using only bodyweight exercises?...Should I mix different strength-training tools in my training?...How can I incorporate bodyweight exercises with kettlebell and barbell training?...Can the high-tension techniques and GTG system be applied to weights?...Can the high-tension techniques and GTG system be applied to strength endurance training?...I can't help overtraining. What should I do?...Can I follow the Naked Warrior program on an ongoing basis?...Can I add more exercises to the Naked Warrior program?...Will my development be unbalanced from doing only two exercises?...Is there a way to work the lats with a pulling exercise when no weights or pullup bars are accessible?...door pullups...door rows...Where can I learn more about bodyweight-only strength training?...Low reps and no failure? This training is too easy!...Will I forget all the strength techniques in some sort of emergency?...Isn't dedicating most of the book to technique too much?...why technique is crucial...moving from ordinary to extraordinary.

The Graduate Course In Instant Strength Gains

"I went from 5 to 10 pullups in one week."

*"Last night I did 15 one-arm pushups with each arm.
Two months ago I couldn't do one complete rep."*

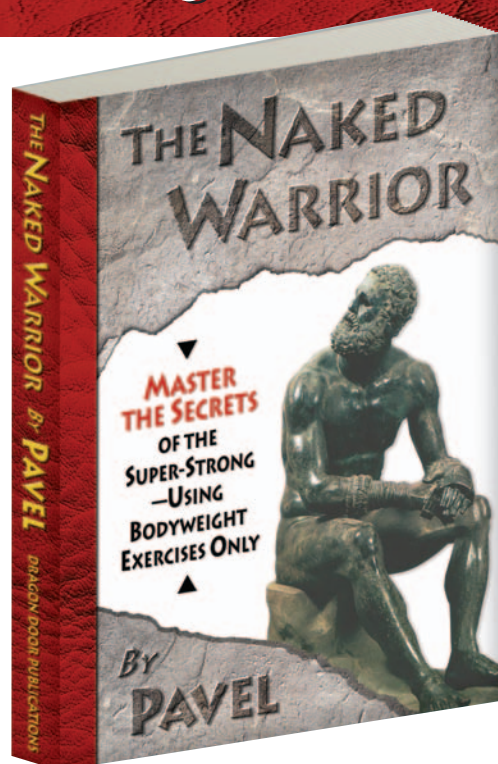
*"I could do one wobbly one-legged squat...
[Two weeks later] I did 5 clean, butt-to-ground pistols."*

Have you noticed—the greater a man's skill, the more he achieves with less? And the skill of strength is no exception. From the ancient days of Greek wrestling, to the jealously guarded secrets of Chinese Kung Fu masters, to the hard men of modern spec ops, warriors and allied strongmen have developed an amazing array of skills for generating inhuman strength.

But these skills have been scattered far and wide, held closely secret, or communicated in a piecemeal fashion that has left most of us frustrated and far from reaching our true strength potential.

Now, for the first time, Russian strength expert and former *Spetsnaz* instructor Pavel has gathered many of these devastating techniques into one highly teachable skill set. In *The Naked Warrior* Pavel reveals exactly what it takes to be super-strong in minimum time—when your body is your only tool.

- **Gain more brute strength in days than you did in years of bodybuilding or calisthenics**
- **Discover the martial secrets of instant power generation—for rapid surges in applied strength**
- **Discover how to get a world-class powerlifter's quality workout—using your body only**
- **Get a harder, firmer, functionally-fitter body—and be as resilient as hell whatever you face**
- **Master the one-arm/one-leg pushup for crushing upper body force**
- **Forge super-piston, never-quit legs with the Spetsnaz favorite "Pistol"**
- **Discover the magic of "GTG"—guaranteed the world's most effective strength routine**
- **Be tow-truck strong—yet possess the rugged looks of a stripped-down racer**
- **No gym, no weights, no problem—get a dynamite strength workout at a moment's notice—wherever you are**



The Naked Warrior Master the Secrets of the Super-Strong—Using Bodyweight Exercises Only

By Pavel

#B28 \$39.95

Paperback 218 pages 8.5" x 11"

Over 190 black & white photos plus several illustrations

"Pavel's Naked Warrior DVD is worth its weight in gold!"

"The Naked Warrior DVD is worth its weight in gold! I just completed several honest one arm pushups after viewing the NW DVD. Despite reading the book and practicing, I just couldn't make it happen. I watched the DVD and finally understood that I was letting my shoulder drift. Tightened up and several honest square-to-the-floor one arm pushups were mine!!"—siameeser, dragondoor.com forum, 5/13/04

"NW DVD is fantastic! I had the book & have been working toward full range pistols and OAPUs for a while. A HUGE help to see Pavel doing the movements. Results: Before watching DVD - I could do 2 OAPUs on a good day with so-so form. First workout after watching DVD: 1 set of 3 and 2 sets of 2 with good form. For pistols (at about a foot off the floor). Before I watched the DVD - 2 reps with shaky form. First workout after watching DVD - 2 sets of 5 and one set of 4 solid. Very impressed with DVD - thanks Com. Pavel."—dkaler, dragondoor.com forum, 5/17/04

The Naked Warrior Master the Secrets of the Super-Strong—Using Bodyweight Exercises Only with Pavel

DVD #DV015 \$34.95

Video #V114 \$34.95

Running time 37 minutes

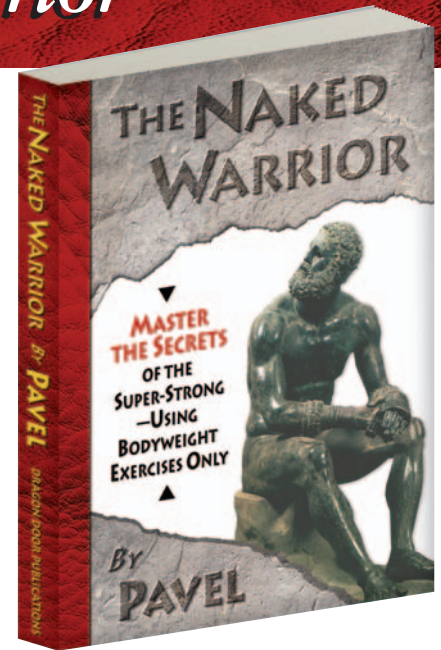


Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



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Praise for Pavel's *The Naked Warrior*



“As a diehard weightlifting competitor throughout the past 40 years, I at first viewed the bodyweight-only approach of *The Naked Warrior* with some trepidation. Imagine my surprise when discovering Pavel Tsatsouline’s latest work stresses real STRENGTH TRAINING, employment of a limited amount of key major muscle group movements, and a high intensity, low rep format! Indeed, by deriving the best features of proven power building programs from all weightlifting disciplines, gymnastics, martial arts, and other “heavy” exercise modes, Mr. Tsatsouline has redefined strength-conditioning for the 21st century!

Recently retired from 32 years in public education, I used to agonize over the archaic athletic training which was witnessed on a daily basis; coaches simply led their charges through hours of mind-numbing, ineffective calisthenics, “tradition” since centuries before. Now, Pavel’s research can yield a much more condensed, result-producing package. *The Naked Warrior* routine has the potential to save teams huge blocks of much needed time, will not drain their athletes’ energy, and saves from any strain on the usual tight budget—no new equipment, definitely no assembly required!!!”

—John McKean, six time All-Round Weightlifting World Champion

“Pavel... your sections on tension and breathing de-mystify the concept of ‘centering’. Many practitioners of Oriental arts emphasize the mental path to power generation. The majority of Westerners cannot relate to that. You have made it a physical skill and described it in such a way that anyone can practice it and readily improve... This book, as with *The Russian Kettlebell Challenge*... will catch like fire in the tactical community.”

—Name withheld, Instructor, Counter Assault Team, US Secret Service

“If I was stuck on a desert island (or somewhere else with no access to weights) I’d hope that Pavel Tsatsouline would be there to help keep me in shape. With *The Naked Warrior*, Pavel has moved the art of exercise without weights to a new level. I like both the exercises he has selected and the approach he advocates for training on them. Now, whether you have weights or not, there is no reason not to get into top shape!”

—Arthur Drechsler, author “The Weightlifting Encyclopedia”

The Naked Warrior Master the Secrets of the Super-Strong—Using Bodyweight Exercises Only By Pavel Tsatsouline

#B28 \$39.95

Paperback 218 pages 8.5" x 11"
Over 190 black & white photos

“This book has caused me to completely re-evaluate the way I look at calisthenics... Education is a wonderful thing and in this book you have most certainly educated me, as you will educate thousands... The great detail you include works, as I often receive a great deal of e-mail asking for more detail. Even those of us who have cranked out hundreds of thousands of reps in various drills don’t really know what we are doing at a micro level. The detail allows us to scrutinize our performance and make adjustments to improve performance.

As for the spec ops warrior, this is great! There are so many times when you are unable to bring weights with you and you have to rely on cals to get you through.

This new learning on cals allows us in the field to still train for great strength with only our bodies and that’s like money in the bank! For example, I am going on a 10 day trip with no weights and I will most certainly do *The Naked Warrior* workout while I am gone! I can’t wait to get started!

The Naked Warrior is a must for anyone who trains people with cals! While it’s great for your own use, you can help others improve dramatically by knowing what to look for and what to suggest to improve their technique.

—SSgt. Nate Morrison, USAF, Pararescue Combatives Course Project Manager

“*The Naked Warrior* is one of Pavel’s best work yet!!! I find that Pavel’s easy to understand, no nonsense approach in *The Naked Warrior* will help one become the best they can be. In addition, the tools Pavel explains in *The Naked Warrior* will help my Olympic style weight lifters gain the core strength they need to put additional kg on their totals. Thanks Pavel for such a great work!! “

—Mike Burgener, Sr international weightlifting coach

“*The Naked Warrior* is outstanding as a complement to Pavel’s other books or standing alone. The ‘Grease the Groove’ section alone makes this book worth owning. For martial artists and practitioners of police defensive tactics the two featured exercises in *The Naked Warrior* will greatly enhance striking and kicking. The One-Arm Pushup and the One-Legged Squat (Pistol) are the closest thing to actually striking and kicking that strength training has to offer.

For martial artists who don’t wish to weight train or just don’t have the time *The Naked Warrior* program is the way to go to enhance strength. Those who do weight train will want to include the Naked Warrior program into their training as well since the benefit is great while time, cost and convenience are non-factors.

The ‘byproduct’ of the high tension concepts outlined in this book is the martial artist will learn more about the use of muscle tension in motion than he will during the majority of martial arts training. Tension, in it’s proper degree and application is of paramount importance, it is not only a factor in strength, but in speed and endurance as well. The section on Power Breathing explains the relation between strength and breathing like most martial art instructors don’t or cannot.

There is finally a scientific explanation on many of the breathing exercises and techniques that abound. As is stated in the book, ‘strength is a technique.’ You can practice martial skills without the information offered in *The Naked Warrior*, but you risk not operating at full potential.”

—George Demetriou, Modern Warrior Defensive Tactics Institute, NYC

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"I can't say I've read many books on flexibility with the wit and clearheaded wisdom I found in Pavel Tsatsouline's *Relax Into Stretch*. Tsatsouline delivers the how-and-why of progressive techniques for achieving suppleness, from simple yoga stretching to advance neuromuscular facilitation, without burying the reader in hocus-pocus or scientific jargon. Tsatsouline's *Relax Into Stretch* provides an alternative: straightforward and practical techniques that don't require a lifetime to master".

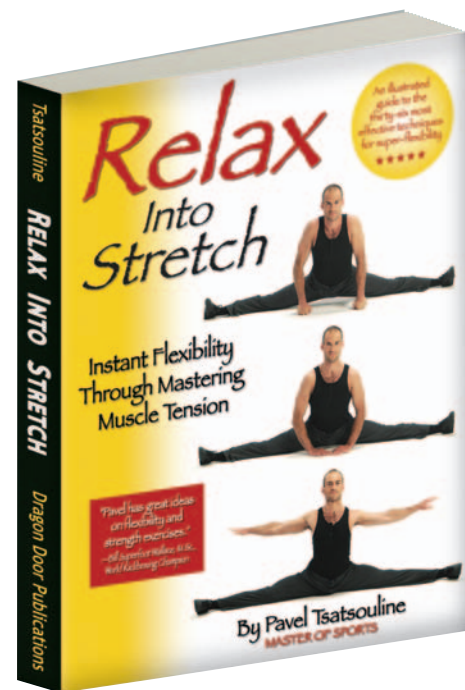
—*Fernando Pages Ruiz, Contributing Editor Yoga Journal*

"I tell you truly that *Relax Into Stretch* is superb. Stretching has always been associated with any serious fitness effort and Tsatsouline's approach to this old discipline is fresh and unique and thought provoking. Best of all, this book combines philosophic insight with in-your-face reality as Pavel shares with the reader 'drills' that turn you into what this former Russian Spetznaz instructor calls 'a flexibility mutant'. This book supplies both the road map and the methodology. Don't ask to borrow my copy."

—*Marty Gallagher, Columnist, WashingtonPost.com*

"Pavel Tsatsouline's *Relax Into Stretch: Instant Flexibility Through Mastering Muscle Tension* is a superbly illustrated, step-by-step guide to achieve physical flexibility of muscle groups and sinews. *Relax Into Stretch* is very effective and very highly recommended reading for men and women of all ages and physical conditions seeking to enhance their mobility and flexibility as part of an overall exercise regimen."

—*Midwest Book Review*



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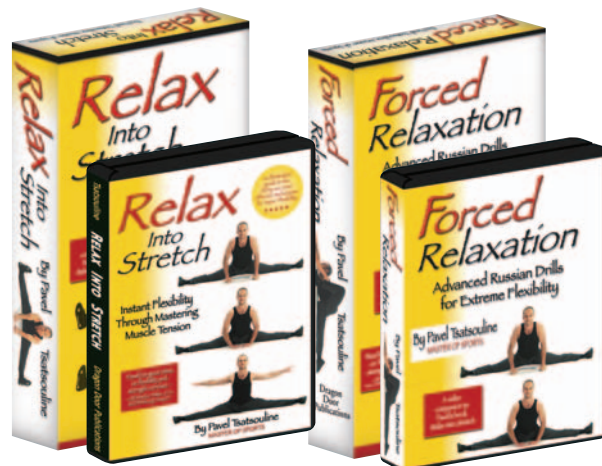
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"For 25 years, I have been totally unable to do any kind of chest press because of an impingement in my left shoulder, which always led to severe pain the day after doing any kind of pressing.

3 weeks of daily practicing of all the shoulder joint mobility drills in *Super Joints* (along with careful observation of 'healthy shoulder' pressing techniques learned on this forum) ... and I was able to bench 5X5 55 lb dumbbells last week totally pain free! **Pain free after 25 years is truly great stuff.**—**TOOSTEEP, dragondoor.com forum**

"When I started at my job a couple of months ago, I had been talking to one of the cooks one night and told her about mobility training. I explained the details of it and, after teaching her how to squat properly, didn't mention it again.

But just recently I found out that she's been keeping up with her mobility training and it's worked wonders. She's had such bad knees that she's had to wear knee braces for twenty years and she hasn't had to wear them due to her improved joint health. There are similar stories coming from the servers with bad backs after I taught them about decompression hangs with three plane movements."—**JOSEF, dragondoor.com forum**

"About 4 years ago at the insistence of our Head Performance Training Coach John Taylor, we changed our warm up to a stand up dynamic routine. Coach Taylor found numerous research articles showing an 8 to 22% decrease in power, with no reduction in injuries using static stretching. Some studies stated that the power deficit can last up to 90 minutes.

When I first purchased the book *Super Joints* 2 years ago, I noticed that the routine is very similar to the one that we use at New Mexico State University, our "Head to Toe" routine takes roughly 8 minutes to complete and all the sports that we work with use it. I keep track of our injuries and in the 4 years that we have used the "Head to Toe" routine our athletes have not encountered a higher rate of injuries than during my first 2 years at NMSU when we used a different one."—**TONY MCCLURE, Assistant Performance Training Coach, New Mexico State University**

"Three days after I initially fractured my elbow I started doing *Super Joints* and within two weeks I had full mobility back in my

right arm. I was supposed to attend Occupational Therapy, but when I got there they were so shocked and amazed at my progress that they sent me home. I guess they've never seen someone regain their mobility so fast."—**TONYA EHLEBRACHT, US Army**

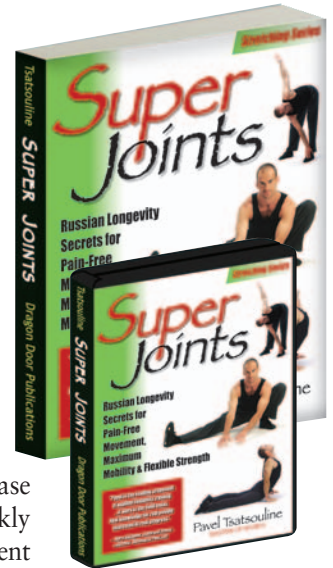
"*Super Joints* is excellent. It is also saving me a good deal of money. I've had to lay off of heavy squatting and deadlifting because of a back injury. My active release therapist/chiro is amazed at how quickly I am making progress—my alignment doesn't return to crap after an adjustment. I credit the progress mainly to *Super Joints*." From: **CHRIS M., 2003-05-18**

"I am 58 and need to keep my joints oiled. I have had very good results with *Super Joints* My knees and elbows don't ache anymore." From: **SEEAHILL, 2002-11-07**

"I already feel "younger." I'm also noticing an ability to better withstand rolling in Jiu Jitsu class—I don't have to tap quite as often, even in bad positions. *Super Joints* is a fantastic, fantastic book. I think that everyone should do *Super Joints*." From: **DAN MCVICKER, RKC, 2003-05-18**

"As the owner of a sixty-four year old body and as the practitioner of a sedentary job, I have lost some range of motion. The movements in this book have helped me in several ways: 1) Improved the range of rotation of my head. 2) Improved the movement and reduced the pain in the right shoulder injured several years ago. 3) Helped alleviate tension in the neck and traps where I tend to carry stress. 4) Improved my posture helping me look less like a wizened old man."—**COMRADE FLOYD, Amazon.com**

"*Super Joints* = Super ROM. Get the book and you'll realize what you've been missing by just stretching. It's more about maintaining the youthful fluidity of the joints which is lost through age and or abuse." From: **LARRY DIBBLE, 2002-05-09**



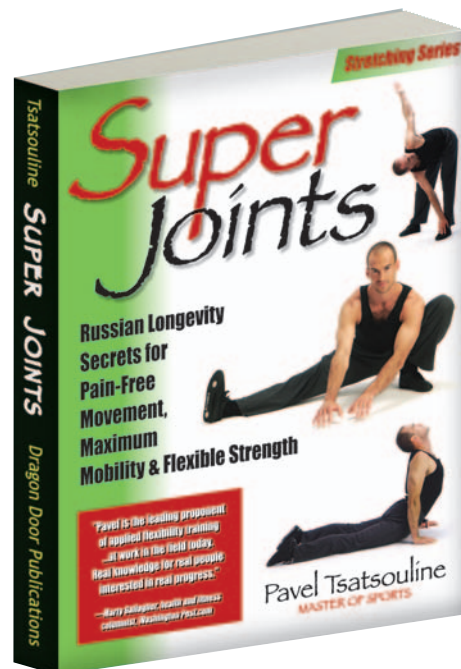
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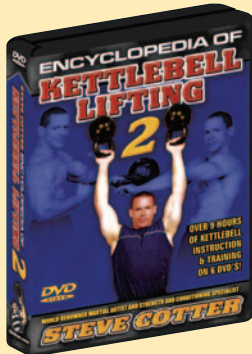
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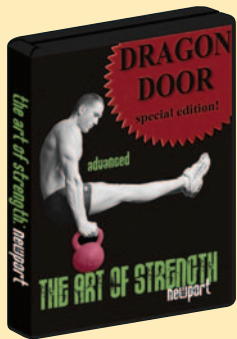
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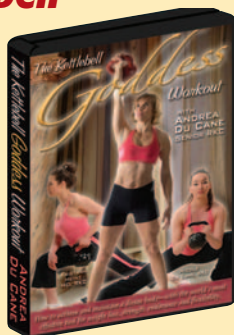
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