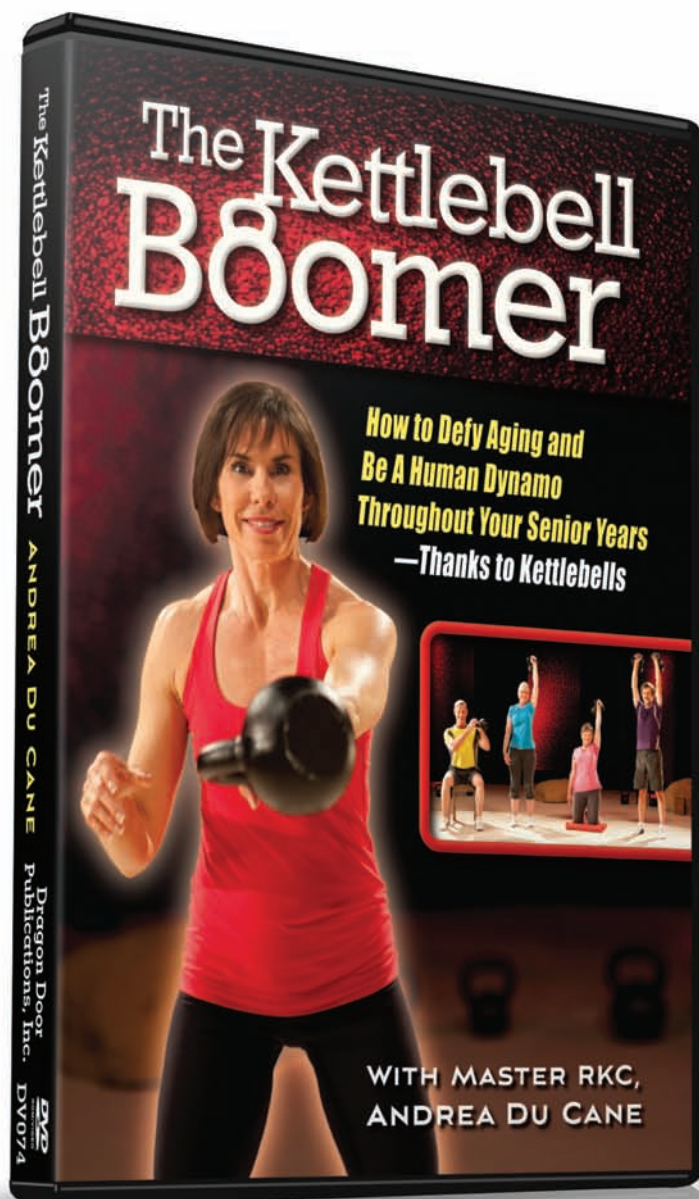


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BREAKING NEWS:

"Willful Aging"
 Declared "Criminally
 Irresponsible"—
Banned in All 50 States...

Reverse aging, reduce pain and restore
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Live Hard, Live Dangerously in 2011!

Stand Up, Step Up to the *HardStyle* Challenge—With Our Own Customers' Top 20 Choices for a Powerful, Fulfilled, Strong and High-Energy Life...

Others may be scuttling to the hills, hiding under their blankets or blithering around with half-baked measures and wimpy, pretend "resolutions". But not you...now's the time to jump in, full-metal—and show what you're really made of. Grab what you need from the arsenal below and have at it! We can't wait to hear your results...

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“Willful Aging” Declared “Criminally Irresponsible”— Banned in All 50 States...

Reverse Aging, Reduce Pain, Restore Lost Vigor—And Stay Proud of Your Body

Nothing ages us faster than the lack of regular, effective exercise. Muscles melt away, bones go brittle, posture stoops, skin sags, flab hangs—and joints creak. Pain, fear and fatigue become our constant companions.

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

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

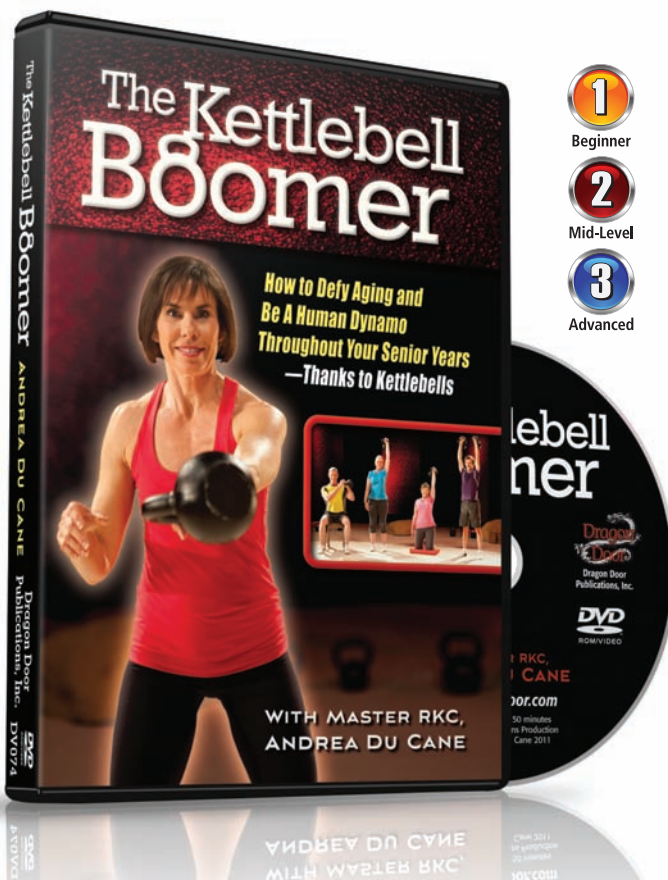
Discover how the magic of kettlebell exercise can keep you powerful, strong, supple and out of trouble—at any age...

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

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

Kettlebell Boomer provides everything you need to start training with kettlebells—with full instruction plus follow-along workouts. You will discover two main workouts, one with a strength focus and the other cardio. Watch four different people doing the workout, each representing a different level. Pick the right level for you and follow that person through the entire workout. Or you can switch between levels for different exercises.

Bonus sections cover warm-ups, joint mobility, balance and stability—to ensure your anti-aging kettlebell program covers all the essential elements for a long, active, safe and pain-free life. Enjoy!



The Kettlebell Boomer
**How to Defy Aging and Be a Human
Dynamo Throughout Your Senior Years—
Thanks to Kettlebells**

With Master RKC, Andrea Du Cane

#DV074 \$39.95 DVD Running time: 2 hours 50 minutes

To order NOW call **1-800-899-5111**
24 hours a day



Order *Kettlebell Boomer* DVD online:
www.dragondoor.com/DV074

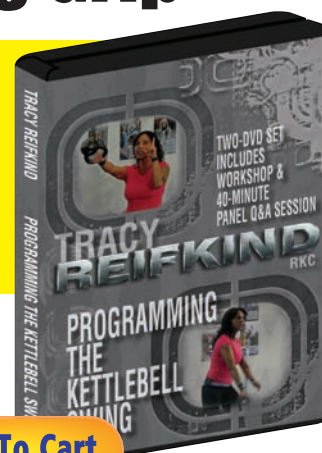
Come Out Swinging in 2011—Then Back It Up with Monster Lats and a Crushing Grip

"If you searching a brutally effective fat loss and conditioning regimen, you have found it: *Programming the Swing*. I was so impressed with Tracy Reifkind's innovations that I am incorporating some of them into the RKC curriculum."—Pavel Tsatsouline, Chief RKC Instructor

Few people use the swing to its full potential. In this inspiring, live workshop DVD, Tracy shows you how to do just that. From individuals looking for a basic conditioning progression to instructors who need a variety of intense kettlebell routines, this program covers all the angles. You'll be blown away by the variety possible using this deceptively simple movement.

The kettlebell swing is one of the most important of all the kettlebell exercises, yet only a precious few know how to take advantage of its endless benefits. Tracy Reifkind reveals her original kettlebell choreography and progressions method that has helped her and her clients lose unprecedented weight, keep it off—and be stronger and more energetic than they ever imagined.

- Discover how to program the kettlebell swing for the ultimate in muscular and cardiovascular conditioning with just a few basic progressions.
- Discover how to maximize the most basic and important kettlebell exercise for the most efficient results possible.



[Add To Cart](#)

Programming the Kettlebell Swing

Tracy Reifkind
#DV075 **\$39.95**
2-DVD set 2 hours 14 minutes



"A strength professional uses his lats in a sophisticated manner in bench presses, military presses, deadlifts, and other lifts—and reaps the rewards of greater strength and shoulder and back health. No one is more qualified to teach you this elite subtle skill than Mark Reifkind which he does exceptionally well in *Lats, the Super Muscles*."—Pavel Tsatsouline, author of *Enter the Kettlebell!*

"There is a lot to learn from old-time strongmen. Unfortunately, the information is scarce and rarely authentic. Fortunately, you have *Lessons of the Old-Time Strongmen*. David Whitley has studied with top strongmen whose lineage goes back to the greats of yesterday. Let 'Iron Tamer' show you impressive feats of strength and teach you how to be very strong and never sore and tired."—Pavel Tsatsouline, author of *Enter the Kettlebell!*

"If you appreciate the health and strength benefits of the kettlebell get-up, you will add another layer of sophistication to your practice with David Whitley's *Kettlebell Fundamentals, Deepening Your Get-Up Skills*."—Pavel Tsatsouline, author of *Enter the Kettlebell!*



Lats, the Super Muscles
Mark Reifkind
#DV076

\$29.95 DVD
1 hour 31 minutes

In this workshop DVD, Mark Reifkind introduces the basics of lat kinesiology, and teaches the steps needed to build a powerful back. Once you understand how the lats work, you can build strength, size and pushing and pulling power.

[Add To Cart](#)

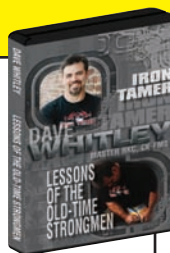
Very few people understand the work of the old-time strongmen, and fewer yet can accomplish any of their feats. Dave Whitley is one such person, and in this live workshop DVD he'll show you how some of the strength feats are done.

Better yet, he'll teach you how to use the strongmen's methods to take your own training to levels you hadn't imagined. In today's strength world, the Iron Tamer is a premier go-to strongman! You'll also get to see some of these feats in person -- dynamic nail and horseshoe bending, remarkable grip feats and truly powerful demonstrations of singular focus.

[Add To Cart](#)

Lessons of the Old-Time Strongmen

Dave Whitley #DV077 **\$29.95** DVD 1 hour 8 minutes



[Add To Cart](#)

Kettlebell Fundamentals, Deepening Your Get-Up Skills

Dave Whitley #DV078 **\$29.95**
DVD 1 hour 11 minutes

Single-hand pressing as well as Dave does allows him to teach it in a way that works for everyone. He'll use the movements of the Turkish getup, the windmill and various bent press progressions to show you how to gain true strength that's balanced from side to side.



Reifkind, Whitley, Reifkind 4-DVD Set
#DVS030 **\$109.80**

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To order NOW call **1-800-899-5111**
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Order Reifkind, Whitley DVDs online:
www.dragondoors.com/dvs030

Make 2011 the Year You Move with Greater Grace, Efficiency and Power—Here Are Two Perfect Resources to Help You on Your Way...

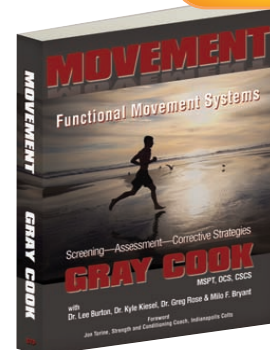
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"Once a decade a book comes out that you will keep reading, rereading, and crowding with notes until it falls apart. Then you buy a new copy and enthusiastically start over. In the 1990s it was Verkhoshansky and Siff's *Supertraining*. In the 2000s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

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

"I use the Functional Movement Screen in my work with training professional football players, and you can use it for your work with hearty athletes, personal training clients and rehabilitation patients as well. It's that versatile, that effective and that appealing... Everything we do at the Indianapolis Colts is built on a Functional Movement Screen base—it's the foundation of our program. "Enjoy and appreciate the brilliance of a never-ending lifelong journey provided by Gray Cook. I know I and those I work with will continue to reap the rewards." —Jon Torine, Strength and Conditioning Coach, Indianapolis Colts

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



1

Beginner

2

Mid-Level

3

Advanced

Movement Functional Movement Systems

Screening, Assessments & Corrective Strategies

By Gray Cook, MSPT,
OCS, CSCS, RKC

with Lee Burton, Kyle Kiesel,
Greg Rose & Milo F. Bryant

#B43 \$69.95

Hardcover 406 pages 8.5 x 11



[Add To Cart](#)

TRX® Kettlebell™: Iron Circuit Power

With RKC Chief Instructor
Pavel and TRX Head of
Programming, Chris
Frankel

Also featuring: Master RKC,
Andrea Du Cane and RKC Team
Leader, Mark Toomey

#DV079 \$39.95
DVD 83 minutes



TRX teams up once again with the kettlebell experts at Dragon Door Publications for another installment in the TRX/Kettlebell DVD series. *TRX/Kettlebell Iron Circuit Power* is a killer 50-minute, high-intensity workout that will have you welcoming the built-in rest breaks.

While the first DVD focused on muscle sculpting and fat blasting, *Iron Circuit Power* is designed to build your strength and muscle mass. Former Soviet Special Forces trainer and RKC Chief Instructor, Pavel Tsatsouline, and TRX Master Trainer, Chris Frankel team up again to run you through a whole new range of TRX/Kettlebell movements that expand on the skills you developed in the first DVD.

The TRX® Kettlebell™: Iron Circuit Power program includes:

- Comprehensive TRX Set-up and Use Instructions
- 18-minute Intro to Kettlebell Training
- 50-minute workout
- Over 15 minutes of warm up and cool down

You will also receive a full-color, durable guide that includes set-up instructions, detailed exercise photos, and coaching tips.

Invest in these kits and save on units purchased separately:



TRX Suspension
Training Pro Pack
AM11 \$189.95



TRX Pro Pack +
Door Anchor
AMK11
\$199.95



TRX Pro Pack +
TRX Kettlebell: Iron Circuit
Power DVD
AMK14
\$217.95

Best deal: add the TRX Door Anchor to your new TRX® Kettlebell™: Iron Circuit Power program, and TRX Pro Pack, for extra utility whether at home or away.



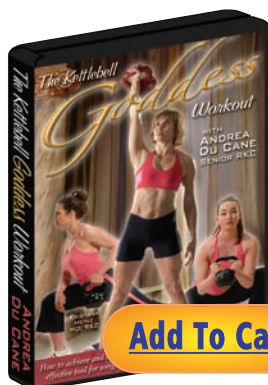
TRX Pro Pack + Door Anchor + TRX
Kettlebell: Iron Circuit Power DVD
AMK15 \$227.95

To order NOW call **1-800-899-5111**
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Do It! 2011—the Year of the Heavenly Bodies



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The Kettlebell Goddess Workout

Andrea Du Cane,
Master RKC
with Kristann Heinz,
MD, RKC and
Nicole Du Cane RKC
Running time:

2 Hours and 25 minutes

DVD **#DV040 \$29.95**



Beginner



Mid-Level

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

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

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

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

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

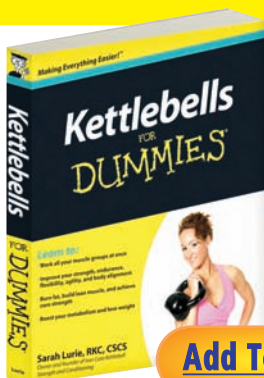
Andrea's powerful array of authentic kettlebell workouts, plus cool downs and stretches, are guaranteed to reward you with greater energy, greater well being, greater strength and a superb figure. Fit for the Goddess you know you are!

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...

Order *Kettlebell Goddess* online: www.dragondoor.com/DV040

"Kettlebells for Dummies will safely ease a complete beginner into effective kettlebell training, then build up to advanced practice, keeping him or her busy for years. Sarah Lurie's instruction is very professional and displays uncommon attention to detail. If you are serious about taking on the Russian kettlebell, get this book." —Pavel Tsatsouline, author of *Enter the Kettlebell!*



Add To Cart

Kettlebells for Dummies

By Sarah Lurie, RKC, CSCS

#B44 \$21.99

Paperback 342 pages 7.5 x 9



Beginner



Mid-Level

With numerous step-by-step photos throughout, *Kettlebells For Dummies* gives you everything you need to use kettlebells to safely improve strength, endurance, flexibility, joint durability, agility, mobility, athletic movement, and proper body alignment.

Beginners will love *Kettlebells for Dummies*. But even the most advanced kettlebell practitioners will be delighted at possessing what has to be the most thorough kettlebell book on the market. It makes a perfect companion to Dragon Door's own flagship titles like *Enter the Kettlebell!* and *Viking Warrior Conditioning*.

"When I first read *Kettlebells for Dummies* by Sarah Lurie, RKC, CSCS, I quickly scanned the Table of Contents to see what the book contained. As I started to read the Table of Contents, I was thoroughly amazed at what was in this book. It made me excited to read Sarah's book and I have been doing and teaching kettlebells for over 6 years!!

Two of the things that are extremely important to me as a chiropractic physician in regards to any exercise regimen are proper technique and safety. Sarah does a fantastic job covering both of these. Her attention to detail in describing the individual exercises is above reproach. Then add in her discussions about what kettlebells are, to selecting the proper one to proper spinal posture to breathing right, etc. All this before even describing the first exercise!! Her sections on using kettlebells for Special Situations - young adults, seniors, pregnancy, athletes, and weight loss - are very well written and help to spread the good news that kettlebells are for just about everyone. I highly recommend this book, not just for the newbie kettlebell user, but also for experienced kettlebell enthusiasts. It has something for everyone! A must read!!" —Michael Hartle, DC, DACBN, CSCS, RKC Team Leader

Order *Kettlebell for Dummies* online:
www.dragondoor.com/B44

To order NOW call **1-800-899-5111**
24 hours a day



Two Superb Choices to Guarantee Massive Muscle and Egregious Power in 2011...

"Distilled from hard science and extensive strength coaching experience, *Kettlebell Muscle* by Master RKC Geoff Neupert is guaranteed to pack many pounds of athletic muscle on anyone who follows it to the letter. A perfect program to cycle with *Return of the Kettlebell*."
—Pavel Tsatsouline, author of *Return of the Kettlebell*!

"*Kettlebell Muscle* is the doorway to intelligent hypertrophy training. It's a book about building muscle mass fast. Geoff's clever use of time is the factor for stunning muscle gains. The tools are simple, the moves are simple, the schemes are simple and the results are amazing. In other words, stop looking for the next wave and jump into Geoff's methods. You have the answers in your hands. Now, move some iron." —Dan John, RKC Team leader, author, *Never Let Go*, American Record Holder in the Weight Pentathlon, Masters National Champion in discus and Olympic Lifting

"Finished up the 18 weeks at 191 pounds, solid and hard, much leaner than when I started. I started at 180 pounds and lost 5 pounds of fat while on this program. That's a net gain of 16 pounds of muscle! If you are looking for kettlebell program to add size and strength this is the one for you. I had the pleasure/pain of test driving this workout for Geoff. I like him just a little less than when I started. This is a challenging and entertaining workout that will give you back everything you put into it!"
—Doug Nepodal, Senior RKC

Order *Kettlebell Muscle* online: www.dragondoor.com/B42

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

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

No one but a certified lunatic or a suicidal fool would punch up a Bugatti Veyron to its full 253 mph—while rigged with four different-sized wheels, paper-thin brakes—and a dodgy steering wheel...

Yet, athletes of every ilk take this risk with their own bodies on a serial basis. Every time he thinks he's up-grading himself, chances are the average athlete is simultaneously de-grading himself... And the more skilled the athlete, the more savage the likely damage. Why? Disregard for balance, folk...disregard for balance...

In our hunger to express ever-more power, most of us fail to create the foundational structure to safely express that power. It's Pavel's analogy of firing a cannon out of a row boat. Disaster waiting to happen.

And correct foundational structure implies perfect balance, perfect proportion... Anything less and you're on the slippery slide of dysfunctional, ugly movement—the inevitable precursor to activity-crippling injury.

No team has done more this century to offer a working solution to this athletic dilemma than **Gray Cook** and **Brett Jones**.... Beginning with his trailblazing *Athletic Body and Balance*, his creation of the FMS system, and now with his magisterial new Movement, Gray Cook has established himself as without peer in the realm of functional movement, screening, assessment and corrective strategies.

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

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

To quote Brett and Gray:

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

Kettlebells from the Center—Dynami lays out a systematic approach to develop the proper pattern or foundation for the two best power moves – the Kettlebell Swing and Kettlebell Push-Press. Once a pattern has been formed the program continues to cement the proper pattern with strength moves like the Kettlebell Squat and

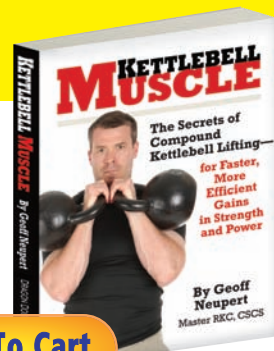
Kettlebell Tall Kneeling Press. Then the program takes a unique approach to symmetry. Symmetry of strength is checked using Single Leg and Bottom Up kettlebell drills. Then everything comes together to form the *Dynami* or Power."

2

Mid-Level

3

Advanced



[Add To Cart](#)

Kettlebell Muscle

The Secrets of Compound Kettlebell Lifting—for Faster, More Efficient Gains in Strength and Power
By Geoff Neupert, Master RKC, CSCS #B42 \$29.95
Paperback 74 pages 8.5" x 11"

2 3
Mid-Level Advanced



[Add To Cart](#)

Kettlebells From the Center - Dynami

With Gray Cook, RKC and Brett Jones, Master RKC, CSCS #DVS031 \$79.95

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

To order NOW call **1-800-899-5111**
24 hours a day



Order *Dynami* DVDs & Book Set online:
www.dragondoor.com/DVS031

2011—Time to Put Ignorance and Weakness to the Sword— as You Pillage and Plunder Your Way Through One Science-Based Strength Gain After Another...

“How can a man with a wing span of a 747 strictly military press a pair of 32kg kettlebells with one hand?—Read *Perfecting the Press!* to find out. In this remarkable book Kenneth Jay reveals the science and the secrets behind the big press.”

—Pavel Tsatsouline, author of *Enter the Kettlebell!*

“Kenneth Jay has laid out what I feel will generate a next-step evolution in strength training. Even if you have no interest in increasing your military press, the concepts in this book are powerful.

Not only does Kenneth break down the essentials to a perfect press, but he also provides 10 innovative drills for shattering plateaus. Whether it is simply stacking two kettlebells in one hand for manipulating the center of gravity or showing how to take advantage of hard-wired reflexes, Kenneth’s pursuit of strength allows us to stand on his shoulders (pun intended).

Combining science and practical application, Kenneth reveals in *Perfecting the Press!* principles and techniques capable of assisting you on a journey of strength. This is an intelligent journey based in science and field tested in the Iron Pit.

Now read, learn, and apply. Strength is waiting for you!” —Brett Jones, Master RKC, CSCS, CK-FMS

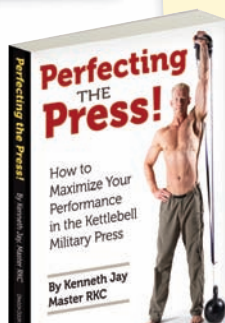
Perfecting the Press!

How to Maximize Your Performance in the Kettlebell Military Press

By Kenneth Jay

#B45 \$34.95

Paperback 8.5 x 11 130 pages



Add To Cart

“Based on painstaking, original research on subjects ranging from untrained folks to members of the Danish Olympic team, *Viking Warrior Conditioning* is a foolproof blueprint for achieving Olympian conditioning in record time—while simultaneously improving one’s body composition dramatically. Master RKC, Kenneth Jay, the warrior sage equally at ease with a heavy kettlebell and with a force plate, shows you the way.”—Pavel Tsatsouline, author of *Enter the Kettlebell!*

“Kenneth Jay has produced what may be the most eye-opening work on VO2max training available today. Jay begins by taking the reader through the fundamental scientific principles of top-level conditioning. His down-to-earth writing takes the abstractions of calculations and puts them into the tangles of training. Continuing with a step-by-step description of his *Viking Warrior Conditioning* regimes, Jay walks the reader through the fine details of his method. His progression of kettlebell training regimens is designed to take you from weekend wanna-be to victorious Viking.

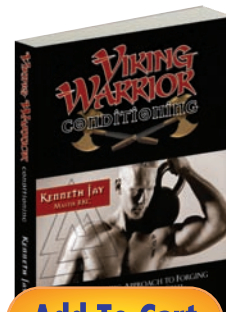
“If you want to understand the why and the how of kettlebell training for conditioning then this is the book! This is the guide to using the kettlebell for optimal VO2max conditioning. Kenneth Jay’s protocols have benefited me and my clients greatly.”—Brett Jones, Master RKC, CSCS, CK-FMS

Viking Warrior Conditioning

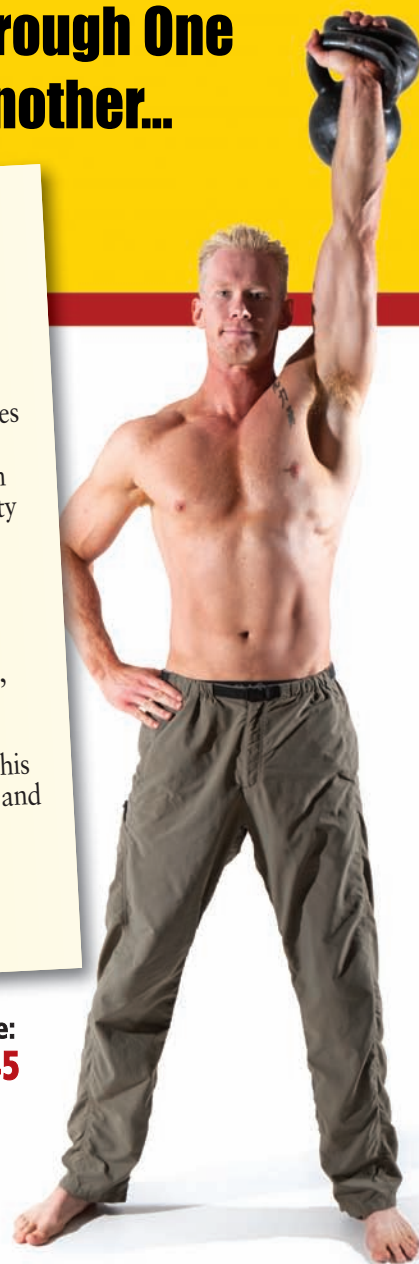
The Scientific Approach to Forging a Heart of Elastic Steel: An application of The Theory Behind Proper VO2max Training
By Kenneth Jay

#B39 \$34.95

Paperback 8.5 x 11 138 pages
56 photos, charts and illustrations



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Order *Viking Warrior* online:
www.dragondoor.com/B39

To order NOW call **1-800-899-5111**
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2011—The Year to Be Russian-Rugged, Ruthlessly Resilient and One Tough Mother...

With Enter the Kettlebell! Pavel delivers a significant upgrade to his original landmark work, The Russian Kettlebell

Challenge. Get his 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 demands
- Maximize staying power—because the last round decides all

- Forge a fighter's physique—because form must follow the function

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.



Add To Cart

Enter the Kettlebell! Strength Secret of The Soviet Superman

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



The Best Valentine's Gift Ever!

"My boyfriend bought me the package *From Russia With Tough Love* (book, DVD and a 26lb KB.) As a physical therapist I am impressed with the foundation in science and literature that Pavel refers to. I am even more impressed with the precise breakdown of skills in the DVD. I have met world champions and famous personalities in sports and dance who had not mastered breaking down movements when giving workshops. A skilled teacher is not only invaluable but sadly, rare. Pavel has the talent for teaching necessary to get through to even us beginners. Andrea and K.C. do a

wonderful job demonstrating. They have turned the KB lifts into choreography as they seamlessly perform the lifts together. Content-wise this is a high quality, precise DVD. The book/DVD and KB are well worth the investment.

Working out with KBs is a thinking person's workout! My biggest sadness is that I didn't get a KB YEARS or even DECADES ago! A big Thank You or Spacebea Bolshoi, Pavel!" —Orli, New York, NY



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

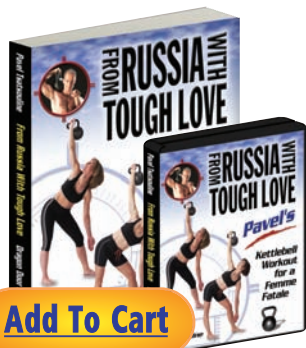
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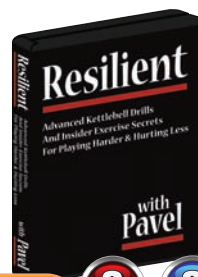
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Mid-Level



Advanced

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Return of the Kettlebell's protocols were born from Pavel's insights while training elite power athletes. Several champions made astonishing, almost mysterious, strength and muscle gains—at least two broke new powerlifting world records—thanks to kettlebell training. Pavel decided to reverse engineer this "What the Hell" effect experienced by the champions—so all others could benefit from their success.

Return of the Kettlebell presents the final fruit of Pavel's research—combining the very best of ancient lifting wisdom with modern day scientific breakthroughs.

Like the Breakfast of Champions, consume what's on the *Return of the Kettlebell* menu and watch yourself grow—and grow!

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combination that everyone should have in their own personal strength and conditioning library."—Stan Kellers, Assistant Coach of Strength, Cleveland Cavaliers

"Pavel's *Return of the Kettlebell* is a no-nonsense guide to advanced kettlebell training. This DVD is for people who have mastered the fundamental of kettlebell training and understand the importance of linked motions and good spinal biomechanics in developing strength and power. He has incorporated new research on high velocity power training and the stretch-shortening cycle to maximize strength fitness using minimal equipment. His emphasis is always on good technique. *Return of the Kettlebell* will improve fitness and performance in any experienced power athlete. This is a 'must have' DVD for any serious student of sport."—Thomas Fahey, Ed.D., Professor of Kinesiology, California State University, Chico

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

Can one exercise sequence do it all? Can one exercise provide insight into how you move? Could one exercise be the key to achieving a balanced and strong body? Well, according to two of the most highly regarded "Engineers of Movement

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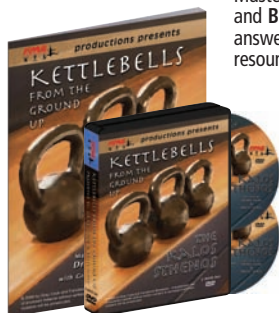
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Kettlebell Athletic Training Fitness System Disc 1: Foundational Juggling Skills for Living on the Edge

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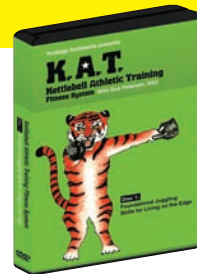
To perform at your peak, you need to stay fit, strong, and agile. Conventional wisdom says that takes hard work. And it does. But what if the training you did to stay on your game was as fun and intriguing as the game itself? Now it can be.

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

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

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

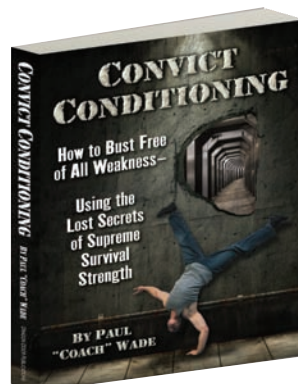
Books like this can never be duplicated. Paul Wade went through a unique set of circumstances of doing time in prison with an 'old time' master of calisthenics. Paul took these lessons from this 70 year old strong man and mastered them over a period of 20 years while 'doing time'. He then taught these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

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

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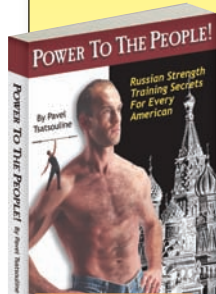
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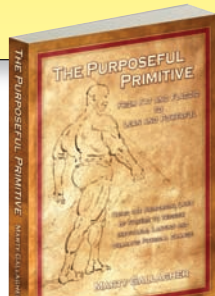


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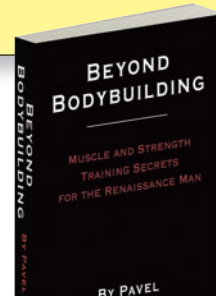


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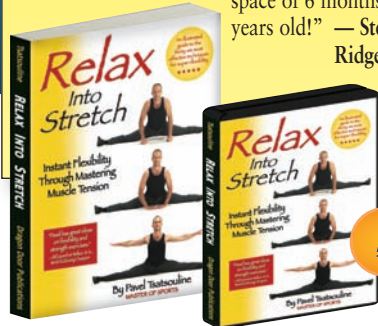
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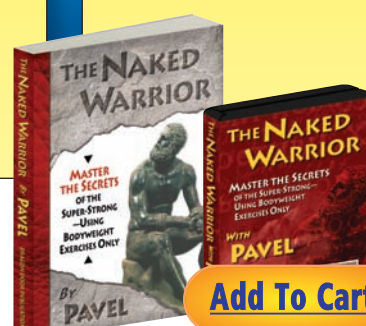


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Mid-Level



Advanced

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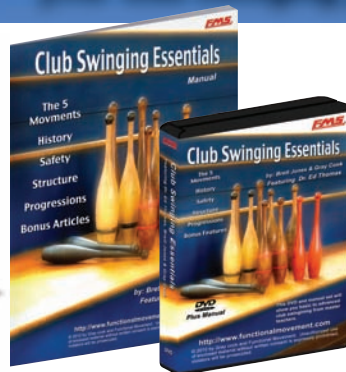
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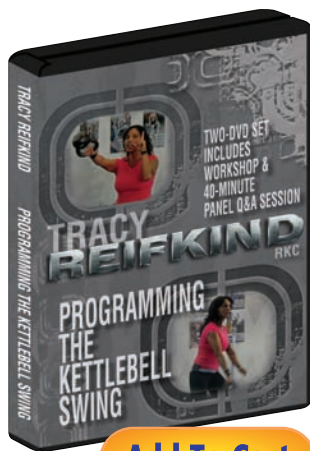


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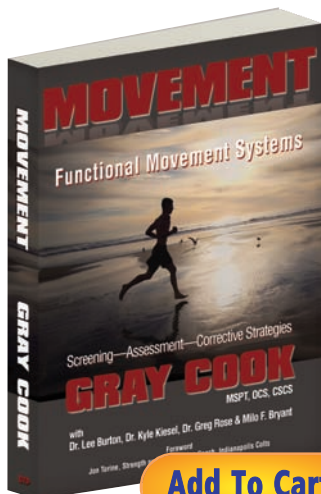
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