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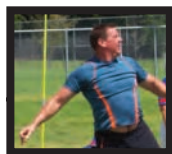


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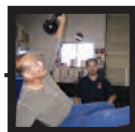
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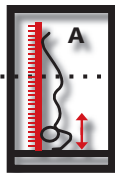


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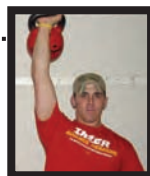


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# HOW TO “PRY” YOUR WAY INTO A SIDE SPLIT

FROM *BEYOND STRETCHING: THE SEMINAR DVD SET* BY PAVEL

A few years back my wife Julie and I bought an old house. Given my handyman experience, or rather lack thereof, that was a mistake. I grew up in an apartment and my father was a senior army officer who would pick up the phone and call a trooper when my mother wanted him to hang up a picture, not to mention for a major honey-do. When I served in the military myself the skills I acquired that would be most useful to a homeowner were shoveling snow and sweeping the driveway. In other words, I was completely unprepared for the “pride of homeownership”.

One of the few tasks I thought I could handle was demolition. The house had a deck on the northern, mosquito-infested side, and the deck had to go. Ripping off the boards was the easy part, the concrete posts were more work. I had to dig.

My memories of digging foxholes “from this telephone pole to dinner” were not fond and I decided to find a shortcut. Laziness is an essential gene in the Russian DNA. I dug a little around a post, then tied a nylon rope around it, wrapped the rope around a crow bar, and pulled a sumo deadlift lockout.

The rope broke and I found myself on my back in a pile of dirt. Undeterred, I doubled up the rope, and repeated the drill. Another back flip. Because, I am not very bright, I repeated the experiment for a third time with the same, predictable result. My wife walked by at that point and shook her head. “Why don’t you try to pry the post?”

Indeed, why not? Trying to go straight from point A to point B may seem like the shortest way to your goal but sometimes it isn’t. You will achieve much better results in splits and other stretches if you “pry” your way into it instead of forcing yourself straight down.

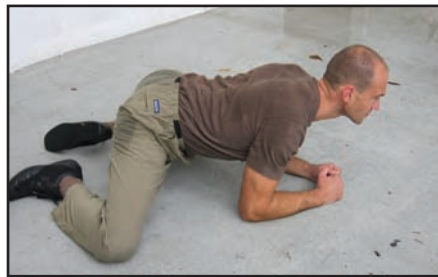
In *Beyond Stretching: The Seminar* I cover three master principles of stretching and three secondary principles. One of the latter is “Pry Loose”. The “Pry Loose Principle” views your joint capsules and muscles as rusty door hinges or a cement post stuck in the ground and prescribes rhythmical movement.

There are two types of prying, “hinge prying” into

and out of the stretch and “post prying” side to side. Mix the two for best results.

A stretch that will drive this principle home while bringing you closer to a full side split is the “tactical frog”.

Assume the frog position on a surface that does not irritate your knees. Put your weight on your elbows and start moving back and forth.



As you go forward push your knees apart, pull your hips out of the sockets, and lengthen your spine. Use your strength. Use rhythm.

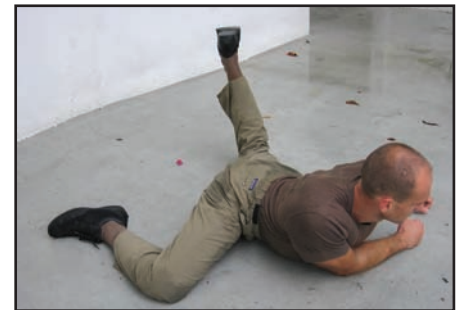


“Squat horizontally,” make sure to go back far enough to flex your knees and hips as much as you would if you were parallel squatting.



I repeat: keep your weight on your elbows.

Once you succeed, you may add an advanced prying variation. Loosen up each hip by internally rotating it, squeezing the glutes, and pushing your pelvis into the floor. The groove is similar to the Thai boxing roundhouse kick.



At an advanced level, *Super Joints* and *Relax into Stretch* training often merge. Here is how to apply it to your side split training.

## Pry Your Way into Side Splits

- The bodyweight squat –1 set
- The “Cossack” –2 sets

Alternate for 3 sets:

- The tactical frog
- The kneeling hip flexor stretch

Alternate for 3 sets:

- The isometric road kill split
- The split switch
- The waiting out the tension road kill split

In squats match the reps with your age, in the rest of the drills listen to your body and stop a set when you are no longer making progress.

Try this routine tonight. If you like the results I promise that you will enjoy the *Beyond Stretching: The Seminar DVD set*. (See pages 4–5 of this issue.)

Are you frustrated by your lack of stretch and flexibility? Are you losing your range of motion? Is your performance suffering? Are you sick and tired of freezing up and crashing like yesterday's useless software program?

## **Then Discover How Pavel's 5-Step, Neuro-Software Upgrade System Can Rapidly DEBUG the Hidden Blocks That Are KILLING Your Performance—RESTORE Your Lost Freedom and REWARD You with Newfound Power, Strength and Speed**

Remember the last time you got that nasty little whirling symbol on your monitor—signaling an imminent freeze or crash? Remember the frustration and fear as you watched and waited to see if all your hard work and effort was about to be zapped—perhaps irretrievably?

Well, not so long ago a very nasty thing happened to me and my computer. A freeze, a crash, a dead screen... In fact, it was the kind of crash that had my local service store shaking and scratching their heads. If they'd been undertakers, they would've been pulling out their casket brochures...

**The SuperGeek at my friendly computer rescue station wasn't about to offer hope.**

SuperGeek wouldn't promise, in fact, that ANY of my precious data could be retrieved.

And it took TEN DAYS—plus a sizable withdrawal from my bank account—before SuperGeek grudgingly admitted that he had, after all, been able to retrieve ALL of my data. Meanwhile, you can imagine the disruption to my momentum, the wasted time and energy, the blown synapses. It wasn't pretty!

So, what's this all got to do with stretching and flexibility and operating at full tilt in life?

Well, it turns out that SuperGeek was a cagey rascal who'd had a secret weapon up his sleeve he wasn't about to admit to...

See, SuperGeek had an IMMENSELY powerful and THOROUGH software program that scanned, checked, diagnosed, THEN debugged, cleaned, restored and retrieved my computer data for me—TOTALLY!

SuperGeek's software was brilliant in relentlessly restoring every valuable function on my computer—and then some. When SuperGeek was done with me and my computer, we were ready to conquer the world.

Now, I never did hear the details of what bugs and overloads and insufficiencies caused my computer dysfunction in the first place, I probably wouldn't have understood anyway—and it doesn't really matter.

**What mattered was that there was a Master Software Program available that could restore my computer to optimal functioning.**

And, of course, our bodies are amazingly similar to computers in some crucial ways...

Fail to run the right neuro-software, fail to maintain them with the correct drills, fail to keep them clean of internal clutter—and you can GUARANTEE you're heading down the slippery slope of reduced capacity, impaired performance and finally, complete breakdown.

Let's face it, life will treat us like a punching bag—and like yesterday's useless software program—if we don't jump in and take control of our body's systems. We need to install and run the correct "software" that's guaranteed to safeguard us against the destructive impact of life's challenges. Or else.

If you don't listen to your body's needs for free-flowing ease of movement—and if you don't understand what it takes to meet those needs—you're gonna pay the price big time as you start to degrade into reduced function, slowness, pain and increasing frustration.

**But fortunately, you don't have to fear anymore that you'll be faced with this inevitable decline in your physical capacities...**

because the work has been done for you, help is at hand, the complete system you need to protect your most precious commodity is now available:

Welcome to Pavel's masterly body-software program for debugging, unblocking, unlocking and completely restoring your body's capacity to stretch and flex the way it was born and meant to do!

Since his early days when he honed the physical fighting capacity of the legendary Soviet Spetsnaz, to his current incarnation as a bestselling American fitness expert, Pavel has tirelessly researched and then implemented the best-kept secrets for function-based flexibility.

Using his own body and the bodies of countless thousands of warriors, athletes, martial artists, gymnasts, dancers and coaches—and more than a few sackfuls of deconditioned couch potatoes—as the proving ground, Pavel has refined his stretching program into a brilliantly simple-yet-powerful, 5-step operating system for ultimate flexibility.

The lucky folk who attended Pavel's **Unlock! Seminars** in 2005 and 2006 got to absorb this powerful stretching knowledge in person, getting personal corrections and targeting training tips from the master himself.

And in his final, never-to-be-repeated **Unlock! Seminar** in October 2006, Pavel excelled himself, with his most succinct, practical and honed program ever. **Participants were wild about the stunning flexibility changes they were able to experience in just a few hours—all by**

**implementing just a few simple but deep and far-reaching Master Principles of Stretching.**

You'll see... when you download this neuro-software of Pavel's into your eager cells and punch the appropriate Command key, then, boom!... your body'll start releasing and unlocking itself like crazy—EVERYWHERE YOU WANT IT TO!

It'll seem like magic, but of course it's based on rock-solid, (yet little-known) scientific principles that have been proven time and time again.

But what's really magical is the SYSTEM that Pavel's figured out for you. And that's what all great software does—take the most powerful functions and formulate them into the ultimate winning code.

Just do it, just follow the simple directions and watch your body reconfigure before your eyes!

Fortunately for all of us, Pavel gave permission for Dragon Door to film-and-capture his entire October 2006 **Unlock!** Stretching and flexibility seminar.

We got to film-and-capture every detail you'd ever need to implement Pavel's amazing stretching system in its entirety. We got to capture every moment of Pavel troubleshooting and fixing a cross section of types from elite martial artists, to athletes, to the relatively deconditioned. (If you are a trainer or coach, these sections will be incredibly valuable to you.)

**I could go on and on about the power of Pavel's stretching system but let's hear from some actual participants at Pavel's Unlock! seminars on what they gained from Pavel's training:**



"If I had had these training methods when I was on the Olympic team, I would've captured the gold medal! Bravo! Superior to any seminar I've done. Excellent, diverse and thorough. Taught me the foundation of fundamental principles of mobility, which resulted in increases in strength and flexibility. Thank you."—Teimoc Johnston-Ono, Trainer/Coach, 6x World Masters Jujitsu Champion, US Olympic Judo team 1976, US Olympic Training Center, Coach

"I have taken many clinics by experts in the strength and conditioning field. Without a doubt the "UNLOCK!" course is the finest I have attended, I would recommend it to anyone."—Cole Summers, Strength Coach, Winnipeg, Manitoba, Canada

"The course encouraged me that it is entirely within my grasp to increase my mobility and flexibility as I get older rather than lose it (I'm 47) it also convinced me that the real barriers are self imposed. Extremely practical – a great complement to RKC training."—Michelle Kilikauskas, Mathematician, 1999 and 2000 APFUS Masters National Powerlifting Championships, 2000 WPC Masters World Powerlifting Championship, RKC

"The UNLOCK! course was excellent, very much worth the investment. The principles and techniques I learned will be useful in my own training, my clients training, and with my massage clients."—David Whitley, Senior RKC, Massage Therapist, Hermitage, TN

"In one hour with Pavel, I got progress in my flexibility that would have taken a couple of years in yoga."—Crystal Chissell, Attorney, Highland Beach, MD

"Intense, covered everything, every joint, useful immediately personally and professionally with patients."—Doc Kelly, Chiropractic Physician

"Wow! I finally found the missing pieces to unrestricted movement and the ability to achieve pain free range of motion. If I only use 30% of what I learned it will increase my physical performance 200%."—Lance Allen, Licensed Acupuncturist

"I returned to UNLOCK! Because I learned so much the first time that I KNEW it would be worth it a second time. And, I wasn't the only person to return! I wasn't disappointed. I made a long list of the cool new stuff I learned. Pavel is a master at communication! He takes complex anatomical and physiological issues and explains them with startling clarity. If you want to be more mobile, flexible, and functional...start with Pavel's basic, simple and straight forward principles."—Jay Armstrong, WTF Master Tae Kwon Do Instructor, RKC Instructor

"With forty plus years in physical culture, (athletics, bodywork, martial arts) as a

participant and as a coach, and teacher, this is the most comprehensive, and organized workshop I have attended."—Michael Reams, Certified Advanced Rolfer, Seattle, WA

"This course was fantastic! This is my 5th course with Pavel and he still has information in the vault. I recommend this course to everyone."—Brad Nelson, RKC Team Leader, Strength & Conditioning Coach, Woodbury, MN

"If you're not more mobile afterward than you were before you took UNLOCK! You're either a contortionist or you're dead. I thought the Feb 2002 RKC Certification I attended was the best training I'd ever had. This was even better. I'm impressed with Pavel's ability to keep adding new material and new insights to things I've seen before, every time I hear these concepts presented, I learn more."—Steven Justus, RKC, Sr Software Engineer, Westminster, CO

"Pavel is truly a genius in the field of human movement and performance. He never fails to amaze with his practical application of science to real-world situation and normal people."—Keith Weber, Physical Therapist, Red Deer, Alberta, Canada

"ALL of Pavel's principles are extremely useful for myself and will be for all of my students!"—Jennifer Boyd, Dance Instructor (Ballet/Jazz)

"The level of training and material presented at this course is the best I have ever seen. Near as I can tell you there is nothing else like this anywhere. Absolutely amazing. Outside of the RKC, there is nothing else that is this hands-on, has this much application and is this amazing in terms of new information."—Joshua Hillis, Personal Trainer, RKC

"Pavel is a master. He combines wit and wisdom, packaged in easily digested, clearly demonstrated chunks of core principles to improve performance and any sports or fitness activity."—David Phillips, Computer programmer, Texas

"What I learned in this course will be a lifelong skill set. Now I can repair my 50 years of pain with renewed vigor and pain free exercises. Anyone who wants to feel much younger must take this course."—Laird Johnson, Airline Pilot, Summit, NJ

"Pavel is incredible and nothing short of brilliant in his ability to teach the application of principles that simplify exercise and make them work better and more efficiently, not to mention more safely."—Kaye Roberts, RN, Minneapolis, MN

"Zatsiontey, Verkhoshansky, and Siff inspire but leave me wondering 'so what do I do with it?' Pavel's is the most useable info I've ever received."—Hal Lupinek, Investor, Madison, WI

"Hands down UNLOCK! blew away any continuing education I've done for physical therapy. What passes for "state of the art" in therapy today disappoints me."—Garrett McElfresh, Physical Therapist/Clinic Director, Milwaukee, WI

"Incredible. I was hesitant to take it at first. Stretching was probably last on my list of things to do. I was amazed at how much information I was lacking. This seminar was great. I wish I had known all this when I was still fighting."—Martin Snow, RKC, Gym Owner/Trainer, NY

"I feel fortunate to have attended UNLOCK as I now have the tools to help myself achieve my highest level of fitness as well as help my clients achieve their goals."—Liberty Gray, Personal Trainer, RKC and Nutrition Trainer, Big Rapids, MI

## And here's what you get with Pavel's Beyond Stretching: The Seminar 5-DVD set:

You get the complete breakdown of each key principle and how to properly implement that principle for huge gains in stretch, flexibility and range of motion.

Pavel gives you three master principles that will forever alter not only your stretching ability—but every aspect of your movement:

- ➔ Pavel's first master principle of stretching is to USE YOUR STRENGTH. Discover how a scientific application of targeted strength techniques can help you immediately blow through your current flexibility limitations!
- ➔ Pavel's second master principle of stretching is to FIND SPACE. You'll be astounded at how Pavel's brilliant innovation will rewrite the story of your body and make history of your cramps and blocks.

➔ Pavel's third master principle of stretching is to SPREAD THE LOAD. Discover another magical method for shifting out of hampering stress and strain to release your body's full potential for stretch and range of movement.

And then Pavel gives you two other key principles that are for stretching only:

➔ Pavel's fourth master principle of stretching is to RELAX. Some of you may think you know how to relax and some of you may think you know how to relax into a better stretch. Well let me tell you that the information you'll get here about the relax principle is as different from traditional relax techniques as a Yugo and a Ferrari!

➔ Pavel's fifth master principle of stretching is to PRY. Again, the other experts will be shaking their head and asking "Why didn't I think of that?"—as you and they both discover this technique's power to blow through even the most stubborn stretch-block.

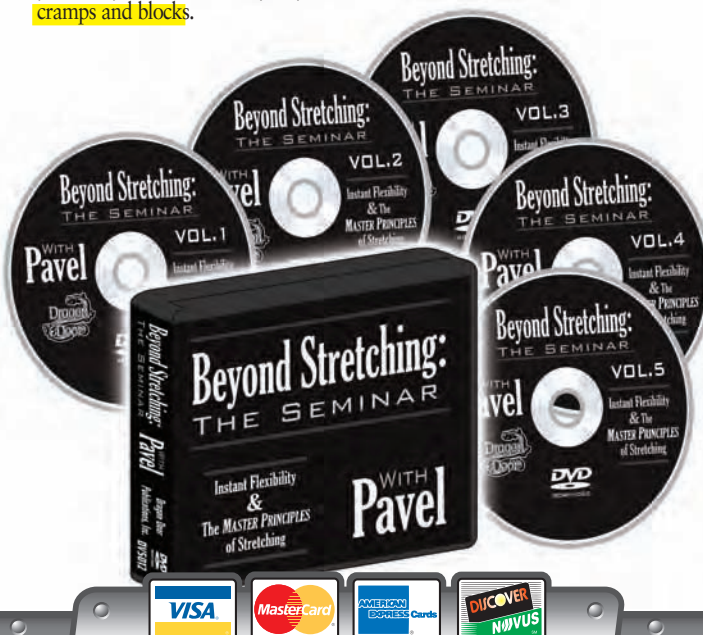
It doesn't matter what body part you are looking to make more flexible—hips, legs, neck, spine, glutes, chest, shoulders, you-name-it—just run Pavel's 5-step neuro software through the offending part and watch it release, open and stretch out!

## Beyond Stretching: The Seminar

Instant Flexibility and The Master Principles of Stretching with Pavel

#DVS012 \$187.00

5-DVD Set Running time: 4 hours 48 minutes



www.dragondoor.com



# SECRETS

## of the Shoulder—Revealed...

**Brett Jones Sr. RKC, CSCS**

**A**re there any secrets yet to be revealed? I mean—it's easy right? Pick up the barbell, dumbbell or kettlebell and get started—Right? Well, as many have discovered it is not that easy and there are secrets waiting to rear their heads at the most inopportune times. In kettlebell training, especially with the shoulder being involved in most all the movements, we need to reveal any secrets waiting for us.

So what are the secrets of the shoulder? Not so fast—First we need to get some baseline information on your shoulders. That's right—do not pass go—do not collect \$200 until you have screened or assessed your shoulder for mobility and stability. And this is where we begin in the *Secrets of the Shoulder* DVD set.

And truly that is the first secret: screen before you do anything! Have you started a shoulder intensive routine only to end up on the sidelines for a few weeks because things went south on you in a hurry? Well, I am willing to bet that you did not screen or assess your shoulder before you started. Why would you? I mean, it doesn't hurt now so how could there be anything wrong? Right?

Well, step back and realize that your body is masterful at adapting to and compensating for asymmetries and imbalances. Option A (a movement pattern) is not available because some link in the chain will not do its job. So the body very quickly switches to Option B because you still need to perform the movement pattern. You didn't notice the change—you keep going—but before long the shear forces and compensations result in, blammo, pain and time lost. So don't be that person—screen first!

We walk you through clearing the neck, shoulder mobility, scapular stability, breathing and core stability as it relates to shoulder health and function. After you have completed the screening you are provided either mobility, stability and/or activation drills to correct any

**Brett Jones Sr. RKC, CSCS is a Strength and Conditioning Specialist based in the Pittsburgh, Pa area. For more information on Brett and his programs please visit his website [www.appliedstrength.com](http://www.appliedstrength.com)**

imbalances or asymmetries found and then three levels of shoulder training lead you through to overhead work and pull-ups. All of this and I haven't even revealed the *Secrets of the Shoulder*!

So what are the remaining Secrets of the Shoulder? Grip, Breath, Posture and Position are the four "secrets" that we reveal and focus on.

Grip is a secret because it is the deep neurological reflex that fires the rotator cuff and pulls the head of the humerus up over the lip of the glenoid and "packs" the shoulder into position. Breath is a secret because deep diaphragmatic breathing ensures a degree of thoracic mobility and the ability to efficiently produce intra-abdominal pressure through bracing. Posture ensures an efficient body alignment that allows for the appropriate stability and mobility (this is near impossible if you have an asymmetry or imbalance). Positioning is a focus on creating stability to produce efficient mobility by pre-tensing and loading the joints properly. These secrets are laid out in a systematic progression from screening to overhead pressing and pull-ups.

So there are secrets to be revealed (this is the first in the "Secrets of" series) and few of them involve isolation.

### **A BONUS TIP:** The Shoulder Reach Test

Measure your hand from longest finger tip to the first crease in your wrist. Now tuck your thumbs into your fists and reach one arm over your head and one arm behind your back (we will record this by the arm reaching over—so Right arm behind the head and left arm behind the back will be recorded as Right side). Just reach—do not wiggle your arms into better position—and measure the distance between the first joint of the index finger on each hand. Then switch sides and repeat.

If you are within one hands length you get a 3. If you are within one and a half hand lengths you get a 2. If you are less than one and a half hand length you get a 1. Now look at your findings. If you have an asymmetry (3 on the right and 1 on the left for example) you should not perform any overhead work and you need to implement corrective strategies right away. If you are symmetrically tight (1's on both sides) the same applies. If you are symmetrical 2's or 3's, you still need to work your way through the progressions in *Secrets of the Shoulder* but you may begin.



# WARNING!

## Hidden Blocks and Imbalances in Your

# Shoulder Could Be **CRIPPLING** Your Performance and Setting You Up for Injury After Frustrating Injury

Use this **SCIENTIFIC protocol** of proven corrective strategies to **RELEASE** and **RESTORE your full athletic potential!**

**H**ow many times have you wasted precious training time, fallen behind, even had to quit, because of sudden or nagging injuries that reduce your capabilities as an athlete?

Have you ever found yourself getting injured or failing to perform at a peak level DESPITE the greatest care and precision in your lifting and exercise technique?

Well join the club! Most of us highly-active athletes and martial artists have an often-forgotten or unnoticed history of trauma that is secretly handicapping our current performance.

And no more so than in the shoulders! Even a slight imbalance or block in the shoulders can have a devastating impact on your athletic achievement.

As one of the nation's most renowned physical therapists, as Reebok's first master coach, as a consultant to numerous professional teams and as an author of the landmark title *Athletic Body in Balance*, Gray Cook has immense theoretical and practical wisdom about what it takes to identify and correct these imbalances and blocks in the body.

In this brilliant yet highly accessible 2-DVD set Gray Cook teams with premier strength trainer and author Brett Jones to provide you with a complete road map for not only correcting imbalances in the shoulder but also significantly strengthening the shoulder's future function.

To ignore the protocols on *Secrets of the*

*Shoulder*, is to almost certainly set yourself up for further injury and reduced performance.

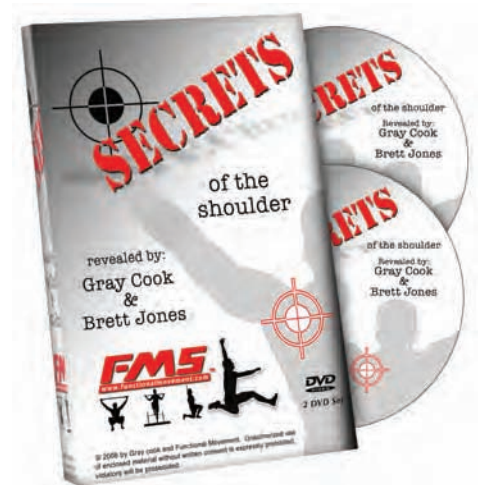
Gray Cook and Brett Jones review advanced shoulder screens that reveal often overlooked components to proper shoulder function. They break down each screen and offer corrective exercise progressions all the way to advanced strength moves. Use these protocols to create a mobile, stable and strong shoulder region—guaranteed.

### DISCOVER:

- ▶ How incorrect posture can KILL and correct posture SAVE your shoulder's movement.
- ▶ How the RIGHT or WRONG breathing techniques can hugely impact your movement—learn what works and what to avoid.
- ▶ What screening techniques you MUST employ for the shoulder and how to take advantage of what they tell you.
- ▶ How strengthening and correctly recruiting your GRIP can dramatically enhance your training of the shoulders.
- ▶ How to identify and remove debilitating trigger points from your body.
- ▶ How to guarantee safer, stronger pushups and pull ups.
- ▶ Why it is SO important to train using the body's own weight, correctly.

- ▶ How employing the theory of **whole body lifting** rewards you with a higher level of functional movement.
- ▶ The key ideas you need to know when creating a functional workout program for an athlete or client.

Ask yourself what even a ten percent improvement in your shoulder's health and strength could do for you athletically. Then imagine the realistic opportunity you have with *Secrets of the Shoulder* to make far, far greater gains than just that!



**Secrets of the Shoulder**  
By Gray Cook, RKC and Brett Jones, Senior RKC  
**2-DVD set #DV043 \$69.95**

**V**isit 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](http://www.dragondoor.com)

**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



# “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 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.

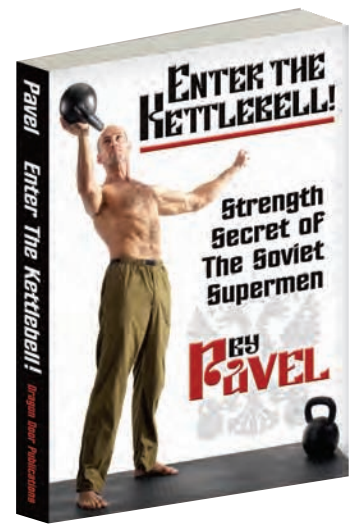
### 2. The RKC Rite of Passage

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 #B33 \$34.95  
Paperback 200 pages 8.5" x 11"  
246 full color photos, charts, and workouts



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



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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.

## 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**

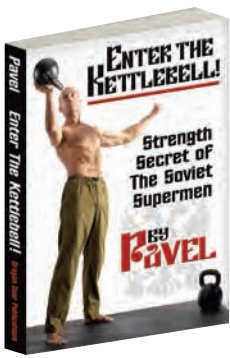
## Chapter 6: The Making of a Kettlebell

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.

**Save Money with the Enter The Kettlebell! Quick Start Kits**







# “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”

**T**he 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—**honoring 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**

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# With Kettlebells You Have NO CHOICE but TO GET STRONGER

By Dan John

*I need a moment here before I begin talking about kettlebells and strength work. Before I can explain why my gym has only squat racks, platforms, benches, bars and kettlebells, I need to make a point. You see, I work with a lot of athletes and one of the areas that we focus on early in changing directions from novice to elite is nutrition. I know, no surprises so far. Well, one of the things we kick around early in the nutrition changes is the need to eat breakfast. You must be wondering why I even get paid to coach now; I haven't said a single thing worth noting! We also look into food allergies and changing the nature of meals. Again, why bother reading? Keep going...*

**S**o, one change that we make early with athletes looking to make the leap in sports performance is to eat eggs and green beans for breakfast. Green beans? Yep, a whole can of green beans. At 70 calories for the whole can and a bunch of fiber...without gluten or dairy or anything else that seems to kick in allergies...green beans could be one of breakfast's best bets.

So, one change that we make early with athletes looking to make the leap in sports performance is to eat eggs and green beans for breakfast. Green beans? Yep, a whole can of green beans. At 70 calories for the whole can and a bunch of fiber...without gluten or dairy or anything else that seems to kick in allergies...green beans could be one of breakfast's best bets.

But, I have one rule: you have to buy the cans with the pop top easy opening lid. Why? Well, I'm asking an adult to change behaviors after a lifetime of Pop Tarts and Cheerios to break out a can of beans and enjoy the morning paper with eggs and green beans. To ask the athlete to use the mental energy to use the can opener might be too much. And, it's funny...it works.

You want to eat more vegetables? I buy the "Veggie Tray" at the store and pour the vegetables into plastic sacks. Whenever I eat, I pull out a sack. When I come home hungry, do you really think I am going to select five different vegetables, wash them, peel them, dice them, then nicely arrange them into a bowl? No...I'm going to eat a bag of chips, seven cookies (because there are only seven cookies) and anything else I can grab.

So, what's the point? You see, this is why I love kettlebells. I love kettlebells because I have so little choice. Go to the local 24/7 Spa and look around for a few minutes. About a mile from my house, we have a gym that is literally larger than the elementary school I went to in my youth. Admittedly, my youth was a while ago but that is not the point. Dumbbells go up in many gyms by ten pounds, some five, some even a pound at a time. There are even variations of dumbbells that are rounded, hexed, padded, and new ones that have an "ergonomic" handle! A thousand machines for bench presses...a million combo machines, dozens of leg press/extension/curl/abduction...

# STOP!



The brain can only take so much! And...that's my point. The human brain is a wonderful device...I own one...but you can only give your brain so many choices. The more and more and more and more you have...the more likely you are to fall into the single worst trap of training that destroys most programs: mindless repetitions.

With kettlebells, I often have really only up to three choices...sometimes only one...for an exercise. The 53 is a perfect choice for snatches, but I "could" use a 70. That is a 17-pound "could!!!" So, I have to back off the reps, tighten my butt...you know the drill. I have to take a lot of energy to rethink and reassess the movement. I need to think about the grip, check my feet ("claw the ground"), load up and snap. You might get away with a lazy finish with the 35...the 70 will punish you for the momentary lapse of will.

Less choice means less mental RAM going out the door. The more you choose, the less you have left over to

## **"Less choice means less mental RAM going out the door. The more you choose, the less you have left over to push the workout."**

push the workout. Those leg innie and outie machines can convince you that you are working your legs. You're not...but you can use your brain to convince you that you are...

Double kettlebell front squats are too light? Move up a size...that's about a 32-34 pound jump! This is an increase in weight...this is a commitment! That 34-pound "fact" is going to make you reconsider jumping...or it won't. If you are determined to move up, notice how much tighter your technique becomes as you simply set yourself to clean the weight. Watch and feel your technique improve...or fail miserably trying. It's fun for the whole family! No choice. More work.

I remember when I got my first kettlebell. I did everything from the books, the DVD and the Internet. Yep,

some things were too easy for me. Others made me wonder about the guys who actually could do these bizarre variations...like pistols and Turkish get-ups. With one kettlebell, it might be possible to get yourself into tremendous physical condition...maybe we could consider having some kind of world championship where the competitors only get to use one piece of training equipment...certainly adding a second will help with having options with presses or Turkish get-ups.

As you add more and more kettlebells, then begin the process like most of us have done and get doubles of each kind, you can play with Double Front Squats and Double Snatches and Double...

But, as you do this, I want you to try something I do at least weekly during the "nice" weather: take a kettlebell somewhere. It can be a park or a field or, in my case, a discus ring. Work out with just one kettlebell. If it is too light...an odd phrase really...do more reps! Too heavy...grind harder!

Discover how your body reacts to windmills on one side versus the other, play with taming the arc on DARC's with either hand...basically explore training again. Having fewer choices in training can unleash the mind to reconnect and reestablish training habits you forgot when you had all those options.

In my gym, we have nearly seventy kettlebells now. That is a lot of iron...but even then, we only have six "choices" of bells. Going up from one weight to another can be a tough decision...it is going to take some will to grab on and rip a bell that might bite back.

Free your brain up a little in training but giving it less choices...buffets are fine, but I like steak for dinner. Every night.

# A Few Hints

- 1. Grab a bell and go somewhere different. Get away from your usual training haunts and relearn the lifts with only one bell.**
- 2. Remember that the lack of choice is actually going to help you train. When in doubt, scale back. *Power to the People!* and *Enter the Kettlebell!* say it the best: "Deadlift and Press". "Swing and Get-Up". Cycle each idea for two weeks. Repeat.**
- 3. When someone asks "Isn't it harder to make such big jumps?" Answer: "Yes."**



**Dan John** has been lifting, throwing and competing since 1967...actually before that, too. He has competed in Olympic Lifting, Powerlifting, Highland Games, Track and Field, Girovey Sport, Weight Pentathlons, Wrestling, Football, and...well, the list goes on. An active strength and throws coach since 1979, Dan continues to find ways to learn more about the art and craft of sports. Currently, the Head Track and Field and Head Strength Coach at Juan Diego Catholic High School in Utah, Dan also writes for a number of periodicals and continues to be humbled by his wife, Tiffini, and daughters, Kelly and Lindsay. Dan's website is [www.DanJohn.org/coach](http://www.DanJohn.org/coach)

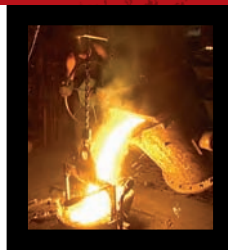
# Ten Reasons Why Dragon Door's American-Made RKC Kettlebells Are The Best Money Can Buy

## 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 heft, 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!**



# 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

weight-lifters 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.

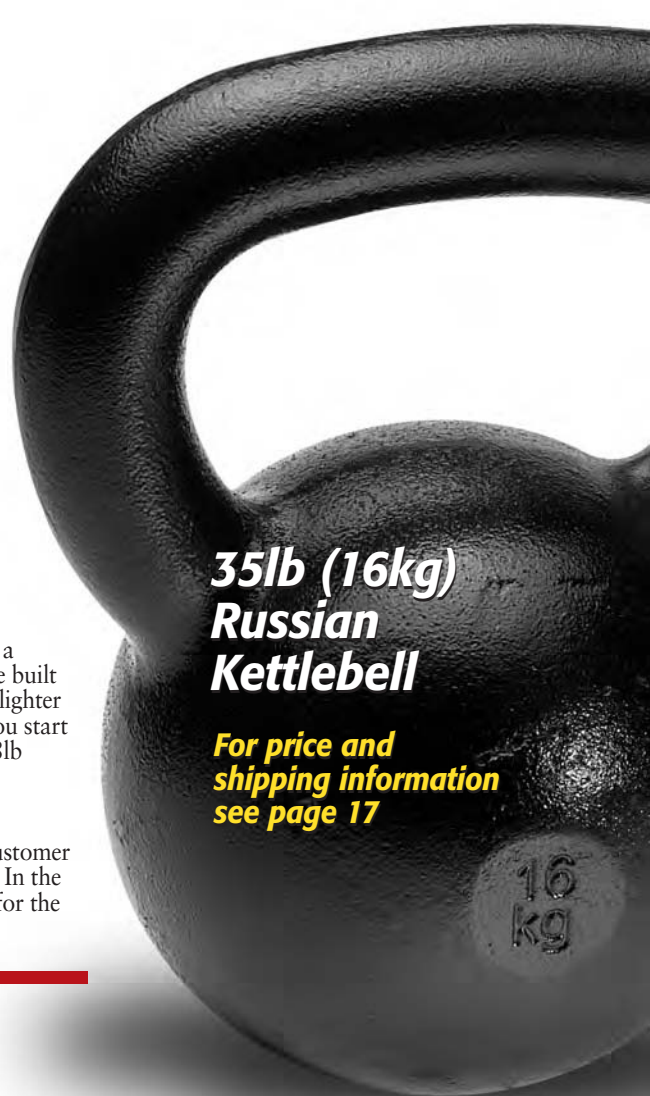
My favorite test: Age of lungs: at age 38, my lungs were recorded as to have aged to 44 years old. At age 39, age of my lungs dropped to 30 years old. Gotta love that!

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 17**

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# 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

### STEEL HANDLE & CORE/RUBBER CASING

#P10K	6kg (approx. 13lb) — .375 poods	Price \$97.95	MAIN USA S/H \$15.50	AK&HI \$61.50	CAN \$37.00
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### CLASSIC KETTLEBELLS (SOLID CAST IRON/POWDER COATING)

#P10N	10lb	\$64.95	S/H \$13.50	\$55.50	\$36.00
#P10P	14lb	\$69.95	S/H \$16.50	\$66.50	\$38.00
#P10M	18lb	\$76.95	S/H \$20.50	\$73.50	\$46.00
#P10G	12kg (approx. 26lb) — .75 pood	\$82.95	S/H \$28.50	\$88.50	\$56.00
#P10A	16kg (approx. 35lb) — 1 pood	\$89.95	S/H \$33.50	\$104.50	\$68.00
#P10H	20kg (approx. 44lb) — 1.25 poods	\$99.95	S/H \$40.50	\$122.50	\$80.00
#P10B	24kg (approx. 53lb) — 1.5 poods	\$109.95	S/H \$44.50	\$139.50	\$92.00
#P10J	28kg (approx. 62lb) — 1.75 poods	\$129.95	S/H \$47.50	\$157.50	\$101.00
#P10C	32kg (approx. 70lb) — 2 poods	\$139.95	S/H \$48.50	\$175.50	\$111.00
#P10F	40kg (approx. 88lb) — 2.5 poods	\$179.95	S/H \$58.50	\$211.50	\$138.00
#P10L	48kg (approx. 106lb) — 3 poods	\$247.95	S/H \$69.50	\$247.50	\$167.00

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

#SP10	Classic Set (one each of 16, 24 & 32kg)	\$322.85	S/H \$126.50	\$419.50	\$271.00
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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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# 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
0.375	6	13
0.5	8	18
0.75	12	26
1	16	35
1.25	20	44
1.5	24	53
1.75	28	62
2	32	70
2.5	40	88
3	48	106



*The most popular sizes in Russia are shaded in red.*

**Male beginner’s weight**

**Most popular in the military**

**Advanced men**

## 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.”



# Men, New to Kettlebells? Here's How to Get the Fastest and Most Effective Strength, Conditioning and Fat-Loss Results with Your Russian Kettlebell...

The kettlebell is the world's single most effective tool for rapid fat loss, fast strength gains and unbeatable endurance. However, in order to properly and fully reap these benefits from your kettlebell, we strongly recommend you properly educate yourself in how to use the kettlebell correctly.

Pavel Tsatsouline is the fitness expert and author who has single-handedly introduced the United States to the powerful physical benefits of kettlebells. So the best way to ensure you get optimal results is to absorb Pavel's advice from his groundbreaking book and companion DVD, *Enter the Kettlebell!*

Pavel's *Enter the Kettlebell!* book gives you the theory, detailed instructions and superb photography to ensure you know exactly what you are doing. Pavel's *Enter the Kettlebell!* DVD supplies that crucial ingredient that you simply can't expect to get from a book alone—the three-dimensional movement that fully illustrates the correct trajectories and other key elements that only film can communicate.

So, we have put together quick-start kits that incorporate all three of these resources, with your choice of three different weight sizes. (And you save \$10.00 over the investment if you paid for these items individually.)

**Special Men's Kettlebell Quick-Start Kits Help Save You Money, Shed Pounds... Gain Muscle, Power And Energy!**

The best weight for a man of average strength to begin with is our

**16kg or 35-pound kettlebell:**



**Men's 35lb Russian Kettlebell Quick-Start Kit**

Item #KKB009 \$144.85 plus \$43.50 SH

The best weight for a strong man to begin with is our

**20kg or 44-pound kettlebell:**



**Men's 44lb Russian Kettlebell Quick-Start Kit**

Item #KKB014 \$154.85 plus \$50.50 SH

The best weight for a very strong man to begin with is our

**24kg or 53-pound kettlebell:**



**Men's 53lb Russian Kettlebell Quick-Start Kit**

Item #KKB015 \$164.85 plus \$54.50 SH

## Save On Your Total Kettlebell Investment When You Purchase a Pair of Same-Weight Kettlebells

CLASSIC KETTLEBELL PAIRS (SOLID CAST IRON/POWDER COATING)

ORDER A PAIR & **SAVE \$10.00**

	Price	MAIN USA	AK&HI	CAN
#P10GA Two 12kg (approx. 26lb) – .75 pood	\$155.90	S/H \$57.00	\$177.00	\$112.00
#P10AA Two 16kg (approx. 35lb) – 1 pood	\$169.95	S/H \$67.00	\$209.00	\$136.00
#P10HA Two 20kg (approx. 44lb) – 1.25 poods	\$189.90	S/H \$81.00	\$245.00	\$160.00
#P10BA Two 24kg (approx. 53lb) – 1.5 poods	\$209.90	S/H \$89.00	\$279.00	\$184.00
#P10JA Two 28kg (approx. 62lb) – 1.75 poods	\$249.90	S/H \$95.00	\$315.00	\$202.00
#P10CA Two 32kg (approx. 70lb) – 2 poods	\$269.90	S/H \$97.00	\$351.00	\$222.00



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# The RKC

## As a Stand Alone System

*By Mark Reifkind, Senior RKC*

**J**ust the other day a client asked me if he had to do other forms of weightlifting or cardio training if he trained with kettlebells. He is a typical client; deconditioned, middle aged, married with children, and seriously pressed for time. But equally as serious about getting back into shape in the most efficient way possible. He didn't want to have to join a gym and go back to doing biceps curls and leg extensions or spending hours on a treadmill or a bike and end up looking like a collection of body parts stuck together willy nilly. He wanted what the RKC System of training will give him: a lean, functional athlete's body able to be strong, mobile and have real world stamina and resilience. Without spending his life in a 30,000 square foot warehouse gym to achieve it.

Of course, kettlebells and the RKC principles can be utilized and incorporated into a diverse array of exercise and sports training. Of that there is no doubt. Using the KB to increase power, general physical preparation, and link the body into a functional whole and will help create a synergy with any training system that it touches. But to me, one of the most beautiful things about the RKC system (not merely the kettlebell, that is just the tool) is how complete it is as a stand-alone training method. No other system of training that I know of will increase your strength, coordination, endurance, flexibility and power as quickly or as

efficiently as Pavel's system of movements and techniques will.

The RKC system is comprised of ballistic movements for speed, power endurance, intermuscular coordination, and athleticism. Ballistic moves such as swings, snatches and cleans are done rhythmically and fluidly and mimic athletic movements with their alternation of tension and relaxation.

"Grinds" or high tension movements done slowly for raw strength create the ability to generate, increase, and maintain max levels of tension (which is a synonym for strength), total body linkage and coordination, an internal focus (which is a prerequisite for generating tension), and a solid whole body foundation of functional strength.

The practice of both these skills also develop full body ranges of motion in all the joints and a flexible strength that is also strong in the full range. Anyone can get flexible with enough stretching. Being strong in these new ranges of motion is vital for maintaining joint stability and function.

The RKC is also infinitely scaleable to any level of ability your client brings to the table. The swing can be done with the smallest range of motion and still provide excellent cardiovascular training, hip, back, leg and core work and lots of stimulation for the arms and shoulders. JUST from a very small, low swing done for low reps. This makes it applicable to virtually everyone who walks in the door. Progressing the range of motion of the swing, as well as the total reps done and the weight used will provide the deconditioned client more work than they have probably done in years. All in the safest manner possible.

Add in the Turkish get-up (the RKC Program Minimum), done progressively of course, and you have a workout that is as simple, complete and challenging as any could need. Not to mention as efficient as you could ask for. What isn't worked by those two exercises?

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Think about growing that workout from a very simple 16 kg swing for 100 total reps and five minutes of get-ups to ten minutes of one arm swings with the two-pood and getups with the same. How strong would you be to complete that twenty-minute session?

Of course, most clients will never do that much or have the need to be that strong but that is beside the point. Even the Program Minimum is a solid workout that will get most as fit as they choose to be and develop the entire body without ever thinking about separate core, lower back or rotator cuff exercises or how long they have to stay on the step machine.

One of the real surprises is how much arm and shoulder development one gets from swinging kettlebells with no “direct” arm and shoulder work. For many women having arms that look firm and lean but NOT bulky is right up there with lean hips and buns. Kettlebell training will deliver that in spades without ever doing a bicep curl or a side raise. As they melt the fat off their butt! Literally.

**“Six basic exercises: swings, get-ups, cleans, presses, snatches, squats. What could be simpler? And what could be harder when done with the optimal form, loads and intensities?”**

Men will be amazed at how quickly their waist shrinks and their torso develops without doing shoulder destroying bench presses or testosterone reducing aerobics. And at how athletic they feel. Perhaps for the first time in years. Or ever.

And every rep of every kettlebell movement DEMANDS your entire concentration. There is no reading the paper while you do your KB workout. In this way RKC training teaches the mind as well as the body. You MUST concentrate or you will suffer the (immediate) consequences. Having that “out of time” experience is one of the nice side benefits of kettlebell training; much as you get when you are in an athletic “zone”. Time slows down or stops and you are “in the moment”. Without having to try.

Training kettlebells as a stand-alone method is very much like any other practice such as karate or yoga. An internal focus is a

# “I never have to set foot in a gym again.”

vital component of the RKC system and “Deep Skill” is the method of advancement, not just using heavier bells. Perfecting each motion and the intention and concentration behind it is a large part of the training. This is going backward to go forward.

Six basic exercises: swings, get-ups, cleans, presses, snatches, squats. What could be simpler? And what could be harder when done with the optimal form, loads and intensities? The combinations are endless as are the loading possibilities. For those looking for a true mind body challenge as well as the fastest way to get in the best possible shape I can't think of a better system to use.

And the best part? As my wife says: “I never have to set foot in a gym again.” From now on, wherever you go you have your gym, and your fitness with you.



**Mark Reiffkind, Sr. RKC** has been a competitive athlete, coach and student of physical culture for the last 35 years. A former national level gymnast, Mark spent 15 years training, competing in powerlifting, achieving a Masters Rating and a **Top 100 ranked bench press**. Mark was also **Head Coach for Team USA at the IPF World Championship in 1995** as well as the **2000 IPF Pan Am Championships**. A writer for *Milo, Ironman, Muscle Mag International*, as well as a published book author, Mark now owns *Girya Kettlebell Training* in Palo Alto, Ca. *Girya* was one of the first studios in the country devoted solely to kettlebell training. Mark works one on one with clients at *Girya* as well as online; offering instruction for powerlifters, mixed martial artists, and kettlebell enthusiasts of all ages. Visit [www.GiryaStrength.com](http://www.GiryaStrength.com)

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**Participants at Pavel's Danish May 2007 RKC Workshop**



**Participants at Pavel's April 2007 RKC Workshop**





# 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, **Oct. 19-21, 2007.**

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Do you have questions about how to train effectively for greater strength, power, speed, agility and conditioning? To get the best solutions and answers to your burning questions about training, visit [dragondoor.com](http://dragondoor.com)'s forum. Here's a typical exchange about one of the most frequently asked questions: "why use a kettlebell instead of a dumbbell?"



# But Can't I Just Use a Dumbbell?



## DB vs. KB

**From: AikidoMan**

"Are DBs as effective as Kettlebell? I am a newbie and from a medical perspective (also a Dr.) cannot see much if any difference."

**From: Brian Copeland**

"Effective training principles such as those we discuss on this forum are universal. They work with KBs, DBs, barbells, bodyweight, etc.

What makes KBs better than DBs are the following:

- Off-set center of balance (big ball with handle) makes your stabilizer muscles fire harder which makes you stronger. Its basically odd-object lifting.
- It is much more natural to do swings, snatches, cleans, etc. with KBs. I use DBs when I travel to hotel gyms and it works... but it doesn't feel as natural or fun.
- For some unexplained reason, KBs are fun to train with. DBs are not. Could be the thought of lifting a huge hunk of iron?
- One med/heavy KB will replace an entire rack of DBs because you can always change the leverage of an exercise to extend the life of a certain weight.
- 1 KB takes up a lot less space in a home gym than a rack of DBs

There are many other good reasons that I prefer KBs and I'm sure others will give some better points but to answer your question.... YES, KBs are more effective in my opinion."

**From: ranki**

"As some one who used DB's and BB's exclusively for years I can say working with Kettlebells is completely different.

I have been doing the ETK program for the last ten weeks. With swings and snatches as the main lifts I have found it more challenging than anything I've previously done.

These exercises with DB's have completely different biomechanics. Using KBs seems to activate stabilizer muscles I didn't know existed.

From a conditioning perspective KB's are much more effective for whole body training."

**From: TimWatson,RKC**

"Kettlebells are not just about the shape of the weight, but comes with a whole different philosophy of strength, balance, flexibility, and coordination. Many of the moves cannot be duplicated as effectively or safely with dumbbells."

**From: Michael Stehle**

"You cannot rack db's like you can kb's. The unique rack position allows for more ROM in the press/press combos, and better positioning in the front squat/combos. These are just two things to mention, the list goes on and on. The unique design of the kb allows for endless combinations. Do yourself a favor, give them a try and 'become one with your kettlebells'."

**From: faizalenu**

"Just looking at the basic ETK lifts:

- C&P and MP -- the shape of the dumbbell makes this hard on your elbows (high rotation MOI). Also, the shape means a very much reduced ROM
- TGU -- very hard to do w/a dumbbell
- Swings -- the KB is better because:
  - 1) it is not as wide
  - 2) The bell moved over a greater range or vertical distance (increased work)
  - 3) because the bell rotates in your hand (teaches tight/loose timing)
- Snatch
  - 1) No punch up force with the dumbbell
  - 2) KB is more stable

Other General Advantages:

- Less moving parts
- Less storage space
- Lower cost to furnish a home gym"

**From: Ultracharge**

"One thing they never tell you is certain kinds of exercises are more ergonomic with a KB over a DB. This allows you to do more work or use heavier weight. The ultimate example would be a bent press."

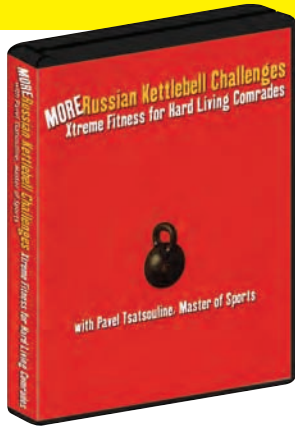
**From: Jason Brightwell**

"I've been compiling a mental list of why KB's are better due to the fact that the last few months mine have been sitting in the corner since I lifted at the gym (notice the past tense, as I am now back to KBing):

1. DB's require rotation at the top of the swing, forcing you to have to loosen your grip, whereas KB's don't rotate.
2. High-rep snatches are much easier as the KB's drop between the legs more evenly balanced left-right wise... DB's tend to jostle back and forth a little.
3. KB's rack much better, esp. for front squats. They sit on the shoulders much better since the handle is in front of the shoulders & the core tends to "sit" in the dip created by the anterior, medial, and posterior heads when the elbow raises to the side.
4. KB's are more stable during RR, and also can be pulled higher (greater ROM) since the weight sits below the handle, not to the side.
5. KB's are much easier to clean multiple times; when I did C+P ladders with DB's, my wrists were easily banged up from the edges of the weight on either side of the handle.
6. You can do certain moves with a KB that you can't do with a dumbbell, such as any of the H2H drills (except DARC swings) and bottoms-up presses."



**“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 \$47.00

DVD #DV005 \$47.00

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 aing 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

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# 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

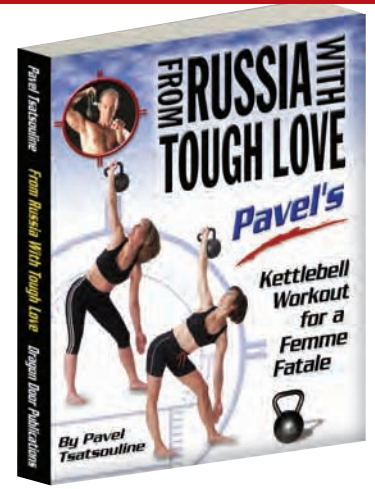
- The power of thought to make you firmer.
- The Russian sports science concept of

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.



**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**

- How to concoct cool combination exercises that deliver an **unbelievable** muscular and cardiovascular workout in a very short period.
- 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.



**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.



## **From Russia with Tough Love**

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With Pavel Tsatsouline

Running Time: 1hr 12 minutes

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By Pavel Tsatsouline

Paperback 184 pages 8.5" x 11"

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

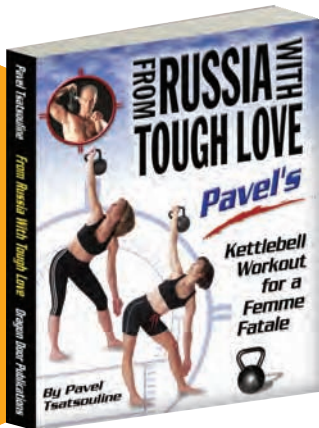
## "Best Fitness Video I Have Ever Bought"

"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



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

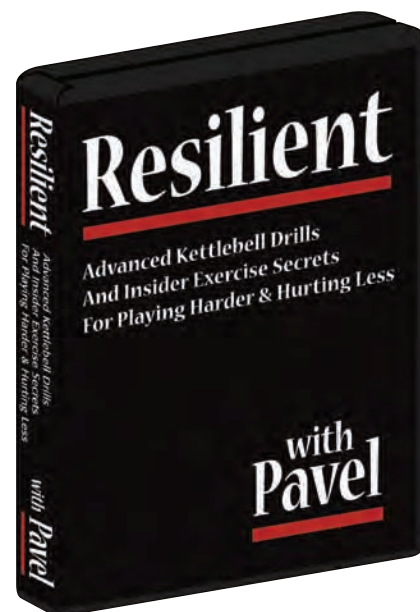
Life has a habit of body-slaming us when we least expect it. And the more active we are, the more likely we're gonna be wrenched, tossed, torn, torqued, twisted, scrunched, hammered and generally whacked around. Hit your forties—let alone fifties—and you can be reduced to a tangled mess of injuries and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



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

#DV017 **\$47.00**  
DVD Running time: 36 minutes

### 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

## 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

# DEPT. OYMED

**SSgt Adam  
T. Glass**

# FOR TIME A

**I**n today's world, America's military forces are deploying to austere locations for extended periods of time (6 months for the Navy and Air Force, all the way to 14+ for the US Army) and carrying out operations at an incredible tempo. In spite of this, the US Military has a very poor fitness doctrine. I am not talking about our elite special forces; I am talking about everyone else.

The typical service wisdom is the daily dozen of body weight calcs and running. While this certainly is better than nothing, it is not the best option either. The US Military has fallen far behind other nations militaries in terms of fitness.

I was amazed when I trained with a South Korean SP a few years ago. They average 12-15 miles running and rucking, then engage in 2 hours of martial arts practice, then head off to work. Watch one of the Syrian Hezbollah training videos, men running obstacle courses, fighting and practicing martial skills for 12 hours a day. Has America forgotten something? It is no secret; the harder and stronger your body, the better you will perform in combat. Not to mention 18 hour duty days in Iraq with high temperatures of 140 degrees, and lows of 55 degrees at night.

This is not an article specific to any job. I do not care if you are a front line trigger puller, a cook, an admin troop, a load master, a cop or a mechanic. You should be training hard! While there is a massive difference in the level of fitness required for a navy seal vs. being a paralegal, there is no reason the two could not train the same

way (talking about fitness here and nothing else).

The armed forces have fallen behind the world in terms of fitness. We are suffering the same problem the rest of the country is, mediocre fitness programs such as body building and basic body weight drills being pushed off as cutting edge, end all, be all programs. Many people honestly believe they are fit because they have a "big bench press" or "ripped abs"

Unfortunately, the time most military members learn they have failed themselves physically is when the pivotal life and death situation is smiling in their face. A prevalent example is the mentality "I will get in shape while I am in the desert" All branches are guilty of this, and it is the NCO corps fault. As a service we fail each other by allowing mediocre standards to exist in our units. There is nothing hypothetical about stepping off a C130 on to a ramp when it is 130 degrees outside in the shade. Are you in shape to start the mission now? Or must we wait 3 months for you to get your shit together?

The solution is simple. NCOs at each level must learn the methods, make the materials available, motivate their people, and eliminate mediocre exercise sessions. Challenge your people and show them how strong they can be. Unit PT sessions consisting of push ups, sit ups and a distance run must stop. Volleyball, basketball and soccer matches are not preparing your people for the demands of the profession. Even worse, these crappy programs are reinforcing mediocre standards. People join the service to better themselves. Let's facilitate this goal.

How about hoisting and throwing sand bags, swinging and snatching kettlebells, pull ups and dips with your full IBA? What about pushing HMMWV's and deuces? Focusing on preventing common injuries, not reinforcing the drills that inflict them. Make people stronger then they look, and leave the sissy programs to the shapers and pumpers.

There is a big difference in a coach or personal trainer working with a recreational athlete and training a military unit. If you are not an expert and you get one of your men hurt trying out your newest muscle mag super squat program, you just blue falconed the mission. Relax high speed; the best programs have already been developed. All we are doing here is taking those programs and tapering them to our needs. The ideas I am presenting are the things I have learned from the best, the things I have done in the past, and then things I am doing now.

I believe the following equipment items should be included in a deployed services member's fitness arsenal:

- ➔ **A kettlebell.** Indestructible. All Weather. Easily stored, easily carried. Literately replaces barbells, dumbbells, and any machines.
- ➔ **Jump Stretch bands.** I have only recently trained with real deal jump stretch bands, and I am impressed! They could fit in any pouch in your rucksack, and are incredibly durable and strong. You can do some very awesome drills with these.
- ➔ **Shot-put.** I started using Jeff Martone's superior high output training (S.H.O.T.) last year. It delivers. A 12lbs shot-put is easily

transported, and you can use them anywhere you have a few square feet.

- ➔ **Something to perform pullups on.** Look around; there is something you can pull your butt up on.
- ➔ **A few square feet of sand.** A few square feet of sand. Hmmm, if you can not find this, you are not deployed right now.
- ➔ **Something heavy and awkward.** Something heavy and awkward. A sea bag filled with sand or gravel, a big rock, something. Almost every base in Iraq has a vehicle grave yard, go talk to the motor pool and ask them if you can have a shot out transmission. If you can carry it out, go for it.

That is everything you need. Now, how are we going to do it?

First thing I want you to do is examine your duty schedule:

- ➔ What hours are you working, what times?
- ➔ Is it summer time or the winter months?
- ➔ What is your on/off rotation? A person working a 6&1 will likely use a different schedule than a person doing a 3&1.
- ➔ How much sleep are you getting?
- ➔ What kind of chow are you getting, and how often?

These answers will help fill out the X factor for the question of "how much and how often will I exercise?"

From my own personal experience I know this: A hard work out after a 18



# FITNESS DRILLS FOR DEPLOYED FORCES

hour day kicks me back awake as if I had a nap. It is a double edge sword. If I know I am going to have a bear of a week, then I know I need to cut out evening work outs. On the other hand I will hit the program hard when I know the week will be easier.

## ON TO THE MEAT AND POTATOES

The following drills are of the highest importance. The core of the program is based around the *Enter the Kettlebell!* program break in period. Most people do not need to progress to the snatch and press, because the get up and swing are money.

- **The 2 hand swing:** This can be done with a kettlebell, a sandbag, a dumbbell, or a plate. This drill is the key to unlocking the hips' power. It will allow you to run faster, hit harder, and go all day with 70 pounds of gear. This is also my primary cardio. There are many places in the CENTCOM theater where running is not an option due to safety and security reasons. No problem! Swings are superior to running for cardio, work capacity and GPP.
- **The get up:** No one can say enough good things about this drill. I have yet to meet one person who has tried this drill and did not love what it does to your body. You can add a lot of other drills in to this complex. I like to use sandbags or kettlebells for this one. Take two or three sandbags so the weight pulls in several directions and knock out your reps. Throw in some windmills too. It's good for you.
- **The Nasty Hundred:** This is a drill you will learn to hate. Take something

heavy, like a 150 pound sea bag full of sand or a transmission. Get a platform that is 3 \_ feet tall to 4 \_ feet tall. The back of a HMMVW troop carrier, or some pallets work great. Put the implement at the base of the platform. Pick it up and put it on the platform. Now take it off. Do this 100 times. It sucks. To add extra misery, add full IBA, K-Pot and rush the clock.

- **Buddy carries:** I have met pararescue men who have carried injured men hundreds of meters on their backs across broken terrain. That is functional fitness, being able to do what is needed when it is needed. You need to be able to lift the biggest people you work with. You never know when you may need to move them. Leave the CLS tricks for this one; we are going to do it the hard way. Have your buddy put on his gear. You will have on your gear. He will lay on the ground, you will pick him up, and you will move your ass. Up hills, down hills. Across sand, grass and gravel. Nothing else to say about this.
- **The Tactical pullup:** A tactical pull up is one done with a thumb less grip from a dead hang, touching the throat to the bar. No kipping, knee kicking, bouncing or half reps here. I recommend you use the "grease the groove" system from *The Naked Warrior* for this.
- **The pistol:** The one legged squat. This was the hardest drill I learned to do. It took me months to get it down. It was worth all of the effort. This drill is the real deal for true leg strength. I use 40 to 50 pounds of extra weight for sets of single reps.
- **Finest in the World:** Pushing a HMMVW, M-35 or even a 5 Ton. Great team building drill. Most likely you have had to

do this on several occasions, hence the name. "Best equipment military in world," right... For full training effect, have the team get in full kit. Best used when people decide to drop their ass the last few months of the deployment and attitudes start to flare up.

That is what I consider to be the core. Some other things I recommend adding are the following.

- **The body bridge:** strengthens the upper back, stretches the shoulders, upper back and hips, and builds the wrists. I love this drill.
- **Neck complex:** Use the 3 plane neck movement, followed by weighted chicken drills, followed by the boxers jaw opener.
- **Forced Relaxation hip flexor stretches:** Do them, your back will thank you when hour 14 hits and you are still on your feet standing guard duty.
- **Hanging spinal decompressions:** There is a lot of medical evidence suggesting this drill is outstanding for your spine. I do not know anything about that, but I know it feels good, especially in the mornings when I wake up and the evenings after I work out.

Here are a few other ideas ideal for small group PT sessions.

- **1st day Get-ups for time,** mixed in with up/down drills while wearing your IBA. Up/downs are simple, get up, and then get down. I prefer to do 5-10 minutes straight get ups then go in to 5-10 minutes of up/downs. **Swings, with jumping jacks as active rest.**
- **2nd day Pullups and Pistols.** I highly recommend the ladder method, as this accommodates troops of different strength levels.
- **3rd day Active flexibility drills** and some stretches in the morning
- **4th day Get-ups then the nasty 100.**
- **5th day Swings and buddy carries**
- **6th day Finest in the World,** followed by **pull ups**
- **7th day Sleep.**

Take the hard road when ever possible. There never seems to be enough sandbags filled down range. Spend an off-day filling sand bags with an E-tool. Back breaking labor is good for the soul. If nothing else, you will have earned the right to gripe about how tired you are.

## PUTTING IT ALL TOGETHER:

The cycling element is key to avoiding burn out and staying strong. I personally use the ROP [Right of Passage from *Enter the Kettlebell!*] split. I believe this load is perfect for most people, and more and more people are testifying to this every day.

**SSgt Adam T. Glass** is a Security Forces supervisor in the United States Air Force. He has served for 6 years and has completed several tours in the Iraq/CENTCOM AOR. SSgt Glass has specialized in training short range tactics and electronic security systems. He is an avid arm wrestler, grappler and short bender.

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# "It's As If I Had been Playing Golf My Whole Life With the Parking Brake On... And Suddenly Discovered How To Release and Unleash My True Power!"

Make The Biggest Single Advance of your Life... Propel Your Golf Game to a Whole New Level of Explosive Power and Strength—With The Dramatic Gains You'll Experience By Employing These Little-Known Kettlebell Training Secrets

**T**here is golf conditioning and then there is *Hard Style Golf Conditioning*. *Hard Style Golf Conditioning* (HSG) is a comprehensive program that combines the 4 phases of golf conditioning and the powerful techniques of Russian Kettlebell Training.

Terrence Thomas, Golf Biomechanic and Russian Kettlebell Instructor uses his no fluff, direct teaching style to drive home the fine points of each Golf Fitness drill.

*Hard Style Golf Conditioning* will teach you how to forge a doer's body that roars strength and resiliency on the golf course and here's why:

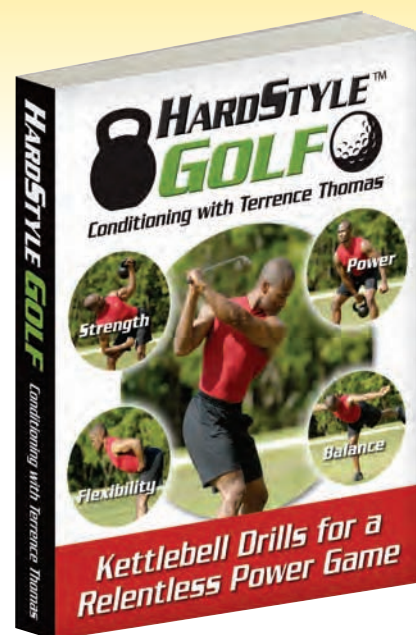
- ▶ The kettlebell **promotes greater grip strength**—discover how best to take advantage of this secret to a more effective golf game.
- ▶ Learn to properly activate your deep stabilizer system—and **dramatically increase your power**—by using a unique property of the kettlebell design (Hint: there is NO WAY you can duplicate this effect with a dumbbell!)
- ▶ Discover how to safely apply and absorb greater force—so **you can hit harder and farther, more often!**
- ▶ Discover how to build strength, flexibility, power and endurance with a single kettlebell.
- ▶ **Have nagging injuries** been sabotaging your golf performance?

**Not any more**—if you apply the almost magical fixes you'll find in *Hard Style Golf Conditioning*.

- ▶ **Loosen** up those hips with the cigarette butt stretch—and watch yourself **explode with new power** out of your swing.
- ▶ **Prime** your rotation reflexes with the Neck Trunk Trainer—another little-known secret for **cutting strokes off your game!**
- ▶ How to build a more balanced—and therefore more powerful—Swing with the one-legged kettlebell deadlift.
- ▶ **Protect** your back and **strengthen your core** with the kettlebell windmill.
- ▶ Learn how to create that powerful whip-like, **Tiger-like** hip action with the kettlebell swing.
- ▶ **Tired of hoiking those extra, unsightly pounds around the course? Lose your deadweight fat** with these high-energy, fat-destroying kettlebell workouts.

*Hard Style Golf Conditioning* teaches the fundamentals of flexibility, dynamic mobility, balance, strength and power with the use of the powerful Russian Kettlebell.

*Hard Style Golf Conditioning* will make good golfers better and better golfers the best. Wherever you are in your golf fitness, HSG will meet you there and take you to the next level.



## Hard Style Golf Conditioning

Kettlebell Drills for a Relentless Power Game

By Terrence Thomas, RKC  
Paperback 8.5" x 11" 172 pages  
Book **#B35 \$39.95**

- ▶ Over 200 Illustrations
- ▶ 40 Golf-Specific Drills
- ▶ More than 12 training routines
- ▶ 4 phases of Golf Conditioning
- ▶ 2 major training schedules



# TRAINERS... COACHES... ANNOUNCING:

## Brett Jones and Michael Castrogiovanni's **Athletic Achievement Accelerator** – The AAA-Rated Kettlebell Program That **Supercharges Your Athletes' Performance** – And Guarantees Your Clients **Faster, More Lasting Results**

### HIGHLIGHTS OF VOLUME ONE

- How and why kettlebells can improve your athletes' performance
- Little-known drills to transform the Kettlebell Swing into a dynamic power-generator for superior performance
- 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

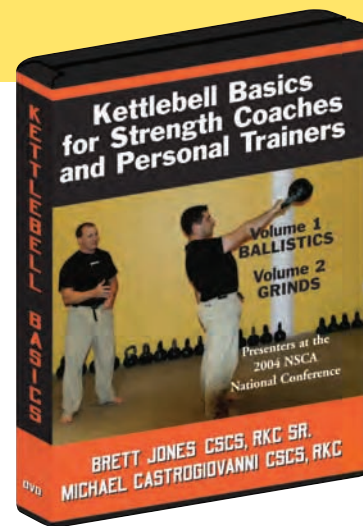
### HIGHLIGHTS OF VOLUME TWO

- 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



## Kettlebell Basics for Strength Coaches and Personal Trainers

A Two-Volume DVD set  
with Brett Jones CSCS, Sr.  
RKC and Michael  
Castrogiovanni

CSCS, RKC Team Leader

Volume 1 – Ballistics

Volume 2 – Grinds

Running Time: approx two hours

DVD #DV026 **\$67.95**

### 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

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# DID YOU GET YO

Reader reviews of Andrea Du Cane's ***The Kettlebell Goddess Workout*** DVD—Average Rating: 9.5 out of 10, in 31 reviews on [dragondoors.com](http://dragondoors.com)



## Finally!!!

"I am so excited about this DVD! I have been training with KB's for three years now off and on, and I have to admit that my motivation has been running low in the past year, and this is just what I needed! Someone to push me, something simple, something structured. I have been waiting for a DVD like this for a looong time and now it is finally here! What I like best with it is how it is laid out. It is a complete foolproof way to get your butt kicked a different way each and every day! I love it. And the PDF that came with the DVD shows different ways to schedule your workout or combine different exercises and it gives me absolutely no excuse not to swing that bell! Andrea, great job!" —Ulrika - Detroit, MI

## WOW!

"I ordered this DVD before I attended the RKC in September and wow has it given me a new perspective on training. It adds a new excitement on working with KB's. The atmosphere of the DVD creates a relaxing yet motivating theme. I love that

there are different workouts given to help add variety to your training. This DVD is a definite must for men and women, beginners and advanced KBer's."

—Christine Staunch, RKC - Bayonne, NJ

## The Complete Package - Astonishing

"If I could I would give this DVD a 20 instead of a 10. Most DVD's only give you a stripped down version of a workout. This marvelous DVD gives you not only 1 workout, like most DVD's. It gives you an infinite amount of them, and they include a warm-up portion and a cool-down routine that is out of this world. These workouts will work you out even if you use a light kettlebell. The instructions are clear cut, and concise for all to understand. Guys will love this DVD as well." —Karen R. Queen - Tampa, Florida

## Hard Core Workout!

"Andrea Du Cane provides some tough workouts on The Kettlebell Goddess DVD. This DVD is not for beginners, but it is a great way for someone familiar with basic kettlebell exercises to get a great challenging workout. Each of the goddess workouts are great no-frills, no-nonsense, kick-butt exercise routines. I really enjoy the relax into stretch segment at the end of each workout.

By the way, this DVD is not just for women! My boyfriend loves it as much as I do (though he did complain about not being able to keep up with women wearing pink shirts.)"

—Mary - Saratoga, CA

## Become the Goddess!!

"WOW!! I purchased this DVD at the RKC in October and I am in LOVE!! I will recommend this DVD to EVERYONE!! This has to be the most kick-butt workout I've tried. My clients will love it! I love the structure of being able to design my own workout with the formulas provided, or just follow along with the workouts already created for us. Andrea - You are awesome! Thanks so much for this DVD! I feel like I'm back at the RKC. (well...almost!)"

—Rae Chitwood, RKC - Mansfield, OH

## Excellent!

"This DVD is brilliant! I love the way it is structured to either follow along with the goddess workouts or to create your own. The instruction is great and the workouts are awesome. I can never see myself getting sick of this DVD with all the variety!

I'm newly addicted to kettlebells; I have only been working out with them for a few months now and I think this DVD is excellent for beginners. I'd recommend it to both beginners and advanced kettlebellers alike. If you are looking for a serious workout DVD, this is definitely worth it! I love it! I can't thank Andrea enough!!" —Jen - Maine

## The Kettlebell Goddess Workout is the Best!

"This is one of the best DVD's that I have ever purchased. It is so complete with workouts and instructions. The variety is terrific. I really enjoyed Andrea in From Russia with Tough Love, but this is the best. Nicole and Kristann are a wonderful complement to her and very much inspire me to keep working to get better. I tried to just watch the video without picking up the kettlebells, but I couldn't. I had to jump right into a workout. I am glad I did. First the warm up was one of the most thorough that I have ever had. Then the exercises really hit the mark. I had such a pump in my lower body and an overall rush all over. Then the nice cool down made me feel like I really accomplished something. I plan to keep on doing the workouts. Thanks for the Kettlebell Goddess Workout. Please keep up the good work!" —Robin McGill - Tampa, FL



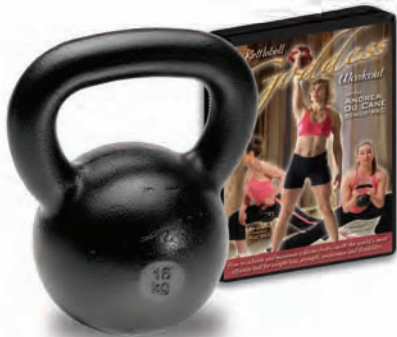
## Nothing but positive feedback!!!

"This is a great DVD. I have been getting nothing but positive feedback from my clients. I tried a few of them myself and trust me guys, this DVD is not just for the Goddess' but the Gods' can also get worked on these programs as well. The different combinations and ways Andrea shows you how to come up with your own personal routine makes this a must for anyone who wants to get in shape." —Lance Mosley, RKC, CSCS - Palm Beach County, FL

## Outstanding DVD!

"This is definitely the best work-along kettlebell DVD I own (and I have several). The pre-programmed workouts are excellent. Most instructors would have stopped there, but not Andrea. The A/B/C programs and the ability to select individual drills within those programs make the DVD even more versatile and more valuable. But she didn't stop there, either—the

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# UR GODDESS YET?

bonus drills are the icing on the kettlebell cake. In addition, two or three options for performing many of the drills are shown. The instruction and form pointers are outstanding throughout. I'll be using this DVD for a long time, and I'll be using the workout design principles and suggestions in the accompanying PDF to make my other work-along DVDs more effective and more enjoyable." —Martha E. - Tennessee



## This video is GREAT!!

"I think this video is GREAT because you can move to anything you want to right away, and Andrea does a FINE

job explaining and demonstrating the exercises. The fact that they are broken up into upper and lower body and cardio workouts is wonderful. I use the video everyday and I thank you for offering it. I think you're right to let people choose their own or no music. Also, it is a great buy, for \$29.95 you get 2 1/2 hours!" —Anne Clare - Kansas City MO

## This is perfect for what I was looking for!

I am fairly new to KB training and own the 'Tough Love' DVD. I was looking for some structure in my KB training when I came across this find. I am not one to 'wing it'. It is like Andrea read my mind. I have only done a few of the available 'Goddess Workouts' on the DVD and am very impressed. It was obvious that she really tried hard to accommodate so many aspects of KB training! I also appreciate the low cost associated with this excellent DVD. If you enjoy working with KB's and are looking for some structured, short, workout routines I would highly recommend this DVD. Thanks, Andrea for taking the time and energy to put this together." —Diane - Belleville, MI



## Works for the Gods too

"Men! Don't let the 'Goddess' title keep you from getting this DVD. The workouts are demanding and complete. You may follow each workout as demonstrated for some

great training. The real bonus for me was the build your own workout section at the end. Any 'God' can reap tremendous benefits from the Goddess workout. —Steve Gould, RKC - Morton, IL

## This is motivating

"I have been swinging the bell since January, love it and am amazed at the results. Results gets me 'hooked'. I have a certified instructor I work under

twice a week. I wanted to workout more often so would pick up the KB during the week but would swing for only ten minutes or so. I would do my favorite and easiest swings. This video gives me such a variety of workouts, has a few swings I have not seen or done and I now do some tough stuff I otherwise would pass on when I am working out alone. What a great complement to my classes as a fill-in during the week." —Kathie - Fair Oaks, CA

## This DVD is awesome.

I like the way it's arranged into 6 sections. One can pick which workout to choose. It really complements my training with John Rock my Certified Personal Trainer and RKC instructor at Lifetime Fitness St. Louis Park. We've recently been working on the Pistol—something I never thought I could do. The DVD helps with the technique. The constant variety of the workouts will keep it from ever getting old and boring meeting my changing needs. The bonus section will help keep things fresh." —Judith Hansen - Minneapolis, Minnesota



## Awesome DVD and well worth the investment!

"I purchased a Kettlebell last year and only knew a few exercises. As a fitness professional teaching group choreographed aerobics for 23 years

I am excited to receive this addition to my home workout!! It is like having my own personal professional Kettlebell trainer in my living room!! I love it. Satisfied in CA" —CJ - Forestville, CA

## Absolutely AWESOME!!!!

"WOW! I love the mix and match format. I am already seeing results. I would HIGHLY recommend this to someone who needs direction when doing a workout. I love being able to choose if I want to do a Goddess workout - which are KICK BUTT. Thank you to Andrea for this GREAT WORKOUT!!!" —Cathy Sands - Newark, OH

## Superior than any other workout tape I've purchased

"I can do Andrea Du Cane's workout or make my own from her list! And her list is organized and well thought out. 10 minutes or an hour. Change it up whenever I want without wasting time. I've never seen anything like it! I don't wait 5 minutes in between exercises for an explanation. All angles of the exercise are shown.

The best part is the workout itself. With the kettlebell workout I feel the exercises deep inside - not just right underneath the skin. Something I never experienced before and I have worked out with weights on and off for 20 years. I felt that for the first time I'm finally working out the right way. They DO make you stronger, they DO give you that energy kick and they DO melt the fat. Combined 1 inch and 3 1/2 lbs lost in 2 weeks. Never did that with the other tapes!" —Therese R - Poolesville, MD



## Skip the health club membership and do this instead!

"I learned about KB's through a local trainer and own two 18-lb bells and a 26-lb bell. I was starting to feel 'antsy' and anxious to try some new things. A friend told me to return to the source — Dragon Door — and check out this DVD. I HATE exercise videos but did it anyway because it had to do with KB's. Wow!!! I did the Artemis workout right off and was really surprised how much new stuff I learned in 30 minutes.

NO ONE, no matter what your level, should be left out of the KB rage! Very pleased to see Andrea's bonus drills and workouts so that I can put together my own programs. My success has to do with my own creativity, and Andrea and group have encouraged me to go for it. My workouts have moved up a couple of notches. A million thanks! More, please!" —DEBORAH F - DENVER, Colorado

## A must have when working with kettlebells

"This is the best dvd that there is. I received it about 2 weeks ago and I have been doing it everyday. They really can kick your butt with this dvd. It's a MUST HAVE." —Justine - Downriver MI

## What an awesome DVD

"I absolutely LOVE this DVD. I really like how interactive it is, you can pick your workout or mix and match smaller portions to make a whole. I've got my husband doing it with me I just haven't told him the name of the DVD! I like the 'real people' doing the workouts, not models, which for me is always a real downer. I like the variety of workouts as well as the variety of different exercises, some I had not done before. I swear I can see a difference already, after two weeks. I love to KB, but I have a hard time thinking what to do, how much, etc. This makes it fun, and is something to work for, I can't quite keep up on everything, YET." —Brenda Sparks - Monroeville, Oh

"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"



**T**he 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—them 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...

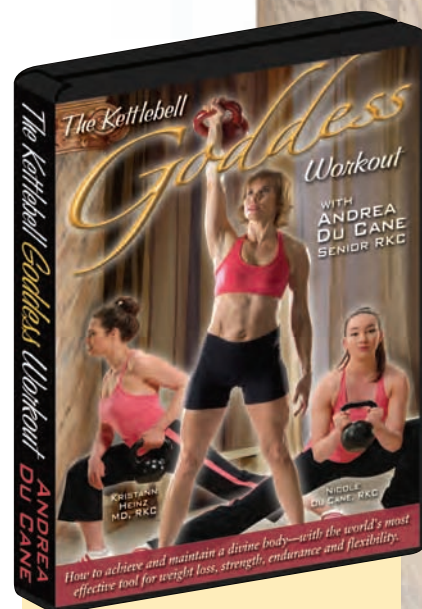
Or simply follow along with one of the six **Goddess Workouts** for a complete, carefully targeted session designed to carve away the fat and sculpt lean, toned muscles—ready and willing to take on the world and win it all. Just like Athena... Just like Nike...

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.
- Renew yourself with a constant variety of targeted, high-yield workouts that meet your changing needs.
- Redefine your body and exceed your mortal limits, with the divine challenge of Andrea's patented *Goddess Workouts*.

Includes a **Special Bonus Section** of additional drills to add further variety and power to your workouts.

Contents include a PDF on **How to Get the Most Out of Your Kettlebell Goddess Workout DVD**—plus special programming tips.



### **The Kettlebell Goddess Workout**

Andrea Du Cane,  
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with Kristann Heinz, MD, RKC  
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Running time:  
2 Hours and 25 minutes  
DVD **#DV040 \$29.95**



Interview for *Hard Style* by  
Dr. Mark Cheng, RKC

# INOSANTO ACCEPTS A CHALLENGE!

World-famous martial arts authority, **Daniel Inosanto**, goes toe-to-toe with Pavel Tsatsouline's *Russian Kettlebell Challenge*!

**F**or those of you who don't know a thing about martial arts, Daniel Inosanto is perhaps the most well known name in the international martial arts scene, second only to his illustrious mentor, the late Bruce Lee. In this exclusive interview with *Hard Style*, the man who perhaps most assiduously followed Lee's command to "absorb what is useful" talks about his training with the founder of the Russian Kettlebell Challenge, Pavel Tsatsouline!

**Hard Style:** Sifu (Master) Inosanto, thank you for granting us this interview. When did you first start working with kettlebells and how did that come about?

**Daniel Inosanto:** I first started working with kettlebells when my student, Mike Krivka, RKC Level II, brought them to one of my seminars and started showing me some of the exercises. Mike was quite enthusiastic about the kettlebells and told me that even though he no longer lifted traditional weights, he was able to lift *more* weight than before when he tried it again thanks to the kettlebell training.

Krivka gave me either a 26 or 35 pound bell to play around with, and I immediately tried using it with the shrimp move from the Brazilian Jiu-Jitsu warm ups. I liked how it felt. Then Krivka told me that the guy who pioneered kettlebell training in the USA was living not too far away from my school, here in L.A., and he set up my first lesson with Pavel.

I really enjoyed kettlebells from the first lesson, mostly because it wasn't boring like regular weightlifting. With standard weights, you might have to go through an hour to two hours in the gym. So you're spending a lot of time to get a workout, not to mention waiting for the different machines to be available.

One thing I like about kettlebell training is that you can get your cardio, because the training is very cardio to me, and the strength training all in one process. It also worked my upper and lower body at the same time. You don't have to run around the gym and go from machine to machine to machine just to hit all the different body parts and get a complete workout. That's a major plus!

Also, kettlebell training's variety of exercises keeps the workouts fresh. It's never boring or monotonous. Just like with martial arts, you learn a technique or an exercise, and once you think you've got it, your instructor gives you a little correction here or there, and your entire understanding and ability level changes dramatically. That's how I feel about kettlebell training with Pavel.

To be honest, I was quite worried about my lower back, having had several serious injuries in the past. But the kettlebell training actually seems to have opened up my back and my hips! Other people might not agree, but I really think that it's a perfect compliment to Pilates, Gyrotonics, yoga, and other forms of exercise. For years, I've had very tight hips, but kettlebell training has really opened them up.



Photos courtesy of Inosanto Academy of Martial Arts

I was also worried about starting kettlebell training because of my age. When I started kettlebells, I was either 67 or 68 and had a lot of doubts about what I'd be able to do with them at my age. To my surprise, I've been able to do just about everything and I've actually gotten a lot stronger now at 70. Even when I'm in Jiu-Jitsu class, I have much better grip strength than I ever had before. My Kali (Filipino stick fighting) game has also benefited from the kettlebells.

**HS:** In grappling arts, you need to have two different kinds of gripping power. Let's say "quick grip" is the ability to grab something quickly and assert control over it. And let's say "endurance grip" is the ability to maintain a grip on something once you've managed to get your hand on it. Which of the two do you feel has improved in your grappling thanks to kettlebells?

**DI:** Both! Let me tell you about one training session I had with Renato Magno (chief instructor of Brazilian Street Sports and Machado Jiu-Jitsu black belt). After a few months of training with kettlebells, I went in once for a class with Renato, and while we were rolling, he said, "Whoa, your grip is strong today, Dan!" He *never* complimented me on my grip before, so I realized that other people could tell that I was getting stronger too. I felt like I was able to not only control my opponent's gi (uniform) better, but also didn't feel the fatigue in my hands and forearms as quickly.

*Continued next page.*

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While I know that kettlebell training has helped my endurance, Pavel has also shared some other non-kettlebell insights with me as well. The drill he does with striking pads at various percentages of force or effort was a real eye-opener. Even though you as the striker can feel that you're using totally different amounts of effort, the differences in shock value for the receiver of that strike are almost negligible. My students have really learned to appreciate that, especially with kicking arts. Thinking back, I can relate to that lesson in sprinting. If you think you're going all out, that's not where you want to be. If you think you're going at 80%, you're actually running faster. I discovered that in my college track career. This kind of training is very intelligent.

**HS:** Backtracking a little bit, when did you first get into weight training?

**DI:** I got into weights quite late, at 18 years old. I was introduced to it by the Ward brothers: Bob (the former conditioning coach for the Dallas Cowboys), Paul, and Maurice. In those days, weight training for athletes was taboo. Athletes were taught that weights would make them stiff and muscle bound. So by the time I got to college as a freshman, I had my first foray into weight training. Back then I was running track and later played football.

**HS:** So Dr. Paul Ward introduced you to weights because of football?

**DI:** No, it was because of track. Back then, I thought Dr. Ward was incorrect to make sprinters weight train, but it clearly made me faster.

**HS:** You've done other types of weight training through the years, right?

**DI:** I've done a lot of hours of weight lifting, but the sheer amount of hours I had to put in the gym to get a compete workout conflicted with the time I had to put in developing my martial arts skills back then. Maybe that's why I never really got into it before kettlebells. Interestingly, Bruce Lee did a lot of weight training – mostly cleans, snatches, and deadlifts, but with a regular barbell. He even knew about kettlebells back then, but I didn't realize it until just last year as I was going over some of his old notes!

**HS:** With other systems of weight training, have you ever suffered injuries?

**DI:** Oh, yeah. Sometimes with trying to lift a weight that's too heavy for me, I've hurt my back or shoulder. Even worse than that, I think I've even dropped a weight on my toe before. Oddly, I've never suffered an injury with kettlebell training, but I think that's more because of the way Pavel teaches. Instead of forcing me to push out another rep when I'm already tired or when I'm getting a little sloppy with the form, Pavel tells me, "Put it down right now!" So the safety component of the training's been really valuable.

So after a few years of kettlebell training already, I still haven't suffered any injuries from it! I'm 70 years old now, and I'm constantly amazed that there's so much that I can do with kettlebells, in spite of my initial doubts. The exercises create a great linkage in my



Photos courtesy of Inosanto Academy of Martial Arts

body, so I feel like I'm moving with power. I'd even say that I feel like I'm regaining strength or mobility in some areas of my body – for example, my shoulders and lower back. Thanks to exercises like the Turkish Get-Up, I can feel my hip flexibility improving, while still working the rest of my body at the same time. The Turkish is an interesting exercise because even if you don't have a kettlebell, you can still work on it using other things that you happen to have on hand.

Kettlebell training has been interesting. Thinking of the press in particular, I remember that I couldn't even press the 26 lb bell even once with my left side because of all the rotator cuff injuries that I'd had. I've tried tons of different things to rehab that rotator cuff, from rubber tubing to whatever. The kettlebells seem to really have made the biggest difference with bringing them back to functionality for me. The snatch might have helped to open up the restriction in my shoulder girdle too.

I tell you this. If I were to go back into coaching track & field, I'd make kettlebell training mandatory for my sprinters, my middle distance runners, pole vaulters, shot putters, discus throwers, and all of the jumpers. I'd make it mandatory for football players as well.

If I had enough floor space, I'd have everyone in my Thai boxing and JKD classes doing kettlebells as part of the warm-up and conditioning as well. The kettlebells themselves don't take up a lot of space, so they're actually useable in crowded conditions, but sometimes, those classes are standing room only, and we just don't have enough bells for everyone yet.

**HS:** The martial arts training methods that start becoming popular at the Inosanto Academy often seem to find their way out into the American and then international martial arts mainstream afterwards. Do you see kettlebell training as a part of that as well?

**DI:** Oh, yeah. Of course! And it's not just us. Frank Shamrock used kettlebells as part of his preparation before his victory over Cesar Gracie, and you even see kettlebells in movies now, like *Rocky*. The guys behind the scenes of the movie *300* used kettlebells to train the actors, too. And whenever I have a seminar or an instructors' conference, I'm always

recommending Pavel's kettlebell training methods, telling the students to get to his workshops or seek out his RKC certified instructors. For professional athletes, for rehab, for whatever kind of athletic endeavor, this stuff is practical and you can feel the benefits right away.

**About the subject:** For more information on Dan Inosanto or the Inosanto Academy of Martial Arts, please visit [www.inosanto.com](http://www.inosanto.com). Dr. Mark Cheng, RKC, teaches kettlebells at the Inosanto Academy. You can reach him through [www.KettlebellsLosAngeles.com](http://www.KettlebellsLosAngeles.com) or [kettlebellsla@yahoo.com](mailto:kettlebellsla@yahoo.com).



# HOW TO

# OVERCOME

# YOUR PLATEAUS

## Using Dynamic-Isometrics and Shock Training

By Kenneth Jay, BSc, Sr. RKC



nybody who lifts weights will sooner or later reach a point of stagnation in their training. What you do at this point is what determines whether you'll move on from there or effectively bog your progress down to the point where you'll need a tow truck to pull you free of the muck.

On the topic of physical development Bruce Lee once said that *"everybody plateaus at some point but you must not stay there.... You must go beyond"*

The very fact that you are reading this tells me that you've already caught on to the idea that when your training is failing, more of the same is unlikely to yield a different result.

Ever dependable, the Russian toolbox contains a number of choice power tools that'll help you fix your problems, be it a running toilet or a stuck overhead press.

*Dynamic-Isometrics and Shock training.* These two methods are personal favorites of mine and have helped me time and again to push back my limits in my quest for strength.

Using the Double Kettlebell Military Press as an example, *Dynamic-Isometrics* involve holding the kettlebells isometrically approximately halfway through the press for five to six seconds during which tension will increase greatly in the working muscles. When the time has passed, the kettlebells are then pressed to lockout very explosively utilizing all the accumulated tension. Using this method improved my Double Kettlebell Military Press from one shaky repetition with two Beasts to three powerful repetitions in about one month.

When you get really good at this technique you can use it not just halfway through the press but anywhere throughout the range of motion in any exercise where you find yourself fighting a sticking point. This kind of Dynamic-Isometrics where you go through two or three tough parts of a lift also increases the skill required to put up bigger numbers. By stopping and isometrically tensing the working muscles at different stages during the lift the *kinetic memory* of the central nervous system is stimulated. The technique is widely and successfully used in skill practice among swimmers and track and field athletes in Eastern and Western Europe.

Another method I've found to be extremely effective is *Shock training*. Shock training or *plyometrics* as it is often referred to, was developed by Prof. Yuri Verkhoshansky and is one of the most useful tools in the Russian toolbox of strength development. Correctly used, shock training will take your speed-strength to a whole new level.

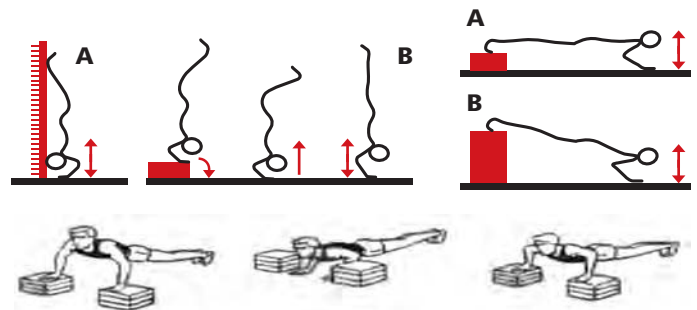
Basically "shock" or "hit" training involves a fast stretch-shortening cycle of the target muscles. It is mostly used for leg explosiveness but can also be used to develop supercharged upper body power. The most commonly used method is "*Depth Jumps*". Depth Jumps

requires the use of a box or platform 30-40 inches high for leg training or two boxes 6-10 inches for upper body work (see ill. below). Basically you just stand on the box and step off. When you hit the ground, either with your feet or hands, the extensor muscles will automatically contract to resist the downward force. The instant your downward motion stops (but not before), you must explosively reverse the movement changing the contraction from eccentric to concentric. The faster you switch from loading to takeoff the greater the height, the explosiveness and the benefit.

**"everybody plateaus at some point but you must not stay there.... You must go beyond"—Bruce Lee**

For upper body work, the chart below provides information on the relationship between the height of the box, the elbow joint and the maximum force generated. As shown the highest effort of take off from the ground is from a height of 6-10 inches. The elbow angle to shoot for is around 150-160°, as measured from "in situ"(elbow joint in "locked out" position), when you hit the ground and reverse the movement (chart from the works of Prof. Yuri Verkhoshansky).

### "Shock-Method" for muscles of upper limbs and shoulder girdle



Some precautions must be considered when contemplating taking on plyometrics.

- 1) A proper absolute strength base has to be well established. When talking about depth jumps for the legs the usual recommendation is to be able to do a double BW squat. Although there is no consensus among scientists about this recommendation there is no doubt that you need to have a strong base of strength. I would recommend a strength-to

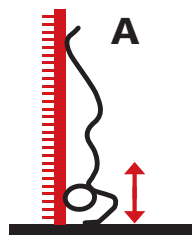
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bodyweight ratio of at least 0.75 in the Military Press for upper body plyometrics. E.g. an 85kg athlete who can press two 32kg bells once have a strength-to bodyweight ratio of 64kg divided by 85kg = 0.75 and should be ready to take this on.

2) The impact when hitting the ground can be quite severe and care must be taken not to hyperextend the wrists upon impact. Try to hit the ground with most of the weight on the base of your palms. This will ensure minimal loss of power transfer from the ground and through the wrists.

The handstand depth jump illustrated in the above chart has increased my overhead explosiveness tremendously but these methods are not limited to the military press only. I used the same setup for increasing my jumping pistol power and increased my personal best to around 2 feet for 5 reps at a bodyweight of 215lbs. My chinning strength has also increased dramatically using the Dynamic-Isometric method. I am currently chinning myself with 185 lbs. extra and I will continue to use this method to break a double bodyweight chin.



Dynamic-Isometric method. I am currently chinning myself with 185 lbs. extra and I will continue to use this method to break a double bodyweight chin.

Next time you find yourself stuck at a plateau you should give these methods a try. The Russian toolbox of strength is full of innovative, powerful and highly effective strategies to overcome any obstacle.

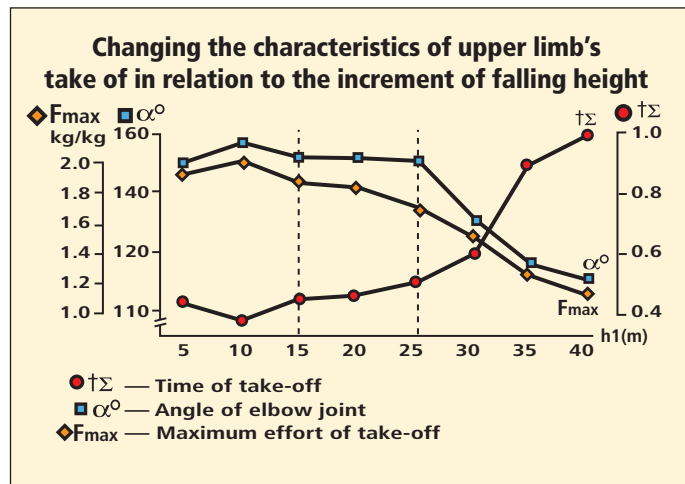
## The Plateau-Breaker – A sample program for increasing the Double Kettlebell Military Press

This program is based on having the ability to press two 32kg bells for one or two reps but the program can be adjusted to fit most advanced levels. It goes without saying that Dynamic-Isometrics and Shock training requires a decent level of fundamental strength. If you have completed the ROP, your shoulders are in perfect health and your strength-to bodyweight ratio is adequate you should be ready. Before engaging in this type of program it is advisable to practice BW handstands for time a couple of weeks in a GTG fashion. The reason for this is to position-specific strengthen the shoulder girdle and practice tension principles in an inverted position (it can be harder than you think!).

The program is a six week cycle.

### Week 1:

Day 1 (e.g. Monday): 2x24kg Dynamic-Isometric Double Military Presses. Clean the bells once and press them to lockout. This does not count as a repetition but merely sets



## I used the same setup for increasing my jumping pistol power and increased my personal best to around 2 feet for 5 reps at a bodyweight of 215lbs.

you up for the set. Lower the bells about halfway (or less). It is important that you don't go too low and come crashing down. Stay at the halfway position for 5-6 sec. building up maximum tension isometrically. When the time has passed you press the bells to lockout explosively. Lower the bells again and repeat for five or six reps or until form starts to break. Use all the tension techniques—especially tensioning the glutes to protect your lower back. Do three sets and call it a day.

Day 2 (e.g. Thursday): 2x24kg full range Double Military Presses followed by the Shock method Handstand depth jumps. Clean and explosively press the bells for three to five reps immediately followed by near-failure handstand depth jumps from 6-10 inches. If you are unable to hold a perfect handstand or haven't got a training partner to support your legs, you'll need to rig up some kind of support. I personally use my gymnastics rings and put my feet through. You may not be perfectly vertical but that's ok, just make it as high as you are comfortable with. The higher you place the rings (or other support device) the more vertical you will be and the harder the exercise will be. When you get stronger at this you should be very close to vertical. Your goal should be around eight to ten repetitions per set. Do three sets of the presses and the handstand depth jumps and make sure to rest plenty between sets.

### Week 2:

Day 1: Same as week one but you do one extra set which brings the total to four sets.

Day 2: Same as week one but you do one extra set which brings the total to four sets.

### Week 3:

Day 1: Same as week one but you do one extra set which brings the total to five sets.

Day 2: Same as week one but you do one extra set which brings the total to five sets.

### Week 4: (add an extra day):

Day 1 (e.g. Monday): Go back to three sets total

Day 2 (e.g. Wednesday):

Go back to three sets total

Day 3 (e.g. Friday): Do the same as day one

### Week 5:

Day 1: Same as week four but you do one extra set which brings the total to four sets.

Day 2: Same as week four but you do one extra set which brings the total to four sets.

Day 3: Same as week four but you do one extra set which brings the total to four sets.

### Week 6:

Day 1: Same as week five but you do one extra set which brings the total to five sets.

Day 2: Same as week five but you do one extra set which brings the total to five sets.

Day 3: Same as week five but you do one extra set which brings the total to five sets.

After 6 weeks of Dynamic-Isometrics and Shock training you will need some days off from pressing. It will be individual how much time you need. Personally I only need about four or five days to recover and go for a new PR. your experience should be your guide. If you don't know how much time you need to recover you are probably not ready for this program.

You can do other lifts during this Double Military Press plateau-breaker but it is not recommended that you do other pressing exercises.

## Go be an Animal!



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# Pavel's BEST Strength and Power Secrets REVEALED AT LAST!

## What Do the World Champions Read When They Want to Get Even Stronger and More Powerful?

Pavel's *Power to the People!* Monthly newsletter explodes your strength and power with the most insightful, trenches-practical, results-inducing training secrets ever revealed!

Pavel's books *Power to the People!*, *The Naked Warrior* and *Beyond Building*, have been hailed by leading strength authorities as modern classics of their kind. World champion powerlifters, special forces, US Marines, high-level martial artists and a host of professional athletes have gone on record thanking Pavel for the advances they have made in their real-world training, as the result of these books and other information Pavel has shared with them, often in person.

And the great news is:

**There's a whole lot more where *Power to the People!*, *The Naked Warrior* and *Beyond Building* came from...**

What Pavel has been communicating through his earlier work, plus his kettlebell courses and literature—while masterly for sure—is just the tip of the iceberg. And Pavel has agreed to plunder his own private goldmine and let you in on all this priceless training knowledge.

The result is Pavel's *Power to the People! Monthly*—a subscription newsletter packed each issue with the very best training information you could ever hope to find on strength and power.

**Is Pavel doing the right thing? And is this information really as valuable as we think it is?**

We figured the best way to be sure, was to send his proposed first issue in advance to some of the **most respected names in the US strength community**. Here is what they wrote back after reading their advance copy of Pavel's *Power to the People! Monthly*:

"Your newsletter is terrific. This is the best description of good bench press technique I have ever seen. I am a big fan of your training ideas." —**Dr. Thomas D. Fahey, Dept. of Kinesiology, California State University, Chico**

"Newsletter looks great!! The information is up to date and concise, easy to read and implement into any program. I don't usually read everything in a newsletter, just scan for what I find interesting. Before I knew it, I had read the entire thing!! Get on the list!!" —**Marc Bartley, WPO Powerlifting World Record Total 2562@275lbs.**

"Pavel Tsatsouline's synergistic and methodical approach to training is so unique it's in a class of its own. He strategically integrates strength, athleticism, power, energy, and flexibility into programs that garner huge results while still being easy to follow. Since incorporating Pavel's expertise, both the quality of my lifting and the longevity of my career are continuously increasing. I'm breaking through seemingly impossible strength plateaus, diminishing back injuries that have plagued me for years, and utilizing faster, more efficient systems to achieve my goals. Whether you're a professional athlete striving for peak performance or a reader seeking overall

wellness, vitality, and a body free of aches and pains, **the road to success is best traveled with Pavel!**" —**Kara Bohigian, WPO Bench Press World Record Holder (402 @ 148)**

"Outstanding information! Excellence can be duplicated, so try this system and see if it works for you. I believe and practice what Pavel has to say because he walks his talk and really knows what he's talking about...no b.s. or fluff!" —**Doug Dienelt, M.S., ACSM, CSCS, National USAPL and World Masters IPF Powerlifting Champion**

"Pavel, thank you for bringing this fantastic training information to the public. I have always felt that getting stronger has a direct correlation with getting smarter. Trying something new, or adding in that missing element of training or form may be just what you need to push through those strength plateaus." —**Brad Gillingham, 2 Time IPF SHW World Powerlifting Champion**

"Pavel does a great job discussing the powerlifting training techniques of Eastern European athletes. His knowledge of powerlifting, especially when it comes to those athletes in his former neighborhood, and how to train for it is exceptional especially for someone who is not a competitive powerlifter. If you want your bench press and deadlift to go up, listen to him. No argument here: it works and gets results!!" —**Dr. Michael Hartle, Chairman, USA Powerlifting Sports Medicine Committee, USAPL National Champion and IPF World Team Head Coach**

"Lots of cutting edge stuff, these need to be read a few times. Pay attention to pulling from the hole, squatting close stance to build a conventional DL, lowering the BP bar fast leading with elbows, trying to touch the chest to the bar not the bar to the chest, and the pros and cons of elbow flare on the push. Even a few things that have me scratching my head. Which I won't go into in case a competitor of mine is reading this!" —**Jack Reape, USAPL Armed Forces Powerlifting Champion**

"Pavel, with this newsletter you have taken 'Power to the People!' to the next level as you did with KB ballistics in 'Enter the Kettlebell!'. Truly state of the art information, tightly written as always, and immediately applicable to your next workout. Expanding upon the basics you are taking "practice deep skill" into the powerlifts. Can't wait for the next installment." —**Mark Reifkind, former Head Coach IPF Powerlifting Team USA**

## Would YOU like to see and know and USE what these champions got when they read this first advance issue?

For complete details and to subscribe visit:  
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or call **1-800-899-5111** NOW



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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!

**"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**

# Instantly Amplify Your Power and Strength!

**C**an 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:

- PULLING HEAVIER
- SQUATTING MORE
- JUMPING HIGHER
- KICKING AND PUNCHING HARDER
- THROWING FARTHER
- PRESSING BIGGER!

In the glory days of the Soviet empire a team of researchers lead by weightlifting world champion and scientist A. Vorobyev devised a special instant strength technique. Immediately after its application experienced lifters pulled their barbells more than two inches higher! Further research determined that the unique *Loaded Stretching* (LS) technique — unlike any other type of stretching you have seen — not only increased immediate performance but also delivered long term strength gains.

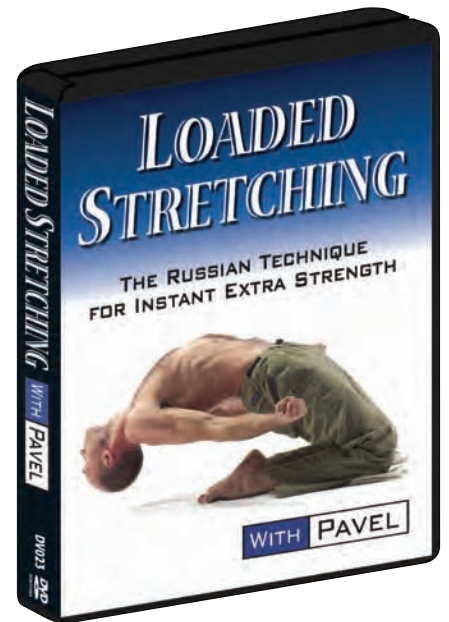
Finally, you too can take advantage of this powerful technique — and watch your athletic performance soar to new heights. Take the *Loaded Stretching* challenge today: perform the exact LS technique Pavel specifies for your chosen strength-skill — and see immediate, measurable gains... be it deadlift,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

The Russian Technique for Instant Extra Strength with Pavel

**#DV023 \$24.95**  
DVD Running time: 20 minutes

"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**

# LOADED STRETCHING

**"It's not about flexibility.  
It's about STRENGTH!"**



**"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.

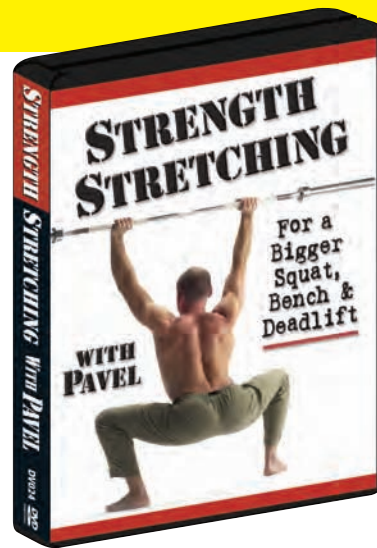
One thing I really liked about the DVD is the clarity provided by not only Pavel's explanations but the simple graphics that accompanied the points. I kept having that "Oh" moment where you are convinced you know

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

**V**isit 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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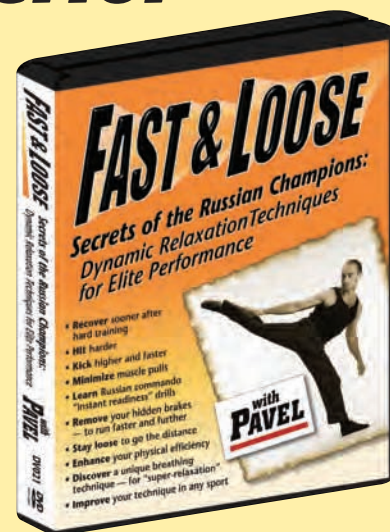
# Discover New Keys to Superior Athletic Achievement

In his strength books Pavel emphasizes the importance of learning to maximally tense the muscles. Because tension IS strength. But strength/ tension is only half of the total performance package. The other half is relaxation. The body of a karate expert will freeze in total tension at the moment of impact, but will remain totally loose before and after.

Mastery of relaxation is the hallmark of an elite athlete. Soviet scientists discovered that the higher the athlete's level, the quicker he can relax his muscles. The Soviets observed an 800% difference between novices and Olympians. Their conclusion: total control of tension = elite performance.

If you can master your muscular tension, a new dimension of athletic excellence opens to you. New achievements. New heights of performance. Some genetically-endowed superstars seem to possess this ability from birth. But according to former Soviet Special Forces trainer, Pavel, a SKILL-SET is available that can transform *anyone's* current physical limitations.

Now, for the first time, Pavel reveals these little known Soviet performance secrets, so you too can become the master of your body — not its victim. From years of research and experience, Pavel has selected these *Fast & Loose* techniques as the best-of-the-best for practical and quick results.



## Fast & Loose Secrets of the Russian Champions: Dynamic Relaxation Techniques for Elite Performance with Pavel

#DV021 **\$29.95**  
DVD Running time: 27 minutes

“What I really like about *Fast & Loose* is that it incorporates a lot of dynamic stretching into the routines, which was missing from *Relax into Stretch*... The relaxation techniques are very good and were unique to me... it's definitely worth owning, and combined with *Super Joints* and *Relax into Stretch* makes a great flexibility program. Definitely going to use the relaxation drills during and after kettlebell training.” —Jon Frost, dragondoor.com strength forum

### Fast and Loose + Rough and Tough = Deadly Force

Invest in the “Deadly Force” set of Pavel’s *Fast and Loose DVD* with Pavel’s *The Naked Warrior DVD* and book — and **SAVE...**

Item #DVS008  
**\$94.85**



- **Recover** sooner after hard training
- **Kick** higher and faster
- **Hit** harder
- **Minimize** muscle pulls
- **Stay loose** to go the distance
- **Improve** your technique in any sport
- **Enhance** your physical efficiency
- **Remove** your hidden brakes — to run faster and further
- **Learn** Russian commando “instant readiness” drills
- **Discover** a unique breathing technique — for “super-relaxation”

“*Fast & Loose* is another amazing tool from Pavel... Everyone knows that once you really start pushing the envelope on your current abilities, you need those subtle yet all-important tools to move from average to elite performance. They can seem insignificant to the untrained observer, but are better than gold to those who have the faculties to incorporate them. Pavel delivers as always.” —Mark Hanington, Huntington Beach, CA.



# 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."**

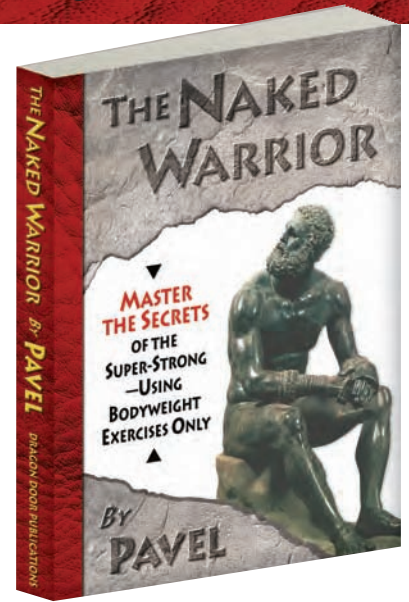
**"I could do one wobbly one-legged squat... [Two weeks later] I did 5 clean, butt-to-ground pistols."**

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.



## 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

- **Gain more brute strength in days than you did in years of bodybuilding or calisthenics**
- **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**
- **Discover the martial secrets of instant power generation—for rapid surges in applied strength**

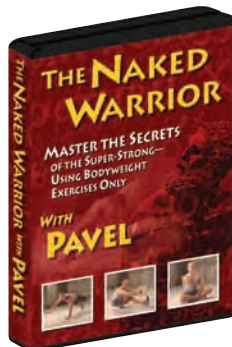
**"Pavel's Naked Warrior DVD is worth its weight in gold!"**

"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  
Running time 37 minutes

Invest in the **set** of Pavel's *The Naked Warrior* DVD and **book—and SAVE...**



Item  
#DVS009  
\$69.95



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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...he '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

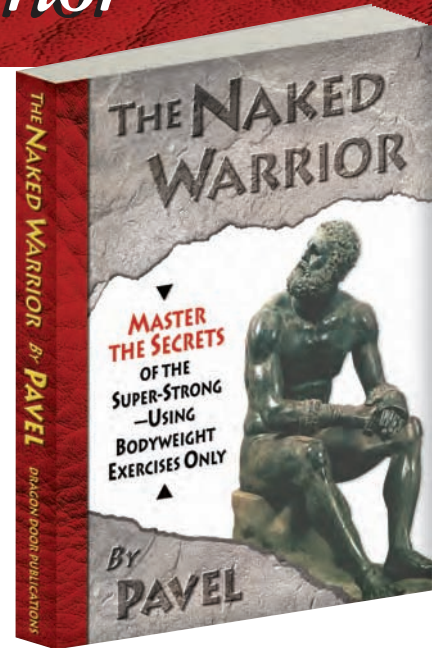
The One-Arm Pushup, floor and elevated...how to shine at high-intensity exertion...change-ups for easy and difficult...the authorized technique...developing a controlled descent...Isometric One-Arm Pushup...The One-Arm Dive Bomber Pushup...The One-Arm Pump...The One-Arm Half Bomber Pushup...Four more 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 calcs...what calcs 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.



# 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

# From "Pumpers" to Party Members!

By Phil Workman, RKC

Is there anything worse, with regards to "training", than the current "pumper" magazines on the market today? If two of my nephews are any indication, the answer to that question is a resounding NO!

Ryan, 25 and Matt, 20 were mired in six days a week training, 5-6 different exercises per "body part" and sore daily. When I asked them where they got their information on training from they dutifully told me, *Flex*, *Muscle & Fitness*, etc. Both had made descent progress but nothing near what I thought both were capable of doing. When they came into the "iron fortress" (my garage) at the end of May I promised both they would smash their personal best deadlifts, bench and squat by the end of the year by using Pavel's training programs.

I was unable to keep my promise; they did it in six weeks! Here is how we did it.

Two years ago Ryan weighed a very pudgy 255 pounds. A few months went by before I saw him again. He had lost 60 pounds by cutting out fried foods and sodas, a very impressive feat in such a short time. Now we fast forward to 2006 when he had decided to start "lifting" again. In early May I challenged Ryan and Matt to come over and do some "real" training. A few weeks went by before they took up the challenge.

Their first workout we did some near max lifts to see where their strength was. Matt pulled 365, Ryan pulled 435, no belts of

course. They wanted to try the *Power to the People!* "bear" routine so it was one heavy set of 5 followed by a 10% reduction for 5 and another 10% reduction for as many sets of 5s as possible with minimum rest, most times less than 45-seconds rest. They pulled Sunday and Thursday nights.

**Ryan's progress over the next six weeks was nothing less than shocking.**

His previous best deadlift was 475x1, with a belt. (Neither had trained without a belt before.) Within three weeks Ryan pulled 455x5, no belt, on his heavy set. The previous workout on his "bear" set he hit 340x5 for 18 sets, within 30 seconds rest between sets. Five weeks after his first "max" of 435, he hit 475x3. After just 6 weeks of "bear" training

he hit a 500x1, no belt. His bodyweight went from 195 to 205, using just old school milk and egg protein.

Matt also added 40 pounds to his deadlift, 405x1 no belt, 10 pounds more than he had done with a belt.

Maybe the most impressive thing about Ryan's accomplishment is the fact he works five to six days a week, rising at 4AM most days, sometimes getting only three to four hours of sleep and working ten plus hours!

On their way to becoming full "party members" they have taken up the kettlebell press, chins and dropped almost all other exercises from their "routine". The next progression will be a strength type routine over the next four to six weeks. I tried to impress upon them that focusing on a few basic exercises and putting most of their "energy" into them and the results would speak for themselves. They both agreed, and the results were LOUD and CLEAR!



Pat "Phil" Workman, RKC is a former Texas state and national drug free powerlifting champion and record holder in both gear and gear free meets (242 weight class). He has pulled 625 pounds without a belt at 40 years of age. A Fort Worth, TX area RKC kettlebell instructor, Workman is available for personal training and consultations. E-mail him at [p.b.workman@sbcglobal.net](mailto:p.b.workman@sbcglobal.net)





# "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!"**

—Jim Wright, Ph.D., Science Editor, Flex Magazine, Weider Group

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

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

**H**ow 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?

Or how about a book that gets you so worked up, your friends start reaching for the Ritalin?

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 *Paul'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."*

*Follow this program for three months and you'll not only be amazed but hooked. It is the ultimate program for "Everyman" AND Woman! I thought I knew a lot with a Ph.D. and 40 years of training experience...but I learned a lot and it's improved my training significantly."*

**ANNOUNCING**

# POWER TO THE PEOPLE! DEADLIFT TEAM 2007

## The Raw Deadlift is What We Do

Party members are having a grand time deadlifting in their garages and 'courage corners'. Time to step up to the plate and compete! Enter the **Power to the People! Team**.

**AAU World Deadlift  
Championship,  
Oct 12-14 2007,  
Orlando, FL**

Last year we won many medals and Juliet Dean set American and World records in her weight class (123 raw). This year we will have two teams with a maximum of 10 lifters per team. Mutants and regular hard comrades alike are welcome to join. To qualify for the team gentlemen must pull a 2.5 bodyweight DL or 500 lbs. Ladies need a 1.5 bodyweight pull. To qualify you must post the above numbers in

an AAU, USAPL, USPF, or NASA sanctioned powerlifting meet no later than Aug 31.

Once you have qualified, contact one of the captains, Thomas Phillips, fitforlife4@verizon.net, or Brett Jones, breakingstrength@yahoo.com. Please address your questions to them as well.

**Power to us!**



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

# 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.

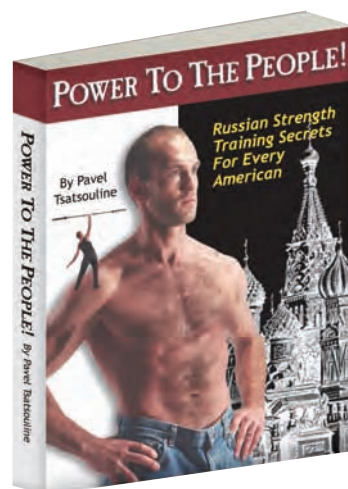


**“You are not training if you are not training with Pavel!”**

—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  
Paperback 124 pages 8.5" x 11"  
**#B10 \$34.95**

## The Power Points – what you’ll get with Pavel’s *Power to the People!*:

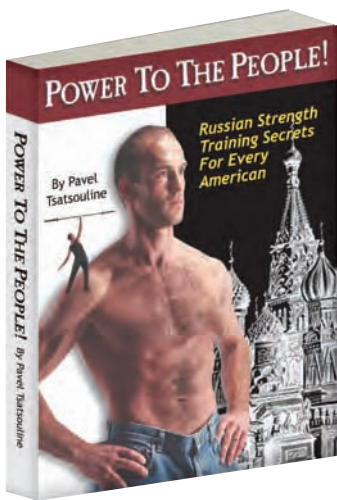


**“Pavel and his book are the best imports from Russia since Siberian Ginseng!”**

—Fairfax Hackley, Arnold Schwarzenegger  
Classic Martial Arts Seminar Director:

- How to get super strong without putting on an ounce of weight
- OR how to build massive muscles with a classified Soviet Special Forces workout
- Why high rep training to the ‘burn’ is like a form of rigor mortis – and what it really takes to make your muscles stand out in bold relief
- Why it’s safer to use free weights than machines
- How to design a world class body in your basement – with \$150 worth of basic weights and in twenty minutes a day
- How to instantly up your strength with Pavel’s High-Tension Techniques™
- How to become super strong and live to tell about it
- How to dramatically amplify your power with the proprietary Power Breathing™ techniques (and why everything you know about breathing when lifting is wrong!)
- How to feel energized and fantastic after your strength workout – rather than dragging and fatigued
- 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!**  
Russian Strength Secrets for Every American Book By Pavel Tsatsouline  
Paperback 124 pages 8.5" x 11"  
#B10 \$34.95

“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

## How to Develop a

# "POWER PRESENCE"

## Turn on Pavel's *Power to the People!* DVD

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.

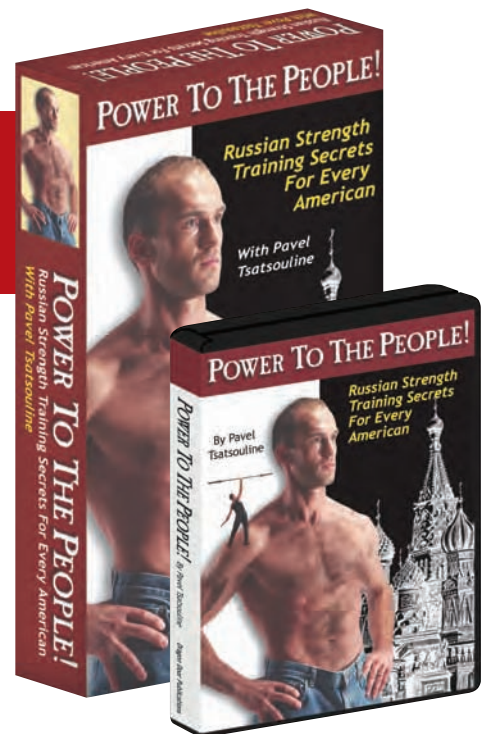
### What else? – 'Instant strength techniques.'

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

Video **#V102 \$29.95**

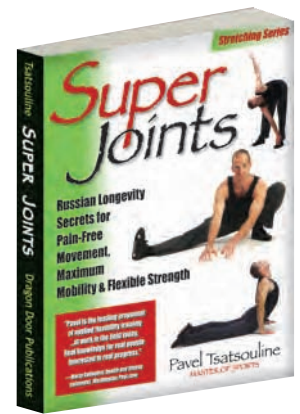
DVD **#DV004 \$29.95**



**Whatever your current  
workout program, just  
download Pavel's strength  
techniques for an immediate  
improvement in your results.**



# “The Do-It-Now, Fast-Start, Get-Up-and-Go, Jump-into-Action Bible for **HIGH PERFORMANCE** and **LONGER LIFE**”



You have a choice in life. You can sputter and stumble and creak your way along in a process of painful, slow decline—or you can take charge of your health and become a human dynamo.

And there is no better way to insure a long, pain-free life than performing the right daily combination of joint mobility and strength-flexibility exercises.

In *Super Joints*, Russian fitness expert Pavel Tsatsouline shows you exactly how to quickly achieve and maintain peak joint health—and then use it to improve every aspect of your physical performance.

Only the foolish would deliberately ignore the life-saving and life-enhancing advice Pavel offers in *Super Joints*. Why would anyone willingly subject themselves to a life of increasing pain, degeneration and decrepitude? But for an athlete, a dancer, a martial artist or any serious performer, *Super Joints* could spell the difference between greatness and mediocrity.

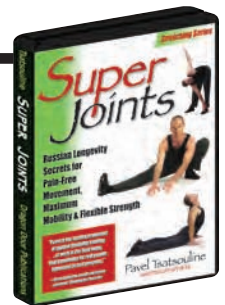


## **Super Joints** Russian Longevity Secrets for Pain-Free Movement, Maximum Mobility & Flexible Strength

**Book** By Pavel Tsatsouline  
Paperback 130 pages 8.5" x 11"  
Over 100 photos and illustrations  
**#B16 \$34.95**

## **Super Joints** DVD

With Pavel Tsatsouline  
Running Time 33 minutes  
DVD **#DV003 \$24.95**



### **Discover:**

- The twenty-eight most valuable drills for youthful joints and a stronger stretch
- How to save your joints and prevent or reduce arthritis
- The one-stop care-shop for your inner Tin Man—how to give your nervous system a tune up, your joints a lube-job and your energy a recharge
- What it takes to go from cruise control to full throttle: The One Thousand Moves Morning Recharge—Amosov’s “bigger bang” calisthenics complex for achieving heaven-on earth in 25 minutes
- How to make your body feel better than you can remember—active flexibility fosporting prowess and fewer injuries
- The amazing Pink Panther technique that may add a couple of feet to your stretch the first time you do it

## **Purchase Pavel’s Super Joints book and DVD as a set and SAVE...**

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# Mobility Training for Strength

by Geoff Neupert, RKC Team Leader

**J**anuary 2005. I was training for the weightlifting Nationals and the pre-requisite qualifying meet. I just finished one of my best power clean workouts, ever. I was warming up for high point squat cleans when I felt a sharp, stabbing pain in the front of my right hip. I tried to stretch out my quad and hip flexor and finish the workout. Big mistake. I spent the next 4 months and about \$400 on out-of-pocket soft tissue treatments fighting alternating spasms of my psoas, sartorius, TFL, and glute medius due to a labral tear. Even walking became difficult. Squatting and heavy pulling were out of the question. My body was trying to stabilize the hip joint and protect itself. The only short-term relief I got was a cortisone shot. That lasted about 6 weeks. It was only then that I started looking in other directions.

Mobility Training (MT) is gaining popularity. It's all over the Internet and it seems like everyone is putting out a DVD of some form or another. But what really is "mobility training"? In its simplest definition and form, MT focuses on joints, not tissues. So no real stretching or flexibility work is involved. If anything flexibility work then becomes a by-product of quality MT, not a means or a method.

Mobility training focuses on moving a joint, usually in an isolated fashion, through its full range of motion. Many of us have sustained injuries due to lack of joint mobility (hypomobility) or too much mobility (hypermobility); the two go hand-in-hand). This causes us to develop movement compensation patterns which lead to more joint hyper/hypomobility and eventually to more injuries as our bodies try to figure out how to move the way we require them to, without the full ability to do so. MT is vital for productive and healthy strength training and athletic improvement.

I propose a paradigm shift, one that I had to undergo myself: **Mobility work IS strength training.**

Strength training is neurological. Joints are intimately tied in to the nervous system. The largest size and largest numbers of proprioceptors (specialized cells that present sensory input to the brain) are found in the joint capsules. Proprioceptors tell your body where it is in space and time (proprioception). If all of your proprioceptors are working correctly your body can fully orient itself to its surroundings, including external resistance.

Joints connect bones, which form levers upon

which muscles act. If those levers are not working correctly, then the muscles acting on them will not work correctly. Therefore, recapturing full joint range of motion, by default, leads to increases in muscular strength.

If you lock down a joint, you decrease the body's ability to fully recruit the muscles surrounding that joint and you will lose strength. This is called the *arthokinetic* reflex. It is a protective mechanism. Joints get locked down for all sorts of reasons: disuse, misuse, injury, heavy repetitive loading, running, landing, planting, cutting, etc. If one loses the ability to move a joint correctly, fully, for any length of time, one experiences *sensorimotor* amnesia (SMA). The body literally "forgets" how to use that area. It compensates by over-using other joints and their corresponding muscles. This leads to movement compensations and eventually injury. Therefore, not only for joint health, but also the acquisition of strength, MT should be the priority in one's strength training program.

## Getting Started

Mobility training should be done with precision, through a full range of motion. High quality MT is very demanding on the CNS. In fact, after spending three days of intensive MT at a certification, my body manifested flu-like symptoms without the runny nose, sneezing, and head congestion, for the following week. I could barely get out of bed. So take it slow. I recommend picking various areas of your body and rotating their priorities, for example:

**Monday: Neck, Shoulders, Thoracic Spine**

**Tuesday: Elbows, Wrists, Hands, Fingers**

**Wednesday: Lumbar Spine, Pelvis, Hips**

**Thursday: Knees, Ankles, Feet**

**Friday: Restart cycle**

These are only suggestions. Again, the reason I recommend breaking up the body is because you are going to focus on quality and precision of joint movement. These movements should not be done fast —the slower the better until you gain full

control of each joint over its full range of motion. Perform your mobility work first in your workout, before your traditional strength training program. As far as which program to follow for your joint mobility, I recommend one of the following: Pavel's *Super Joints*, Steve Maxwell's *Joint Mobility* and *Recharge*, or Z-Health's *R-Phase*.

**As far as expectations and results, here are mine: I can now squat without any hip pain or discomfort (I have not one but three torn labrums in my hips — getting out of a chair used to be a chore); I can easily do a pistol, pain-free with the Beast (pre-MT I struggled to get three excruciating reps with the 16kg); I can front squat for the first time in my entire life without right knee pain or discomfort. My speed is up, my strength is up, my reflexes are faster, and my bodyfat is down. I have been practicing joint mobility daily since April of 2006. Fast results in short period of time, wouldn't you agree?**

If you'd like to see similar results, I strongly suggest you organize your training in the following way:

**Assume a 60-minute session.**

**A. 15-20 minutes MT**

**B. 30 minutes traditional strength training**

**C. 10-15 minutes of recovery work: flexibility training, Pavel's Fast & Loose, Sauna, Steamroom, Contrast Showers**

This may not seem like enough strength training work. But if you focus on quality over quantity, it will be more than adequate. Your progress will actually be faster than if you just focused on getting the work done (quantity approach). Please also remember that mobility training is also strength training, if performed correctly. You may be accustomed to strength training sessions that last up to an hour. Again, remember, MT is a form of strength training, so you will get more than enough strength training. You can also perform MT on days when you aren't practicing traditional strength training. This will only improve your results.

Try adding mobility training into your training program for a full three months and see how much stronger you get.

**Geoff Neupert** is co-owner of **Triangle Personal Training in Durham, NC** where he currently trains the general population for health and fat loss. He has been in the fitness industry for over 13 years and has served as Division 1 strength and conditioning coach, a personal trainer, and a personal training business owner. His athletic background is in wrestling and Olympic Weightlifting. His current fitness interests are weightlifting, kettlebell lifting, and regaining the agility he had as a younger man through mobility training. Contact him at [geoff.neupert@gmail.com](mailto:geoff.neupert@gmail.com)



# “Injuries Flee the Scene of the Crime— When Attacked by Pavel’s Fast-Response, Rescue-Your-Own-Body *Super Joints* System

“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**

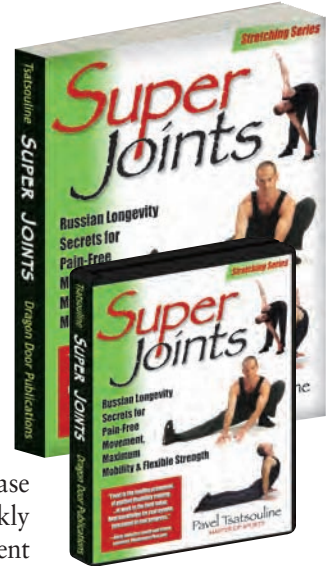
“I am 58 and need to keep my joints oiled. I have had very good results with *Super Joints* My knees and elbows don't ache anymore.” From: **SEEAHILL, 2002-11-07**

“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**



# “*Beyond Bodybuilding* is a treasure chest of strength training secrets.”

—Larry Scott, first Mr. Olympia

By **PAVEL!**

“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.”

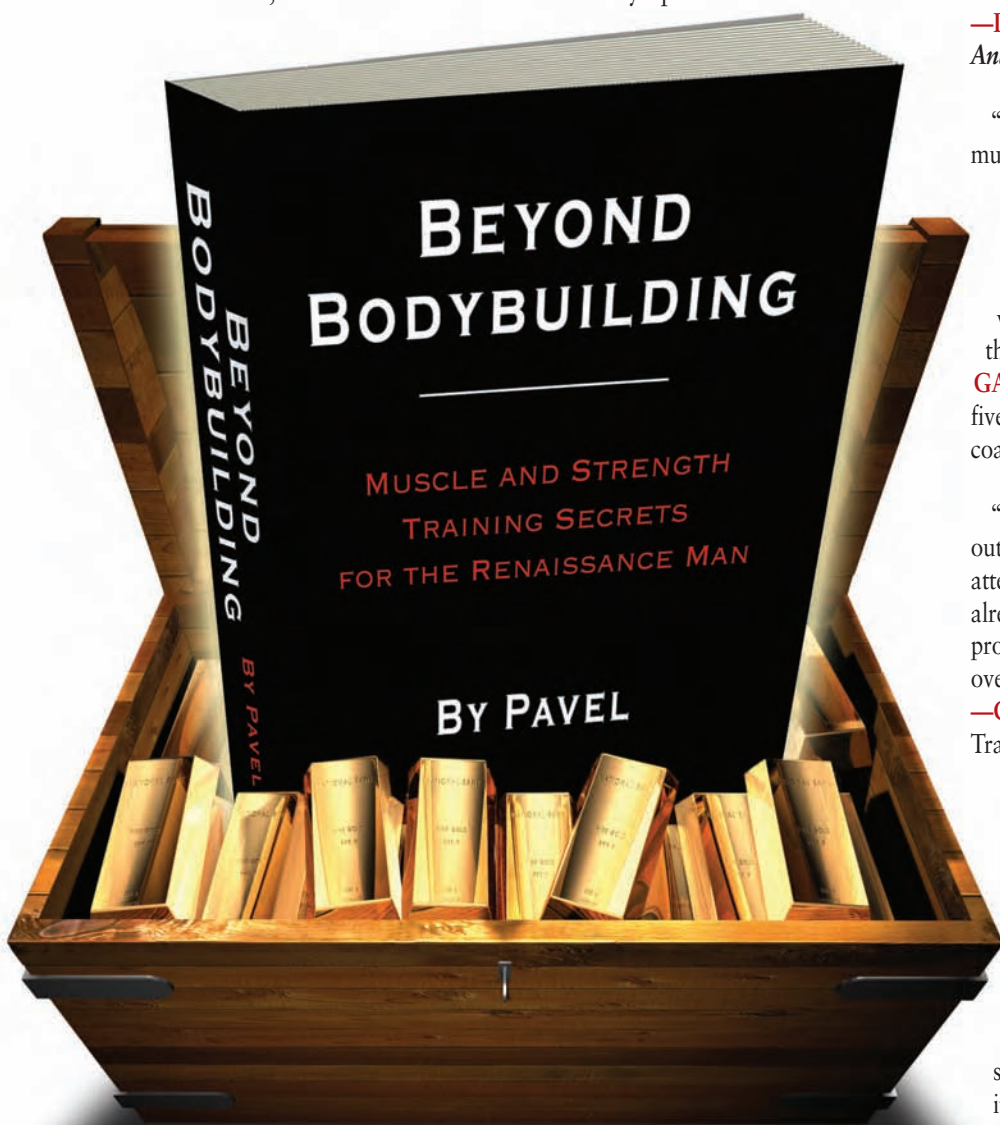
—**DAVE DRAPER**, Author *Brother Iron*, *Sister Steel*, former Mr. America, Mr. Universe and Mr. World

“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

“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](http://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*.





# 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

**T**he 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.

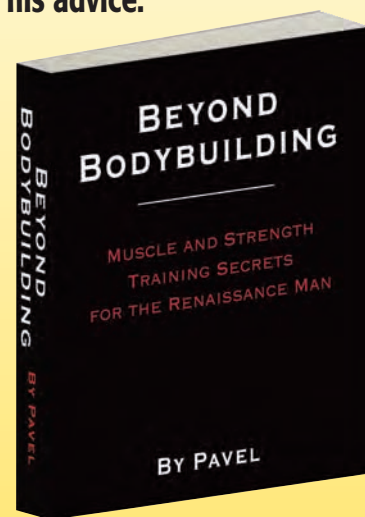
## **Defeat the enemies of progress**

Now, as you'll quickly discover in *Beyond Bodybuilding*, a close ad-herence 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...

*More details next page...*

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.



## **Beyond Bodybuilding Muscle and Strength Training Secrets for The Renaissance Man By Pavel**

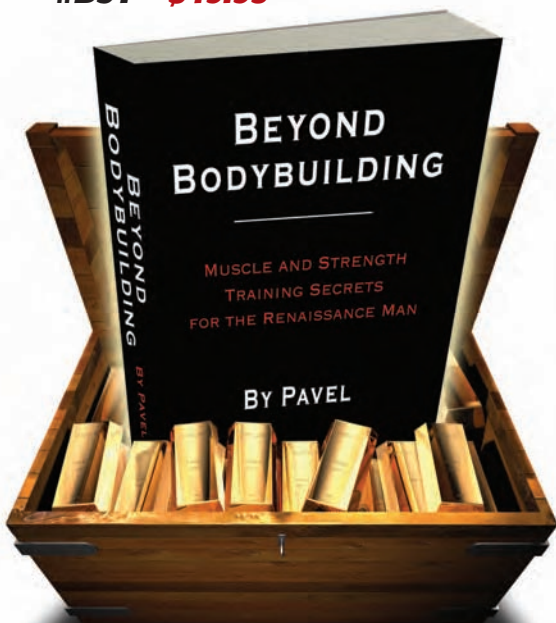
**8.5 x 11 Paperback  
365 pages • 255 Photographs  
38 workout charts  
#B31 \$49.95**

"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**

## **Beyond Bodybuilding Muscle and Strength Training Secrets for The Renaissance Man** By Pavel

**8.5 x 11 Paperback • 365 pages 255 Photographs • 38 workout charts**  
**#B31 \$49.95**



# **Beyond Bodybuilding— A Treasure chest of strength training secrets**

*continued from previous page...*

## **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 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.

## **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. Page 2
- Why practice alone won't help you make maniacal strength gains -- and what will! Page 2
- The perfect number of reps for greater strength.
- How to finish a workout feeling stronger than when you started! Page 2
- Plateaued? Burnt out? Try this simple remedy and watch your strength gains explode. Page 3
- The method that did more for a SWAT instructor's strength in a week -- than conventional training in ten previous years! Page 4
- A powerlifting champion's mathematical formula for real intensity in strength training. Page 6
- 'Neurological carry-over training' -- the secret technique that resulted in a 1,200 pound squat.



- The Russians called him ‘The Wonder of Nature’ -- learn his **special secret**. Page 10.
- **Stuck on your bench press?** How the surprising addition of a piece of wood can help you blow through your current plateau. Page 12
- **Hardgainer?** -- No way, no how, no more -- when you learn the ‘Six Week Hypertrophy Cycle.’
- **This high-tonnage program will easily pack ten to fifteen pounds of beef on your frame in less than two months.** Page 13
- A Soviet Special Forces method to **pack on the pounds** with kettlebells -- despite sleep deprivation, excessive exercise, stress and a limited protein intake. Page 13.
- **HIT not working for you?** The four simple steps for best strength gains. Page 16.
- How the technique of ‘fatigue cycling’ created a veritable army of he-men in 1980’s Russia. Page 18
- **How to cheat the ‘law of accommodation’ -- and gain beyond your wildest dreams.** Page 19
- The **only** training structure for **consistent physical gains** that is reliable in the long haul. Page 19
- How to jolt your system into fresh gains -- without changing any of your favorite exercises.
- Discover why the **Smolov routine** has achieved a **cult status**. Page 21
- Discover the hardest, yet most effective squat program ever -- **guaranteed to blast you with incredible gains**.
- How even an advanced athlete can **add 100 pounds to his squat in less than four months**.
- A mad commie’s evil promise: survive this program and your legs will turn into car jacks. Page 24
- **When all else has failed!** -- Shock treatment for unprecedented gains, fast and guaranteed improvement. Page 24
- These 3 powerful techniques will help you achieve **squatting excellence** in the shortest possible time.
- How to condition your system for **peak performance**.
- **It can cost them a championship!** The critical error even elite lifters can make -- and the special technique to end this problem and surge forward with your strength gains.
- It’s not just for firing squads! How the use of a simple blindfold can **trigger surprising gains**.
- The little-known secret of extensor reflex training can give you a **championship edge**.
- Why you can instantly add two reps to your squat simply by removing your shoes.
- **Be as strong as an ox!** How to use ‘after-effect’ overloads to make you stronger.
- **How to fool your internal ‘governors of strength’ into agreeing to let you be stronger.**
- Discover the bench press training program used by the winners of eight out of eleven gold medals at the IPF Men’s World’s. Page 30
- Russian champions consider this the **critical component of any strength training**. Page 31
- Russia powerlifting mastermind Boris Sheyko’s beyond-brutal training plan for building champions.
- **Build greater strength by employing these three fundamental principles of motor learning.**
- How to increase frequency without increasing fatigue -- for **greater training success**. Page 39
- The **critical secrets for superstrength**
- **Quick!** This crash course in the neuroscience of strength may alone be worth the price of this book. Page 41
- **The most reliable muscle and strength building method... period.**
- **Worried you are wasting your time with obsolete routines?** Find out which ones work the best, now.
- **How to avoid plateaus** in your in your training with this straightforward power cycle. Page 42
- How to take advantage of ‘delayed transmutation’ to gain, after going nowhere. Page 44
- **Feeling burnt out from heavy, heavy lifting?** Here’s the perfect remedy -- from Russian world weightlifting champion, Kurentsov.
- **How to avoid burning out your nervous system** during your strength training.
- Build might and muscle with this classic ‘countdown to power.’
- “Quick, hard and extremely effective.” -- How to overshoot your previous max in less than two weeks, using McKean’s 54321 routine.
- **7 classic set and rep schemes to build a dense, lifter’s physique.** Page 46
- **Bench press stalled?** Jump start your bench with this cool and effective routine. Page 49
- Bench press champion Alexey Moiseev used this routine to push his bench up by 45 lbs in just three months!
- **How to get stronger, faster** by ‘waving’ your weights. Page 50
- **Short on time, but still want to gain?** Combine these two methods to still make progress. Page 51
- How even the busiest person can still make surprising gains thanks to the Setchinov principle.

**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.**

- **Sarkis Karapetyan set a teenage world record by deadlifting 3.14 times his bodyweight -- using this simple-as-can-be cycle.** Page 52
- Shoulders going nowhere with your military press? Shock them into life and great new strength/size gains with the ‘RKC ladder.’ Page 54
- Why explosive lifting can be disastrous for your strength program -- but when it might increase your max by up to 15%. Page 55
- How to correctly use eccentric contractions to stimulate muscle growth.
- When -- and when not -- to use the ‘touch and go’ technique in your deadlifts. Page 56
- This may be the most effective glute exercise in existence. Page 58
- **Weak ankles bothering you? This one technique will do a fine job of fixing ankle strength.**
- Why the little-known secrets of tendon training are a must for experienced iron athletes of all persuasions. Page 59
- **STOP! Could your muscle fatigue actually be ligament fatigue --setting you up for injury and failure? Know the solution.**
- How to train your connective tissues to be maximally tough.
- Why the high-tension techniques give you more bang for the buck than the high-intensity techniques.

*More details next page...*

## 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.

- How and why integration, not isolation, is the key to elite performance.
- How to use 'active negatives' for power, muscle and safety. Page 64.
- **The three major benefits of active negatives.**
- **Are your joints in agony from so much heavy lifting? Protect them better, reduce pain, with 'virtual tissue leverage.'**
- **How to injury-proof your shoulders and add pounds to your other lifts -- with special**
- **Knees killing you? Can't squat regularly because of the pain, but still want squat-like benefits? Here's one great solution. Page 70**
- Try the 'dead squat' program -- two fortysomething guys added at least five pounds a week for a year with this.
- **This special breathing technique protects your spine from heavy poundage -- the effects are nothing short of miraculous. Page 75**
- **The seven fundamentals you must know to succeed in the iron game. Page 76**
- How to sculpt a classical physique with 'retro' lifts.
- Could these be the most important 'lost' bodybuilding secrets of all time? Page 81
- Exercises you should avoid like the plague -- and exercises you should rush to embrace.
- Why free weights are safer than machines -- particularly for beginners. Page 91
- 3 high-yield, yet inexpensive 'home gyms' for the champion on a budget.

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.

## Section Two: Training Planning

- Are you confused about when and how often to hit each bodypart? Discover how to customize your iron schedule for **greater gains in strength and muscle.**
- Understand the pros and cons of full body workouts versus split routines. Page 99
- **The most foolproof training schedule for high-yield results.**
- The perfect training schedule... if strength is more important to you than size.
- How and why you must cycle your loads to **keep succeeding in the iron game.**
- Why sharp changes in training volume and intensity are more effective than smooth ones.
- **The best training conditions for high-level anabolism in the body.**
- What is the optimal volume/intensity ratio for strength gains? Page 104
- The one rigid rule of load variation -- ignore this at your peril! Page 105
- A better way to **optimize your body's strength adaptation.** Page 106
- **How to take advantage of the 'adaptation lag' -- and its tremendous impact on your strength and muscle training. Page 107**
- **Want this too?** Many bodybuilders have reported sensational gains after using this particular workout. Page 108
- **The upper body solution for High Intensity bodybuilders who are failing to gain.** Page 110
- Confused about whether it's okay to train twice a day? Page 112
- How 'controlled overtraining' can be **gain-superior to 'total recovery training.'** Page 115
- **Got a head for figures? This mathematical approach could have you surging forward with newfound muscle and strength gains. Page 116**
- **Are you a dissatisfied bodybuilder?** This approach could breathe new life, vitality and progress in to your strength and mass program. Page 117
- **How a used phone book could help you add 15 lbs to your bench in just one month.**

## Section Three: Back

- Nothing on the planet beats this exercise for all-around back development! Page 125
- How to add righteous beef to your traps and neck... with the Hise shrug. Page 130

- This unique drill -- an incredible back developer -- helped Matt Dimel squat 1,010. Page 131
- Shouldn't this vital back-saving skill be made **mandatory in our schools?** Page 134
- This partner-assisted chopping technique ensures a **more potent pullup.** Page 137
- Discover 3 Russian 'low tech/high concept' programs for pullup power and exceptional lat development. Page 138
- Essential pullup techniques you must know to **excel and gain.**
- **The single best exercise for developing huge lats.**
- According to Mike Mentzer, this is the **King of back exercises.** Are you about to disagree?
- **How to smoke your back from top to bottom with one simple but brutally intense lift -- what you need to know to make it work like gangbusters.**
- Marines -- and other 'put-up-or-shut-up' professionals -- employ these extra tweaks to **guarantee acing their pullup tests.** Page 147
- **Soviet ice hockey megastar, Oleg Fetisov solemnly swore: "this drill cannot be beat for building a powerful corset of ligaments and muscles."**
- **How to take carefully measured doses of 'poisonous' exercises to prevent injury and raise your tolerance levels.**
- Are you afraid of **injuring your back when lifting heavy?** Page 156
- Perform this maneuver with a trap bar—and it could spell disaster for your back. Page 158

## Section Four: Legs

- **How to forge truly powerful, traffic-stopping legs.**
- Try this little-known, killer squat-deadlift combo for greater flexibility, better form and surprising gains. Page 165
- Do you really know how to squat correctly? Precious few do! Here are the fine points you must know to **safely make huge gains.** Page 175
- **Why plyometrics are NOT the answer for building up your legs.**
- Rip your calves to shreds with this barbell calf raise. Page 177
- How to avoid setback injuries when squatting deep. Page 190
- The quickest way to master proper squat form.
- **Are high-poundage squats murdering your shoulders? Try this unique procedure to rescue your beaten-up joints.**



- Do you have aching, creaky knees? These two tips alone might save you from a fatal date with the surgeon's knife. Page 195
- 2 great tips for a more powerful Hack squat.

## Section Five: Neck and Shoulders

- Worried about your weak neck? You should be! This unique old-timer's version of the back bridge will give you a resilient, powerful neck -- and perhaps keep you out of the hospital. Page 199
- The legendary strongman Paul Anderson had a neck as thick as most men's thighs. Here is the Wonder of Nature's personal routine for a bull-sized neck. Page 201
- The ONE secret to real success in pressing.
- How to build muscular shoulders that will truly complement your studly legs. Page 204
- On the road again? How to give yourself an extreme shoulder workout with even a relatively light weight. Page 205
- How to be hard on your muscles, but easy on your joints.
- It's the hallmark of an elite athlete! -- How to own a magnificent neck and traps.
- The safe solution to sore shoulders. Page 213
- A safer alternative to the press behind the neck. Page 215

## Section Six: Arms

- Cheaters will lose! How to stay honest and build truly huge biceps. Page 225
- The elite Soviet climber secret to bulging forearms and uncanny finger strength. Page 226
- Got elbow tendonitis? Developing your wrist extensors in this way could be the answer.
- Heavy curls aggravating your shoulders? Here's a critical safety/power technique to set things straight. Page 229
- Are you making these serious mistakes with your curls? -- 3 insider tips help you escape elbow pain.
- Learn from the masters -- the top ten Russian arm training secrets revealed.
- Add up to two inches to your arms in just two months with this potent mix of old-timer discoveries and cutting-edge research.
- Experience unbelievable strength gains when you employ this little-known neurological law. Page 233
- Why an esoteric internal martial arts technique can translate into surprising strength gains!
- Blast your muscles -- not your tendons -- with this unusual 'control' technique. Page 234

- Why stretching your muscles can make them grow.
- Enlarge and strengthen your biceps with this powerfully simple growth formula -- guaranteed to grow your guns by at least an extra inch. Page 235
- Blast your way to thick, ripped tris with this excellent, powerlifters' favorite. Page 236
- How to reduce wrist problems when you curl.

## Section Seven: Chest

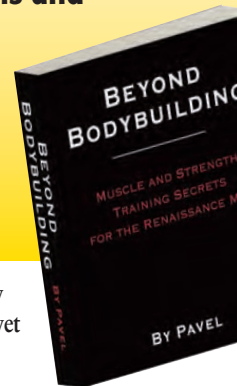
- How to go from average to superior in your bench press -- discover the finer points that separate the champs from the chumps.
- Louie Simmons has saved the pecs and shoulders of many in the powerlifting community with this technique. Page 253
- The effect of this martial arts technique on your bench is nothing short of amazing -- immediately add 5 reps to your 7-rep max! Page 254
- This favorite of many power athletes will quickly pack on slabs of beef on your chest -- thanks to the extreme and unusual overload it generates.
- This tip from strength icon Dr. Fred Hatfield could advance the development of your pecs by light years. Page 261
- How to avoid drooping, breast-like pecs Page 270
- Three great ways to work your pecs without a bench. Page 271
- This dirty little secret of bodybuilding not only blasts your pecs but builds bigger pipes better than curls. Page 276

## 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...
- 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.
- 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.

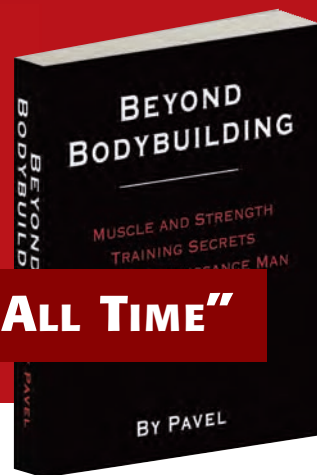
- How to add one inch to your chest in ten days with pushups.
- The NASA Pushup Program -- simple, effective and soundly rooted in science -- good for any and everyone! Page 287
- Now you can smoke your forearms and reinforce your finger strength, anywhere, anyhow -- thanks to this drill from Russian 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, an explicitly evil Soviet Spec Ops drill... delivers driving leg power and a ripped, mean, upper body. Page 298

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.



- How to assault your body with a brutal workout -- yet save your knees to fight another day. Page 301
- 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.
- 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

# 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

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

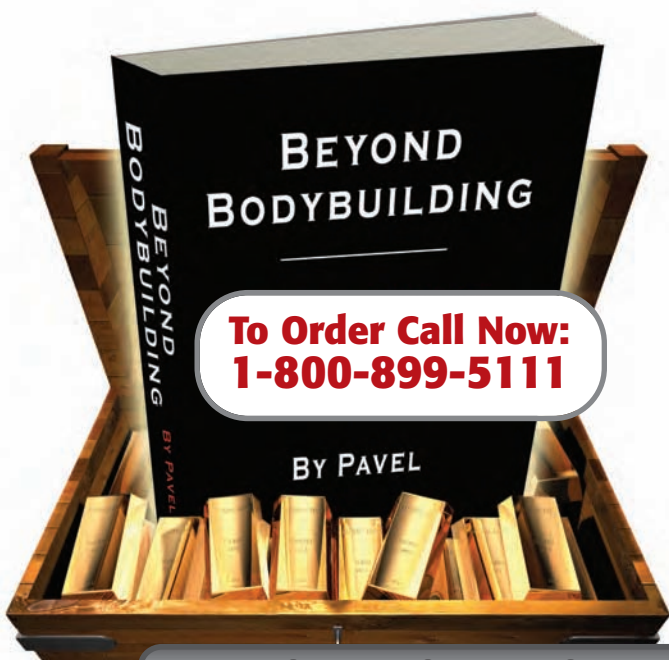
"I just read through the whole thing a second time. WOW! To say there is a lot of info in this volume is an understatement. **This book teaches you how to look like you could walk through walls and have the strength to actually do it.** *Beyond Bodybuilding* combined with RKC and PTP has become my new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



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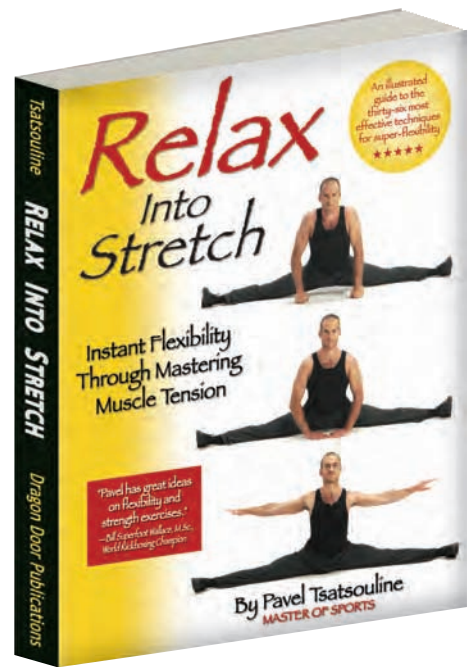
# Be as **FLEXIBLE** as You Want to Be—**FASTER, SAFER** and **SOONER**

“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**



## **Relax into Stretch** Instant Flexibility Through Mastering Muscle Tension

**Book** By Pavel Tsatsouline

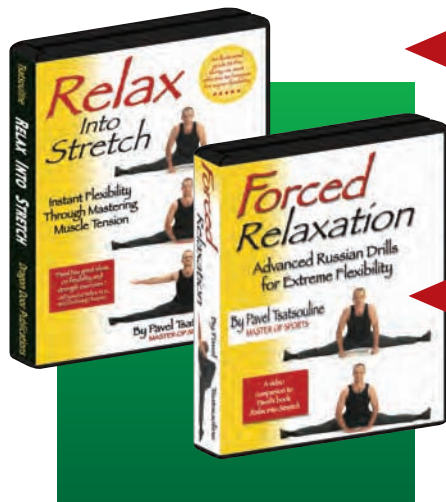
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- Why excessive flexibility can be detrimental to athletic performance—and how to determine your real flexibility needs
- Plateau-busting strategies for the chronically inflexible.

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# Here's what you'll discover, when you possess your own copy of Pavel Tsatsouline's *Relax Into Stretch*.

## Stretching is NOT the best way to become flexible

Why Americans lose flexibility as they grow older • the dangers of physically stretching muscles and ligaments • the role of antagonist passive insufficiency • the nature and function of the stretch reflex • how to master muscular tension • how to inhibit the stretch reflex • intensive and extensive learning methods.

## Waiting out the Tension—relaxed stretching as it should be

Just relax—when and when not to use the technique of *Waiting out the Tension* • Victor Popenko's key to mobility • the importance of visualization • why fear and anxiety reduce your flexibility • maximizing perceived safety in the stretch.

## Proprioceptive Neuromuscular Facilitation

How Kabat's PNF fools your stretch reflex • the function of the Renshaw cell • why it works to pre-tense a stretched muscle.

## Isometric stretching rules!

Why contract-relax stretching is 267% more effective than conventional relaxed stretching • what the 'frozen shoulder' has to teach us • the lifestyle problem of 'tight weakness', • why isometrics is more practical than weights.

## Extreme flexibility through Contrast Breathing

How to breathe your way to greater flexibility • effective visualizations for the tension/release sequence • avoiding the dangers of hyperventilation.



## Forced Relaxation—the Russian spirit of stretching

How to turn the contract-relax approach into a thermonuclear stretching weapon • determining correct duration • tips for the correct release of tension.

## The final frontier: why Clasp Knife stretches will work when everything else fails

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## Why you should not stretch your ligaments—and how you can tell if you are

Yoga postures and stretches to avoid at all costs • the function and limitations of your ligaments.

## Stretching when injured

Rest, Ice, Compression and Elevation • what happens when a muscle gets injured • contracting and releasing the injury • why stretching won't help a bad



back and what to do instead.

## The demographics of stretching

Why your age and sex should determine your stretches • the best—and worst—stretches for young girls, boys and adolescents • a warning for pregnant women • what's best for older folks.

## The details, the schedule

Isometric stretches—when to do them and how often • how to know if you are doing too much • Bill 'Superfoot' Wallace's hardcore stretching schedule • correct order and choice of stretch • why isometric stretching should be the last exercise you do in your day.

## The Relax into Stretch drills—

1. The Souped Up Toe Touch . . . . .Page 49
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## How much flexibility do you really need?

Why excessive flexibility can be detrimental to athletic performance • why old school strongmen instinctively avoided stretching • what stretches powerlifters and weightlifters do and don't need • warning examples from sprinting, boxing and kickboxing.

## When flexibility is hard to come by, build strength

Plateau-busting strategies for the chronically inflexible • high total time under tension.

## Two more plateau busting strategies from the iron world

Popenko's flexibility data • the reminiscence effect • the dynamic stereotype • How to exceed your old limits with the stepwise progression.

## Advanced Russian Drills for Extreme Flexibility

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## Relax into Stretch Delivers Instant Flexibility!





# Don't Just Take Our Word For It! Here's Another Sample of Our Web-Customer Reviews of Pavel's DVDs, **Resilient**, **Super Joints** and **Relax into Stretch**\*

## "The Wall Walk alone makes this DVD worth the price"

"*Resilient* is yet another no-nonsense presentation from Pavel of things I've never heard of before that work for me like nothing else.

The Wall Walk, which is now my replacement for the McKenzie exercise I used to do every day for my bad back, makes this DVD worth the price all by itself. I could never perform a back bridge without jamming my spine – I now Wall Walk my way into a bridge almost every day. The shoulder opening exercise fixed, in a few seconds, things that have been tight for years. And the list goes on and on – my neck has never felt better.

Pavel is a master teacher and watching *Resilient* is like having him in your living room, teaching you all that you need to know and nothing that you don't. I train harder, with fewer aches and pains, since I started practicing the drills on *Resilient* – what more could anyone ask for?"

—Steve Freides - Ridgewood, NJ

## "Great way to recover from and prevent injuries to joints"

"My copy of *Resilient* arrived earlier this week. I watched it that night, and did the parts I could remember the next two mornings. It struck me several times through the day how good I felt. Same feeling as when I first tried *Relax into Stretch* and the first time with *Super Joints*. Because I keep getting the improvement from each new product, I conclude that they complement each other, each one giving me something the others don't quite cover.

Biggest revelation from the DVD was realizing how tight my shoulders are. Though I'm not a great flexibility guy, I thought I was doing pretty well. Ha. Guess I'll be getting the work I need there. Pain is good, as Pavel says.

Finally, my take on how the three programs fit together: *Relax into Stretch* is about a safer and saner approach to the stretching work that is common in high school sports and martial arts. It teaches the body to go farther than it thought it could by learning that the muscles aren't really going to tear as you stretch out.

*Super Joints* is about moving the joints through full range of motion. From my own experience and watching friends and relatives, range of motion is one of those "use it or lose it" things. I'm using it. *Resilient* is about recovering from and preventing injury by strengthening the supporting and stabilizing muscles around joints that commonly get abused."

—SteveA, South East US

## "More than worth the price"

"After more than 15 years of powerlifting and going on 2 years of Kettlebells, I have had my share of aches and pains. Pinched shoulders, tight hips, knotted up back, aching elbows, sore...I doubt there wasn't a joint on my body not crying for relief. Fortunately deliverance came in the form of both *Resilient* and *Super Joints* DVDs.

After the first viewing and trying just a few of the exercises recommended in *Resilient* I began to experience immediate relief! I have since combined exercises from both DVDs and have improved both range of motion and a total cessation of pain in certain joints.

I am always skeptical to claims of "pain ending" solutions and supplements but I can't say enough about Pavel's knowledge and expertise when it comes to subjects such as strength and recovery programs! I don't know how Pavel does it, but with every new book or DVD he comes out with, it is filled with new and useful information all strength athletes (or any one for that matter) can use and benefit from."

—Patrick (phil) Workman, RKC - Mansfield, TX

## "Excellent information!"

"At a certain point stretching, joint mobility, and kettlebell training all converge and can be combined into special drills that make the body tougher and more injury-resistant. I had found this point in my training some time ago and started combining principles from the *Russian Kettlebell Challenge*, *Super Joints*, and *Relax into Stretch* in my morning recharge routine. Thought I was pretty original. Wrong. Pavel has been doing the same stuff all along and now he's put out a DVD about it. Oh well, if I wasn't being original, at least I was on the right track. Nice work Pavel."

—Rob Lawrence - Collingswood, NJ

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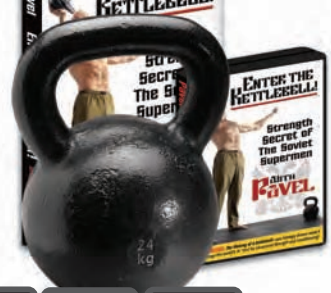
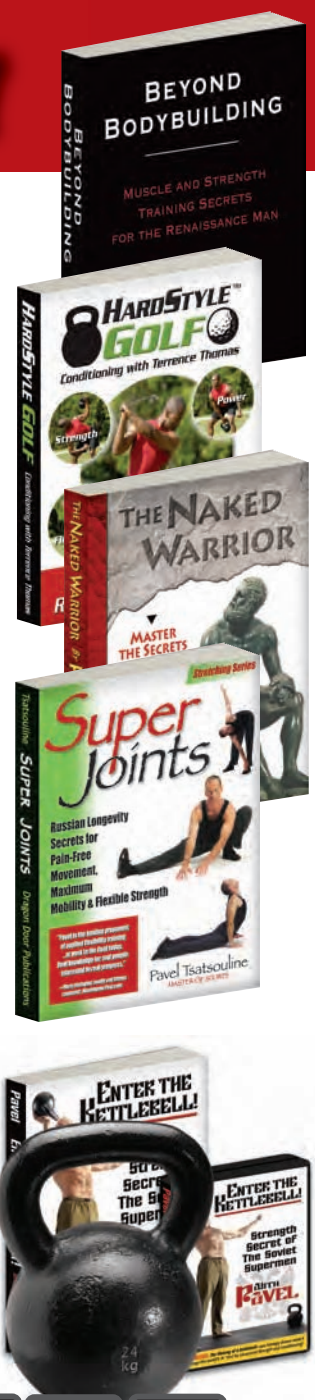
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