

DRAGON DOOR PUBLICATIONS PRESENTS

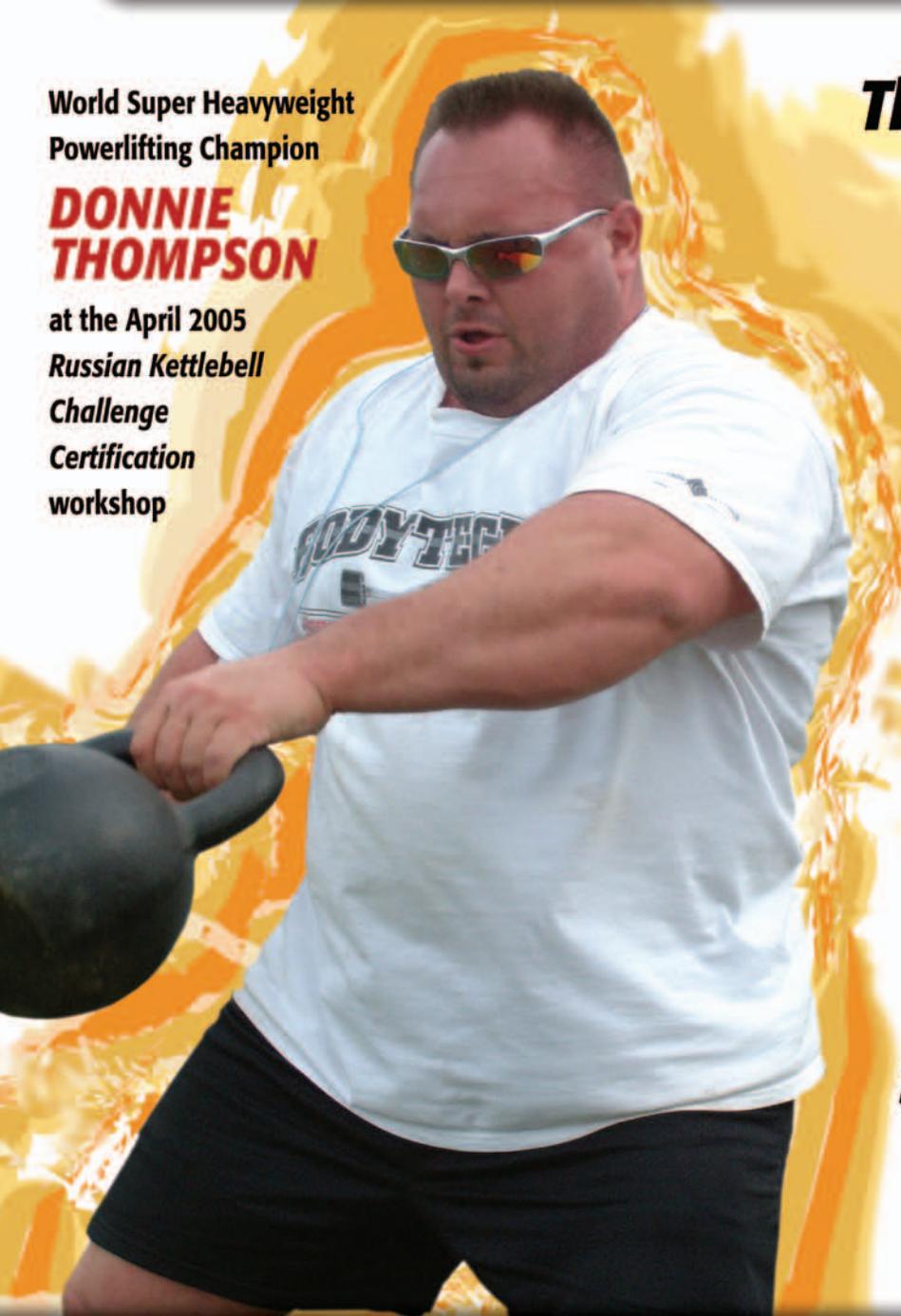
HARD-STYLE

HARD CORE TOOLS FOR HARD LIVING TYPES

World Super Heavyweight
Powerlifting Champion

DONNIE THOMPSON

at the April 2005
Russian Kettlebell
Challenge
Certification
workshop



The Power to Endure
—New Kettlebell Secrets
From a World Champion

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Your **Agility**
With Kettlebells

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Strongmen love their kettlebells

Fascinating that many of the world's strongest men love the results they get from their kettlebells. While the individual bells may weigh a fraction of the poundage these great men are used to heaving, the kettlebell remains an almost magical tool for achieving and maintaining an extra edge in all competitive sports.

See World Champion Powerlifter **Donnie Thompson's** interview in this issue for confirmation of the kettlebell's uncanny impact on elite physical training. I was particularly interested in what Donnie had to say about the future impact of kettlebell training on American Football. He believes his kettlebell-trained football players are going to eat other teams alive.

And what's a tougher-than-tough US Marine going to do when he leaves the Corps? **Will Williams**, one of our strongest RKC's, has plunged into the personal training world with a vengeance. After his winning performances at the **National Kettlebell Convention** and with the **Kettlebells for Combat Applications** specialty also to his credit, he's now cleaning house in Philly. See his great interview for details.

Expanded issue gives you more great articles by leading strength experts

I don't know if you noticed, but like the last issue of *Vitalics*, we have expanded *Hard-Style* from 64 to 80 pages—mostly to accommodate more great articles from our strength experts.

See in particular Danish RKC and Combat Applications Specialist, **Kenneth Jay's** excellent article on *How to Maximize Your Agility With Kettlebell Drills*. Kenneth, along with business partner and fellow Danish RKC, **Tommy Eli**, is spearheading the introduction of kettlebells into Scandinavia.

Mark Reiffkind, RKC was one of our first people to embrace kettlebells in this country. See his excellent article on his journey from gymnastics to powerlifting and finally KBs. **Steve Maxwell**, Senior RKC reminds us of one of the great beauties of kettlebell training: the building of "power endurance"—so crucial in sports as different as Wrestling and Rugby.

I don't hear it much any more, but I am always amazed when someone whines about the "cost" of kettlebells. Give me a break! Kettlebells have to be the single best strength tool investment you can make... Dragon Door's leading affiliate, **Victor Holtreman** sets the record straight with a few well-chosen words...

Introducing new products

Check out **Lisa Shaffer's** terrific new kettlebell manual, *Get Into The Best Shape of Your Life* which is a superb and highly practical complement to Pavel's kettlebell

books. Lisa used kettlebells during and after her third pregnancy — and by the look of her it's hard to believe she ever went through pregnancy even once! I strongly recommend her manual to anyone at any level of kettlebell proficiency.

And I also want to give a big personal plug for **Steve Maxwell's** excellent new kettlebell DVD, *Abs, Back & Core*. Steve is a master innovator and proves it again with this outstanding set of 13 killer KB drills for punishing your body into new levels of physical power and strength.

Announcing two new kettlebell sizes

Many of you, particularly women, have asked us for an intermediate weight between the 4kg and 8kg. Well, here it is, the 6kg!

I saw a tee at the last Arnold that cracked me up. The front said: "No, I'm not on steroids." And the back said: "But thanks for asking."

So for those of you mutant creatures out there who rip your shirts if you inhale too quickly...

We have uncaged **THE BEAST**, a very nasty 48kg (106lb) monster that has our liability insurance agent running for the hills.

Can you tame **THE BEAST**? We know you're out there... we've heard the rumors.

To qualify as a fully-fledged **BEAST-TAMER**, you need to be able to Press, Pistol and Pullup the thing. See Page 23 for full details.

Unlock! seminar draws rave reviews...next date set for February 2006

The new initiative, *Unlock!*, a collaboration between myself, Pavel and Steve Maxwell to bring you the very best techniques for mobility, stretching and opening up the body, was a huge success... as you will see from the comments on Pages 74-76. Based on overwhelming feedback, we have extended the next workshop in February 2006 to three full days from the original two. We expect the new workshop to fill quickly, so register now to be sure of a place (and to take advantage of the generous early-bird discounts.)



All the Best,

John Du Cane
John Du Cane
Publisher



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

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

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

“Thanks for you 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 and get your copy today!” —CHARLES STALEY, creator of the Escalating Density Training (EDT) system.

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

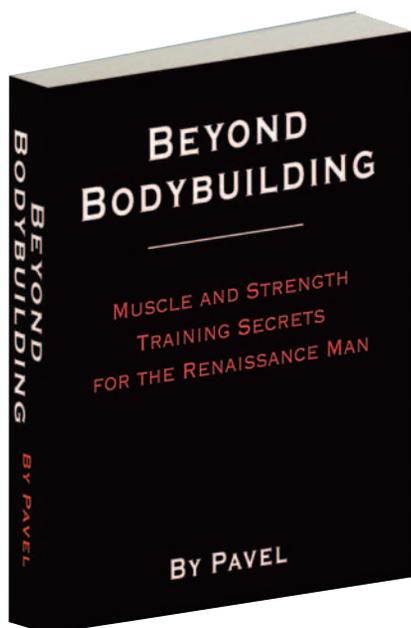
“I wholeheartedly recommend *Beyond Bodybuilding*: I view it as a summation of the accumulated knowledge Pavel Tsatsouline has gathered to this point in his career. Every body part is covered and a blueprint provided for how to build and strengthen every conceivable muscular target. The detail and description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

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

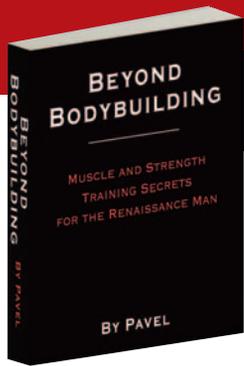
**Beyond
Bodybuilding
Muscle and Strength
Training Secrets for
The Renaissance Man
By Pavel**

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



Excerpts from *Beyond Bodybuilding* by PAVEL

IS THE TRAP BAR SUPERIOR TO THE STRAIGHT BAR?

Question: *My gym got a trap bar. Should I replace the straight bar with it for my shrugs and deadlifts?*

The trap or Gerard bar projects the weight right over your feet rather than in front of you. It is ergonomically better designed for shrugs than a straight bar. The movement is 'cleaner'. Besides, the fact that your hands face each other enables you to go heavier before resorting to straps.

The problem you are likely to face is getting the bar into position. You can load up a straight bar in a power rack; a Gerard bar needs to be deadlifted first. After a few months you are certain to shrug more than you can pull off the floor.

The trap bar deadlift is more of a squat than a dead. Therefore it will work your legs more and your back less, than a straight bar DL, so treat it as a leg exercise. Consider using twenty-five pound plates rather than forty-fives to further increase the leg stress.

If you are trying to build up your classic deadlift the trap bar will help to strengthen your start while doing nothing for the lockout. So do your Gerard pulls in addition to, rather than instead of, conventional deads. If the start is your weakness you may want to start a Power to

the People! type deadlift cycle with the trap bar and then switch to the straight bar closer to the peak.

Whether you deadlift or shrug, do not ever lean back! While dangerous with a straight barbell, it can be a disaster for your lower back with the diamond shaped bar. Flex your abs and glutes a la Janda situp when you are locking out, this will help.

The bottom line on the trap bar: a valuable piece of equipment but not a substitute for the classic barbell.



MAX OUT YOUR PULLUP TEST

Question: *I am a Marine and I want to max the PFT pullup test but I have a hard time clearing the bar with my chin towards the end of the set. Please help.*

Many Soviet spec ops units required their personnel to touch the bar with their necks on the top of each pullup. Although the USMC test does not require you to do that, tactical pullups will dramatically improve your ability to do regulation pullups. Powerlifters help their competition pull by practicing deadlifts off a platform or by using twenty-five pound plates. The tactical pullup works the same way. When you are used to an exaggeratedly long movement, the 'regular' one feels short and easy.

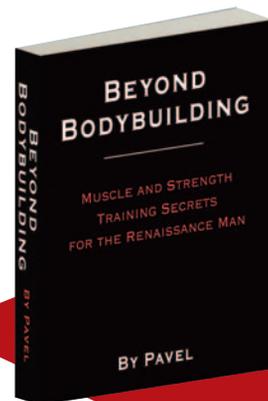
You will have to cut your reps in the beginning; do not do any more pullups if you cannot touch the bar with your neck or upper chest. Increase your sets accordingly to keep the volume. For instance, if you used to do 5 sets of 10, do 10 sets of 5.

A couple of months later 'just' clearing the bar with your chin will feel like a piece of cake. Smoke your test, Marine!

Pulling high at the Tactical Kettlebell/S.P.E.A.R. course at the Marine Corps Recruit Depot in San Diego.

Photo courtesy TonyBlauer.com

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



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

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

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

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

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

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

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

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

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

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

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

When all else has failed you...

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

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

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

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

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

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

Defeat the enemies of progress

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Fight these crimes against the body

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

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

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

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

More details next page...

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!



Section One: Power Training

- The *real* secret to **spectacular strength gains**.
 - The two strength skills you *must* have to **fortify your power**.
 - The best breathing technique to ensure you get stronger in every lift. Find it in your sound system!
 - The basic laws of successful practice -- follow these and you can't help but gain and gain and gain. Page 2
 - The basic tenet of motor learning -- know this to **keep on gaining strength**.
 - Why practice alone won't help you make maniacal strength gains -- and what will! Page 2
 - The perfect number of reps for greater strength.
 - Why frequent, brief practices may yield **greater strength gains** than infrequent long ones.
 - How to finish a workout feeling stronger than when you started! Page 2
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 - Get the AK47 of strength training.
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 - 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.
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- **HIT not working for you?** The four simple steps for best strength gains. Page 16.
 - How to surprise your friends with a bulging new physique in less than two months.
 - **Secrets of the Russian bodybuilding underground**
 - 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
 - Another dependable **plateau buster** for your strength and muscle building toolbox.
 - How to jolt your system into fresh gains -- without changing any of your favorite exercises.
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- 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**.
 - **The Russian Squat Assault** -- brutal beyond belief.
 - A mad commie's evil promise: survive this program and your legs will turn into car jacks. Page 24
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 - How to make your legs **swell with muscle and power**.
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 - How to condition your system for **peak performance**.
 - This Soviet Gold Medalist swore by the importance of developing sport specific body awareness -- learn how and why. Page 26
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- **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**.
 - Watch difficult lifts like the squat **explode in poundage** -- when you finesse your strength skill with sensitivity training.
 - The little-known secret of extensor reflex training can give you a **championship edge**.
 - Why you can instantly add two reps to your squat simply by removing your shoes.
 - The best time to perform supramaximal walkouts.
 - How to take full advantage of Henneman's size principle. Page 28
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 - 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.
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 - Bench press champion Alexey Moiseev used this routine to push his bench up by 45 lbs in just three months!
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 - **Short on time, but still want to gain?** Combine these two methods to still make progress. Page 51
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 - Shoulders going nowhere with your military press? Shock them into life and great new strength/size gains with the 'RKC ladder.' Page 54
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- **New ways to swell with dense and powerful muscle**.
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 - How to make your deadlift far harder -- without adding weight.
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 - 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.
- 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.
- **Relying on excess bodyfat to push up greater poundage?** Try this safer, healthier method of 'virtual size leverage.' Page 65
- **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 shrugs!

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- 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
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- How to sculpt a classical physique with 'retro' lifts.
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- The perfect training schedule... if strength is more important to you than size.

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- Why sharp changes in training volume and intensity are more effective than smooth ones.
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- **Failing to gain?** You may be suffering from what Dorian Yates called 'excessive muscle confusion.'
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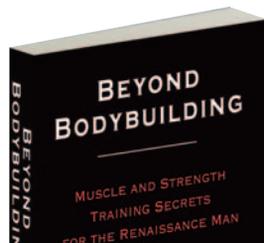
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Reader Praise for Pavel's *Beyond Bodybuilding*

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

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

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

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

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

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

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

—**IDMT**, dragondoor.com review

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

Buy this book - you won't have to wade through 75 ways to do a triceps extension. Pavel's refreshing wit separates this book from the herd, and you now have the best of all worlds-kettlebells, power lifting, body building and beyond.

I would have ordered this book at \$100 and been delighted! Thanks Pavel!"—**Bill Bedeck**, dragondoor.com review

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

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

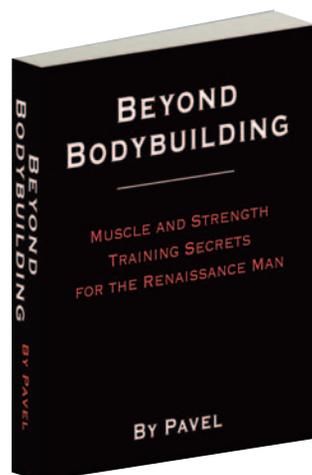
"I've read *Beyond Bodybuilding* cover to cover. Twice. And I continue to go back for more in-depth study. If you're a fan of power bodybuilding, this is your Bible. If you're not really interested in being strong **AND** looking strong, then this is probably not for you.

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

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

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

—**Thomas Phillips**, dragondoor.com review



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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*

"My income has nearly doubled since taking my RKC cert, all without any extra investment in time" —Jason C. Brown, RKC, Roslyn PA

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, **April 21–23, 2006.**

For more information visit our website at: <http://www.dragondoor.com/wpkb17.html>
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"Loaded Stretching can provide everyone an edge.. **Pavel** leads you thru a series of stretching techniques that can immediately increase stamina. As one approaches their limits, little strength secrets can make the difference between winning and losing. **Loaded Stretching** is that, secrets." —**LOUIE SIMMONS, Westside Barbell**

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

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

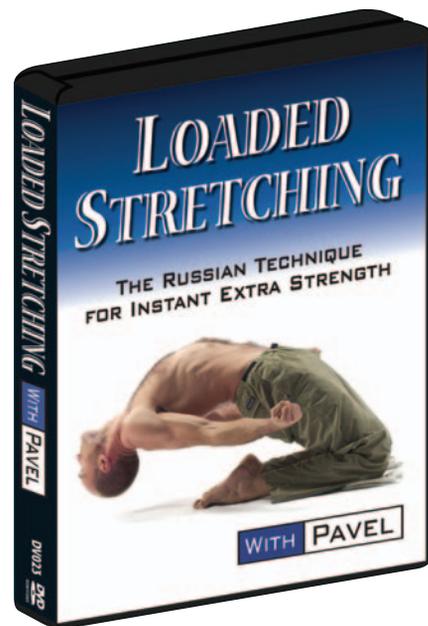
"The high end concept of controlled strain, when applied to various movements, have demonstrated ability to improve sport performance in the short and long run and can be used by everyone. The loaded hip stretch using a box, the loaded Russian twist, the loaded RKC clean stretch, and the KB loaded triceps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

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

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

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

—**JAY SCHROEDER**, arpprogram.com

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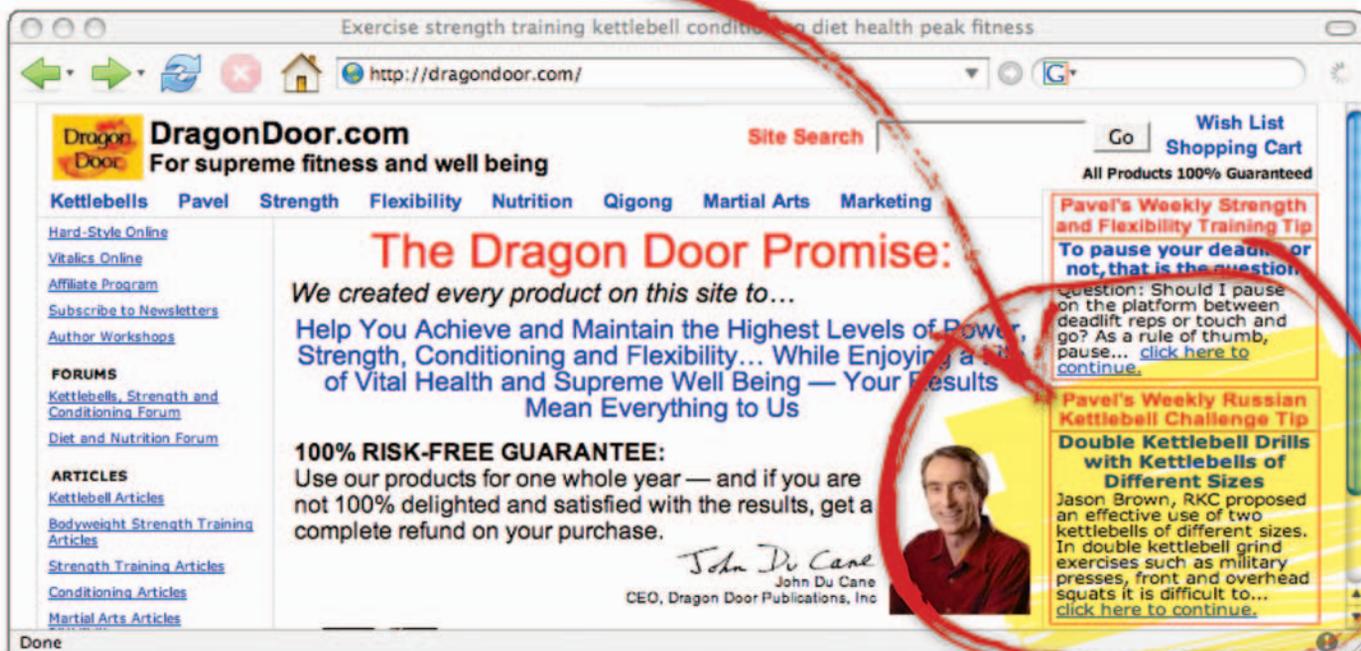


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The WWW.DRAGONDOOR.COM Home Page



Weekly Russian Kettlebell Challenge Tip #12

Rest less, lift more

According to Nosov (1998), the self-paced rest periods between sets typical in strength training are not optimal for the kettlebell sport. The researcher found that compressing the rest intervals and approaching the next set in the state of incomplete recovery promoted much greater results.

Galenchik (1999) considers the rest intervals between sets an aspect of training intensity and insists that the rest periods must not exceed the length of the sets. He recommends recording the rest periods in your log.

Vinogradov (1988) found interval method with progressive decrease of rest intervals, similar to Density Training by Ethan Reeve, effective.

In a six-month pedagogical experiment Palvenev (1989) observed three groups of gireviks who were a little past the beginner stage.

The control group was following the conventional methodology. It started the next set when they felt subjectively ready and recovered (typically at the heart rate of 110-120 BPM). The experimental group got back to work when their heart rate came down to 140-160BPM.

Six months later the incomplete recovery group's results in both the snatch and the jerk were 21.6 and 22.42% respectively greater than those of the control group. The experimental group's pullups were 27.3% ahead as well.

Performing sets before recovery makes a girevik more economical in his efforts, concluded Palvenev. Interestingly enough, in the end of the study the technique of the race the clock group was evaluated as superior to that of the control group.

Weekly Russian Kettlebell Challenge Tip #14

The Russian kettlebell Force Recon workout

If you need to maximize your strength and conditioning at the same time, do this workout; it has an excellent record.

Monday

- Weighted pullups -5x5
- Alternate the pullups with cleans and presses (military, not push presses!) - 2x24kg kettlebells, also 5x5
- Rock bottom front squats with a one second pause -2x32kg kettlebells -5x5
- Snatch with a 32kg kettlebell -5 sets, hard but not to failure
- Alternate the snatches with strict hanging leg raises -5 sets

Monday

- One arm C&Js with a 32kg kettlebell -10 min, play it by ear
- Heavy abs -5x5
- Pullups -100 total
- Alternate the pullups with front squats, sets of 10 with 2x24kg kettlebells
- Snatches or swings with a 24kg kettlebell -alternate sets of 10-20 with 100 yd jogs (not sprints! the jog is for recovery) for as long as you can handle it
- Cough up a hairball!

Friday

Start over.

After three weeks reduce the reps by 50% for a week -very important! Adjust the weight and volume to your ability. Report in one month on the forum.

Weekly Russian Kettlebell Challenge Tip #17

Old Time Russian Kettlebell Training

"The methodology of kettlebell training developed by Russian specialists before the 1917 revolution and before the World War II is practically identical to the modern one." (Dvorkin, 2001)

Ivan Lebedev, a strongman affectionately known among the public as 'Uncle Vanya', outlines typical for the Tsarist Russia training:

"In heavy training one must differentiate between a record lift and a training lift... If the record 'doesn't go', don't get upset and do not give up your workout..."

"As for the life style, the human body does not tolerate restrictions but every excess does harm.

"Here is a training schedule for the amateur lifter that presumes that he is free every day... Two hours after breakfast is the workout with heavy kettlebells. Dedicate one day to presses and jerks, the other to jerks and snatches, and the third to presses alone... A resistance workout ought to be done with a very light weight. If, for instance, an athlete can press 72kg with both arms, he should start the session with 32kg and finish with 56kg. The duration of the kettlebell workout is one hour.

"...You should train with heavy kettlebells three times a week every other day."

The more things change, the more they stay the same. There is no magic bullet but mastery of the basics.

For Pavel's Weekly Kettlebell Training Tips Go NOW to the WWW.DRAGONDOOR.COM Home Page

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

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

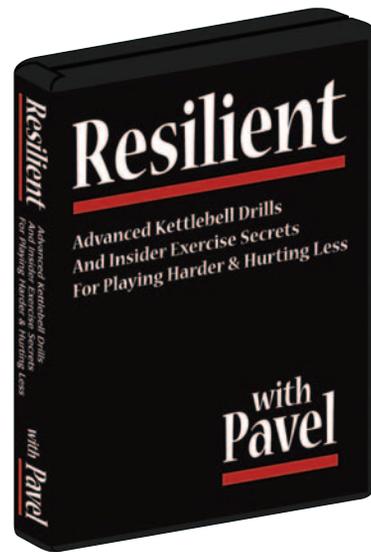
You get sidelined! You can't do what you want to do anymore. People don't want you on their team anymore. You can't compete anymore. You're... let's face it...washed up, as a card-carrying member of the active elite. Sometimes all it takes is one sudden injury to that one weak spot you neglected to strengthen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

As a former *Spetsnaz* physical training instructor

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

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

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



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- **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

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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

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KETTLEBELL TRAINING FOR POWER ENDURANCE

BY STEVE MAXWELL, MS, SENIOR RKC

PUSH YOUR POWER ENDURANCE TRAINING TO THE NEXT LEVEL WITH THIS RUSSIAN KETTLEBELL ROUTINE DEVELOPED BY RENOWNED STRENGTH AND CONDITIONING COACH STEVE MAXWELL.

If you are a competitive grappler or mixed martial artist, you already know that it's important to develop endurance, as well as strength.

But how?

Not knowing what the different types of endurance are—and how to train them—will at best waste a good portion of your training time, and at worst make the difference between winning and losing.

At Team Maxercise I have spent years developing strength and conditioning programs for elite Judo, Brazilian Jiu-Jitsu, Submission Wrestling and MMA competitors. Most of them arrive with the same concept of endurance training: long periods of time devoted to biking, swimming, or running. This type of aerobic endurance training would be fine if they were triathletes, but it won't do much to develop their strength endurance for fighting.

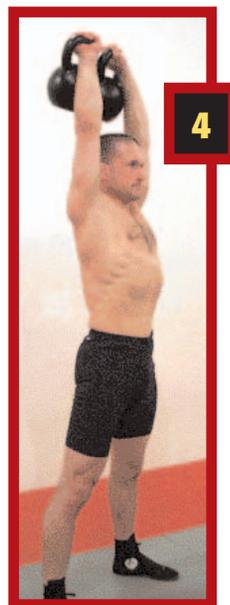
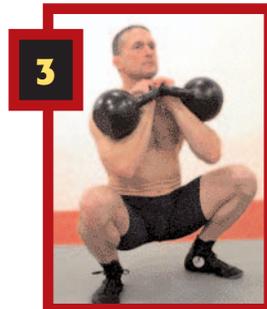
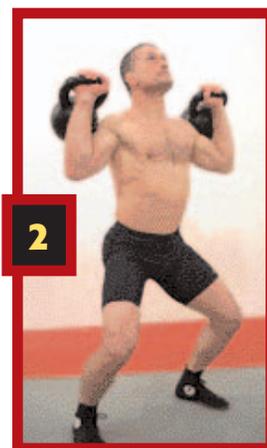
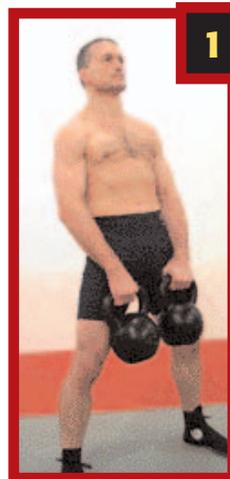
Strength endurance is anaerobic in nature. It is the ability to repeatedly execute at a high percentage of one's maximum capacity, which is exactly what competitive grappling is all about. Combat competition, especially MMA, is incredibly grueling, recruiting every muscle of the body to perform multiple explosive efforts, separated by intervals of holding, over extended periods of time, sometimes as long as 30 minutes.

Strength endurance can be broken down into three basic categories: *general* strength endurance, power strength endurance, and *static* strength endurance. And since most of my combat athletes arrive for training weakest in the area of power strength endurance, I'll start there.

Power strength endurance is the capacity to perform repeated explosive movements near the level of a single maximal exertion. It is the ability to shoot in for that 20th takedown attempt with the same speed as the 1st one. It is the secret weapon that you need when the match is so close, the judges' decision will go to the fighter who doesn't stop. It is the competitive psychological edge that puts you on top during the final seconds of a match as your disheartened opponent realizes that he is getting slower and weaker and you are not.

The Russian kettlebell is tailor-made for power endurance training because of its versatility and safety. This double kettlebell circuit has only five exercises, but don't be fooled. If you can get through it the first time without quitting, mentally you've got what it takes to be a champion.

This is a timed workout with a one-to-one work to rest ratio. Perform each exercise for 30 seconds and rest for 30 seconds between exercises. Go at your own pace. Go through the circuit up to 5 times, resting for one minute between circuits.



NOTE: Photo numbers do not show a sequence of just one drill. 1.) Start of squat thrust. 2.) Beginning of push press. 3.) Bottom of squat position. 4.) Top of snatch or press. 5.) Rack position.

1. DOUBLE SNATCH.

This exercise is first because The Double Snatch is the most physically and technically difficult movement. The hip thrust that is central to the snatch involves primarily the muscles of the hips, lower back, and hamstrings. These are the muscles that are central to all explosive body movements. Make sure that your legs are far enough apart that you don't hit them with the backswing of the bells. Inhale during the backswing and exhale during the upswing. Don't try to muscle the bells up, the secret to the double snatch is the forceful hip-thrust that is essential to drive the bells upwards. Lower the kettlebells to your chest before dropping them between your knees.

2. DOUBLE CLEAN-&-PUSH PRESS.

The Double Clean-&-Push Press uses the arms and shoulders in combination with the hips and thighs in an exercise that is slightly less difficult than the Double Snatch. The Double Clean-&-Push Press will connect your hips to the shoulders, coordinating forceful leg drive with powerful triceps and shoulders, for explosive strikes. The hip thrust helps you clean the bells into the rack position and an additional leg thrust will help you push press the bells up. Breathe during the back swing and again in the rack position, if needed. If you have to rest for a second or two, do it in either the rack position or the fully extended position.

3. FRONT SQUAT/PUSH PRESS.

I call this one 'the Thruster' and you can see why. Your arms are more tired than your hips and thighs, so I'm letting them rest for a few seconds during each repetition while you squat. I'm also taking the emphasis off your lower back because it's fairly fatigued by this point, but don't let it round. Breathe at the bottom of the squat and don't forget to maintain total body tension. Fire out of the bottom of the squat.

4. CLEAN-&-SQUAT.

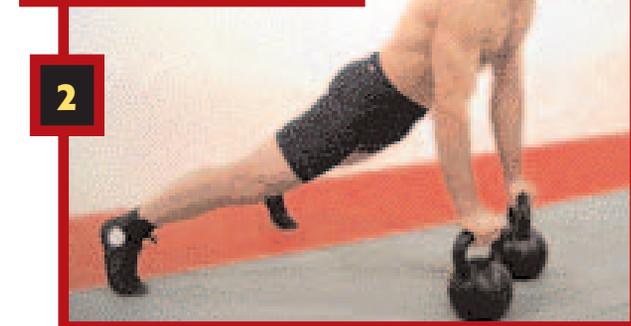
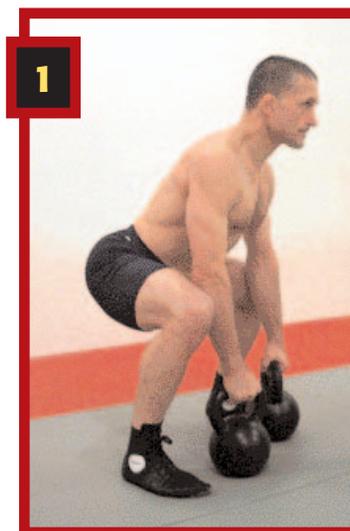
I put the Clean-&-Squat here to let your hips catch up to your triceps and shoulders, which should be screaming for mercy by now. If they aren't, you need heavier kettlebells. Any brief rests should be taken at the top, with the kettlebells in the rack position.

5. DEADLIFT SQUAT THRUSTS.

This movement is 'a finisher'. It punishes practically every muscle group in your body equally. Putting it at the end will help develop your general strength endurance. The Deadlift Squat Thrust is basically a burpee performed with a kettlebell:

1. Deadlift two kettlebells.
2. Squat down and rest the kettlebells on the floor
3. Thrust your legs back into a locked pushup position while holding on to the kettlebell handles. Watch your balance and make sure to use fairly heavy kettlebells with large bases! You could get seriously injured if a kettlebell tips.
4. Execute a pushup between the KB handles.
5. Recover to the squat position.
6. Perform a squat style deadlift.
7. Repeat for reps. Pay special attention to maintaining the abdominal tension necessary to protect your lower back.

This kind of power endurance workout is very strenuous. To avoid overtraining, I recommend that you do it only two times a week.

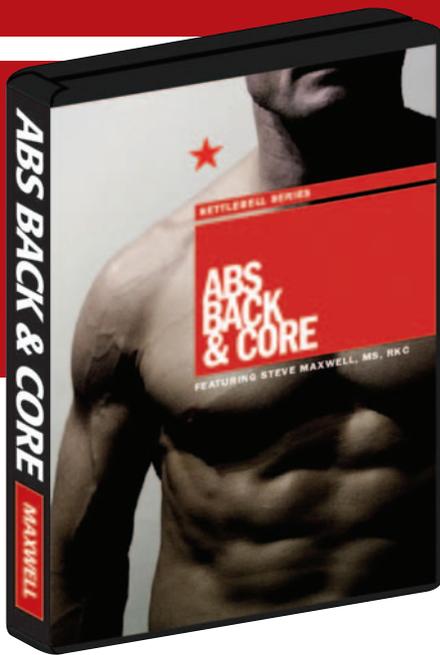


Positions of the Squat/Push Press or the 'Thruster'

- 1.) Position 1 and 5 of squat thrust. 2.) Position 2 and 4 of squat thrust. 3.) Position 3 of squat thrust.

Steve Maxwell is recognized as one of the most creative strength and conditioning coaches in America today. He holds a Masters in Exercise Science, a Senior Russian Kettlebell Challenge Instructor's Certification and a Black Belt in Brazilian Jiu-Jitsu. Steve is also a world champion Jiu-Jitsu competitor. Find out more at www.stevemaxwell.com





ABS, BACK & CORE **SMS&C KETTLEBELL SERIES**

with Steve Maxwell, MS,
Senior RKC

#DV027 \$34.95

DVD Running time: 30 minutes

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

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

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

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

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

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

—Pavel Tsatsouline

CONTENTS:

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

"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.

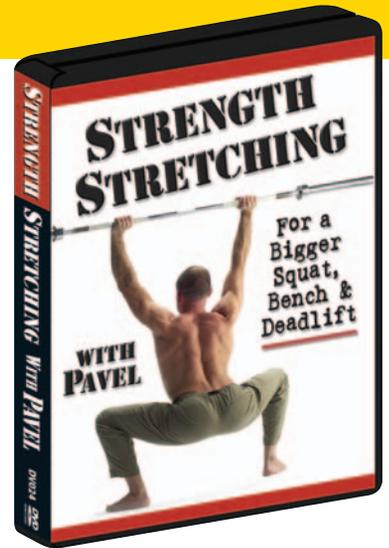
One thing I really liked about the DVD is the clarity provided by not only Pavel's explanations but the simple graphics that accompanied the points. I kept having that "Oh" moment where you are convinced you know

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

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Here's what you'll discover, when you possess your own copy of Pavel Tsatsouline's *The Russian Kettlebell Challenge—Xtreme Fitness for Hard Living Comrades*



your back, shoulders, and biceps... Incorporating KB's into drop sets—for greater mass and vascularity.

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How kettlebells melt fat and build a powerful heart—without the dishonor of dieting and aerobics

Spectacular fat loss....enhanced metabolism.... increased growth hormone....a remarkable decrease in heart rates....

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Why Kettlebells?

The many reasons to choose K-bells over mainstream equipment and methods.... KBs suitable for men and women young and old.... perfect for military, law enforcement and athletic teams....*Giryas*—a 'working class' answer to weightlifting and plyometrics promoting shoulder and hip flexibility....best bet for building best-at-show muscles....highly effective for strengthening the connective tissues....fixing bad backs....cheap and virtually indestructible....promotes genuine 'all-around fitness'—strength, explosiveness, flexibility, endurance, and fat loss.

The program minimum

The Russian Kettlebell Challenge workout: the program-maximum

Pavel's own free style program....the top ten Russian Kettlebell Challenge training guidelines....how often and how long to train.... The secret key to successful frequent training....THE most effective tool of strength development....difficulty and intensity variation....how to add *Power to the People!* and other drills to your kettlebell regimen

The kettlebell drills: *Explode!*

- **Swing/snatch pull**
- **Clean**—The key to efficient and painless shock absorption.... making the clean tougher....the pure evil of the two K-bells clean....seated hang cleans, for

gorilla traps and shoulders....

- **Snatch**—The one-arm snatch—Tsar of kettlebell lifts
- **Under the leg pass**—A favorite of the Russian military—great for the midsection.
- **Jerk, Clean & Jerk**
- **Jump shrug**

The kettlebell drills: *Grind!*

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- **Good morning stretch**—Favored by Russian weightlifters, for spectacular hamstring flexibility and hip strength.
- **Windmill**—An unreal drill for a powerful and flexible waist, back, and hips.
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SECTION FOUR Classic Kettlebell Programs from Mother Russia:

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The *Weightlifting Yearbook girevoy sport* programs

Three official armed forces *girevoy sport* programs

Group training with kettlebells—Red Army style

Xtreme kettlebell training—Russian Navy SEAL style
Performing snatches and other explosive kettlebell drills under water...pseudo-isokinetic resistance....how to make your muscle fibers blast into action faster than ever.



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The History of the Russian Kettlebell—How and Why a Low-Tech Ball of Iron Became the National Choice for Super-Tech Results

Vodka, pickle juice, kettlebell lifting, and other Russian pastimes

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Finally: Xtreme all around fitness!

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Russian wrestlers do lion's share of conditioning with kettlebells.... Why KB one arm snatches work better than Hindu squats....KB's strengthen respiratory muscles.... boxers appreciate newfound ability to keep on punching....KB's reduce shoulder injuries....develop the ability to absorb ballistic shocks....build serious tendons and ligaments in wrists, elbows, shoulders, and back—with power to match....why kettlebell drills are better than plyometrics as a tool for developing power....KB's the tool of choice for rough sports.

Why Russian lifters train with kettlebells

Famous Soviet weightlifters start Olympic careers with KB's.... Olympic weightlifters add KB's for spectacular gains in shoulder and hip flexibility.... for developing quickness.... overhead kettlebell squats unmatched in promoting hip and lower back flexibility for powerlifters.

Get huge with kettlebells—if you wish

Why the *giryas* is superior to the dumbbell or barbell, for arm and chest training....how to gain muscle size doing KB C&J's.... repetition one arm snatches for bulking up

If you are looking for a **SUPREME EDGE** in your chosen sport —seek no more!

The Russian Kettlebell Challenge—Xtreme Fitness for Hard Living Comrades

Book By Pavel Tsatsouline

#B15 \$34.95 Paperback 170 pages

With Pavel Tsatsouline

Running Time: 32 minutes

Video #V103 \$39.95

DVD #DV001 \$39.95

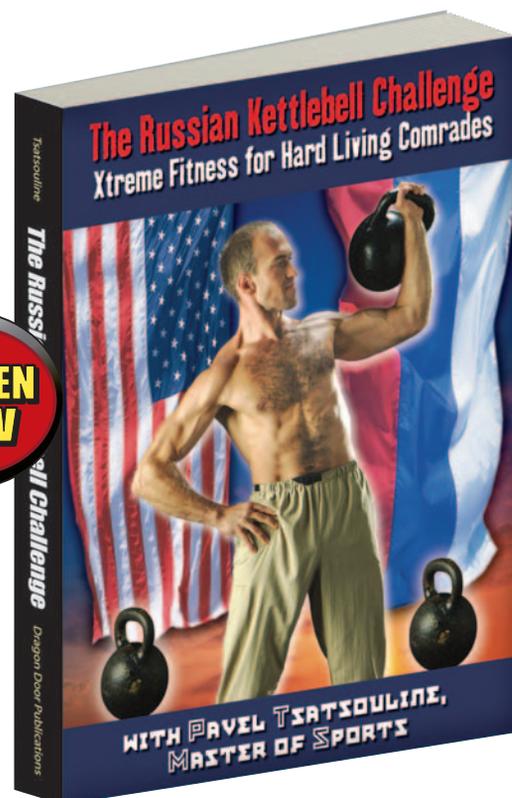
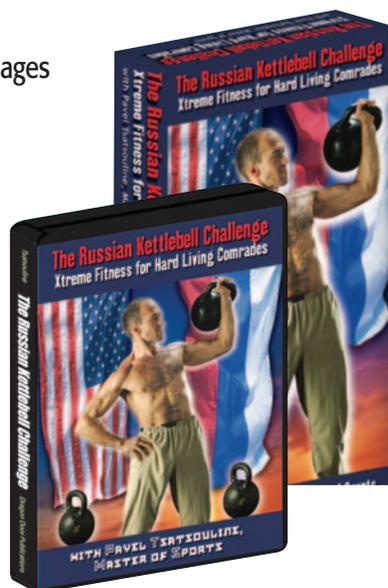
Both the Soviet Special Forces and numerous world-champion Soviet Olympic athletes used the ancient Russian Kettlebells as their secret weapon for xtreme fitness. Thanks to the kettlebell's astonishing ability to turbocharge physical performance, these Soviet supermen creamed their opponents time-and-time again, with inhuman displays of raw power and explosive strength.

Now, former Spetsnaz trainer, international fitness author and nationally-ranked kettlebell lifter, Pavel Tsatsouline, delivers this secret Soviet weapon into your own hands. You NEVER have to be second best again! Here is the first-ever complete kettlebell training program—for Western shock-attack athletes who refuse to be denied—and who'd rather be dead than number two.

- **Get** really, really nasty—with a commando's wiry strength, the explosive agility of a tiger and the stamina of a world-class ironman
- **Own** the single best conditioning tool for killer sports like kickboxing, wrestling, and football
- **Watch** in amazement as high-rep kettlebells let you hack the fat off your meat—without the dishonor of aerobics and dieting
- **Kick** your fighting system into warp speed—with high-rep snatches and clean-and-jerks



- **Develop** steel tendons and ligaments—with a whiplash power to match
- **Effortlessly absorb** ballistic shocks—and laugh as you shrug off the hardest hits your opponent can muster
- **Go ape** on your enemies—with gorilla shoulders and tree-swinging traps



“Pavel started a veritable revolution, no less, when this book came out...” —**Randall Strossen**, Ph. D., *Iron Mind Enterprises*, ironmind.com

“In *The Russian Kettlebell Challenge*, Pavel Tsatsouline presents a masterful treatise on a superb old-time training tool and the unique exercises that yielded true strength and endurance to the rugged pioneers of the iron game. Proven infinitely more efficient than any fancy modern exercise apparatus, the kettlebell via Pavel's recommendations is adaptable to numerous high and low rep schemes to offer any strength athlete, bodybuilder, martial artist, or sports competitor a superior training regimen. **As a former International General Secretary of the International All-Round Weightlifting Association, I not only urge all athletes to study Mr. Tsatsouline's book and try these wonderful all-round kettlebell movements, but plan to recommend that many kettlebell lifts again become part of our competitions!**”—**John McKean**, current IAWA world and national middleweight champion

“Everybody with an interest in the serious matter of body regulation over a lifetime should commit themselves to Pavel's genre of knowledge and his distinct techniques of writing. Any one of the dozens of suggestions you hit upon will pay for the *Russian Kettlebell Challenge* hundreds of times.”—**Len Schwartz**, author of *Heavyhands: the Ultimate Exercise System* and *The Heavyhands Walking Book!*

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Use Kettlebells to:

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- **Forge a fighter's physique**—so form matches function
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Kettlebells Fly Air Force One!

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

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



Pavel's Kettlebell FAQ

What is a 'kettlebell'?

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

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

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

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

Why train with kettlebells?

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

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

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

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

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

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

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

Who trains with kettlebells?

Hard comrades of all persuasions.

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

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

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

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

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

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

Am I kettlebell material?

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

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

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

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

How do I learn to use the kettlebell?

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

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

—Kid Peligro, *Grappling* magazine

What is the right kettlebell size for me?

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

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

"Kettlebells are like weightlifting times ten."

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

—Dennis Koslowski, D.C., RKC,

Olympic Silver Medalist in Greco-Roman Wrestling

Announcing:

Two New Sizes!

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

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

See page 23

RUBBER CASED



CLASSIC STYLE



STEEL HANDLE & CORE/RUBBER CASING

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

CLASSIC KETTLEBELLS (SOLID CAST IRON)

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

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

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

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

CANADIAN KETTLEBELL ORDERING

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

IMPORTANT — International shipping quotes & orders do not

include customs clearance, duties, taxes or other non-routine customs brokerage charges, which are the responsibility of the customer.

- KETTLEBELLS ARE SHIPPED VIA UPS GROUND SERVICE, UNLESS OTHERWISE REQUESTED.
- KETTLEBELLS RANGING IN SIZE FROM 4KG TO 24KG CAN BE SHIPPED TO P.O. BOXES OR MILITARY ADDRESSES VIA THE U.S. POSTAL SERVICE, BUT WE REQUIRE PHYSICAL ADDRESSES FOR UPS DELIVERIES FOR THE 32KG AND 40KG KETTLEBELLS.
- **NO RUSH ORDERS ON KETTLEBELLS!**



www.hard-style.com

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



Participants at *Pavel's 2005 Russian Kettlebell Certifications* included world champions, elite athletes, special forces, law enforcement, firemen, doctors, personal trainers, martial artists...and regular folk just looking to achieve irregularly spectacular levels of strength and conditioning. The Party is On. The Party is Growing. We invite you to ride the wave. Go to www.hard-style.com today and sign on!

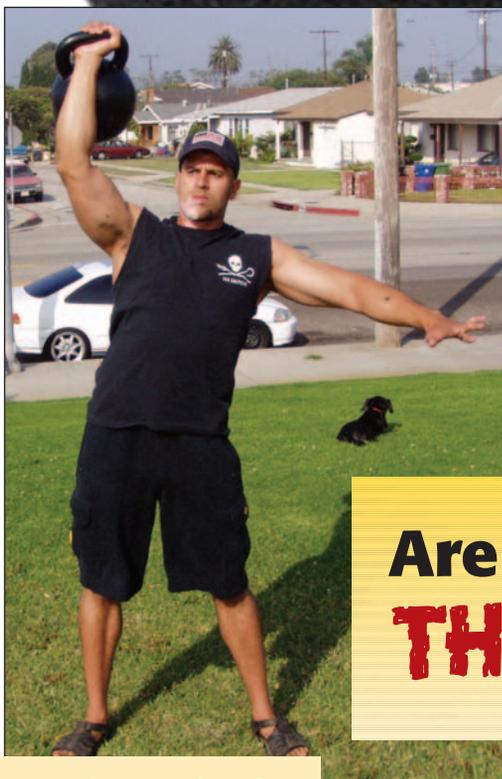
Participants at Pavel's June, 2005 RKC Workshop



Participants at Pavel's April, 2005 RKC Workshop



“If Pain is Fear Leaving the Body...



Then **THE BEAST Will Have You Retching in Terror...”**

Are You **MAN Enough to Tame **THE BEAST?** **106 LBS.****

Trust Senior RKC and standout strength trainer Mike Mahler to be one of the first to Press **THE BEAST**

In Love With Pleasurable Pain? We Are Here To Help!

P.S. And For Those Animals Who Wish to Strengthen Their Pinkies... And For Those Simply Needing A Handy, Smaller KB to Bounce Around:

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



Those of you who lurk or openly engage with dragondoor.com’s strength and conditioning forum know our Party includes some seriously strong Comrades, who are always looking to up the ante on their physical prowess... and to up their levels of unmitigated pain.

So in their honor (and because we fear their wrath) we’ve uncaged “THE BEAST”, a monstrous 48kg (106lb) of solid iron, for the ultimate in hardstyle training. Swing it, clean it, snatch it — and, if you dare, try pistols, pullups and presses!

We Invite You to Step Up to Dragon Door’s “BEAST TAMER CHALLENGE”:

To be inducted into **THE BEAST TAMER Hall of Fame**, you need to be able to perform:

- One 48kg pistol (choose which leg)
- One 48kg press (choose which arm)
- One 48kg weighted tactical pullup

The first BEAST TAMER CHALLENGE will be held at *Pavel’s* September 30—October 2, 2005 RKC.

BEAST TAMER Hall of Fame inductees will be published, with photos in upcoming issues of *HardStyle*.

STEEL HANDLE & CORE/RUBBER CASING	Price	MAIN USA	AK&HI	CAN
#P10K 6kg (approx. 13lb) — .50 poods	\$97.95	S/H \$14.00	\$56.00	\$32.00
THE BEAST: KETTLEBELLS (SOLID CAST IRON)				
#P10L 48kg (approx. 106lb) — 3 poods	\$247.95	S/H \$67.00	\$223.00	\$158.00

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!





Action!



Meet Your Senior RKC™ Instructors

Steve Cotter, CSCS is a U.S. Full Contact Kung Fu Champion and the author of *Full Contact Kettlebells* video. FullContactKettlebells.com, California

Andrea Du Cane, a star of Pavel's From Russia With Tough Love program, has a background in classical ballet, kung fu, and qigong. FromRussiaWithToughLove.com, Minnesota

Brett Jones, MS, CSCS is a strength coach who specializes in athletic enhancement routines for the competitive athlete and weekend warrior. breakingstrength@yahoo.com, California

Rob Lawrence, MA strictly presses an 88-lb kettlebell at 5' 11" and 160 lbs and emphasizes exacting technique, mental concentration, and the development of wiry strength. PhiladelphiaKettlebellClub.net, Pennsylvania

Mike Mahler is a strength coach to MMA fighters and Ironman Japan kettlebell columnist, and the author of many articles in iron game magazines such as Ironman. MikeMahler.com, California

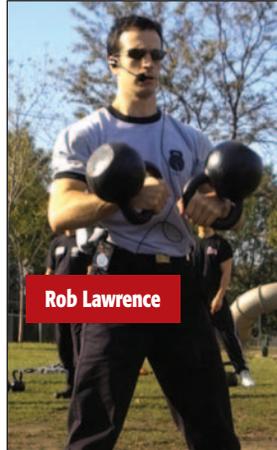
Jeff Martone is a defensive tactics, firearms, and special response team instructor, providing low-profile operational development training to a federal agency. He is the author of *Hand-to-Hand Kettlebell Drills: Explosive Strength and Stamina for the Combat Athlete* video. www.tacticalathlete.com, Tennessee

Steve Maxwell, MS is one of three American Black Belts to hold a world title in Brazilian Jiu-Jitsu. Steve is the author of *Steve Maxwell's Cruel and Unusual Kettlebell Exercises for Real Men* video and the owner of the first kettlebell gym in the US. maxercise.com, Pennsylvania

SSgt. Nate Morrison is the combatives course project manager for the USAF Pararescue. He has taken his kettlebells on a 'world tour' with his elite unit and converted countless special operators into our way of training. www.milfitmag.com, Arizona



Steve Cotter



Rob Lawrence



Brett Jones



Steve Maxwell



Andrea Du Cane



Mike Mahler



Jeff Martone



SSgt. Nate Morrison

Comrade, you are in luck! The senior RKC's are available for seminars, private training, and correspondence coaching.

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!

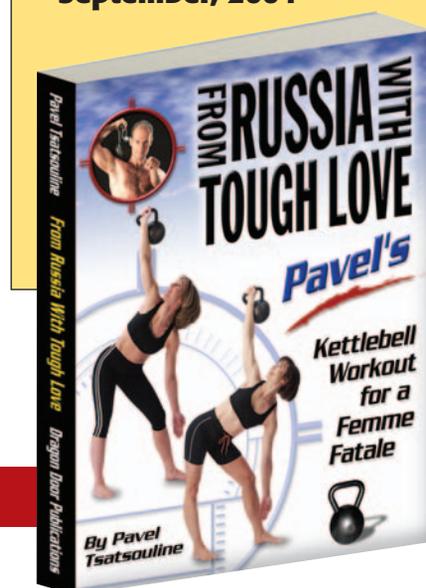
Working hard? Handle stress with ridiculous ease. Blaze thru tasks in half the time. Radiate confidence. Knock 'em dead with your energy and enthusiasm.

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

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

Penélope Cruz Trains with Kettlebells

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



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

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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

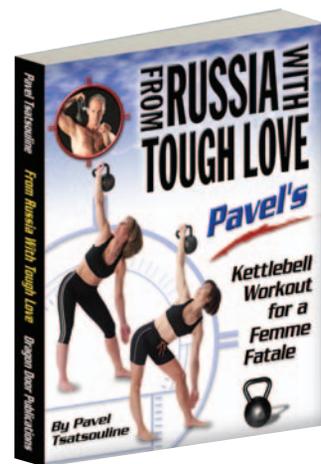
- The power of thought to make you firmer.
- The Russian sports science concept of skill strength.
- The dating game, iron-style: why's it all

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



From Russia with Tough Love
Pavel's Kettlebell Workout for a Femme Fatale
Book By Pavel Tsatsouline
Paperback 184 pages 8.5" x 11"
#B22 \$34.95

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

Freestyle Kettlebell Training

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



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



From Russia with Tough Love

Pavel's Kettlebell Workout
for a Femme Fatale

With Pavel Tsatsouline

Running Time: 1hr 12 minutes

VIDEO #V110 **\$29.95**

DVD #DV002 **\$29.95**



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

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

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

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

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

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

—Steven Justus, Westminster, CO

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

—Samantha Mendelson,
Coral Gables, FL

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

—Santiago, Orlando, FL

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

—William Hevener,
North Cape May, NJ

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

—Tyler Hass, Walla Walla, WA

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



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

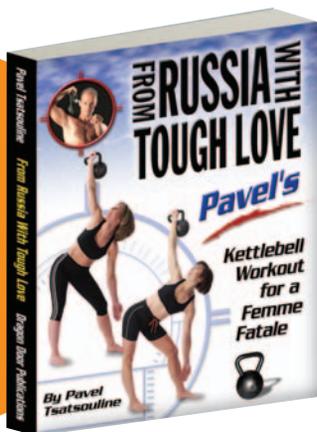
"Best Fitness Video I Have Ever Bought"

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

—*rkb beginner, Knoxville, TN*

"All Of Pavel Tsatsouline's Products Are Excellent"

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



From Russia with Tough Love

Pavel's Kettlebell Workout for a Femme Fatale

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#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*

“I choose ‘the hard style’ of kettlebell training, crisp and powerful like a karate punch. *The Kettlebell Solution for Size & Strength* is right down my alley. Mike Mahler impresses with strength and clearly explains how to apply the High Tension, Power Breathing, and Rooting Techniques to a variety of powerful double kettlebell drills. Last but not least are his highly effective routines.” —*Pavel Tsatsouline*

“I will show how to get much stronger with kettlebells and build a muscular physique as well. Even if you do not care about getting bigger, all of the techniques on the DVD will show you how to maximize strength with kettlebells. This DVD is made for people that love kettlebell training and want to take their training in the direction of strength and power.” —*Mike Mahler*

Discover Mahler’s Arsenal for Strength and Size:

Double Military Press

Why and how to press two kettlebells like you would press a barbell and how to utilize your entire body to drive the most weight overhead.

Double Bent Over Row

Forgot about having a strong upper body without some serious rowing. Learn where to pull the bells to, in order to target the lats and how to keep your body stable to avoid cheating.

Double Front Squat

Why this is the best kettlebell exercise for building a strong foundation. How to hold the bells to keep the focus on your legs instead of your shoulders and what to do to build up the reps and keep the set going when your shoulders finally fatigue.

Double Swing

One of the most powerful ballistic moves that you can do with kettlebells to fry your hamstrings and develop tremendous explosive power.

Double Snatch

This is the best ballistic kettlebell drill by far but it is also the most technically demanding kettlebell drill. Learn what to do and when to do it to work up to the heavy kettlebells.

Double Floor Press

Learn how to push yourself away from the kettlebells and how to use this exercise to build a solid chest.

Turkish Get-up

Essential for building a strong midsection and shoulder flexibility and stability. Learn how to use your upper body and legs in unison to do this exercise as efficiently as possible.

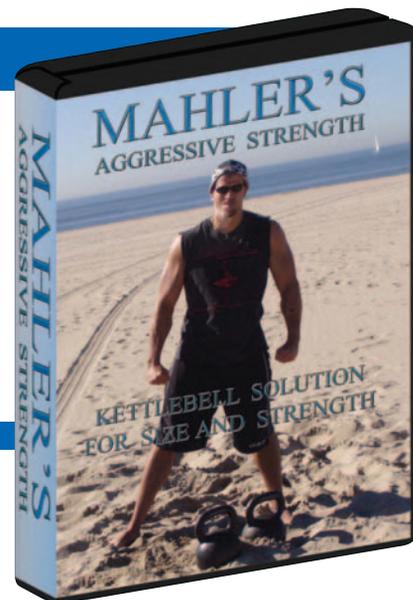
Double Windmill

Take the windmill up a notch by jacking up the intensity big time. This is the ultimate exercise for building strong obliques and stability in the shoulders. The core is critical for developing strength and size through out the entire body.

Plus you get dynamic secondary exercises that are great for increasing the intensity and variety of your kettlebell practice:

The Double Sots Press, Seated Military Press, Alternating Military Press, Double Lunge, Alternating Renegade Row, Double Clean, Alternating Floor Press, and Push Press.

Comes with a User Guide that goes over each exercise on the DVD as well as fourteen training programs that you can use to jump into action immediately. In addition the User Guide contains a sixteen week training regimen to get your started. Thus, not only will you know how to do the most effective exercises for getting bigger and stronger with kettlebells, you will know what programs to follow to make the most progress in the least amount of time.



Mahler’s Aggressive Strength The Kettlebell Solution For Size and Strength With Mike Mahler

Running time: 90 minutes

DVD #DV022 \$49.95

“Finally got a very easy 52# TGU after reviewing Mike’s new DVD. A short while ago I couldn’t budge the 44# bell. Thank you for the detailed instruction Mike.”

—*Siameeser from the Dragondoor Forum*

“I must say that your new DVD is just simply awesome. The way you handle the 270s make me want to just quit working out and take up something like painting or singing. Extremely well made and very well presented. You have cleared so many questions on MP. I have a new found respect for rows and floor press. In a week I feel I have hardened especially the entire back and am so happy about that.”

—*Rajiv Menon*

“Your finer points really helped me with my double kettlebell squats technique. I did not have the KB positioned as optimal as you demonstrated. Your finer points for the double military press and snatch will really help me in achieving higher reps and weight. It was an action packed 90 minutes.”

—*Billy Cook*

“This one is a must for any strength enthusiast. The technical details, clarity, and choice of exercises were excellent. I have been involved in the iron game back when Zottman, Jefferson, and Zercher lifts were popular. I picked up many pearls on form and technique from your DVD. I have always enjoyed the old time strongman lifts and your DVD brings back that primal mindset and passion for old fashioned, hard work strength exercises.” —*Steve Fink*

How Kettlebells **STEAL THE FAT** off Your Bones... **JUMP-START MUSCLE GROWTH** –More Success Stories

SUCCESS STORIES FROM THE DRAGONDOOR.COM FORUM

“Boy am I pumped this morning. Went out yesterday and bought some new shirts XL, I used to wear XXXL. Walked into work this AM and blown away at the compliments I got from the ladies. It was unreal. WOW I should have done this a long time ago. My new total this morning from all this is **73lbs. lost!** Yeah!!!!!! KB’s are kicking my butt and I’m loving it.....Yippie!”

From: Randy Joiner, Date/Time 2002-11-14 11:33:27

“Pavel and Comrades your advice has helped me **shed fat (30 plus lbs)** using the Russian Kettlebell Challenge.”

From: Black Coffee, Date/Time 2002-12-03 21:24:29

“I’ve lost over **25lbs** so far doing KB’s only.”

From: Jim Haines, Date/Time 2002-11-15 12:36:45

“For the last 7-8 weeks, I have trained exclusively with KB’s. I have lost **7 pounds**, dropped a pants size and have firmer, more defined muscles. I am no stranger to fitness, having been an avid weight lifter in addition to running marathons. For me, KB’s are the best training devices I have ever used.”

From: rhgo, Date/Time 2002-11-30 11:10:02

“It seems just like it almost happened overnight. Around the holidays I was porked up to 242 and I regret not measuring bf then, but I’ll estimate and say 19-22%. Anyway, after the holidays I started kicking ass and taking names with the kbells and **dropped 20 pounds** in a short amount of time, it was a little less than a month.. It’s insane, the kbells are just melting my fat away and I’m loving every minute of it. Look out single digit body fat and visible abs, here I come!!”

From: Fish. Date/Time: 2002-02-08 10:18:15.

“**My biceps grew faster and better** from doing KB snatches than they ever did with curls. Just another of the MANY benefits of doing KB’s.”

From: BigNate. Date/Time 2001-11-16 14:20:11.



“In the last few months I’ve hacked off **about twenty-five pounds of lard** without even cutting out the goodies or doing any special eating plan, simply by doing three RKC workouts per week.”

From: Craig N. Date/Time 2002-03-11 19:49:37

“For a variety of biomechanically sound reasons, the Kettlebell workouts deliver an astounding variety of athletic benefits, including literally melting the fat off your body. I’ve lost about 1% body fat per week on the system. It is so intense it’s downright scary. The endurance benefits are equally impressive.”

From: Steven Barnes Date: Aug. 7, 2001

“ I love KB’s! I have **lost 16 lbs** in the last four weeks since I started the KB lifts. Also, I haven’t jogged in 2 weeks and last night I went jogging after my KB workout. At the end of the course that I run there is a big hill. Before KB’s I was dying at the beginning of the hill, and a complete goner at the top. Last night I threw the hill aside like a little pink plastic dumbbell!!!!”

From: Gediminai. Date/Time: 2001-10-05 16:58:42.

“I have my kettlebell three weeks now and WOW! So far my back and shoulders are growing and getting cut up all at once and **my forearms look like Popeye’s**. I can’t stop eating but I haven’t gained an ounce

but have lost an inch in my waist.”

From: Robert Arciola. Date/Time: Tuesday, February 19, 2002 6:52:08

“Alternating PTP and RKC in two week cycles for just about three months, have gone from deadlifting 5 X 120 to 5 X 245. New 1RM is 325. I weigh exactly the same (180 lbs) but **leaner, stronger, and with bigger shoulders.**”

From: Barry1001. Date/Time: 2001-12-03 23:32:01

“About a month ago I suspended my Westside Barbell method powerlifting workout and went for a month of straight KB workout. I just did the max effort on reg. deadlift and get this folks. I just added forty pounds to my PR on 1RM. My 1RM deadlift went up from 325lb to 365lb. My deadlift technique got a lot more snap in it and more explosive. I noticed the same thing on my squat technique. I am 6 feet and weight 180 lbs. Lifting the twice of your body weight is pretty cool eh?”

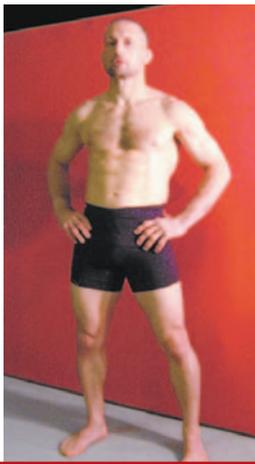
From: Craig. Date/Time: 2001-10-29 09:47:25.

“Since I have been doing the kettlebell **my strength has sky rocketed** and my body which used to be soft is now hard as a rock. I fell pumped most of the time. Kettlebells are far superior to dumbbells and barbells, now I only workout with kettlebells. After, I got the book for kettlebell training, I am mass training as well. And believe me Kettlebell training for mass is far superior than ordinary weight training. I’m about to give away my weights, I guess you could say I’m a converted kettlebell lifter now!”

People comment me all the time on my mass gains. I honestly fell that I have widened and defined my shoulders doing the kettlebell Scott Press Lift in two weeks than I have doing a year of training with regular weights! Also, I love the kettlebell so much I can’t put it down. I’m lifting it all the time. I fell like I have to force myself to take a break! Thank You Pavel for all the golden information you have given, **You have advanced me in weight training 1000yrs.**”

From: voitle. Date: 5/01/01.

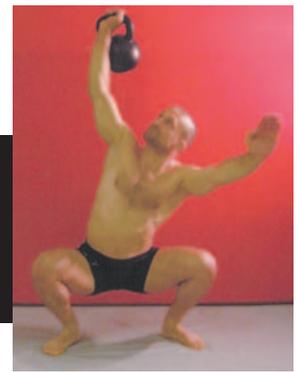




STEPHEN MAXWELL'S

Cruel and Unusual Kettlebell Exercises

FOR REAL MEN



NOW ON DVD!

Running Time: 35 minutes

Video #V109 \$39.95

DVD #DV020 \$39.95

How Pavel and John twisted the arm of Brazilian Jiu-Jitsu World Champion Steve Maxwell until he finally, reluctantly, submitted and agreed to share his formerly-private and unyieldingly-secret workout regimes for **TOP DOG, LORD-OF-THE-MAT, ALWAYS-WIN** strength and endurance—using the astonishing leverage and dynamic, ballistic power of Russian Kettlebells

Here's the champion's own description of what you'll get:

“Three brief but incredibly intense kettlebell routines that puts America square in the middle of the Russian map of kettlebell lifting!”

Each workout is well rounded, blending elements of kettlebell and bodyweight exercises with the distinctive style that has established Steve Maxwell as one of today's most popular workout constructionists.

Workout One

This workout builds strength, flexibility and endurance. Steve starts with core kettlebell movements and complements them with key bodyweight resistant exercises to create the kind of workout that can transform a competitor into a champion.

Workout Two

This workout is the stuff of warriors with movements like the Gladiator and the Turkish Get-up. Master this routine and your body will be prepared to march to any battlefield and then explode into battle.

Workout Three

This routine begins with Kettlebell Circles and ends with Kettlebell Swings, but the trick is making it through the exercises in between. If you do, you get dessert....Leg Raises, Brazilian Jiu-Jitsu style.

Special Bonus Workout

For survivors; Steve Maxwell's Killer Cardio Kettlebell Snatches for Power/Endurance.”



Hey, you don't get to be a two-time world champ wrestler and supreme athlete by sitting on your duff all day and fantasizing your way to fitness. Particularly if your way to fitness. Particularly if your name is Steve Maxwell. When you look up “dedicated” in the dictionary, you'll find yourself staring at a picture of Steve. The man is constantly, constantly pushing his envelope—striving for

the ultimate physical edge, the honed, rugged, wild-animal, don't-mess-with-me body that screams champion from every cell.

When Steve heard about Pavel's Evil Russian Kettlebells he leapt at them like a starving leopard. Holy Gamole! His competitors could be heard running for the hills while they still had time. And his home town has never been the same since. After word got out that Steve's cutting-edge Maxercise studio was generating some blistering new fitness stories, it wasn't long before The Philadelphia Inquirer did a feature on Steve and the poor fella can barely sleep for the barrage of eager phone calls.

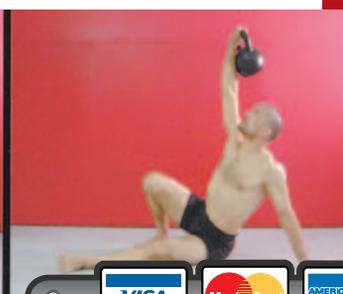
But back to my story. You see, Steve has a fatal flaw. He's modest. He just doesn't appreciate what a goldmine he has

to offer the world. Here's a man who has dedicated his life to the Holy Grail of developing the perfect fitness-workout. And has two world championships in a brutal, brutal art to prove it. Would ya think there'd be a few people out there who'd want what Steve has? I'd say! And so did the Evil One.

So, at the Arnold Classic, Pavel and I sat down to dinner and breakfast and dinner with Steve and drubbed him into agreeing to put his hard-won secrets onto tape. Phew! Glad it didn't get physical! Fortunately for all of us, the patented Anglo-Russian gentlemen's gang-tackle worked. We got Steve convinced.

Those of you who already have Pavel's Russian Kettlebell Challenge will appreciate and love the new routines and startlingly-intense techniques that Steve has welded together. In fact, Steve wowed Pavel and all the participants at the Russian Kettlebell Certification Workshop with these same workouts. Cruel and unusual is definitely the by-word!

Steve and his awesome wife D.C. (also a two-time world champion in Brazilian Jiu-Jitsu) put this video together at their studio, Maxercise. They've done a nice, clean job of presenting the workouts in easy-to-follow fashion, with flashes of classic humor and a driving pace.



“Steve Maxwell is one of the top functional conditioning coaches at work today and Steve Maxwell's *Cruel and Unusual Kettlebell Exercises* is a must for every athlete who wants the edge over his competition.”
—Pavel Tsatsouline, the author of *The Russian Kettlebell Challenge*

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.hard-style.com

Party Members Share AMAZING SUCCESS STORIES Of Stunning FAT LOSS, Maximal STRENGTH GAINS And Huge Strides in Conditioning From Using—And Loving—Their Russian Kettlebells



Fantastic Fat Loss with Magical KB's

"I have been training with the KB's and DB's for about 2 months or so. To date, I have lost about 33 pounds of fat, and put on 5 pounds of muscle. Give it all you have comrade, the weight will fall off." From: ZenTrainer Date/Time 2001-06-20 13:06:13

I added forty pounds to my deadlift in one month

"About a month ago I suspended my Westside Barbell method powerlifting workout and went for a month of straight KB workout. I just did the max effort on reg. deadlift and get this folks. I just added forty pounds to my PR on 1RM. My 1RM deadlift went up from 325lb to 365lb. My deadlift technique got a lot more snap in it and more explosive. I noticed the same thing on my squat technique." From: Craig, Date/Time 2001-10-29 09:47:25

I lost 16 lbs in the last four weeks since I started the KB lifts

"I love KB's! I have lost 16 lbs in the last four weeks since I started the KB lifts." From: Gediminai, Date/Time 2001-10-05 16:58:42

Incredible gains in energy, strength, explosiveness, power, speed, overall coordination, balance, flexibility

"After 6 months, at age 68, I have experienced incredible gains in energy, strength, explosiveness, power, speed, overall coordination, balance, flexibility, joint mobility, restoration of all ranges of motion, ability to do difficult body weight exercises, dramatic increase in overall endurance, posture, correction of lower back weakness, completion of the repair of a very serious shoulder injury from 6 years ago and far better muscle definition than ever in my entire life." From: Andy68 Date/Time 2001-11-20 10:25:53

KB's improved my sparring

"I have been only doing the KB's for two weeks. Already, in my sparring class, I tapped out a guy who's been regularly kicking my butt in the year that I've been training at the dojo. I certainly didn't expect to get this far this fast!" From: Ari Date/Time 2001-06-02 20:48:10

KB's made me even stronger, after 20 years of Olympic lifting

"I've been an Olympic lifter for over twenty years...it has kept me strong, athletic and young! Now, I have been turned on to kettlebells, and I am having a ball with them. It has made my body even stronger after twenty years of OL. Do yourself a favor and get a kettlebell or two." From: Sbadssaint Date/Time 2001-06-09 05:20:23

In 3 weeks of KB's the changes in my wife's appearance are staggering

"My wife started on KB's three weeks ago along with my 12 year old sons, the changes in my wife's appearance are staggering to say the least. She has now dropped her gym membership and will be working out entirely with the KB's. Encourage your wife to try this form of exercise, it will deliver results the spandex and Lycra brigade could never hope to match." From: nickel Date/Time 2001-12-03 07:31:10

No more back pain

"Since I received my KB's, I have no lower back pain when I deadlift. My arthritis is also much more manageable. Power to the Party!!!!" From: Comrade Logan, Date/Time 2001-11-26 10:52:29

"She was at a weight she hadn't been at for 15 years"

"For almost 3 years I have done PT with a woman who has achieved average results. 2 months ago I started her on PT and worked in cycles of RKC last month. She was literally firming up and slimming down before my eyes. She called the other day bubbling and gushing over the phone that she was at a weight she hadn't been at for 15 years and wearing clothes she could only fit into before she had her teenage daughter!"

From: Jcannon Date/Time 2001-12-23 11:38:37

"Kettlebells are the best method of increasing strength, cardio and endurance"

"I have studied TKD/HKD (both art and sport versions) for over 15 years. Kettlebells are the best method of increasing strength, cardio and endurance." From: ichiban, Date/Time 2001-11-08 11:00:00

"I've lost an average of 1% body fat per week"

"I've lost an average of 1% body fat per week, from about 20 to about 16. Love handles gone." From: searnes Date/Time 2001-06-20 12:11:11

"My biceps grew faster and better

...from doing KB snatches than they ever did with curls. Just another of the MANY benefits of doing KB's." From: BigNate Date/Time 2001-11-16 14:20:11

Kettlebells Rule for Muay Thai Conditioning

"I am a Muay Thai boxer and have recently purchased my first kettlebell (3 wks ago). I've been using it every day for about half an hour. I can't get enough of it. Benefits so far have been 1. Extremely shortened recovery times for all types of martial art exercises (I'm talkin' amazingly short); 2. Impressive muscle growth, especially in the shoulders, back and legs (finally, functional strength!!)." From: mtaibrad Date/Time 2001-09-13 03:05:17

"I don't want anybody else knowing about KB's"

"I'd rather that no one else knows about KBs and Pavel's other programs except for those who already know. Why? I want that edge. I want to be the one who can outrun, outlift, outjump, and outlast everyone else. I want it to be my secret weapon!" From: WarpedMind Date/Time 2001-12-08 01:27:00

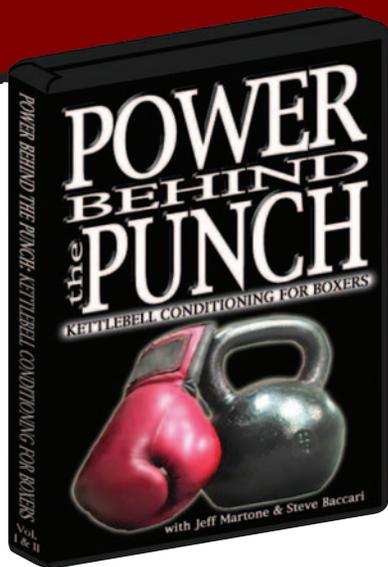
No more back pain...

"I've been doing KB's for about 1 1/2 months now. My back is finally pain free after about a year of on-and-off pain. I can't wait to see where my future training goes with the KB's." From: X-celsior Date/Time 2001-11-02 13:32:23

This is a small sample from the deluge of similar stories you will find posted on the www.dragondoor.com Discussion Site



WINNING TRAINERS SHARE THEIR BARE-KNUCKLE SECRETS FOR CHANGING AVERAGE BOXERS INTO HAVOC-WREAKING MONSTERS



Power Behind The Punch: Kettlebell Conditioning for Boxers

With Jeff Martone and Steve Baccari
Running Time: 90 Min

DVD (contains two volumes on one DVD) #DV009 \$59.95
Two Volume Video Set #V113 \$59.95

NEWSFLASH!

A 'Power Behind the Punch' boxer, Demetrius "Booboo" Andrade wins the gold medal in the 152 lb. division at the US Championships in Colorado Springs! At the age of 17!

"A decade of research, sweat, and blood made *Power Behind the Punch* the best strength and conditioning program for boxers in the world, period. I've seen a stack of notebooks, meticulous training records for over 4,000 consecutive days, in Steve Baccari's basement. And I've seen his fighters' records."

— Pavel Tsatsouline



Proven, comprehensive strength and conditioning program:

- **Increases your punching power by up to 30%—stagger your opponent into a helpless heap!**
- **Helps you throw more punches in less time—become an unstoppable blur of force-fed pain**
- **Turbocharges your work capacity—for faster, faster gains**
- **Strengthens your neck and jaw—to prevent humiliating KOs**
- **Jacks up your muscular endurance—so you can dish it and take it all day long**
- **Reinforces your core strength—lash out from an impregnable citadel!**
- **Develops greater explosive power—watch them hit the canvas time and time again, where before they'd shrug and keep on coming**

Contents

Volume I

Basic Exercises: Two Arm Swing, One Arm swing*, DARC Swing, One Arm Snatch*

Pre-Season: Level 1, Level 2, Level 3, Ab Work, Neck Work

Strength Base: Deadlift, Military Press, Decompression Hang

Volume II

Circuit Training: Simple Circuit 1, Simple Circuit 2*, Simple Circuit 3, Simple Circuit 4*, Complex Circuit

H2H: Flip-n-Catch, Hot Potato, Reverse Lunge, Flow Drills

Big Bang: Squat Thrust Snatch, Jump Shrug, Seesaw Press, Alternating Clean, Windmill

*includes dumbbell variations

Men – Want A Prize Fighter's Power And Physique?

"How do I put *The Russian Kettlebell Challenge*, *H2H Kettlebells*, *Power to the People*, and *Bullet-Proof Abs* together into a powerful, brief, and fool-proof routine?" – The answer is *Power Behind the Punch!*

"Awesome. This video teaches a simple method of exercises, that can be done anywhere, which gives the hand to hand combat athlete explosiveness and conditioning, something all fighters need."

—David Keefe, former Golden Gloves boxer, undefeated kickboxer, 1999 NAGA Full Contact Karate Champion, trainer of numerous amateur and professional boxers, Pawtucket, RI

"Since my fighters have been on the Power Behind the Punch program, punch output and punching power along with their stamina has increased. This video is the reason I have national champs and world rated contenders."

—Steve Maze, Boxing Coach, South Shore PAL, Quincy, MA

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www.hard-style.com

FULL KONTACT KETTLEBELLS

THE MARTIAL ART OF STRENGTH TRAINING

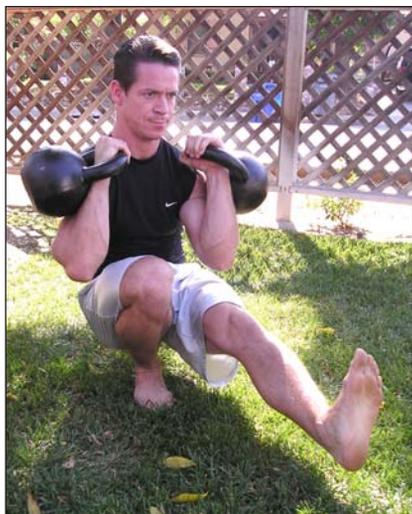
- Hit **HARDER** and **FASTER**—for a quicker victory in any fight
- Have **ENDURANCE** to spare—outlast your exhausted opponent every time
- Develop explosive, short-range striking **POWER**—and hammer the most resilient fighter into a stunned heap
- Build **STRENGTH** at all angles—be impregnable where you used to be a sitting duck
- Get the dynamic **FLEXIBILITY** to escape any jam—for the winner's edge in every conflict
- Absorb all drills effortlessly—thanks to multiple camera angles and super-clear demos
- Master bodyweight exercises—then graduate to super-powerful, weighted drills
- Discover how to brace your body for heavy impact—and deny entry to the most dangerous strikes
- Identify and avoid the errors that can lead to career-threatening injuries
- Master the principles behind the techniques—to build an instinctive advantage in sudden, unexpected attacks

Steve Cotter became a Champion by discovering what works—and what doesn't—in the brutal world of Full Contact Martial Arts. And he holds nothing back when he shares his formerly closely-guarded training secrets in this power-packed program.

Now there is no excuse for fighters to train like bodybuilders! Full KONTact Kettlebells: The Martial Art of Strength Training will take your speed, power, flexibility and endurance to levels beyond what you ever dreamed possible. Hit harder than ever before and smile as your opponents bounce off of you. discover how to maximize your power in every movement by applying the best in resistance training with proven, no-nonsense martial arts principles.

Full KONTact Kettlebells: The Martial Art of Strength Training lays the foundation for power development by teaching and explaining how to create a strong connection to the ground via the legs.

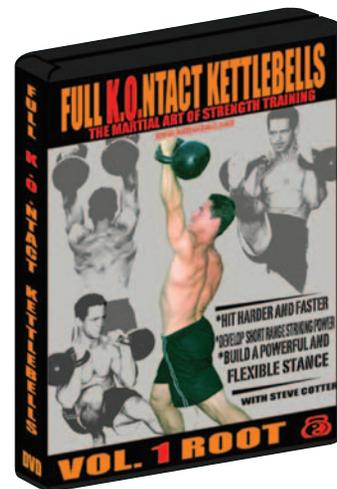
This DVD will not only show you HOW to condition for martial arts, but explain WHY, so that you will maximize your training time and gain immediate results in your performance!



Martial artists have long been admired for their speed, power, and body control. Watch your fighting ability skyrocket as a Full Contact Champion takes you step-by-step through the most important strength training secrets for martial artists. Never before has such a thorough strength training program been available for combat athletes.

Steve Cotter will teach you the martial art of strength training. Get ready for extraordinary results, whether you want to hit harder or lift heavier. Full contact titles or 140lb. one-legged squats, anyone?

—Pavel Tsatsouline, author of *The Russian Kettlebell Challenge* and *The Naked Warrior*



Full KONTact Kettlebells:
The Martial Art of Strength Training
With Steve Cotter

Running Time: 44 minutes
DVD #DV010 **\$44.95**

Partial Contents of The Martial Art of Strength Training:

Section 1: Basic Mobility Drills

How to stand—the importance of foot placement
Develop “root”—strengthening your connection to the ground via the legs to increase full body linkage

Transfer power through the legs
Horse Stance for rock solid stability
Learn bridging tactics—how to close distance to the opponent

Forward and Rear shuffling
Lateral shuffling
Lateral shuffling and weaving
How Kettlebell training complements and enhances Martial Art training

Section 2: Kettlebell Basics: Movement within Stillness

Review of KB basic techniques
2 hand swing—use this drill to teach the powerful hip snap necessary for martial arts application
1 hand swing—learn the proper wrist alignment for effective punching
Clean—the importance of the clean for combat athletes

The basic guard position
Proper application of tension and “bracing” for shock absorption

Learn to use the “issuing point” on the palm for powerful striking
Double clean—develop an impenetrable “iron vest”

Section 3: Kettlebell Basics: Lateral Weaving and Shuffling

Learn the universal principles behind the techniques
Position of Strength—the ideal: contracted and ready for impact. Coiled and ready to strike
The reality of exchange—why we must train for the unexpected
Positions of “Extreme Compromise”—how and why it is important to train in both extremes.
Learn to be strong even in positions of extreme compromise
How to get back to a position of strength
KB Rack Position—learn how to brace for impact

Rack walk
Rack shuffles
Rack weaving
KB Jerk Position—be strong in a compromised position. Develop linkage by connecting the core with the stance
Jerk walks
Jerk shuffles
Jerk weaving

Section 4: Dragon Twisting—Low Basin Power

Develop explosive power by linking your entire body to your stance
How to be mobile while remaining stable
Root—the body is the tree, the legs are the root
Learn the coiling power of a serpent—the whole body moves as one unit
Build springy legs for bone crushing kicks and an immovable stance
Develop pinpoint footwork and balance—teach the body to be self-correcting so that you never lose balance

Section 5: Dynamic Balance

Specificity of Balance Training—Why martial artists need to train balance dynamically, rather than statically—external forces are always present
1 Leg Deadlift—“stop” the body on 4 sides for stability
Create a strong intent behind your movements
1 Leg DL with Kicks—stronger root = stronger kicks
Develop a powerful midsection for purposeful movement

"In *Full KONTact Kettlebells Vol. 2* Steve Cotter reverse engineers the body language of an expert fighter through expert use of Russian kettlebells. Even if you are not a fighter, buy this DVD for three unique midsection drills and Cotter's trademark leg exercises applicable to many sports."

—Pavel Tsatsouline, Chief Instructor, Russian Kettlebell Challenge

FULL KONTACT KETTLEBELLS VOL. 2

APPLIED STRENGTH

THE MARTIAL ART OF STRENGTH TRAINING SERIES

Volume 2 of this powerful conditioning series, *Applied Strength*, brings kettlebell training to the pinnacle of functional strength training—fighting strength. Never before has the kettlebell been presented so clearly as a tool for developing fighting technique and power. National Kung Fu Champion, Steve Cotter shows you how to use utilize your kettlebells to strengthen specific Ranges of Motion that will improve your leverage for striking and throwing techniques.

Learn how the body mechanics needed to move heavy loads can be applied to moving opponents in the ring, on the field, or in your arena of choice. Steve Cotter shows you how combining strength training with precise movement and correct positioning gives you the advantage over your competition!

Steve Cotter is a world-renowned martial artist and strength & conditioning specialist. He has merged his experience as a US National Full Contact Kung Fu Champion, internal martial art instructor and cutting-edge trainer with his expertise as a Senior Russian Kettlebell Challenge instructor to develop innovative and comprehensive programs for martial artists and other combat specialists.

With his 25 years of experience as a world-class martial artist, athlete, and coach, he specializes in the design and supervision of perfectly balanced training programs for fighters and other individuals committed to serious conditioning and fitness. His unique approach bridges time-tested training methods of the internal martial arts and the latest research-based modalities for athletic training. The end results are maximal mind-body performance, deep strength, and unsurpassed athleticism.

One of the characteristics that separates Steve among trainers is his ability to apply simple concepts and techniques into a martial context. Every useful technique is either a martial technique in disguise, or a conditioning method to augment overall skill development. Considered by many to be the world authority on one leg squats and low basin strength training, Steve is uniquely qualified to help his students lay the foundation for power development in his or her chosen application

Full KONTact Kettlebells, Volume 2 gives you a whole new way of understanding strength training for martial arts. The lifts are taught from the perspective of practical application. For the first time, Steve Cotter shows you step-by-step how you can use kettlebell training in a way that will prepare your body most effectively for the specific demands of martial arts and impact sports.

CONTENTS

Qigong Preparation and Warm-Up:

- **Learn to release the tension** and enter your training with complete focus
- **Coordinate** your neuromuscular system through deep breathing and rhythmical movements
- **Massage** the internal organs for health and learn how to brace for heavy loads with diaphragmatic breathing

Kettlebell Techniques and Applications:

Kettlebell Techniques and Applications:

- **Conditioning** in positions of strength and positions of Extreme Compromise
- **Shuffling:** Learn distancing and controlled movement
- **Lateral Shuffling:** Evasion for counter-attacking
- **Weaving:** Slipping with follow-ups
- **Dragon Twisting:** assorted take-downs

amazing core and grip strengthener; grapplers will throw their opponents around with the strength developed here

Duck Squats and Walking: develop 'springy leg' endurance and freedom of motion in all ranges and directions

Duck Walk and Press: an amazing whole body coordination exercise, this makes all your lifts easy by comparison

Side to Side Creepdown and Press: this goes well beyond basic training and will open your hips like no other drill

Dynamic Flexibility:

Shoulder Dislocates and Figure 8: opens the chest and keeps the shoulders supple and pliable – very important for grapplers

Side-to-Side Creep Down/Cossacks stretch: fundamental for applying low stance applications such as grappling and take downs, blocking, tackling, etc

Rotations: strengthen the abdominal obliques while maintaining a tight guard; **Overhead rotations** are an advanced core strengthener; develop the muscles used in 'short-range' striking

Bagua Circular Stepping: precise footwork and base lay the foundation for positioning in all forms of movement. For martial arts, evasive footwork and continuous movement develops pinpoint accuracy and balance. As a form of exercise this pattern loosens every joint in the body. This takes your spatial awareness to another level!

Hook Swings: train the stance and torch the abs, grip and arms; develop rock-like stability in your movements

Lateral Swings with pivot step: centerline practice develops great body control while blasting the lats and obliques; simple and powerful as a self-defense maneuver

Rotations with Iron Wall: This kick defense trains every aspect of the abdominals through its tri-planar stabilization; try this and you'll never lie down to train your abs again!

Catch & Sweep: this devastating throw is a great way to train flexibility and build powerful thighs. Your legs will come alive!

Clean & Drop: strengthen and loosen the hips; shows how a powerful stance can repel would-be attackers

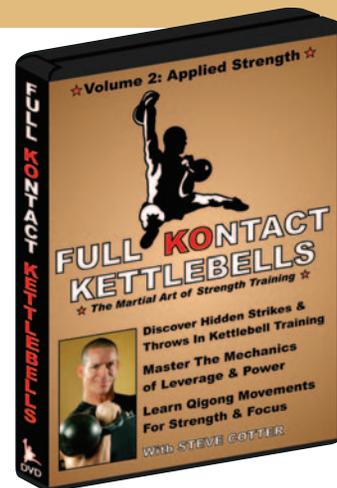
Alternating Snatch: a great metabolic conditioner; and a surprisingly effective tactic for self-defense

Screw Press: this old-time classic builds a thick, powerful waist, and lays the foundation for brutal hip and shoulder throws.

General Conditioning and Agility for Martial Arts and Impact Athletes:

Multi-Level Slipping: for pronounced hip strength and flexibility, this is a killer and will challenge everyone; drop sets for the hardcore!

Towel Swings: 5 levels different levels, from beginner through advanced, this is an



Full KONTact Kettlebells Volume 2: Applied Strength

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Strength Training
With Steve Cotter

Running Time: 55 minutes
DVD #DV025 \$47.95

"As a Police Sergeant and a Defensive Tactics Trainer for the San Diego City Schools Police Department, I can honestly say that I credit much of my success in law enforcement to the training I received from Steve's company, Limit-Liability Corporation (LLC). Steve's new training methods have been embraced by local law enforcement and have influenced Defensive Tactics training throughout the County of San Diego. Steve's Full K.O.ntact Kettlebells training program is phenomenal."
—Sergeant Rueben Q. Littlejohn, San Diego City School Police Department

"I just wanted to congratulate you on your great work. The explanations are thorough, logical, and you've done a great job in explaining the martial arts carryover from KB training."
—Charles Staley, Staley Training Systems, Las Vegas, NV

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Are Kettlebells Too Expensive?

BY VICTOR HOLTREMAN—DRAGON DOOR'S LEADING AFFILIATE

I find it funny how people react to the price of a kettlebell. Their eyes usually get wide and their mouth opens a bit, as if to say "Are you kidding?"

I think their reaction is due to the fact that they just don't realize what a simple kettlebell can do for one's physical fitness, strength building and fat loss. I mean hey, it's just a simple little sphere with a handle, right? Where are the gears, the cables, the springs and pulleys that are a hallmark of a real piece of fitness equipment?

I'll tell you a secret: You don't need all that complicated (and really expensive!) stuff.

The same folks who balk at paying \$90 for a kettlebell would have no problem whatsoever dropping \$300 or more on some "total gym" that uses rubber bands to give them a "full body workout" and maybe \$100 a month in expensive (and unnecessary) dietary supplements.

Don't forget those exercise machines that are advertised on TV during those two-minute long commercials... They're so expensive that they don't even mention the price, just the monthly payment! (BTW, I researched some of those Bowflex and Nordictrack gadgets: they cost as much as \$1,500 and UP.)

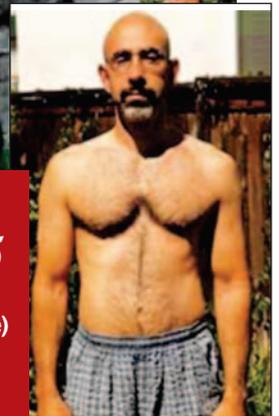
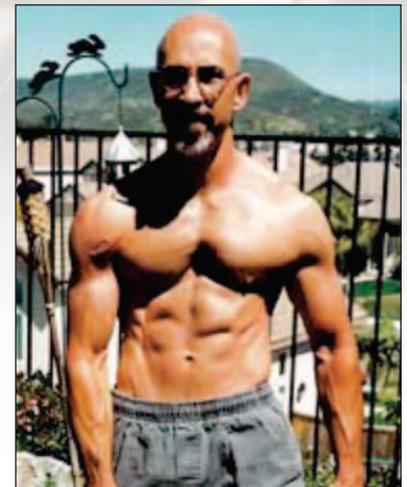
With a kettlebell you can get both an aerobic and anaerobic (strength building) workout in just a few minutes a day that (if you're so inclined) can leave you feeling like you went three rounds with Mike Tyson.

You can work your arms, shoulders, legs, abs, chest and back... all with that little iron cannonball. Also, anyone who knows anything about weight training will tell you that working out with a free weight is far superior to using a motion that moves along a track.

Using Pavel Tsatsouline's techniques (Pavel is a former physical training instructor for the Soviet Special Forces) and a common sense diet you will see your strength increase rapidly and the fat come off quickly by using kettlebells. Both my wife and I are amazed at how quickly our strength increases when using this tool 5-6 times a week.

Another benefit is the small size of kettlebells... no hunting for a spare room or extra closet space to store them, or having an eyesore like a treadmill or universal gym (soon to be used as a clothing rack) in the middle of your bedroom.

So if you think that kettlebells are too expensive, think again.



Vic Before (January 24, 2003, right) and After (March 29, 2003, above) using diet and kettlebells

Victor Holtreman is the author of *The Last 10 Pounds*, an eBook which chronicled his 2-month journey from 13% to 9% body fat using kettlebells. He is also the author of the www.Kettlebell-Training.com site and a number of other fitness related sites.

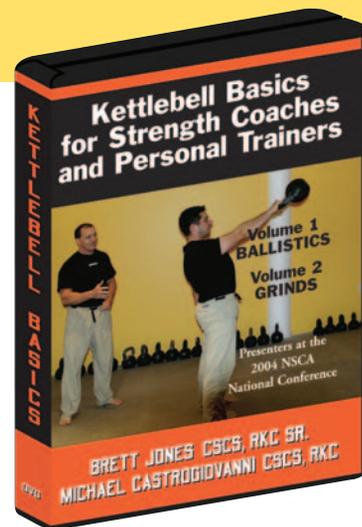
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"A clear presentation of the RKC kettlebell training fundamentals. A must for any strength coach and personal trainer. Highly recommended if you are planning to become a certified RKC instructor."

—Pavel Tsatsouline, Chief Instructor, Russian Kettlebell Challenge



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



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ABOUT THE AUTHORS

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

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

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HOW TO MAXIMIZE YOUR AGILITY WITH RUSSIAN KETTLEBELL DRILLS

BY KENNETH JAY, RKC

No matter how good you are, there is always room for improvement. Even some of the best athletes are lacking proficiency in their running technique and cutting actions (abrupt changes of direction). This article is about honing your agility with kettlebell strength and power exercises. They will improve your ability in martial arts, contact ball games, and in other sports.

A somewhat overlooked but absolutely critical factor in running, cutting actions and overall agility, is the involvement of the hips. The hips (along with the rest of the trunk muscles) compose the power center of your body. This is why it is so crucial to develop strong and powerful hip muscles.

If you are unfamiliar with the concept of driving with the hips when lifting weights, you

should acquire the basic kettlebell lifting skills. Train the foundational exercises like the swing, the snatch and the clean, or even the extended squat with a kettlebell held between the legs favored by the strength and conditioning legend Prof. Yuri Verkoshansky. [This squat variation is demonstrated on Pavel's *Strength Stretching* DVD. -Ed.]

If you are an experienced kettlebell lifter, deadlifter, or squatter you should already know how to integrate the hips in the forward/backward (anterior/posterior) plane. That is great, now you need to integrate your hips in lateral movements. The following two exercises are guaranteed to take your power in running and cutting actions to a new level.

No. 1: The Kettlebell Lunge Snatch with a Knee Drive

This drill will improve your running skill. It will power up your stride length and push off.

You will need a kettlebell that will work you, but not so heavy it compromises your speed. Assume the starting position of the regular kettlebell snatch. The hips are pushed back, the knees are bent and the back is arched/straight. Swing the kettlebell back between the legs and snap your hips explosively. As the bell is going up you should jump forward into the lunge position (not the backward

movement of the traditional split snatch). Lunge with the leg on the side you are holding the kettlebell.

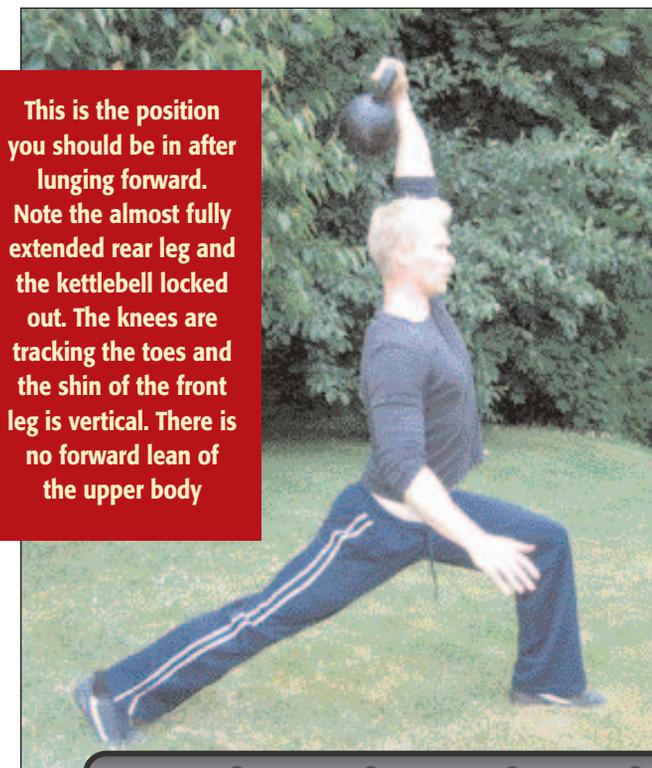
Overemphasize the spread between your legs to the point where you feel the pull in your hip flexors; this is very important! Your rear leg must be almost fully extended and your quadriceps contracted – this'll take a lot more than you think.

When you do this, a couple of cool things will happen. First of all, you get a dynamic stretch of the hip flexor, which in turn will improve your stride length. Second, when done explosively, you store a lot of potential energy in your hip flexor muscles and ligaments. This elastic recoil can be taken advantage of if you follow up with a knee drive explained later. This will make the exercise very intense and it will closely resemble a stretch-shortening cycle.

Remember to keep your torso completely upright in the lunge position. Note that you need to have a good range of motion in your hip flexors before tackling the lunge snatch. Work on your flexibility first if it is lacking. It is a matter of safety and performance.

If you are having trouble keeping your balance, focus on contracting your adductors (squeeze your knees together) and gripping the ground with your toes. It goes without saying that the knees must always track the feet.

When viewed from the front, your feet should be spaced as though they were on two parallel rails, not in one line. Lock out the arm that is supporting the kettlebell and keep your other hand free.



This is the position you should be in after lunging forward. Note the almost fully extended rear leg and the kettlebell locked out. The knees are tracking the toes and the shin of the front leg is vertical. There is no forward lean of the upper body

Do the exercise with maximum velocity in one big explosive move. Drive with the hips. Speed is the key factor.

Return to the starting position either by lowering the kettlebell to your chest or keeping it overhead in the locked out position and pushing off the ground with your front leg. Make sure your pelvis is completely stable during this exercise. If not, look up *Bullet-Proof Abs* and include some one-legged exercises in your workouts.

I will not go into the correct breathing patterns for strength and power exercises. The subject has been covered in detail in Pavel's *Power to the People!* and *The Naked Warrior*. Breathing correctly when strength training is essential though, so if you haven't done so already, I strongly suggest that you read these books.

When you get proficient at this exercise you can and should incorporate a knee drive. By driving your rear leg explosively forward (not up), while extending your supporting leg, you take advantage of the stretch-shortening elastic recoil I mentioned earlier. This has great carryover to running and will challenge your stability even further as you need to maintain control of the kettlebell locked out overhead.

Later experiment with jumping forward with the leg opposite of the kettlebell.

No. 2: The Kettlebell Lateral Lunge Snatch

This cutting action drill will take your agility to the next level. I have seen this exercise transform an elite female team handball player's agility and quickness in a very short period of time. Team handball is very big in Europe and even more so in Scandinavia from where the sport originates. The game places great demands on the players' stamina, agility, and ability to absorb and redirect force. There are seven players on each team. The object of the game is to throw the 11lb. leather ball into the other team's goal. Tackling is allowed and the players don't use any protective gear. Ball speeds have been measured up to 80mph, which makes it very challenging for the goalkeeper.

Back to the exercise. It is performed in the same manner as the first one, but to the side. Again, make sure to drive with the hips. Snap them as you would for a regular snatch and step out laterally and explosively. Keep your center of gravity low and make sure to have both feet firmly planted on the ground. Do not let your foot come up on the medial (inside) edge. This requires great ankle strength and flexibility. Lock the kettlebell out overhead. Experiment with the starting position of the kettlebell. Eventually increase the length of the step.

Here is an advanced version of the drill for later. I have found that working the kettlebell in a diagonal motion from the outside of the opposite leg to that of the working arm is a great way to incorporate some rotational strength and power of the trunk, both statically and dynamically. The rectus abdominis is stabilizing statically and the obliques dynamically. *Make sure that you are folding at the hips and not flexing the spine. Simultaneous flexion and rotation of the spine can cause injury to your back. This is an advanced version of the drill and should be implemented with caution! Start out easy to get the groove going.*

Both of these exercises can also be performed with a *clean* instead of a *snatch*. For the purpose of preparing the body for impact absorption in the most vulnerable positions however, the snatch variation is preferred. For further detail on training in positions of instability I can definitely recommend Steve Cotter's articles and his *Full Contact Kettlebells* DVDs, they are well worth it!

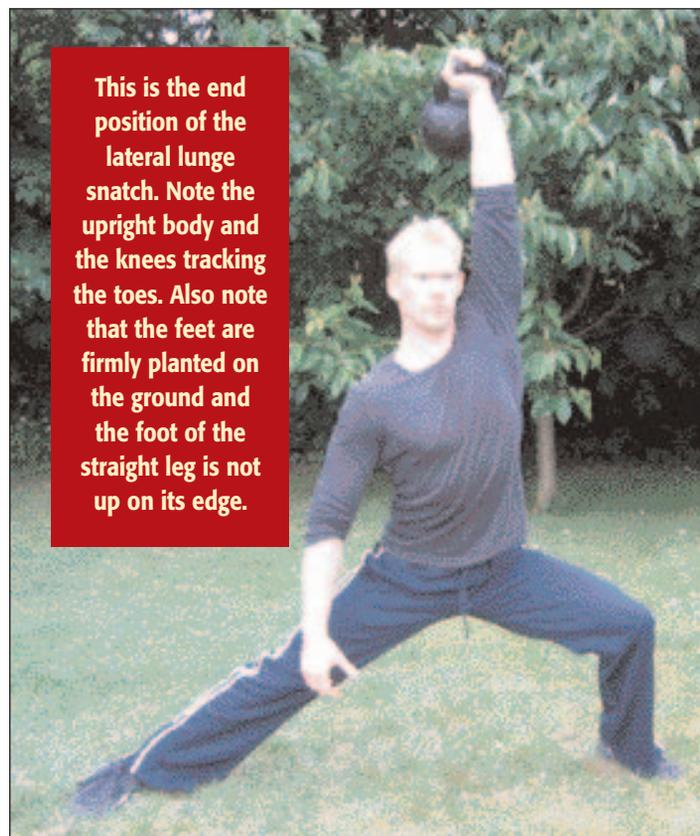


Kenneth Jay, RKC, Combat Applications Specialist
Strength & Conditioning Coach, Denmark
www.Kettlebells.Dk

Don't go to failure and emphasize quality over quantity.

Every repetition should be executed with tremendous explosive power as if your life depended on it!

Play hard!



This is the end position of the lateral lunge snatch. Note the upright body and the knees tracking the toes. Also note that the feet are firmly planted on the ground and the foot of the straight leg is not up on its edge.

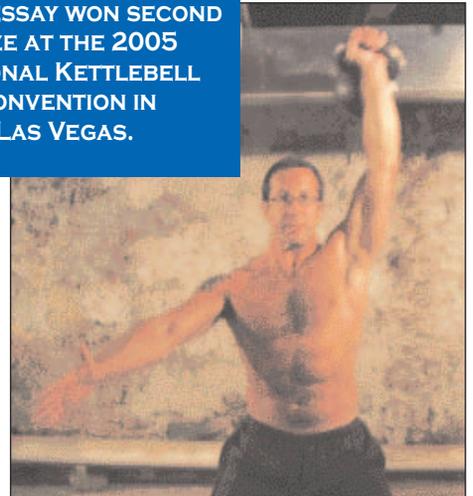
Enough talk! Grab a kettlebell and start doing these two exercises. I guarantee that your agility and speed will improve. Don't go to failure and emphasize quality over quantity. Every repetition should be executed with tremendous explosive power as if your life depended on it!

Play hard!

BILL FOX: FROM SLUDGECAKE TO POUNDING POWERHOUSE...

A DAY IN THE LIFE OF A DESISSIFIED 45-YEAR OLD BIG CITY LAWYER

BILL'S ESSAY WON SECOND PRIZE AT THE 2005 NATIONAL KETTLEBELL CONVENTION IN LAS VEGAS.



The Sissy Lawyer - alarm rings, moans, hits the snooze, drags ass out of bed 20 minutes later

condescending grin his case won't be going on for "probably a couple hours" but "the Judge said don't leave the courtroom".

The Kettlebellman Lawyer - gets out of bed at 5:30, GTGs a few pull-ups and pistols then sneaks back in bed to "say good morning" to his wife since she's going away on business that day.

The Kettlebellman Lawyer - just smiles knowing this is the blob's pathetic version of being a tough guy.



The Sissy Lawyer - Gives the kid next door \$20 to dig out the car from the foot of snow overnight.



The Sissy Lawyer - doesn't want to deal with getting a cab in the snow so he goes to Dunkin Donuts, gets lunch, tries to get his secretary on the phone and takes the elevator back up to the courtroom.

The Kettlebellman Lawyer - pops outside in a sweatshirt and "shovel lifts" the snow from his car, his sidewalk and the neighbors sidewalk.

The Kettlebellman Lawyer - walks back to the office, makes a few calls, checks the DD forum then walks back to court.



The Sissy Lawyer - tells his wife he's thinking about joining the gym tomorrow or buying one of those Bowthingies, again. Eats dinner and plants himself on the couch for the duration.



The Sissy Lawyer - gets to the office late and loads up his rolling cart with his trial file and takes a cab the 8 blocks to the courthouse.



The Sissy Lawyer - starts nodding off just as the case gets called, shakes off the sugar stupor and gingerly extricates himself from the chair he's now become a part of and thinks, "Damn, I need to start working out."

The Kettlebellman Lawyer - gets to the office early, grabs an 8" thick file with each hand and walks to court.

The Kettlebellman Lawyer - starts jotting down tonight's workout in the margin of the newspaper, case gets called, pops up, greets the judge, does his thing and heads back to the office.

The Kettlebellman Lawyer - goes down to the basement, cranks up the "Hardness" playlist on the iPod and trains. Snatches, weighted pull-ups, bent press and the evil wheel tonight. Half an hour later - done.



The Sissy Lawyer - The wife gives him a little nudge to wake up so he can relocate from the couch to the bed. Goes to bed, wife falls asleep, he stays up thinking about what he didn't get done at work. Wishes he could see the bottom of the T.V. over his gut. Thinks "I gotta buy one of those Bowthingies....".



The Sissy Lawyer - waits in the lobby of the courthouse for 9 minutes packed in like a sardine waiting to cram onto an elevator to get sneezed on by the pasty guy next to him with the powdered donut sugar on his chin.



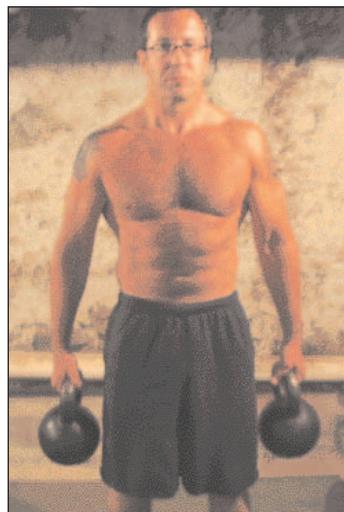
The Sissy Lawyer - kind of wiped out by "hassling" with getting to court in the snow and all, gets a little work done but figures he can catch up tomorrow which should be less hectic than today.

The Kettlebellman Lawyer - takes the steps to the 8th floor trying to figure out whether an anatomical or biomechanical breathing pattern works better. Notices the people getting off the elevator are breathing harder than he is.

The Kettlebellman Lawyer - goes through his emails and calls, works, stops a few times to check the forum, does a couple pistols at 3:30 and 5:00, raps up a few minutes early and takes off.



The Sissy Lawyer - Gets into a shouting match with the blob running the courtroom who tells him with a big



The Kettlebellman Lawyer - finishes watching "The Bourne Supremacy" on cable, thinks "that Kali stuff looks cool, I may have to check that out", calls his wife at her hotel to plan a nice dinner the next day and hits the sack - out like a light.

How to Develop a Powerful Grip, Solid Core and Agile, Explosive Strength



Jeff Martone demonstrates 30 innovative and progressively challenging H2H Kettlebell drills that will catapult your explosive strength, stamina, and hand to eye coordination to a whole new level.

The H2H drills will add a new dimension of variety, enjoyment, and intensity to your current high-repetition Kettlebell routines.

“Exceptional conditioning while having a great time - this is what Jeff Martone’s video is all about. The H2H KB drills are addictive, you will not want to put your kettlebell down.”
—Pavel Tsatsouline

“I highly recommend this video for anyone who has mastered the basic kettlebell drills and who wants to take

their grip, abdominal, and coordination training one step further.”
—Rob Lawrence, PA

“The exercises are challenging, different, and fun! I have always enjoyed kettlebell lifting, but Jeff’s unique approach has added a whole new dimension of possibilities to my training.”—Dave Finley, OH

Jeff Martone Stopped Arnold Dead in His Tracks With His Amazing Display of Hand-to-Hand Kettlebells, Columbus, Ohio, March 2, 2003

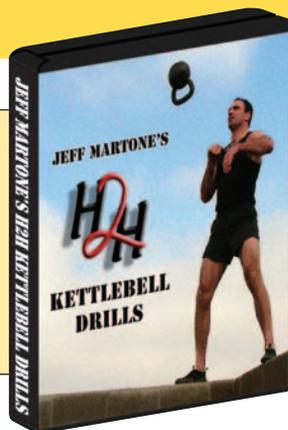
Arnold congratulated Jeff and told him how happy he was to see these great old strongman techniques being brought back into style. Arnold said he just loved to see that old-school power and grace back in action.



About Jeff Martone

Martone is a former senior instructor of the Agent Candidate Physical Training Program for the nuclear security teams of the US Department of Energy. When Martone took the position of the Physical Training and Combative Coordinator at the Direct Action Resource Center, the largest urban warfare training center in the US, Jeff started teaching his H2H kettlebell techniques to various federal, state, and local law enforcement agencies. They were an instant hit among the people who rely on their conditioning for their lives.

“If you liked the material on Jeff’s first DVD, then you are going to absolutely, positively love the material on the second one. He’s taken KB juggling, not to another level, but to another planet altogether. There is enough new material here to keep you busy non stop for weeks.”—Mike Krivka, RKC



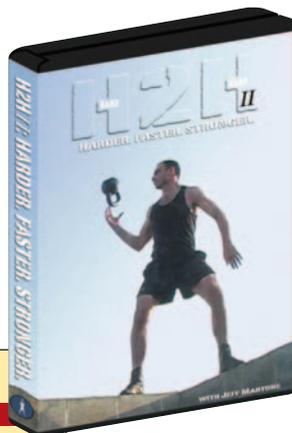
Hand-to-Hand Kettlebell Drills: Explosive Strength & Stamina for the Combat Athlete

With Jeff Martone
Running time: 57 minutes

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DVD **#DV011** **\$39.95**

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- **Improve** your hand-to-eye coordination and hand speed
- **Up** your grip strength
- **Enhance** the shock absorbing qualities of your connective tissues
- **Strengthen** every fiber in your body
- **Maximize** your athletic performance



50 innovative drills that will take your H2H kettlebell training to an advanced level. This fast-paced sequel is not for beginners and will prove demanding for the most seasoned gireviks.

H2HII: Harder. Faster. Stronger.

With Jeff Martone
Running time: 54 minutes

DVD **#DV019** **\$49.95**

Benefits:

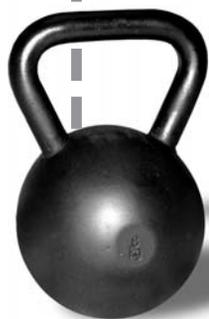
- **Dynamically strengthens** core muscles
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- **Relieves** the boredom of traditional training regimes

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Praise for Lisa Shaffer's *GET IN THE BEST SHAPE OF YOUR LIFE!* — A Complete Guide to Kettlebell Exercises and Kettlebell Training



Lisa Shaffer's workbook is a valuable companion to the Russian Kettlebell. You will enjoy the variety of exercises and the author's "can do" attitude. Com. Lisa has done a great job!"

—Pavel Tsatsouline, Chief Instructor, Russian Kettlebell Challenge

"You did a tremendous job, and I will recommend your book. You really put your own stamp on the KB programs that you prescribe and your workbook sets the standard for readability, creativity and usability. You are also a tremendous role model, even more so for women with children. You are proof that having children is not the end of a fit and healthy body for mothers. All men should buy a copy of *Get in the Best Shape of Your Life!* for their wives or girlfriends. Congratulations"

—Steve Cotter, Sr. RKC and author of "*Full K.O.ntact Kettlebells: The Martial Art of Strength Training*"

"I had the opportunity to preview Lisa's manual while flying to the last RKC. She did an excellent job! It's very well organized, user friendly with lots of pictures and very well researched. It takes in consideration the special needs of women. Lisa's new book will make a nice contribution to your kettlebell resource library."

—Jeff Martone, Sr. RKC and author of "*H2H Kettlebells*"

"Best kettlebell manual on the market! Lisa clearly put a great deal of work into her manual/book and has raised the bar very high. Flawless product with tons of great info!

Very comprehensive manual, excellent photos, instruction, and tons of programs. Must have for all women who train with kettlebells and also a great manual for anyone that wants to maximize the benefits of KB training. Great job Lisa!"

—Mike Mahler, Sr. RKC and author of "*Kettlebell Solution for Size and Strength*"

"Lisa Shaffer's kettlebell workbook is a must for any level kettlebell enthusiast- from the beginner to the advanced. As a

kettlebell exercise how-to, the workbook is truly outstanding. Shaffer has a knack for taking each exercise and teaching it in a clear, concise manner with incredibly detailed photos.

I have to say that my clients love this book. I ordered copies when it first came out and am about sold out. My clients buy it to have a reference for when they travel and want to continue their workout on the road. Clients who don't live close enough to Iron Core to come three days a week for classes, buy it to train at home after we have given them some instruction. Our local police department just bought it for a reference to train with their unit. Everyone has commented about its ease of use and detailed, colorful photos. Excellent resource, buy it!"

—Sarah Lurie, RKC and Founder of Iron Core, Certified Kettlebell Fitness Studio, La Jolla, Ca.

"Wow, Wow, Wow. Lisa, your workbook ROCKS!"

I just got this today and can say without a doubt if you are a trainer working with clients in kettlebells you want them to have this book. Or at least have access to it. Great organization, very user friendly and such a great amount of information and DETAIL! Photos and diagrams clear concise points of interest are excellent! Very visual and very well done.

For those training without RKC instruction this would also be a great thing to have as a reference tool. Mine will get tons of use. Well done Lisa, congratulations on a superior product."

—Mark Reifkind, RKC



An encyclopedia of kettlebell exercises, from Beginner to Advanced! Full descriptions with step by step instruction and accompanying photos. Over 300 hundred full color photographs outlining all the basics and little known RKC tips.



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"For me, kettlebells have greatly improved my functional strength, endurance and helped change my body composition. My kettlebell workouts helped me stay in shape during my third pregnancy and helped me recover in record time. The exercises covered in this book are challenging and fun. The information and articles in this book will help do for you what it did for me, **Get in the Best Shape of Your Life!**" –Lisa Shaffer, RKC

Highlights: Kettlebell Basics

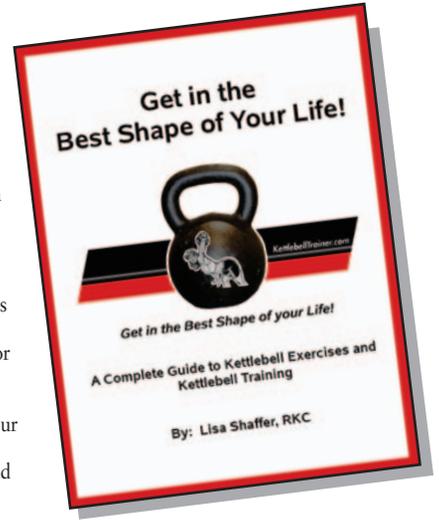
• Over a dozen kettlebell basic moves and positions for getting your KB training off to the right start or just brushing up on your form. Perfection is in the details. Get your form perfect with these complete kettlebell basic descriptions and photos!

Over 50 Kettlebell Exercises

- Exercises are organized into Pulls, Pushes, Core, and Leg exercises for easy reference and easy workout structure. All exercises are rated for difficulty and cross referenced in the table of contents for easy program design.
- No longer will you be stuck thinking of exercises to include in your workout. With these 50 exercises, the workout possibilities are endless! Your workouts will never get stale! Included are six brand new exercises, not seen anywhere!
- Notes section included on every exercise page for detailing your own personal observations and notes.

Bonus: Over 20 Pages of Articles Giving You Highly Practical Tips on How to Fully Benefit from Kettlebells

- **"The Dreaded Snatch"** – No more banging up your forearms. Complete two page article supplement to the Snatch exercise page. Master this highly effective kettlebell drill and make it a staple of your workouts!
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- **Beginner's Plan** – A flexible 4-8 week plan on how to learn the basic kettlebell drills and incorporate them into a kettlebell program for reaching your goals. Flexible enough for all fitness levels!
- **Combination Workout and Walking Workout** – Tired of the same old routine? These kettlebell workouts and all their derivations will take your training into high gear and snap your body into shape!
- **Kettlebell Training During Pregnancy** – Learn from my experience of kettlebell training during my entire third pregnancy. Feel great and alive during pregnancy with these guidelines, workout strategies, and sample programs.
- **Kettlebells, A Sure Fire Way to Get Back in Shape After Pregnancy** – No longer does pregnancy mean the end of a tight, youthful figure! With KB and this article, you will be back in your pre-pregnancy clothes and looking great in no time!
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STRENGTH IS A CHOICE: FROM GYMNASTICS TO POWERLIFTING TO KETTLEBELLS

BY MARK REIFKIND, RKC

I've trained, competed and coached in some pretty diverse sports. Gymnastics, my first endeavor, required a light bodyweight, very high relative strength, maximum joint flexibility, tons of coordination and agility, as well as the ability to see movement in your head and translate it into real time action.

You also developed quite a work ethic as well as willingness to do something wrong a thousand times before ever doing it right once. Practices were 4-5 hours per day five days to six days per week and most of the time you were *trying* to learn a skill. Progressions hadn't really been ironed out yet and most of what we did was: *go for it.*

Pain is forever. Glory is very temporary...

This approach developed a strong will but also numerous (and lifelong) injuries. Don't let them kid you: Pain is forever. Glory is very temporary.

In gymnastics focus, concentration and the ability to observe and analyze very complex motor patterns are basic skills. It develops a highly tuned sense of body mechanics, spatial awareness, and the ability to see multiple actions simultaneously. Much like dance, martial arts and acrobatics, yet with a very high strength requirement.

Of course just being able to see it perfectly in your head was no easy task. For years my legs came apart on a swing half turn to handstand on parallel bars (called a Stutz) and I could not see it perfectly in my head. My legs came apart in my visualizations. When I could see it I could do it. We were using autosuggestion and intense visualization training very early on. My best friend and teammate Randy Lee was into hypnosis and we applied it to our training, realizing that if we could see it we could do it.

We also realized that you had to pay a price to gain the movement skills we were after and that meant grueling training and total devotion to the goal. Anything less was a sacrilege and would not stand. We were pretty hardcore teenagers.

But being able to totally control your body and fly at will is pretty intoxicating stuff and when you hit the sweet spot you could soar!

The tighter you are, the stronger you get and the tighter you can get...

Gymnastics requires high levels of total body tension, which is to say, strength. If you can stay tight enough, you can move your body as one piece and direct it in just about any way you want, physics permitting. The tighter you are, the stronger you get and the tighter you can get. A non-vicious circle of strength! Your body acts like a kettlebell swinging around a grounded apparatus. It's no wonder gymnasts take to the bells so quickly. They know how they feel when they swing!

As with kettlebells, in gymnastics you have static movements such as the "L and V" holds on floor exercise, parallel bars, and planches and crosses on rings. Windmills, bent and side presses, squats pistols and all overhead presses require the same full body tension that gymnastics strength moves do. Back and forth between dynamics and statics.

These strength exercises build great concentration as well because they are so intimately tied to balance. Just as in gymnastics, kettlebell grind exercises can require a large amount of balance to perform them properly. Single leg deadlifts, pistols, bottom up cleans, windmills etc. demand that tension and balance go hand and hand. This develops an unusually useful, real world strength as well as increasing body awareness and control.

KB swinging is the mechanical opposite of the gymnastics swing. With a KB your feet are grounded and the arms and torso move. In gymnastics it's just the opposite. The arms are the tether and the legs and hips move freely. A great feeling and it builds a great upper body but if overdone can lead to a very serious upper body/lower body imbalance. There is just not enough hip, leg, or extension work in gymnastics. If not carefully dealt with, the body can get "stuck" in the flexed "hollow" position so prized in gymnastics. This can lead to chronic and debilitating injuries. Also not the best posture for real world strength and activities.



Gymnastics, my first endeavor, required a light bodyweight, very high relative strength, maximum joint flexibility, tons of coordination and agility, as well as the ability to see movement in your head and translate it into real time action.

Working what's weak, and counterbalancing how you train is critical...

The kettlebell is the perfect solution to that, in my opinion. One of the most important things I have learned in these 34 years of training and studying training is that working what's weak, and counterbalancing how you train is critical to the long term health as well as progress.

My next forays were into endurance sports and then bodybuilding.

Endurance sports, especially ultra endurance sports were also about strength but of a different kind. Mental strength. I realized very early on I wasn't the fastest guy in town but I could run, bike, and swim for as long as I wanted to because the limiting factor was not my body but my mind. Being able to endure, to suffer for long periods and learn how to relax into it were important skills to me as well. The inner strength that it builds is applicable to everything.

The body likes to be strong. It feels good. Being weak feels miserable...

I've always taught that you can get to the body through the mind or the mind through the body. I've always preferred the body because it's easier. The body likes to be strong. It feels good. Being weak feels miserable. Long, slow endurance training strengthens the mind but really deteriorates the body. All but the necessary slow twitch fibers needed to move the frame are eaten away. Not a great balance.



Powerlifting was a great contrast to endurance training. In contrast with gymnastics and kettlebell lifting, no momentum is used. All effort is concentrated into one maximum effort of the will. Static and absolute strength is the rule of the day. Yet mechanics and conditioning are still vital. One must be in a high condition to be able to do nine plus maximum efforts in a meet, not counting the warm-ups!

I trained under the tutelage of Louie Simmons and followed the *Westside Barbell* template. Louie broke down powerlifting strength into maximum force and maximum velocity and trained each separately. Weak points were analyzed and trained first and hardest. He broke down powerlifting into mechanics and angles and forces. And, of course, will.

Nothing focuses the mind better than fear...

One thing about doing true maximum efforts lifts: it will make you stronger just from being brave enough to face your fears. Fear of being crushed, fear of failure, and mainly fear of weakness. Nothing focuses the mind better than fear, and truly heavy barbells invoke respect (and fear) amongst even the strongest of men. Remember, the bar always wins. You can always put another plate on. So powerlifting is really about mental strength. About intention and focus.

Yet it can play havoc with the joints and over time imbalances and inflexibilities can cause serious injuries as well. Joint mobility and the fluidity and rehabilitative effect of the kettlebells could have played a much bigger role in my knee, hip, back and shoulder conditioning.

Strength isn't just about muscle size, it's about muscle activation. Taking the brakes off and using all of our available muscle to develop tension. Learning to not hold back. True maximum effort. Nothing I've done quite gets to this as heavy powerlifting does. Nothing also lets you know exactly how strong you are at the moment than a 1 Rep Max. 501 is NOT 525. It is 501. Period.

Of course the KB is the same way. 25 snatches is not 28. Knowing exactly where you are is a good thing. Of course, in gymnastics they have fairly serious subjective system and this drove me nuts. But you either made the trick or you didn't. Scores were just opinions in many ways.

These days all of my training is done with kettlebells...

And a kettlebell or a heavy barbell or a double back flip are very compelling when you about to do them. Home treadmills are used mainly as clothes racks because there is nothing compelling about their use. They are boring. But a real live kettlebell or a heavy deadlift sitting on your garage gym calling you a sissy if you don't pick it up now is compelling.

These days all of my training is done with kettlebells. The asymmetrical nature of the one KB seems to be healing my muscular and structural imbalances better than I could have ever hoped. Most of the training is ballistic as that also seems to have a tonic effect on my body. Bilateral static strength moves such as barbell deadlifts, squats, or benches are history. In their place are the grind moves such as windmills, bent press, single kettlebell front squats that really address my weaknesses in the hips and shoulders. I can train five days a week now instead of the three I was limited to when powerlifting.

Each workout starts with swings: one handed, two handed, and with two KB's. I'm using the Hard Style approach with lower reps and multiple sets. Next is a technical pull such as the snatch, the bottom-up clean, or H2H drills. Grinds are also done with windmills predominating. Low reps, under five, and multiple sets. Bent presses, bottom-up press or arm bars are used as well. I change the exercises each workout. A leg exercise or a farmer's walk with different rack positions finish the training. The volume and intensity vary daily.

I know that strength training, as in any focused, devoted and passionate training endeavor, is as much art as science. Science quantifies and measures, art feels and intuitively. The training person needs both for if either is lacking, progress will be less, if at all.

Arthur "Superman" Jones, a great raw bench presser once wrote: "There is a big difference between lifting more and getting stronger". His reference was to tight powerlifting gear versus raw lifting but the point is bigger than that. What is real strength and where does it come from? To me the answer is simple. It comes from the mind. From deep inside where you make that choice to act or retreat.

And you get to make that choice every time you pick up a kettlebell or a barbell or get out of bed Monday morning to go to work. Strength is a choice and the more often you choose it the stronger you are and will be.

Rif's Training Schedule

Monday/Wednesday/Friday/Saturday

Choose one exercise from each group each day. Vary the sets from 3-10 per exercise, the reps from 3-5 for grinds and 10-30 for swings. Rest until the heart rate drops to 80% of work set pulse.

1) Swings

- a) Two-handed swing
- b) One-handed swing
- c) Two-handed 2 KB's swing
- d) One-handed 2 KB's swing
- e) H2H swing

2) Technical Swings

- a) Snatch
- b) H2H flips
- c) Swing and flip squat
- d) Bottom-up clean
- e) Clean

3) Grinds

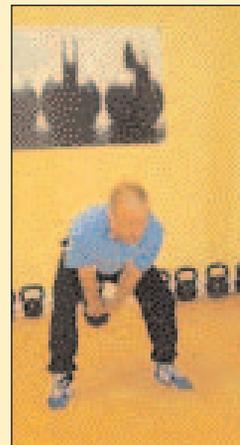
- a) Windmill
- b) Bent press
- c) Military press
- d) Bottom-up press
- e) Arm bar

4) Legs

- a) One KB front squat
- b) One KB lunge (3 rack positions: farmer's, chest, overhead)
- c) Tactical lunge
- d) Turkish getup
- e) KB squat on a Bosu ball

5) Walks

- a) Farmers walk (single KB)
- b) Rack walk (single KB)
- c) Waiter's walk (single KB)
- d) Combo walk (two KBs)
- e) Walking swings

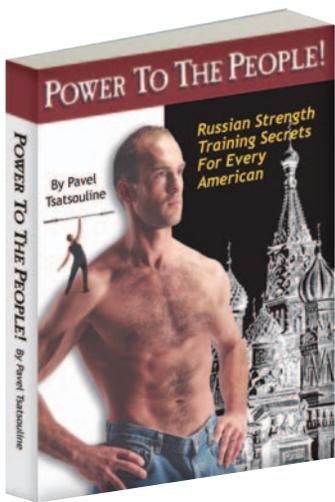


This workout is designed to increase my general conditioning, stabilize my shoulders, build base strength and strength endurance in my legs, hips, and feet, as well as increase technical mastery in the basic KB skills.

Mark Reifkind, RKC has been a competitive athlete, coach and student of physical culture for the last 34 years. A former national level gymnast, he has trained Olympian gymnasts, was the head coach for Team USA in Powerlifting and has written for *Ironman*, *Milo* and *Muscle Mag International*. A masters level rated powerlifter, he now focuses his training on the kettlebell and the depth of its applications.

Rif is the owner operator of Giya Kettlebell Training in Palo Alto California, the first training center in California to use the kettlebell as its primary method of conditioning. Giya offers semi private KB classes, KB boot camps, and personal training in the art of the kettlebell. All Giya instructors are RKC certified.

Mark is available for seminars, speaking engagements and online consultations. Contact him at (650) 273-2637 or www.GiyaStrength.com.



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“I have gained 25 lbs. in my bench and 40 lbs. in my deadlift in six weeks. All this improvement and I would spend only 20 minutes a day in the weight room and not one day was I ever sore. If you are serious about strength, you are not doing everything you can if you don't purchase this book.”—ALEX RODRIGUEZ, Redondo Beach, Ca



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—DAN MCVICKER, Boulder, CO



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“I've been a student of the martial arts for over 15 years... I've added 30 pounds to my bench press with only 6 training sessions in 1 month. My deadlift has also gone up 100 pounds too. All of this without gaining additional bodyweight. I definitely recommend this book to anyone who is serious about their Martial Arts training.”

—ICHIBAN, Columbus, OH



“I have increased my deadlift by 150% and have doubled my snatch and power clean. My workouts now take less than half the time they did before. And now I'm strong! Best of all, I've regained the strength in my leg that I had lost after a botched knee surgery. *Power to the People!* will teach you how to gain true real-world strength to move your couch, heavy boxes, your piano, etc. in a 15-20 minute workout you can do at home. It also explains why most popular American workouts are useless or dangerous or both. I can't recommend PTP enough.”

—DAVID COOKE, Atlanta, GA



“I have been a training athlete for over 30 years. I played NCAA basketball in college, kick boxed as a pro for two years, made it to the NFL as a free

agent in 1982, powerlifted through my 20's and do Olympic lifting now at 42. I have also coached swimming and strength athletes for over 20 years. I have never read a book more useful than *Power to the People!* I have seen my strength explode like I was in my 20's again—and my joints are no longer hurting.”—CARTER STAMM, New Orleans, LA



“I personally added 120 pounds to my deadlift following *Power to the People!* principles -going from 300 lbs. to 420 lbs. in a little over six months -at a bodyweight of 160 pounds. This book is worth its weight in gold.”

—JOHN QUIGLEY, Hazleton, PA



“I have been following a regimen I got from *Power to the People!* for about seven weeks now. I have lost about 17lbs and have lost three inches in my waist. My deadlift has gone from a meager 180lbs to 255 lbs in that short time as well.”

—LAWRENCE J. KOCHERT



“I had very little previous experience with deadlifting (or much of any type of lifting for that matter) when I purchased *Power to the People!*. I found the information to be most interesting, and well written. The book is now tattered, coffee-stained, and beat up from usage a year later, and my deadlift max is 100lbs higher than when I began. The techniques and cycles are simple to understand and undeniably effective. PTP is a must-read for the individual looking to truly get stronger.”

—JIM WISSING, *dragondoor.com* review



“I finally broke the double bodyweight DL barrier, 1 year ago I damaged my back to the point of not being able to move let alone bend over with out being in major pain and today I pulled over 2xBW destroying my previous PR by about 50lbs. So much here from *dragondoor* has been immensely helpful, from the material to the people this place is a huge resource. Next up is the RKC in less than a week and I can't wait.”

—KEVIN PERRONE, *dragondoor.com* forum

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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.

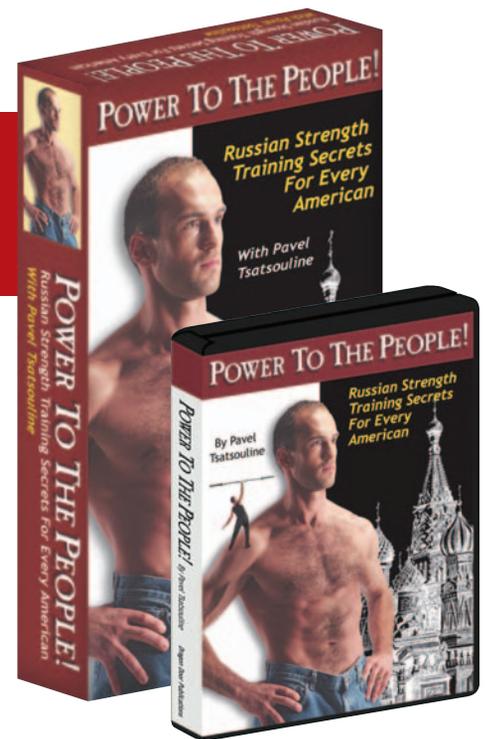
What else? – 'Instant strength techniques'

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'!

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How to minimize various types of fatigue and get the most out of your strength training...How to ensure high energy after your workout...Why performing more than five reps per set hinders strength development...Why you need to increase the rest intervals between sets...Why it's best to do only two sets...Why you need to pause and relax between reps...How to build greater ligament strength by "locking and loading"...Surprising advice on how often to practice a lift for optimal gains.

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Irradiation: the science of getting strong and hard with only two exercises

The Sherrington Law of Irradiation...The neural 'turn on'...How a hard-working muscle can cheerlead its neighbors into amplifying their strength...Why compound exercises are more effective strength builders than isolation moves...Designing a superior efficiency

strength workout... Starting a chain reaction and bringing every muscle in your body into play...portrait of the deadlifter as supreme muscleman...Why the deadlift is THE exercise of choice for everyone, from computer geek to Olympic athlete...Why the deadlift is more effective than the squat... How the deadlift strengthens the lower back, traps, scapulae retractors, lats, forearms, and hamstrings... Why the deadlift may be the best abdominal exercise, bar none...How to develop your pressing prowess...How to correctly perform the side press.

How to emphasize your problem areas without adding exercises

How to shape your body with only two exercises...Why you cannot reshape an individual muscle...Why genetics makes a difference... Tweaking the basic drill to shift a lion's share of the load to your problem area...Specializing on your weakness while working the rest of your muscles adequately—without adding exercises.

How to become a bear: a Soviet commando's muscle building secret

If you want massive muscles and awesome strength...How a Russian trooper was able to sport sixteen inch arms-of-steel in just two months of training—and go on to lift 40-50 tons every workout...How compression of rest intervals promotes growth hormone production and maximizes testosterone.

Last three pieces of the big biceps puzzle

How to build huge muscles on a program of deadlifts and presses only...What, how and when to eat for maximum gains...The importance of rest...Why you need to reduce stress to protect your gains—and how to do it best.

Virtual masculinity, or "Can I get built up with a very light weight by pumping my muscles up?"

'Muscle spinning', 'fake' muscle growth and the Potemkin village phenomenon...The two types of muscle growth—which one maximizes strength and makes you rock hard.

On variety, soreness, and keeping things in focus

How the rebound phenomenon affects your strength program...Mastering the magic of effective exercise variation...The danger of switching routines...The importance of focused superhuman effort...How to remain relatively free of muscle soreness...The benefits of simplicity over complexity.

Cycling: the Russian breakthrough for continuous improvement (and an excuse to work hard part time)

The fallacy of the Milo myth...The pitfalls of over-prolonged training...Making improvements through reduction...Periodization or cycling—a revolutionary approach to strength training...How to make gains year after year...Why 'softening up' can reward you with new strength breakthroughs...The ultimate formula for strength...How to gain beyond your wildest dreams—with less chance of injury...How to avoid burnout...How to perform the Linear Cycle for new personal records... Wave cycling and dealing with gaps in your training...The Flexible Wave Cycle... The Structured Wave Cycle... The Step Cycle.

Hyperirradiation: how to boost your strength and safety at the same time

How to hack into nature's neural software to maximize strength training effectiveness and efficiency...The reflex arc for easier, safer deadlifts...How to milk irradiation for all its strength amplifying worth...Hyperirradiation—the high intensity, immediate gratification technique for massive strength gains...How to increase your bench press by ten pounds overnight... Three 'Anti-isolation' techniques for added strength and greater workout safety...How Japanese sanchin techniques can add power and stability to your training...The importance of full tension...How to avoid dissipating your strength...The three greatest benefits of hyperirradiation.

Hard abs + strong hands = powerful body

Stimulating the forearm musculature for enhanced lifting ability...The importance of grip strength... Avoiding ligament damage and carpal tunnel syndrome...Abs—the weak link limiting everyone's performance...How flexing the abs amplifies the power of your lift.

Power breathing: the karate secret of superstrength

How to elevate intra-abdominal and intra-thoracic pressure for additional power...The pneumo-muscular reflex...How to potentiate 'muscle excitability' for further strength gains...How to safely hold your breath for greater lifting power—and when the Valsalva maneuver may be contraindicated...Why you shouldn't wear a lifting belt...The best-ever ab exercise?...Avoiding back injuries and hernias...Increasing your overall strength with the pneumo-muscular reflex...Rectal sphincter contraction for amplifying strength... The eight most effective breathing habits for lifting weights.

Slow and steady wins the race

How to simultaneously maximize training effect, safety, and performance...The benefits of slowness...Why gymnasts have the most spectacular muscular definition...Why ballistic cheating is a loser's game...Straining and grinding for maximum lifts...How the firing rate burst can turn you into a lifting crash-and-burn victim...How gunning the weight can kill your lift...Super slow for massive go...Teaching your nervous system how not to give up.

Feed-forward tension—how to acquire the strength of the mentally deranged

Frantz's Third Commandment of Powerlifting...How to trick your feed-back loop and surge to new strength gains...Pulling the brake from under your gas pedal... Disinhibition training, the hottest new direction in strength training...Employing feed-forward tension to maximum advantage... How 'virtual lifting' builds strength...How to successfully ignore reality...Using internalization as a secret weapon in strength training.

Pre-tension for max power and safety

Maximal flexing of the muscles for greater strength and safety... The three types of contraction and which gives the highest values of tension...The secret that separates elite athletes from 'also-rans'. Successive induction: how to get a strong biceps by contracting your triceps Why antagonist pre-tensing, or successive induction, contributes lasting changes to your strength...Successive induction for superior joint stabilization and reduced joint stress.

On shoes, gloves and mirrors

Less strength, more injuries—why it's better not to wear shoes when you lift—and what to wear if you have to... Achieving a power boost with the positive support reaction...Sensitizing the extensor reflex receptors for heavier lifts...Why wearing gloves weakens your presses... Why mirror-gazing can be the difference between mediocrity and greatness...Blindfolded lifting for developing superior 'muscle-joint sense' and better body awareness.

Power stretching

Becoming super strong and living to tell about it...Speeding recovery and reducing injury with power stretching...Increasing muscle growth 334%—with progressively more intense stretching... 9.4% strength increases using Loaded Passive Stretches between sets...Why Eastern European sports scientists consider stretching a form of strength training...The importance of Shutdown Threshold Isometrics and Fascial Stretching.

The drills

Forging your body into an off-planet rock...The only equipment you need...Loading correctly...Performing a deadlift correctly...Grip, posture, breathing...How to lower the weight...The five keys to an impeccable deadlift... The Sumo Deadlift for steel glutes...The Modified Romanian Deadlift for stronger hamstrings and granite calves... The Duck Deadlift off a Platform for eye-popping quads... The Snatch Pull for rock hard lats and upper back...The Clean Pull for exceptional hand and forearm strength...The Deadlift Lockout for midsection, traps, and grip emphasis... The Side Press—seven reasons to make it the press of choice... The Floor Press for pec emphasis... The Curl Grip Floor Press for biceps and lateral triceps emphasis—and for fixing wrecked shoulders... The Barbell Curl—for those who insist.

The Power to the People! Manifesto

Getting back to the basics—the Holy Grail of true power and strength...Power to the People!, a 'simpler' approach to strength training...The no frills power formula for everyone...On brutally effective essentials—Bruce Lee's final word.

From MSgt
James A Coleman III, USMC

Pavel, My Friend,

A lot has changed since I seen you last. I am currently in Iraq and promoted to MSgt. I just wanted to give you a yell and let you know how much I appreciate all the help you have given me over the years.

I have transformed from a national level bodybuilder to an American record holder in powerlifting, to lastly a national champion strongman.

I have been competing for the past year in the North American Strongman Society. I have won four first place finishes and one second place, three of which were National qualifiers.

And finally I won the 2004 US Police, Fire and Military Strongman Lightweight Championship and Overall Champion. This qualified me to compete in the Pro-invitational.

I constantly used your advanced training techniques and kept a high state of fitness. The kettlebells, muscle tension, flexibility training and one-legged pistol squats were lifesavers

I also used the secret techniques that you taught me for the Stone lifts in each competition. I was the dominator; I even had better lifts with faster times than the heavyweights.

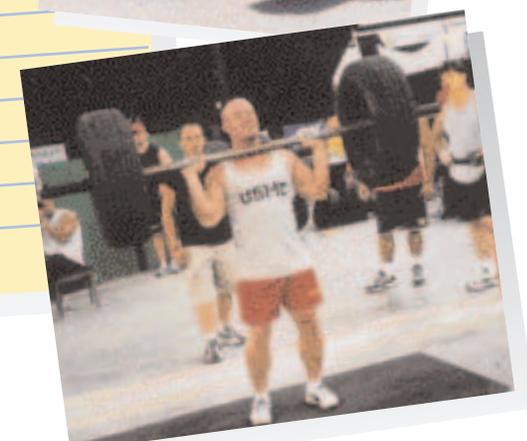
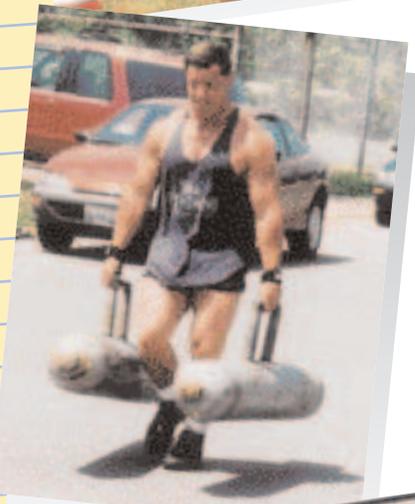
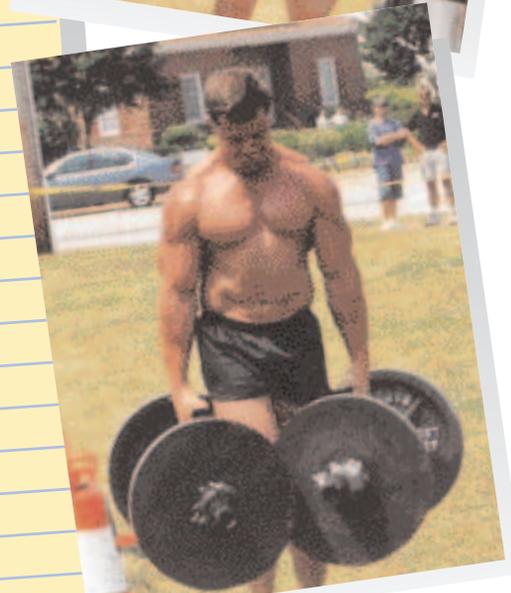
Your breathing techniques were the awesome secret to lifting big stones, 200-375 lbs, from the ground and finally placing them on a platform of 52-70 inches in height.

I wanted to send you a few pics. I would love for you to place them on your website with what a success story your principles of training has been for me and the many other Marines and friends that I have trained.

Stay safe and healthy and keep lifting heavy!

Thanks for everything,

Jim "The Destroyer" Coleman



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GAIN STRENGTH WITH FIXED RESISTANCE

BY DAVID WHITLEY, RKC

When I talk to novices about kettlebell training one question that invariably comes up is “How do you get stronger with a fixed weight?”

In a world where gyms are full of high-tech space-age machines with incremental stacks of weight and dumbbell racks that go from ‘Barbie’ to ‘Bull Elephant’, the “low tech/high concept” logic of a few solid chunks of iron is missed by many. Ask anybody how to get stronger and no matter what training philosophy they follow, the answer will be some variation of progressive overload.

Simply put, the principle of progressive overload means increasing resistance, thereby increasing the demands on the musculoskeletal system in order to make gains in muscle size, strength, and endurance. It makes sense then to have adjustable barbells, dumbbells, machines, etc. in order to vary the weight on any given exercise.

Let’s read the definition again: the principle of progressive overload means increasing the resistance, thereby increasing the demands on the musculoskeletal system. *The resistance, but not necessarily the weight.* I am not at all opposed to incremental weight increases. I love a big ole’ barbell deadlift as much as anybody. What I am saying is that a fixed weight such as a kettlebell, a gripper or even bodyweight can provide progressive resistance, if you apply a little knowledge and imagination.

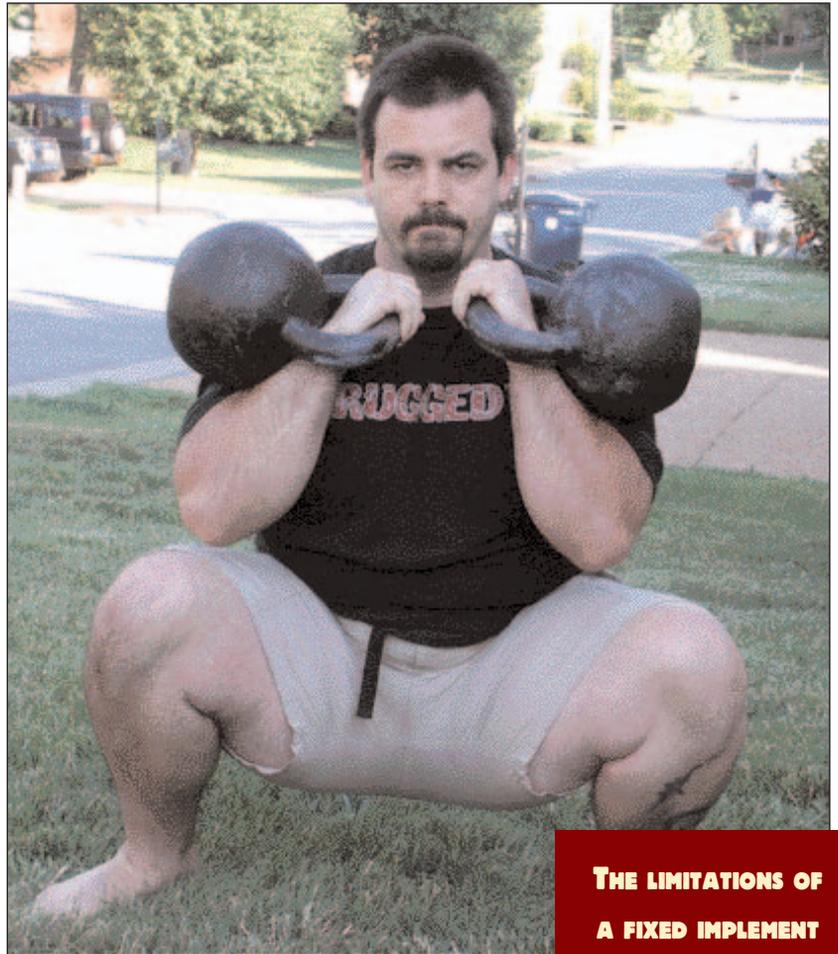
GREASING THE GROOVE

Here is some Russian math, straight from Pavel’s *Naked Warrior*: **Specificity + frequent practice = success.** This is one of the simplest ways to become stronger. Pick one or two lifts and practice them several times throughout the day, never going close to failure. Lift a submaximal weight with high tension and in low gear and remember that fatigue is the enemy of strength.

CHANGING LEVERAGE

The limitations of a fixed implement can be overcome by common physics. By simply changing the leverage point of an exercise you can make it easier or more difficult to suit your needs.

Let us suppose your goal is to develop leg strength. You choose the squat as your exercise. Good choice. The simplest way to use a kettlebell for added resistance in a squat is to hold it in front of your body by the “horns” with both hands, like a steering wheel. To make it more difficult, clean the kettlebell to the shoulder and hold it in the “rack” position. This puts the added resistance closer to the center and takes away the counter-balance effect it had when it was in front of you. The result? Increased resistance with a fixed weight.



THE LIMITATIONS OF A FIXED IMPLEMENT CAN BE OVERCOME BY COMMON PHYSICS. BY SIMPLY CHANGING THE LEVERAGE POINT OF AN EXERCISE YOU CAN MAKE IT EASIER OR MORE DIFFICULT TO SUIT YOUR NEEDS.

If you want to increase resistance even more, squat while the kettlebell is behind your back in the hack squat. Again, because of a change in leverage the resistance is increased. If your legs are stronger than average, you can always do pistols, as outlined in Pavel’s book *The Naked Warrior*. When holding a kettlebell in front during pistols gets too easy, start doing them with the ‘bell in the rack position.

If upper-body power is your goal, the military press is one of the best exercises you can have in your routine. If you can knock out several reps with one size kettlebell, but can’t quite get a single rep with the next biggest size, what do you do?

Let's apply the changing leverage principle. You can perform the military press seated on the floor—not a bench—as seen in the *More Russian Kettlebell Challenges* video. This is a real “flaw-finder” for your pressing technique because there is no way you can cheat. With the legs taken out of the equation, you eliminate the ability to push press and if you try to lean back and recruit the pecs, you fall backward. You must stay tight in the entire body (even the legs) and use only your upper body strength.

Another way you can change the leverage is the Sots press.

Clean your kettlebell to the rack position, pull yourself into bottom position of the front squat, tighten up and press the weight. If you really want cruelty, use two kettlebells. Mike Mahler calls this “the most difficult pressing exercise you can do.” Mike knows what he's talking about. If this gets too easy, do it on one leg. Good luck with that.

I have used the Sots press to improve my classic military press last summer when I went to the beach for a week on vacation. I had been working towards military pressing the 40kg kettlebell for three reps for several weeks. I could get two and the second one was shaky. Due to the limited room in the car I brought only one smaller kettlebell, a 24kg.

Going with the philosophy of “get the most out of what you have” I would do a few sets of three to five reps of the Sots press with the 24kg every day. When I got back, I was able to knock off three crisp military press reps with my left hand and four with my right with 40kg.

PARTIALS

Another good strength builder is partial rep training. This kind of training has been used with barbells for years by some of the strongest men in the world and is a variation on the changing leverage principle. You use a weight that is too heavy to get a full range rep and do reps over a shortened range of motion. As your strength improves, increase the range of motion.

Partial rep training is a favorite of strongman Bud Jeffries. Bud has used it to work up to a 1000lb. squat with a barbell. Even if your goal is less ambitious than that, you can still reap tremendous benefit from partials. Let's look at how to use partial rep training with kettlebells.

We will use the pistol again. If your leg strength is good, but not good enough to do full, butt-to-the-ground pistols yet, practicing box pistols will help. If you can do pistols with a kettlebell, 24kg for example, but not with the next bigger 'bell, this is also a good strategy. For the box pistol, you perform a partial one-leg squat in front of a box or a step until you are sitting on it. From there simply tighten up and come up to standing. Over time, gradually lower the height of the box until you are doing full range reps.

NEGATIVES

Negatives are a great way to build strength and pack on muscular size. A good example is the military press. Clean and jerk or push press a kettlebell that is too heavy for you to properly military press. Keeping total body tension, use your lats to actively pull the weight down to the rack position. Move slow, taking several seconds to lower the weight and

keep the precise groove of the military press. High tension and low speed are in order. This kind of training will improve your strength in a hurry.

Eat more and you will also grow. Keep your calorie intake the same to get stronger without getting bigger.

This is also a great technique to use with grippers. Use two hands to close a gripper that is too difficult for a one-hand close. Slowly allow it to force your hand open. Negatives are extremely demanding on the body so be extra mindful of recovery. Keep the reps low, no more than three per set and no more than 10-15 total reps per workout. Also limit frequency to a maximum of twice a week.

ISOMETRICS

Isometrics involve muscular contraction against resistance without movement. This was a favorite method of the legendary Bruce Lee who was tremendously strong despite his small stature and had rippling musculature as well.

Isometrics are perfect for a weight that is too heavy to lift. Using the military press as our example again, clean your too-heavy (but not for long) kettlebell. Now begin a military press. The weight won't budge, but use full body tension, crush-grip the handle and push, push, push! After a few seconds, lower the weight to the rack, relax and do one or two more. Each time try to press it a little further.

You can also combine isometrics with negatives. Get your kettlebell overhead again, begin lowering it slowly, and remember to pull with the lats. Now simply stop the descent of the weight. Try to press it back up for a couple of seconds. Again, it will not move, but you are building strength in the position you are holding. Lower the weight under control the rest of the way. You can stop two or three times on the way down if you like. Keep the reps low in this one as well. One or two per set is plenty.

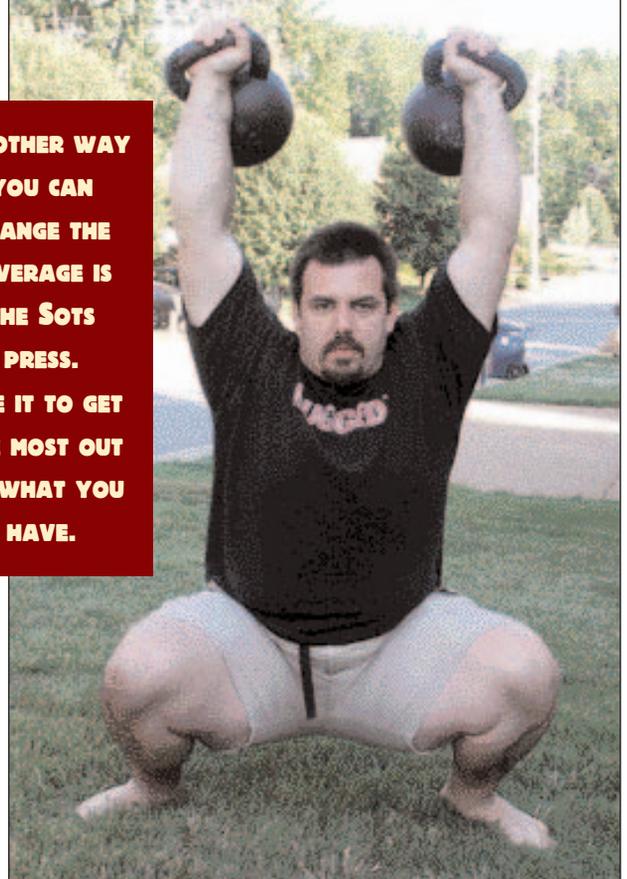
STAGGERED REPS

That does it for manhandling too heavy a kettlebell. But what if it is not heavy enough?

You can get more mileage out of a lighter weight using the “two-steps-forward, one-step-back” method from *The Russian Kettlebell Challenge*. This is a combination of negatives, isometrics and full-range reps all in one.

Press your kettlebell up halfway. Now lower it to one-quarter the range and press it up to three-quarters. Stop there and lower to the halfway point before pressing it out

**ANOTHER WAY
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CHANGE THE
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USE IT TO GET
THE MOST OUT
OF WHAT YOU
HAVE.**



completely. This is also a great way to increase the difficulty of pistols, rows and pullups.

You can change the increments if you like, doing more or less directional changes. Stay in a precise groove, keep full body tension and use perfect technique.

If you need to increase the resistance of some of your exercises, choose one of the principles listed here and give it a shot. Remember that the goal is to make the exercise more difficult so that you become stronger.

You don't need adjustable weights to do this in many cases. Adjustable weights are like cable television: Nice to have, but you can get along fine without it, and are sometimes better off not having it. When you can Sots press two 40kg kettlebells in the staggered-rep fashion for three full reps, or do five pistols the same way, you may have a legitimate need for adjustable weight. Of course you will officially be a mutant too.

Until then quit whining and start applying some imagination to your training.

David Whitley, RKC is a Russian Kettlebell instructor, strength coach and massage therapist in Nashville, TN. He earned his RKC at the June 2003 certification and was an assistant instructor at the April 2004 RKC. On December 4, 2004 he became the first American-born man to achieve the CMS rank in Girevoy Sport. In 2005 he became the Long Cycle Clean-&Jerk National Champion in his class.

David conducts Kettlebell workshops and trains clients privately in the Nashville area. He is also available for online personalized training and phone consultations. Contact him at irontamerdave@hotmail.com or visit his website, www.irontamer.com.

Highlights Of What You Get With Pavel's *The Naked Warrior*

Chapter 1 The Naked Warrior Rules of Engagement

'The Naked Warrior', or why strength train with bodyweight? The definition of strength...strength classifications...examples of the three types of strength...the only way to build strength...high resistance and mental focus on contraction...tension generation skill...a powerful instant-strength mix...The Naked Warrior Principles...the six keys to greater strength...How do lifters really train?...'best practice' secrets of powerlifters and Olympic weightlifters...How do gymnasts get a good workout with the same weight?...five strategies for making 5-rep exercises harder...how gymnasts achieve super strength...how to customize the resistance without changing the weight.

Chapter 2 The Naked Warrior Workout

"Grease the groove," or how to get superstrong without a routine...the secret success formula...Some GTG testimonials from the dragondoor.com forum...how does the GTG system work?...turning your nerves into superconductors...avoiding muscle failure...strength as a skill—the magic formula..."The Pistol": the Russian Spec Ops' leg strengthener of choice...how to do it—the basics...The one-arm/one-leg pushup: "an exercise in total body tension"...what gymnastics has to teach us...another advantage of the one-arm pushup...GTG, the ultimate specialization program.

Chapter 3 High-Tension Techniques for Instant Strength

Tension. What force is made of...the relationship between tension and force...high-tension techniques...'Raw strength' versus 'technique'...the power of mental focus...Low gear for brute force...speed and tension...putting explosiveness in context..."Doesn't dynamic tension act like a brake?"...a dirty little secret of bodybuilding...the dangers of mindless lifting...The power of a fist...the principle of irradiation...Accidental discharge of strength: a tip from firearms instructors...interlimb response and your muscle software...Power abs = a power body...the relationship between abs tension and body strength...the 'back-pressure crunch'...the source of real striking power...A gymnast instantly gains 40 pounds of strength on his iron cross with the three techniques you have just learned...The "static stomp": using ground pressure to maximize power...a secret of top karatekas and bench pressers...how the secret of armpit power translates into paydirt for one-arm pushups, punches, and bench presses..."The corkscrew":

Another secret of the karate punch...the power of rotation and spiral...the invisible force...Bracing: boost your strength up to 20% with an armwrestling tactic...when to brace...the advantage of dead-start exercises...'Body hardening'—tough love for teaching tension...the quick and hard way to greater tension control...Beyond bracing: "zipping up"...taking your pretensing skills to a new level...Wind up for power...the art of storing elastic energy for greater power...the reverse squat.

Chapter 4 Power Breathing: The Martial Arts Masters' Secret for Superstrength

Bruce Lee called it "breath strength"...cranking up your breath strength...your body as a first-class sound system—how to make it happen...definition of true power breathing...Power inhalation...the mystery breathing muscle that's vital to your strength...amping up the compression...when and why to hold your breath...Reverse power breathing: evolution of the Iron Shirt technique...the pelvic diaphragm lock...two crucial rules for maximal power breathing...Power up from the core, or the 'pneumatics of Chi'...two important principles of power generation...how to avoid a power leakage...the "balloon" technique for greater power.

Chapter 5 Driving GTG Home

Driving GTG home: focused...skill-building—why "fewer is better"...the law of the jungle...Driving GTG home: flawless...how to achieve perfection—the real key...the five conditions for generating high tension...the significance of low rep work...Driving GTG home: frequent...the one great secret of press success...Driving GTG home: fresh...the many aspects of staying fresh for optimal strength gains...staying away from failure...the balancing act between frequency and freshness...Driving GTG home: fluctuating...how to avoid training plateaus..."same yet different" strategies...'waviness of load'...countering fatigue...training guidelines for a PR...backing off and overtraining.

Chapter 6 Field-Stripping the Pistol

Box Pistol...how to go from zero to hero...the box squat—a champions' favorite for multi-muscle strength gains...making a quantum leap in your squats...various options from easier to eviler...the rocking pistol...how to recruit your hip flexors...how to avoid cramping...One-Legged Squat, Paul Anderson style...Airborne Lunge...Pistol Classic...mastering the real deal...Negative-Free Pistol...the three advantages

of concentric-only training...Renegade Pistol...Fire-in-the-Hole Pistol...Cossack Pistol...Dynamic Isometric Pistol...combining dynamic exercise with high-tension stops...multiple stops for greater pain...taking advantage of your sticking points...easier variations...three reasons why adding isos to dynamic lifting can increase effectiveness by up to 15%...protecting yourself against injury...Isometric Pistol...holding tension over time...the art of "powered-down" high-tension techniques...Weighted Pistol...working the spinal erectors.

Chapter 7 Field-Stripping the One-Arm Pushup

The One-Arm Pushup, floor and elevated...how to shine at high-intensity exertion...change-ups for easy and difficult...the authorized technique...developing a controlled descent...Isometric One-Arm Pushup...The One-Arm Dive Bomber Pushup...The One-Arm Pump...The One-Arm Half Bomber Pushup...Four more drills to work up to the One-Arm Dive Bomber...The One-Arm/One-Leg Pushup...the Tsar of the one-arm pushups.

Chapter 8 Naked Warrior Q&A

Are bodyweight exercises superior to exercises with weights?...the advantage of calms...what calms enforce...the biggest disadvantage of bodyweight exercising...the advantage of barbells...the advantages and disadvantages of dumbbells...the advantages of kettlebells...Why is there such an intense argument in the martial arts community as to whether bodyweight exercises are superior to exercises with weights?...confusions explained...what a fighter needs...Can I get very strong using only bodyweight exercises?...Should I mix different strength-training tools in my training?...How can I incorporate bodyweight exercises with kettlebell and barbell training?...Can the high-tension techniques and GTG system be applied to weights?...Can the high-tension techniques and GTG system be applied to strength endurance training?...I can't help overtraining. What should I do?...Can I follow the Naked Warrior program on an ongoing basis?...Can I add more exercises to the Naked Warrior program?...Will my development be unbalanced from doing only two exercises?...Is there a way to work the lats with a pulling exercise when no weights or pullup bars are accessible?...door pullups...door rows...Where can I learn more about bodyweight-only strength training?...Low reps and no failure? This training is too easy!...Will I forget all the strength techniques in some sort of emergency?...Isn't dedicating most of the book to technique too much?...why technique is crucial...moving from ordinary to extraordinary.

The Graduate Course In Instant Strength Gains

"I went from 5 to 10 pullups in one week."

"Last night I did 15 one-arm pushups with each arm. Two months ago I couldn't do one complete rep."

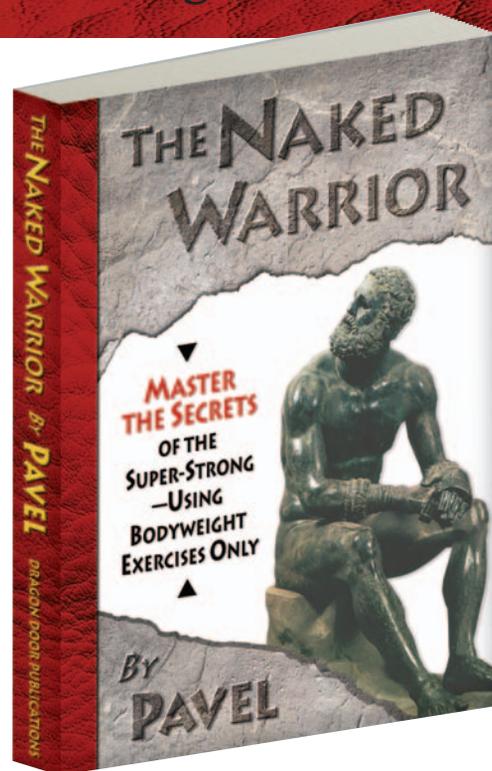
"I could do one wobbly one-legged squat... [Two weeks later] I did 5 clean, butt-to-ground pistols."

Have you noticed—the greater a man's skill, the more he achieves with less? And the skill of strength is no exception. From the ancient days of Greek wrestling, to the jealously guarded secrets of Chinese Kung Fu masters, to the hard men of modern spec ops, warriors and allied strongmen have developed an amazing array of skills for generating inhuman strength.

But these skills have been scattered far and wide, held closely secret, or communicated in a piecemeal fashion that has left most of us frustrated and far from reaching our true strength potential.

Now, for the first time, Russian strength expert and former *Spetsnaz* instructor Pavel has gathered many of these devastating techniques into one highly teachable skill set. In *The Naked Warrior* Pavel reveals exactly what it takes to be super-strong in minimum time—when your body is your only tool.

- **Gain more brute strength in days than you did in years of bodybuilding or calisthenics**
- **Discover the martial secrets of instant power generation—for rapid surges in applied strength**
- **Discover how to get a world-class powerlifter's quality workout—using your body only**
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- **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**
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By Pavel

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"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

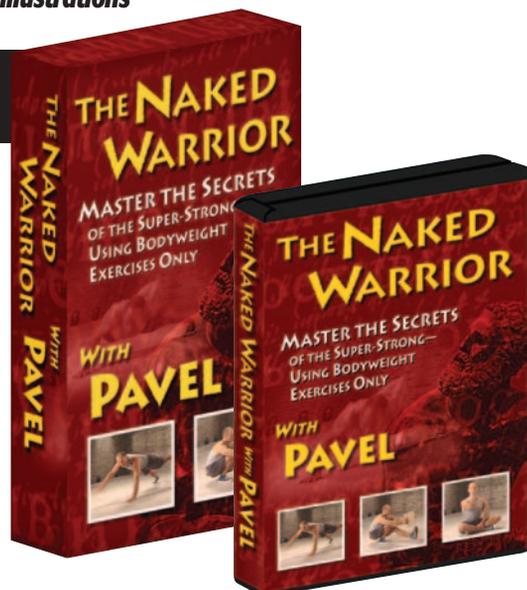
"NW DVD is fantastic! I had the book & have been working toward full range pistols and OAPUs for a while. A HUGE help to see Pavel doing the movements. Results: Before watching DVD - I could do 2 OAPUs on a good day with so-so form. First workout after watching DVD: 1 set of 3 and 2 sets of 2 with good 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

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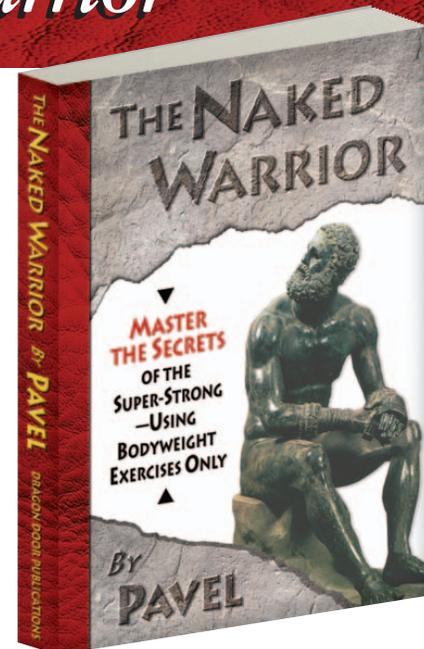


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Praise for Pavel's *The Naked Warrior*



“As a diehard weightlifting competitor throughout the past 40 years, I at first viewed the bodyweight-only approach of *The Naked Warrior* with some trepidation. Imagine my surprise when discovering Pavel Tsatsouline’s latest work stresses real STRENGTH TRAINING, employment of a limited amount of key major muscle group movements, and a high intensity, low rep format! Indeed, by deriving the best features of proven power building programs from all weightlifting disciplines, gymnastics, martial arts, and other “heavy” exercise modes, Mr. Tsatsouline has redefined strength-conditioning for the 21st century!

Recently retired from 32 years in public education, I used to agonize over the archaic athletic training which was witnessed on a daily basis; coaches simply led their charges through hours of mind-numbing, ineffective calisthenics, “tradition” since centuries before. Now, Pavel’s research can yield a much more condensed, result-producing package. *The Naked Warrior* routine has the potential to save teams huge blocks of much needed time, will not drain their athletes’ energy, and saves from any strain on the usual tight budget—no new equipment, definitely no assembly required!!!”

—John McKean, six time All-Round Weightlifting World Champion

“Pavel... your sections on tension and breathing de-mystify the concept of ‘centering’. Many practitioners of Oriental arts emphasize the mental path to power generation. The majority of Westerners cannot relate to that. You have made it a physical skill and described it in such a way that anyone can practice it and readily improve... This book, as with *The Russian Kettlebell Challenge*... will catch like fire in the tactical community.”

—Name withheld, Instructor, Counter Assault Team, US Secret Service

“If I was stuck on a desert island (or somewhere else with no access to weights) I’d hope that Pavel Tsatsouline would be there to help keep me in shape. With *The Naked Warrior*, Pavel has moved the art of exercise without weights to a new level. I like both the exercises he has selected and the approach he advocates for training on them. Now, whether you have weights or not, there is no reason not to get into top shape!”

—Arthur Drechsler, author “The Weightlifting Encyclopedia”

The Naked Warrior Master the Secrets of the Super-Strong—Using Bodyweight Exercises Only By Pavel Tsatsouline

#B28 \$39.95

Paperback 218 pages 8.5" x 11"
Over 190 black & white photos

“This book has caused me to completely re-evaluate the way I look at calisthenics... Education is a wonderful thing and in this book you have most certainly educated me, as you will educate thousands... The great detail you include works, as I often receive a great deal of e-mail asking for more detail. Even those of us who have cranked out hundreds of thousands of reps in various drills don’t really know what we are doing at a micro level. The detail allows us to scrutinize our performance and make adjustments to improve performance.

As for the spec ops warrior, this is great! There are so many times when you are unable to bring weights with you and you have to rely on calms to get you through.

This new learning on calms 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 calms! 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



A RIPPED POWERHOUSE OF SIX-PACK MUSCLE IN JUST 5 REPS? – YOU GOT IT!

“Unique Ab Pavelizer™ II Smokes Your Abs More INTENSELY, More SAFELY, And More QUICKLY Than Any Abs Machine in the World – Guaranteed!”

And we are not talking about the wishy-washy, pretend abs sported by those lowly metrosexuals (they call their abs ‘toned’, we believe...Hah!) No, Comrade, we’re talking about the real thing: a wall of muscle ready to handle full contact punishment — or jack out powerlifting poundages at record amounts!

full year to take advantage of the Ab Pavelizer™ II’s ab-hardening benefits — and if you aren’t astounded by the change in your ab-strength, we will immediately refund you your full purchase price.

The Ab Pavelizer™ II

Item # P12

\$139.95

10-25 lb Olympic plate required for correct use. (You will need to supply your own plate)



One of the secrets of elite martial artists’ and gymnasts’ shredded abs and awesome power is a subtle alignment of the core. Examine any photo of an expert fighter connecting with his unfortunate target — or an elite gymnast performing a difficult feat — and you can’t miss it. The stomach is never sucked in — this is no beauty pageant — but ‘walled’ into armored squares. The glutes are tensed like they are an extension of the abs. The whole works compress like a piston, instantaneously, as he delivers maximum force. The athlete whose body speaks this language always packs power... and a six-pack to match.

The Ab Pavelizer™ II literally pushes up against your calves (you’d almost swear it was a human partner) and forces you to recruit your glutes and hamstrings. But that is only the beginning. Pavel is a stickler for perfect technique and the moment you try to cheat, the Ab Pavelizer™ II will let you know, loud and clear! Tensing the glutes and hams is not enough; it must be done in a special pattern. Should you fail to do it just right, your feet will come up or the machine will be dragged towards you. The translation from Russian: “You are cheating, slacker!”

“My strength comes from the abdomen. It’s the center of gravity and source of real power...Without strong abs you have no business sparring or fighting.” – Bruce Lee

The feedback provided by the Ab Pavelizer™ II remarkably accelerates your ability to use your abs just right, in an ab workout, in the ring, or with a kettlebell in your hand.

Pavel has designed his Ab Pavelizer™ II to force you to fire your waist and hips in this powerful manner. This subtle alignment dramatically amplifies your power in any lift above the waist, any strike, and most extreme bodyweight exercises. And while you are building your power, your six-pack is getting rock hard!

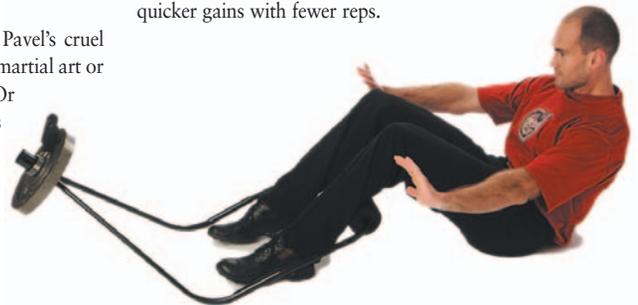
It’s got to be Pavel’s sick sense of humor that is to blame for the innocent appearance of his cruel instrument. It is astonishingly hard to sit up all the way when the new Ab Pavelizer™ II is loaded with enough weight, 25-35 pounds for most comrades. The sticking point half way up seems impossible, and don’t you even dare to cheat through it! Grind, like you grind a max deadlift! No worries if you can’t, you can always start with negative only situps. Even more tension, even quicker gains with fewer reps.

FREE BONUS:

Comes with a four page detailed instruction guide on how to use and get the most out of your Ab Pavelizer™ II. Includes two incredible methods for massively intensifying your ab workout with *Power* and *Paradox Breathing*.

Can you learn this powerful alignment without Pavel’s cruel machine? — Yes, after some years of a hard style martial art or gymnastics practice under an expert instructor. Or you can have the Ab Pavelizer™ II teach you this power skill in weeks.

But you won’t have to wait weeks for results! Your abdominals will start noticeably hardening up after the first workout. It’s a promise. It’s a guarantee... You have a



High reps and crunches belong on the junk pile of history. Get your abs Pavelized!



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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!

"Abs to Die For— SECRETS to Kill For."

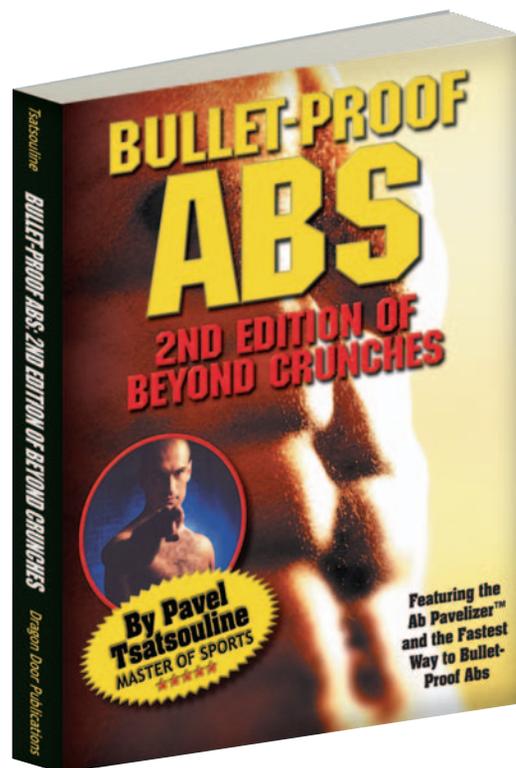
Gain a Ripped Powerhouse of Six-Pack Muscle In No Time at All—
with **Breakthrough Techniques**
That Blow the Roof Off
Traditional Ab Exercises

"As a chiropractic physician, I see the deleterious effects of a weak torso on the lower back. Weak abs lead to years of back pain and dysfunction. As a world record holding powerlifter, I know the importance of strong abs on maximum power performance. Beyond Crunches is THE text and authority on ab/trunk stability."

—Dr. Fred Clary, National Powerlifting Champion and World Record Holder

Employ These Little-Known Tips from ELITE ATHLETES and Possess Your Own Set of AWESOME ABS

- **Protect your back and develop exceptional abdominal muscle tone, with a landmark exercise designed for the special needs of Russian ballet dancers and gymnasts.**
- **Employ the **secret ab weapon** of an old time strongman—famous for his exceptional strength and sinewy, wiry physique.**
- **This insider's secret from East German research radically empowers the traditional situp.**
- **Russian full contact fighters used this drill to pound their opponents with **full contact power**, while turning their own midsections into concrete. Unlike anything seen in the US!**



Bullet-Proof Abs 2nd Edition of Beyond Crunches

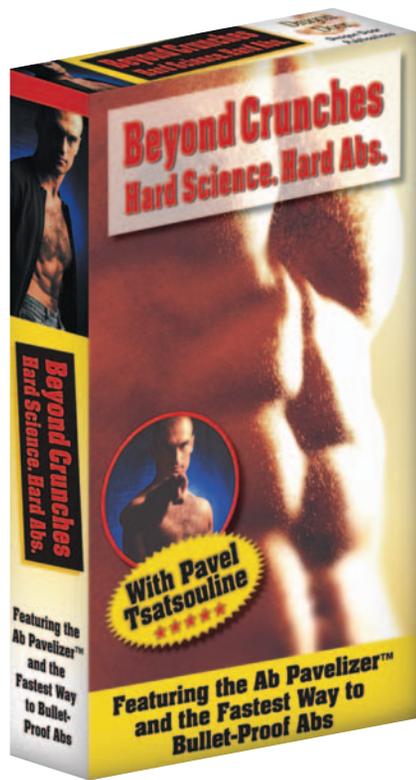
Book By Pavel Tsatsouline,
Paperback 128 pages

119 Photos and 112 Illustrations

#B11 \$34.95

"I read every book on strength training I can get my hands on. There are three I would highly recommend for any lifter or coach. Two are by Pavel Tsatsouline. BEYOND STRETCHING is a scientific approach to gaining flexibility. This is how one should learn and perform proper stretching. The second is Pavel's BULLET-PROOF ABS. In this book Pavel discusses and provides pictures of the correct method for ab training. I urge all lifters to read these two books by Pavel. I am sure the benefits will be many."

—Louie Simmons, Powerlifting Coach,
Powerlifting USA



Beyond Crunches Hard Science. Hard Abs. Video

With Pavel Tsatsouline
Running Time 37 Min
#V90 \$29.95

Pavel's Ab-strengthening breath techniques will give you the power to explode a water bottle—but don't try this trick at home—if the extreme air-pressure whacks back into your lungs, instead of exploding the water bottle—you can end up very dead, which is a bummer for everyone.



Pavel demonstrates the Power Breathing technique *Bending the Fire* to develop an extra edge in your abs training.

**SAVE
15%**
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"An IRON CURTAIN Has Descended Across MY Abs"

Possess a maximum impact training tool for the world's most effective abs, no question.

Includes detailed follow-along instructions on how to perform most of the exercises described in the companion book, *Bullet-Proof Abs*. Demonstrates advanced techniques for optimizing results with the Ab Pavelizer.

As a former Soviet Union Special Forces conditioning instructor, Pavel Tsatsouline already knew a thing or two about how to create bullet-stopping abs. Since then, he has combed the world to pry out this select group of primevally powerful ab exercises—guaranteed to yield the fastest, most effective results known to man.

- Russian fighters used this drill, *The Full-Contact Twist*, to increase their striking power and toughen their midsections against blows. An awesome exercise for iron-clad obliques.
- Fry your abs without the spine-wrecking, neck-jerking stress of traditional crunches.
- No one—but no one—has ever matched Bruce Lee's ripped-beyond-belief abs. What was his favorite exercise? Here it is. Now you can rip your own abs to eye-popping shreds and reclassify yourself as superhuman.
- Rapidly download extreme intensity into your situps—with explosive breathing secrets from Asian martial arts.
- Employ a little-known secret from East German research to radically strengthen your situp.
- Do the right thing with "the evil wheel", hit the afterburners and rocket from half-baked to fully-fried abs.
- "How to smoke your obliques with the Saxon Side Bend.
- How to never do more than five reps per set — and replace your soft underbelly with body armor.
- A complete workout plan for optimizing your results from the Janda situp and other techniques.



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No one—but no one—has ever matched Bruce Lee's ripped-beyond-belief abs. What was his favorite exercise? Here it is. Now you can rip your own abs to eye-popping shreds and reclassify yourself as superhuman.



Fry your abs without the spine-wrecking, neck-jerking stress of traditional crunches—using this radical situp designed by the world's leading back and muscle function expert, Professor Janda, from Czechoslovakia.

"For those of you who are unfamiliar with the full contact twist, you are really missing out. I picked up this little gem in Pavel Tsatsouline's excellent ab training book, *Bullet-Proof Abs*. The FCT is one of the few exercises that I can honestly say revolutionized my training. No other exercise has improved my core strength and rotational power to that degree."

—Steven Morris, MILO: A Journal for Serious Strength Athletes



When it came to wanting titanium abs yesterday, the Soviet Special Forces didn't believe in delayed gratification. Pavel gave them what they wanted. If you want abs that'll put you in the world's top 1 percent, this cruel and unusual drill does the trick.

YES, I WANT MY POWER-PACKED ABS NOW!—

I'm Done Wasting My Time with Slow Burns and Half-Baked Results

As a former Soviet Union Special Forces conditioning instructor, Pavel Tsatsouline already knew a thing or two about how to create bullet-stopping abs. Since then, he has combed the world to pry out this select group of primevally powerful ab exercises—guaranteed to yield the fastest, most effective results known to man. According to Pavel, "Crunches belong on the junk pile of history, next to Communism. 'Feeling the burn' with high reps is a waste of time!" Save yourself countless hours of unrewarding, if not useless—if not damaging—toil. Get with the program. Make fast gains and achieve blistering, rock-hard abs now.



Russian full contact fighters used this drill to pound their opponents with organ-rupturing power, while turning their own midsections into concrete.

PRAISE FOR PAVEL TSATSOULINE AND FOR THE FIRST EDITION OF BEYOND CRUNCHES

"Thank you for the great job you did in your presentation (on abdominal training) at the **Arnold Fitness EXPO Seminar**. We received uniformly favorable comments concerning the quality of your instruction and the content of your message. As you know the fitness enthusiasts we attract to our seminars are very knowledgeable individuals. Hence, their supportive feedback concerning you and your presentation is of special significance."

—James J. Lorimer, *Schwarzenegger/Lorimer Productions*

"The Pavelizer is the rage among the iron elite."

—Marty Gallagher, *World Masters Powerlifting Champion, WashingtonPost.com*

"I am writing on behalf of the entire Board of Directors of the **Texas Tactical Police Officers Association** to express our sincere gratitude to you for helping with our Conference 2000. We trained 536 officers from 129 agencies.

Your portion of the instruction was a huge success. All of the student critiques were very complimentary. As a team leader with the **Houston Police Department SWAT team**, I am constantly looking for new ways to improve my physical performance. According to the student comments, you have truly introduced a new and revolutionary fitness program to our members.

In particular, our members commented on your common sense, practical exercises that utilize a minimum amount of equipment to achieve the very goals that other instructors require thousands of dollars of equipment to achieve. These techniques will help each officer reach new levels of fitness and ultimately improve their ability to protect the communities they serve. It is our mission to provide the very best training available, anywhere. Your efforts helped make that possible."

—M.L. "Sandy" Wall, *Training Advisor, TTPOZ*

"Expect to find some of the most grueling stomach-busters that you have ever experienced—Tsatsouline advocates low-repetition intensity over high-repetition "burn" exercises, and introduces us to the **Ab Pavelizer**, a machine of his own invention that allows for perfect sit-ups. *Beyond Crunches* has many new and challenging drills, making this a great manual for anyone who needs some variety in their workout routine. Included is the **Flag**, Bruce Lee's favorite abdominal exercise."

—Brendan J. LaSalle, *Amazon.com*

"As a chiropractic physician, I see the deleterious effects of a weak torso on the lower back. Weak abs lead to years of back pain and dysfunction. As a world record holding powerlifter, I know the importance of strong abs on maximum power performance. *Beyond Crunches* is THE text and authority on ab/trunk stability."

—Dr. Fred Clary, *National Powerlifting Champion and World Record Holder*

"I learned a lot from Pavel's books and video, and plan to use many of his ideas in my own workouts, especially the nontraditional ab exercises described in *Beyond Crunches*."—Clarence Bass, *Most Muscular Man, Mr. U.S.A., Past 40, author of Ripped 1, 2 & 3 and Lean for Life*

"Congratulations on your book *Beyond Crunches*. I found several of the insights and expressions to be very interesting and thought provoking (The **Ab Pavelizer** is just one). I will be implementing some of them into my own abdominal workout schedules."

—Dennis B. Weiss, *author of Mass!, Raw Muscle & Anabolic Muscle Mass*

"As someone who has been crippled twice by injuries to my spine and had to rebuild my body from scratch twice, I have two things to say: 1) serious abdominal conditioning is *mandatory* for anyone with back pain and anyone who intends to push their body in sport or martial arts and 2) Pavel's book is, by far, the best book I've seen on this vitally important and neglected subject."

—Ken McCarthy, *New York*

"This book took me from having a back that everyone told me was too weak to ever do heavy lifting and that was in almost constant pain to no back pain and new PR's in the deadlift and Squat. Pavel's ab exercises are the stuff champions are made of. Clear, concise directions and radical new ideas make this book well worth the money spent. And it's for every trainee with a desire to succeed. I've heard that you must already be very advanced to begin the exercises in this book, but I recently began training my 50 year old father-in-law using these techniques and after about a month he was doing Janda situps with the best of them. Not to mention he no longer complains of back pain and has better posture. Get this book and throw out all of your others on abs!"

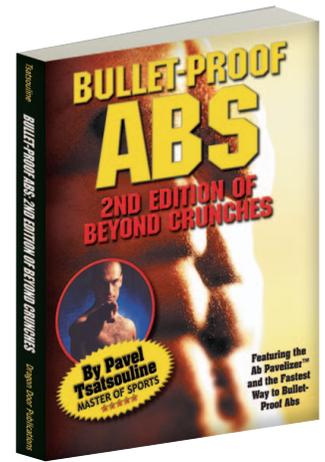
—Chris Dudzik, *Hollister, CA*

"Pavel delivers once again! This book details the mechanics of abdominal and oblique development in an easy to understand, user-friendly format. Learn to either build up your midsection, tone it up, get a prominent six-pack, and/or increase your punching and throwing power by learning to integrate your powerful midsection! There is one particular exercise that I found to be super productive in adding to punching power, and this is the only book that has it... It is extremely simple and easy to understand. Pavel explains how to protect your spine and perform the "perfect" situp. All in all a great book by a great author, definitely a must-have for any fighter and lifter. My punching power and deadlifting strength went up very quickly on this program and I am very pleased."

—Sean Williams, *Long Beach, NY*

"I've bought the TV advertised training devices and a bundle of ab books—tried them all. But, doing the routines Pavel Tsatsouline presents in this book is the way I have achieved solid abs! Pavel offers a great deal of knowledge in an easy to digest manner. His writing, while colloquial, is founded in research and deep understanding of physiology and kinesthetics. I highly recommend this book."

—Linda Crawford, *Minnesota State Masters Powerlifting Champion and Record Holder, Minneapolis, MN*



Bullet-Proof Abs 2nd Edition of Beyond Crunches

Book By Pavel Tsatsouline,
Paperback 128 pages

119 Photos and 112 Illustrations

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"I have seen many abdominal routines in the last 25 years and the **Beyond Crunches** program is the best yet."

—Steve Maxwell,
M.Sc., Senior
World Brazilian
Jujitsu Champion



See the
Ab Pavelizer™ II
on page 55

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Pavel Tsatsouline

Here's just some of what you'll discover, when you possess your own copy of Pavel Tsatsouline's **BULLET-PROOF ABS:**

Part I - How to TRULY ISOLATE Your Abs—for Faster, More EFFECTIVE RESULTS

The three essentials of a perfect abs exercise....why crunches can't and don't work....why the current ab machines fail to deliver on their promise.... the *Law of Irradiation*.... Professor Janda's breakthrough discovery....how the Janda situp strengthens and tones your abs in the quickest, most efficient manner.... the *Law of Reciprocal Inhibition*....how the Ab Pavelizer minimizes irradiation and maximizes abdominal strength....how to optimize your results with a graduated program and achieve the abs of a world class athlete.

Part II - Integration: How to Turn Your Abs into Team Players—and SKYROCKET Your ATHLETIC POTENTIAL

A two-step program: from training the muscles to training the movement....the Russian Ballet Leg Thrust for a stable spine and corrugated abs....the right way to do situps....how to test if you are ready to do situps.... the dangers of adaptive shortening....Laputin's highly effective variation of the straight-legged situp.... Scissor Situps—using a martial arts secret for an extra edge in abs strength....how the Swiss Ball Crunch uses extreme stretching to transform the worthless crunch into a thing of pure evil....a brutal love handle muscle workout....hell-on-a-wheel with the jackknife pushup.... Yananis and the killer Spetsnaz special—a one arm-one leg jackknife.... abdominal pushups for core strength and back stability....Bruce Lee's Dragon Flag.

Part III - How to BRUTALIZE the Obliques and SAVE Your Spine

The four crucial functions of the obliques.... the Full Contact Twist—for a tight waist and massive punching power.... the Saxon Side Bend—for sinewy, wiry obliques.... the Suitcase Style One-Arm Deadlift—know what it means to lose to a semi.... power rack deadlifts and neurological carryover.

Part IV - How to Boost Yourself from Wannabe to CHAMPION with POWER BREATHING

The vital difference between passive and active exhalation.... the pneumo-muscular reflex.... how to pick the optimal breathing pattern.... maximizing intra-abdominal pressure....a simple way to boost your strength by 12.2%.... Vladimir Zatsiorsky's first choice for armoured abs... Bending the Fire—1,500 year old martial art secret meets Russian science....turbocharge your breath with the Chi Kung secret of the anal lock....get yet another competitive advantage with the Second Focus....and then beyond—extreme intensity contractions with the Elbow Strike Second Focus....and welcome to the Gulag—with the Second Focus/Ab Pavelizer™ Negative Sequence.... clean up the intercostals with the Yogic Vacuum.

Part V - Questions & Answers

The truth about burning, building and toning....how best to counter the Law of Accommodation....why negatives generate up to 1.3 times more muscular tension than positives.... the force-velocity curve....incorporating isometrics into your abs program....varying exercise tempo for extra strength gains.... canning your concrete abs—for those who want the six-pack look....how often to train your abs....why you shouldn't warm up before abs exercises....debunking the strange myth of 'upper' and 'lower' abs....the benefits of relaxing between reps.

Discover New Keys to Superior Athletic Achievement

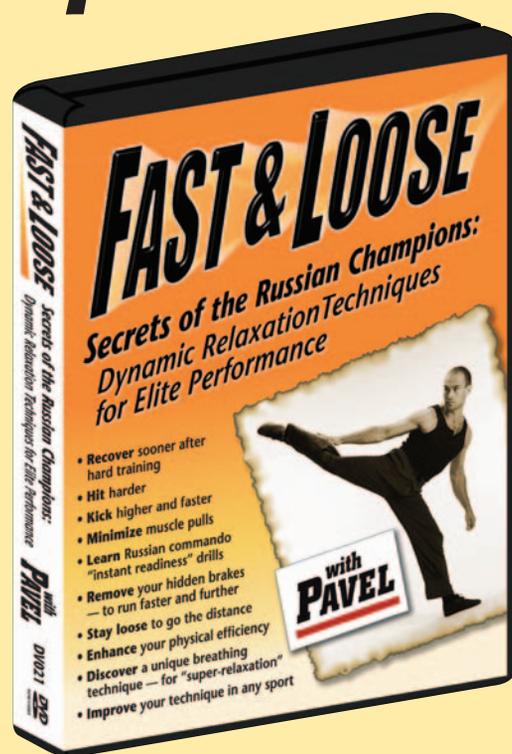
In his strength books Pavel emphasizes the importance of learning to maximally tense the muscles. Because tension IS strength. But strength/tension is only half of the total performance package. The other half is relaxation. The body of a karate expert will freeze in total tension at the moment of impact,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

Regular practice of these skills can help remove the false brakes within your body and open you up to a new freedom of movement and vitality. Enjoy the pride and pleasure of being on top of your game, day in, day out when you're *Fast & Loose!*



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

#DV021 **\$29.95**

DVD Running time: 27 minutes

- **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"

"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

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Get RAW, Get POTENT, Get POWERFUL—

WHEN YOU UNLEASH THE POWER OF INSTINCTUAL EATING

Eat like an emperor—and have a gladiator's body

Are you still confused about what, how and when to eat? Despite the diet books you have read and the programs you have tried, do you still find yourself lacking in energy, carrying excess body fat, and feeling physically run-down? Sexually, do you feel a shadow of your former self?

The problem, according to Ori Hofmekler, is that we have lost touch with the natural wisdom of our instinctual drives. We have become the slaves of our own creature comforts—scavenger/victims rather than predator/victors. When it comes to informed-choice, we lack any real sense of personal freedom. The result: ill-advised eating and lifestyle habits that leave us vulnerable to all manner of disease—not to mention obesity and sub-par performance.

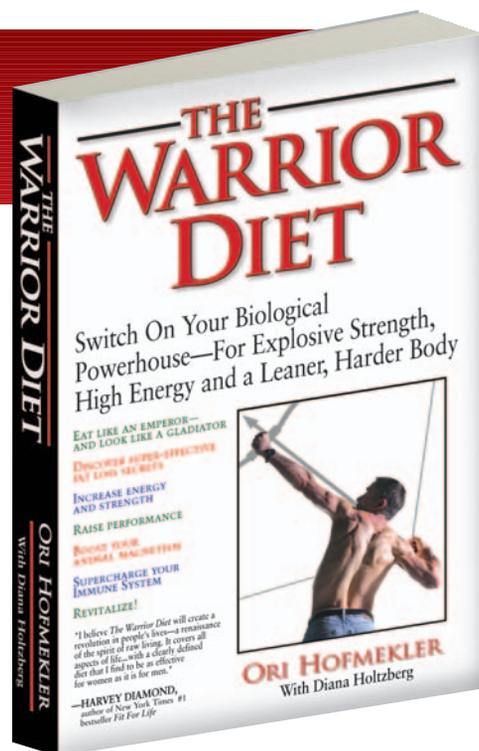
The Warrior Diet presents a brilliant and far-reaching solution to our nutritional woes, based on a return to the primal power of our natural instincts.

The first step is to break the chains of our current eating habits. Drawing on a combination of ancient history and modern science, *The Warrior Diet* proves that humans are at their energetic, physical, mental and passionate best when they “undereat” during the day and “overeate” at night. Once you master this essential eating cycle, a new life of explosive vigor and vitality will be yours for the taking.

Unlike so many dietary gurus, Ori Hofmekler has personally followed his diet for over twenty-five years and is a perfect model of *the Warrior Diet's* success—the man is a human dynamo.

Not just a diet, but a whole way of life, *the Warrior Diet* encourages us to seize back the pleasures of being alive—from the most refined to the wild and raw. *The Warrior Diet* is practical, tested, and based in commonsense. Expect results!

The Warrior Diet covers all the bases. As an added bonus, discover delicious Warrior Recipes, a special Warrior Workout, and a line of Warrior Supplements—designed to give you every advantage in the transformation of your life from average to exceptional.



The Warrior Diet Switch On Your Biological Powerhouse—For Explosive Strength, High Energy and a Leaner, Harder Body

By Ori Hofmekler With Diana Holtzberg

#B23 \$24.00

Paperback 420 pages 6" x 9"

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Hardcover 420 pages 5 3/8" x 8 3/8"

Over 150 photographs and illustrations

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15%
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Page 77



“I believe *The Warrior Diet* will create a revolution in people's lives— a renaissance of the spirit of raw living. It covers all aspects of life... with a clearly defined diet that I find to be as effective for women as it is for men.”

—Harvey Diamond, author of world bestseller *Fit For Life*

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—Udo Erasmus, author of *Fats That Heal, Fats That Kill*

About Ori Hofmekler

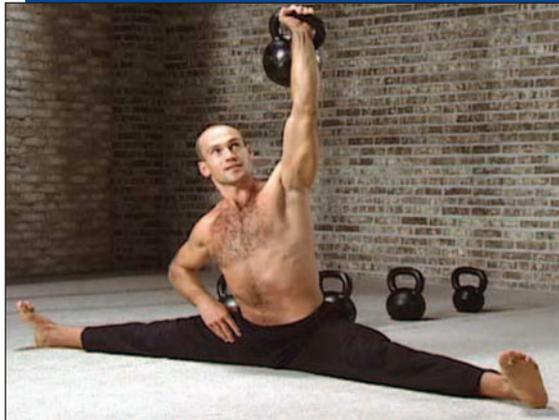
Ori Hofmekler is a modern Renaissance man whose life has been driven by two passions: art and sports. Hofmekler's formative experience as a young man with the Israeli Special Forces, prompted a lifetime's interest in diets and fitness regimes that would optimize his physical and mental performance.

After the army, Ori attended the Bezalel Academy of Art and the Hebrew University, where he studied art and philosophy and received a degree in Human Sciences.

A world-renowned painter, best known for his controversial political satire, Ori's work has been featured in magazines worldwide, including *Time*, *Newsweek*, *Rolling Stone*, *People*, *The New Republic* as well as *Penthouse* where he was a monthly columnist for 17 years and Health Editor from 1998–2000. Ori has published two books of political art, *Hofmekler's People*, and *Hofmekler's Gallery*.

As founder, Editor-In-Chief, and Publisher of *Mind & Muscle Power*, a national men's health and fitness magazine, Ori introduced his Warrior Diet to the public in a monthly column—to immediate acclaim from readers and professionals in the health industry alike.

“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

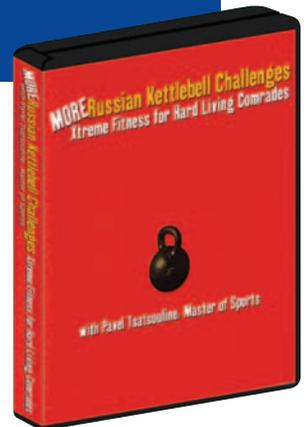
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“Pavel has done another excellent job in presenting challenging drills that will take your kettlebell practice and fitness to new heights. Pavel’s trademark humor is ever present, and his instruction is no-nonsense and, as always, well done. Multiple 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



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“Pavel Tsatsouline delivers some outstanding instruction that has to be seen to be appreciated. Do your self a favor and get this video. The quality is what you would expect of a Tsatsouline video. The drills are demonstrated with adept skill and perfect execution. He is an example that this stuff works. 25 drills in this video. Some of them expand on the ones previously demonstrated in the “Russian Kettlebell Challenge”, and make them more challenging.



Others are ones you’ve never seen before. All of them are “must haves” in your KB lifting repertoire. All of them are tough. There are no namby-pamby exercises in this video. Tsatsouline demonstrates the drills with the ease and grace normally reserved for an Olympic figure skater, only this guy, who looks like he was carved out of stone, is heaving and hoisting kettlebells. I am very satisfied with the purchase of the video. My kettlebell lifting has already improved from it. More RKC definitely will improve my KB lifting for a long time to come.”—Christian Rubio, RKC, Lake Mary, FL

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Former US Marine, Will Williams, Launches Career as Personal Trainer... With Russian Kettlebells

WE INTERVIEWED WILL WILLIAMS AT THE APRIL 2005 RKC



Dragon Door: Will, what is your athletic background?

Will Williams: Because of my size, I was heavily recruited by all of the football and most of the sports coaches in high school, but I didn't play. I was just too lazy at that age. I ended up playing lacrosse and a lot of street hockey, and just messing around for my final two years of high school. After that, I was in a really bad car wreck, and I was on the couch for six to eight months. That was after I had enlisted in the U.S. Marine Corps. So there was a year-long period where there was zero activity.

I gained so much weight that the only way I could actually ship to boot camp was to drop close to 35 pounds in a span of only three months. I went to what they call "pulley runs". Before you go to recruit training, you are a pulley with a Marine Corps recruiter and your pool of people. So that meant runs every Thursday night, pull-ups and push-ups,

and a lot of other basic stuff.

Once I was actually in the fleet Marine Corps, I realized how much I loved working out. Every Marine Corps base is equipped with a pretty high-tech gym, full of a bunch of stuff that you don't need, but also a lot of stuff that you do.

I ended up playing football for a season in 2000 for the 1st Marine Regiment in Camp Pendleton, California. Actually, it was then that Pavel started appearing out of nowhere in *Muscle Media Magazine*.

D.D.: So that's how you got started.

W.W.: Yes. It was basically applying his principles and helping my buddies out with floor lifts as well and simple things like, never do cardio before a lift. Or keep your shoulders down when you do your pull-ups so you'll be able to do a bunch more for the PFT. Stuff like that. I ended up getting a kettlebell as a Christmas gift from a client, because I had spoke so many times of Pavel and all of his theories. I always made sure that my client knew where I was getting these ideas from. So getting a kettlebell for Christmas was great, because I had never set aside the funds to do it before. That was 2003.

D.D.: So, were you still in the Marines?

W.W.: No. I got out in 2002.

D.D.: Then you started as a personal trainer?

W.W.: Actually, I was kind of charged by my sergeant with being a physical trainer for some of the younger marines. He said, "You know what? I want you to take these kids on remedial P.T., which is obviously after you do your morning P.T. Take these kids out, help them out, show them how to do stuff, get them to lose weight and teach them how to eat." He had heard one way



or another that I was inspired to be a personal trainer in the civilian sector anyway. So that was how I got my feet wet.

Immediately after an honorable EAS in 2002, I got certified through the ISSA. Then I started working out of gyms wherever I was, and I happened to be in Atlanta at the time. I was applying as much of Pavel's theories as I could. I had great success with a lot of people, because the people I was working with were capable of a lot of things that they probably never thought they were before. They were really starting to outshine the other people in gym too, which was especially cool!

Then, once I brought the kettlebells to the Philadelphia area, not full-steam Maxwell Philadelphia, but into the suburbs, it kind of shot off. It was great.

D.D.: So what was your experience with kettlebells before coming to the certification?

W.W.: I was very, very lucky. One of my closest buddies came here to the RKC last summer. His name is Craig Sjoström, and he's the tall, lanky fellow that I was with at the convention. That's why the cert is so special, because a lot of the little nuances that they teach here were filtered down to me by Craig. What he was taking to his clients he was kind enough to show me, so I could show my clients. They've all been really supportive, because I've done a lot of kettlebell traveling in the last two months. I've missed a lot of sessions over the weekends...

D.D.: But it's worth it!

W.W.: It certainly is worth it. It's great. Literally everyone that I train kettlebells with, they love it. I haven't had a single complaint, except for some people who have been injured so badly that they are just afraid. They have an intrinsic fear of opening their bodies up to any kind of overhead work, which seems remotely dangerous, I guess.

"It's a hybridization of the strength and the cardio at the same time, which is what initially turns people on and traps them..."

But I'd say 75% of the people that I train who ever even held a kettlebell are full-on converts. They'll go to DragonDoor.com and they have their own kettlebells and everything. It's great. It's kind of cultish, actually. It's really cool.

D.D.: Excellent! What do you think it is about kettlebells that make them different from regular weight training?

W.W.: The simplest way I can put it (and I don't want to take anything away from the almighty bell) is that it's a hybridization of the strength and the cardio at the same time, which is what initially turns people on and traps them in. Because most women, they feel like they have to sweat when they work out. Otherwise it's worthless.

Everyone in America wants to be smaller. No one's happy with the body that they are in right now. Doing kettlebells, they always leave feeling that they've accomplished something, whether it was just learning a new exercise or brushing up on some older stuff. The thing is, when people see me in passing working with a client, they see these big, swinging, arcing movements and it freaks them out. But as fast as they can learn it, it surprises them and gives them a sense of confidence, too.

I tell my clients, and this is the plain truth, that if they can do kettlebell swings and Turkish getups, they can go up to any piece of equipment in the gym or any barbell or dumbbell and anything they want to do will be completely self-explanatory. And that's great. So if they do chose to get away from the bell for a day or two or for a month or two for any reason at all, anything else that they do is improved. Even home life, yard work, gardening and stuff like that.

Why, generally, women train harder with kettlebells than men...

D.D.: What kind of people are you training?

W.W.: I train mostly women—mothers—anywhere between 18 and 40. The very few men that I train are 45 to 55 years old. I train just one young gentleman.

D.D.: Any thoughts about why you train the people you do?

W.W.: Women seem to be more willing to submit to the idea of personal training. It has been my experience that most guys feel weak after working with a trainer. They don't want to admit to themselves that they need help because they can't do it on their own. With girls, they say, "Hey, I need a personal trainer. This is probably the best way to do what I need to do." Some guys have a hard time taking instruction from other men. If you don't have a commanding presence with these guys, they just sit around and joke, whereas women...

D.D.: Get right down to it.

W.W.: They get right to it and they are willing to work a lot harder as well, within the workout and away from it.

D.D.: And why older guys rather than younger ones?

W.W.: Probably the wisdom that comes with breaking that fear barrier.

D.D.: Time's running out. They better get on it.

W.W.: They better get on it and they see that it can do them good. I've talked about injury prevention and how the simplest thing will make a difference. Like Andrea Du Cane will say, "Just suck in your shoulder." The miracles that that can create! It helps those guys. Also, a lot of these guys have beat-up shoulders or have hurt their backs and they are just more open. In most cases they've been working out close to 25 or 30 years, or maybe as little as five, but it's something that they want to try. Whereas, young guys will grab a dumbbell and get as close to the mirror as they can and just curl away. Unfortunately, that's the way it is.

People come in for their lunchtime workouts—30 minutes of kettlebells. They love it. They eat it up...

D.D.: Yeah. Are you working out of a gym or a class?

W.W.: Yes, I'm working out of a gym that is smack-dab in the middle of a corporate center, so we're surrounded by thousands and thousands of people who just sit at a desk all day. People come in for their lunchtime workouts—30 minutes of kettlebells. They love it. They eat it up.

D.D.: So do you have good group classes?

W.W.: I do. I teach a Tuesday-night boot camp, which is a lot of *Naked Warrior* stuff, a lot of Pistols, Deck Squats...all that really cool stuff. Russian Pump. Then I teach a Thursday-evening kettlebell class in the spinning studio. I'm actually dropping days of the week at the gym as the summer goes on, so my friend Craig and I can run classes outdoors, which he had a lot of success with last year.

D.D.: So, two classes a week now in the gym and then privates, also?

W.W.: Privates, usually 10 to 12 hour-long sessions a day, and some half hours. For the most part, it's one-on-one. The group classes that I teach are probably 75% filled by the people I work with one-on-one during the week.

I love the group atmosphere. Anyone who touches a kettlebell regularly is like-minded with the rest of us, and it's good to get a bunch of crazy people like that together...

D.D.: Do you have any preference between private lessons and group classes?

W.W.: I love the group atmosphere. Anyone who touches a kettlebell regularly is like-minded with the rest of us, and it's good to get a bunch of crazy people like that together. I have two people on one kettlebell. Getting two people on one bell is great, to critique each other and get vocal about it. Two on one KB is one thing that I'm really into, because some people just refuse to set aside the money for a kettlebell right away. For me, it took a year to break down and buy some.

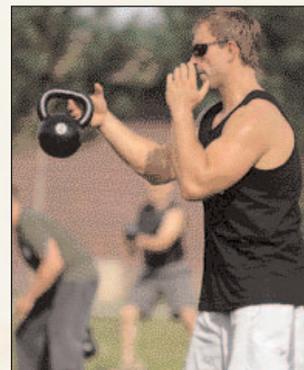
However, the one-on-one sessions are great and sometimes more appropriate for certain people.

D.D.: How's it been for you at the cert?

W.W.: Wonderful. I spoke with the girls that I came with about this last night. It seems like I was lucky enough to learn a lot of little nuances as well as the drills, but it's the enabling exercises like the Box Squat that I really think I'm going to take away from here. It's the little things. Because there are exercises that I try to teach three or four dozen different ways and for some people it just hasn't stuck. A lot of the things that I've seen here are going to make more sense to them. It seems like it's going to benefit my clients just as much as it has me. Workouts are fun, too.

D.D.: Great. Excellent. Any last thoughts?

W.W.: I am just very happy to be here and very much looking forward to the Level Two Certification in June.



Will Williams is an RKC, Combat Applications Specialist teaching kettlebells in the Philadelphia area. He can be reached at phillywide@yahoo.com.

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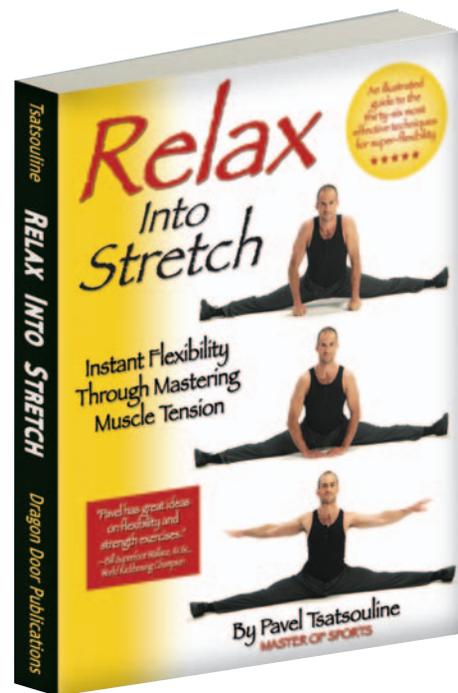
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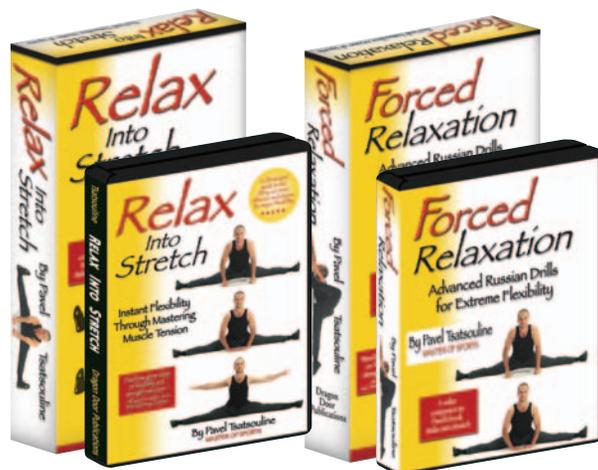
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**WE INTERVIEWED DONNIE THOMPSON AT THE APRIL 2005 RUSSIAN
KETTLEBELL CHALLENGE CERTIFICATION WORKSHOP**

Dragon Door: Tell me about your athletic background, and your accomplishments in powerlifting.

Donnie Thompson: I got into football during my senior year, when I started public high school. Then I got a scholarship to a small school called Shepherd College. In my junior year of college I started playing pretty good. I became a center, which is what I'd always wanted to be. My senior year I made all of the awards, you know, best lineman, All-Conference and a Conference title.

I went into the NFL after that. I got to play in the NFL's player strike in 1987. I played for Tampa Bay. We played for five weeks in three games and then they cut us off. Then my agent got me into Arena Football in 1988. I started in New England and played six years from '88 to '93.

After '93, I decided to stop playing and start my own gym. It grew and grew and after six years, I sold it. I'd had enough of the health club business and I'd been giving 110% to it, you know? I gave everything.

In 1998, I went to find Louis Simmons, of Westside Barbell. I made a pilgrimage out there for nine days and decided to learn powerlifting. He told me I was way too thin. I'd kept my body weight down—I think I weighed 257 lbs. when I met him.

I started pulling a sled, and doing bands and chains. I was training twice a day and I ended up dropping more weight. A burst of power down to a 220-lb. weight class. I was way underweight, and I was going through a lot of stress with work. I've lifted at five weight classes, and I've pretty much won something in each.

So I couldn't gain weight; I was very lean. But I was getting better and better, and I started really picking up right around the time when I finally sold my gym. I sold it to Marc Bartley, my training partner. He still runs it and he enjoys it.

Marc started training with me and a few others, but Marc and I were the only ones that lasted. My goal from the beginning was to be number one. So I kept going and finally I totaled 2,400 lbs. my first time in 2002, as a super heavyweight.

I also placed second at my first pro meet at the Show of Strength, which starred Gary Frank, the strongest guy in the world. Then in 2003, I had a really rough year. I tore my hamstring in two places, and my knees got really bad from that tear. But I worked through it and managed to qualify for an Arnold. Then, when the Arnold came, I hurt my back. I almost quit. But I set up my life to not fall back on anything.

I was in such pain that I couldn't walk. I remember being on the kitchen floor for three hours. I weighed 355 lbs. at the time, and when you weigh that much and you can't walk, it's pretty hard. You're like a turtle with no legs.

For 2004, I finally came back and I was stronger than ever. At the Show of Strength, I placed second with a total of 2,551 lbs. Then, I went to the Arnold Classic again for the WPO Championships. It was there that I won first place for the super heavyweight title and belt.

Anyway, Mr. Haney, my friend in Columbia, SC and the former track-and-field star at USC, kept preaching these kettlebells to me. He'd say, "You ought to try them. I've been doing them for the last couple of years now." His back was really bad, and he said that they were relieving his pain. So I decided to look into them.

We ordered them, but they weren't going to arrive before we left for the Arnold. So I went to Pavel and I said, "I need to get better here. I'm missing this meet because my



back's out." I told him that I deadlifted 804 at my last meet, and that I was a super heavyweight. He got all excited. He pulled me aside and he told me, "I'm going to teach you some unorthodox things that I'm not responsible for. Do you understand?" I said, "The way I train with bands and chains and stuff, everything is unorthodox!" So he showed me some things that would help my back get better.

Those sessions with Pavel were the best half-hours I've spent learning from anyone...

At the Arnold, I sat and watched backstage while Spud took second place in his weight class, got on the winner's podium and got his check and his medal. I was back there just helping them. It was awful. It was the most awful experience. I was happy for him, but no one likes to sit on the bench.

Our kettlebells came in the week we got back. We started using them and I quickly adapted to them. Pavel wasn't sure what they would do for my upper body. He said they probably wouldn't help my bench, but they'd help my back.

My back is still tricky. If I wasn't doing kettlebells, it would go out about five times a year. It'd be a five-to-seven day thing where I'm walking kind of crooked. But that hasn't happened since I've been on kettlebells.

Kettlebells hit hamstrings where I needed them strong. They hit glutes where I needed them strong. And they do a tremendous amount of ab work. I'm not sure most people understand how much ab work kettlebells do. They are very beneficial.

I kept with single movements for a couple of months, and then I ordered enough KBs so we have doubles now. In *Hard-Style Magazine*, there was an article that explained how I pulled 832 at...I weighed 384 lbs. I was at like, 176 kilos when I weighed in. Ridiculous! I had never weighed that much in my life and I didn't even know that I weighed that much, because my waist is smaller.

But the kettlebells put so much mass on my upper body, and I couldn't get that with conventional weights.

DD: Interesting!

D.T.: Yeah. My shoulders were weak all of my life, but the kettlebells helped me put on mass immediately.

DD: Which exercises did that for you?

D.T.: Well, I do a myriad of exercises. I did a lot of swings from the side, not just in the middle. Because the middle, for me, is a lot of lower body. And I do dual kettlebells, or with the 88-kilo, I'll do single-line kettlebells.

Then I'll take 72s and go double. I'll do pull-throughs with my legs, and that really gets my lower body. I've got to be careful with those. I do them after I squat, because if I did them the day before something, my glutes and hamstrings would be too sore to actually squat. Some of my other powerlifter friends were sore for five or six days the first time they tried double-kettlebell swings between the legs. Then I do the outside, and then I make my deadlift. I use the 72s for that.

Then I'll have two upper-body days. A lot of snatches, snatch presses, and bottoms-up presses. It really has made a difference in my shoulders. As for deltoid work, I'll hold static kettlebells like this, plopped over my arms for a ten count, and do a set of three to five. Or I'll hold them out here, and then bring them back up and then flip them over, bring them down, or I'll have them here, and bring them back up, then flip them over and bring them down. It takes about an hour and a half for a small group of us to get through it.

Marc and I will tell you the same thing, because we are pretty much at the same level of powerlifting: We honestly have not seen anything that 100% transferred over to a sport like kettlebells. I mean there is nothing about KBs that doesn't transfer over to powerlifting.

I'm happy, because now I have something that I can do when I'm done powerlifting. I can do kettlebells all the way into my twilight years.

I'm tickled to death about that and I only have to buy KBs one time! [Laughter] Nothing is going to happen to them, because those little iron balls, they are indestructible. It's like finding a treasure or something.

Kettlebells will never be easy. When you get stronger, your reward is to do a harder task. But I'll keep doing them to stay ahead of my powerlifting competition.

I've got a large group in South Carolina that has been doing kettlebells. I have to bring the KBs from where I work to my gym, because I don't have my own set for the gym yet. And if I don't bring them, everybody's mad. "How come you didn't bring those kettlebells from work?"

We are all going to do doubles for powerlifting. The doubles have been the best thing for a load. Mostly, everything is doubles. I teach single arm, but for me, I do doubles.

DD: Excellent! So how has the certification been for you?

D.T.: It's been exciting to do stuff that I haven't done in so long. I haven't been out in a field like that barefooted, training. Not since football practice ten years ago. It's really fun!

Also, being around people with different backgrounds is nice, because I'm only exposed to top-level powerlifters right now. It's nice for a change to see the regular world out there. Seeing people with basic needs, who represent the kind of clients that we teach kettlebells to. But my biggest reason for coming out here and doing this is that I want to be a strength coach after my powerlifting career. That transition will happen in one or two years.

As a strength coach for football players that specialize in offensive and defensive line, the key is kettlebells. My kids train with bands and chains and stuff, but when we put the kettlebells on top of that, you are talking about a turbo-type of training. In four to five years, these kids are going to

be dominating their opponents. They'll dominate to the point where other teams are afraid to play them.

That's my goal. Because the strength coaches are going to have to change in big-time college football and in the NFL, because we are on the way up. People like me are coming into the business now.

I went to my hometown college, USC in South Carolina. In the state paper, they showed how the strength coach has the team doing full squats. They haven't done this since the 1980s. Now that's a crying shame! But how do you discover full squats? I mean, they've been around forever.

They're a major S.E.C. football team that is just now discovering full squats? I would love to be a coach in another S.E.C. school that plays them, because my kids would have been doing squats with bands, box squats, sled pulling, and we'd add kettlebell work on top of that. I'd go to South Carolina licking my chops. I don't care if Steve Spurrier is the coach or not. My guys would kill their guys! We are coming. We are on the way! We are going to break into this, and then everybody's going to wonder how it's happening.

Just like Pavel said, "It's growing. Kettlebells are just growing." He was the first. Your organization, Dragon Door, was the first organization to push this ahead. You pioneered it.

You can contact Donnie at caycejunglegym@aol.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**

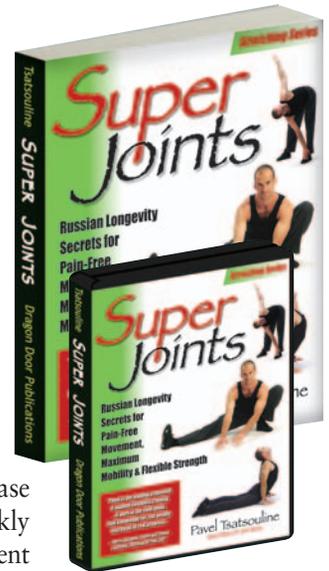
“*Super Joints* is excellent. It is also saving me a good deal of money. I've had to lay off of heavy squatting and deadlifting because of a back injury. My active release therapist/chiro is amazed at how quickly I am making progress—my alignment doesn't return to crap after an adjustment. I credit the 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



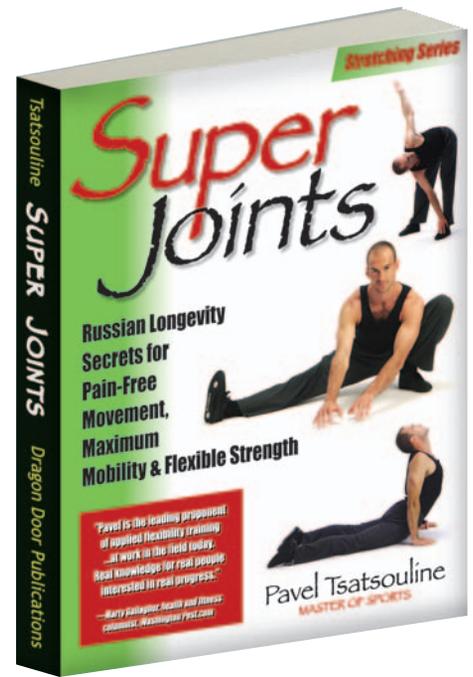
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- What it takes to go from cruise control to full throttle: The One Thousand Moves Morning Recharge—Amosov's "bigger bang" calisthenics complex for achieving heaven-on earth in 25 minutes
- How to make your body feel better than you can remember—active 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

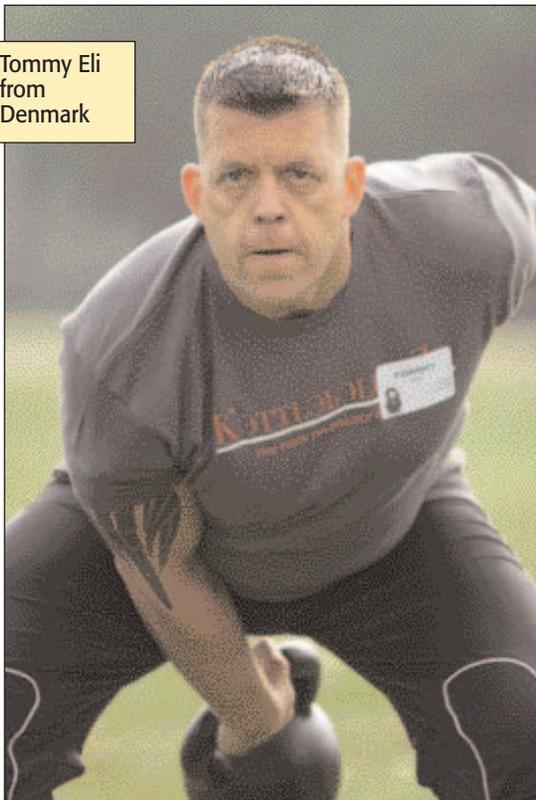
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Elite RKC's Take Training to a New Level at the *Kettlebells for Combat Applications* Workshop

Tommy Eli
from
Denmark



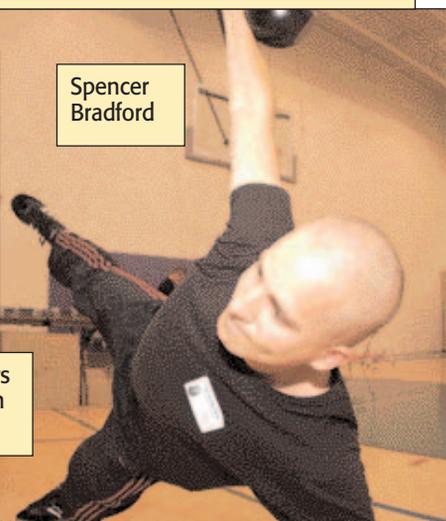
Dragon Door Publications, in association with Pavel's company Tactical Strength, Inc., is introducing a series of "closed door", specialist trainings to advance and enhance our RKC's skills and knowledge base. The first such training, *Kettlebells for Combat Applications* attracted over forty of Dragon Door's most active and accomplished RKC's for two days of specialized techniques from Pavel—and Senior Instructors **Steve Cotter, Nate Morrison, Steve Maxwell, Jeff Martone and Mike Mahler.**

The next RKC-only training will focus on broadening and deepening the skills and knowledge base for RKC's active as personal trainers. Watch the www.dragondoor.com strength and conditioning forum for further details.

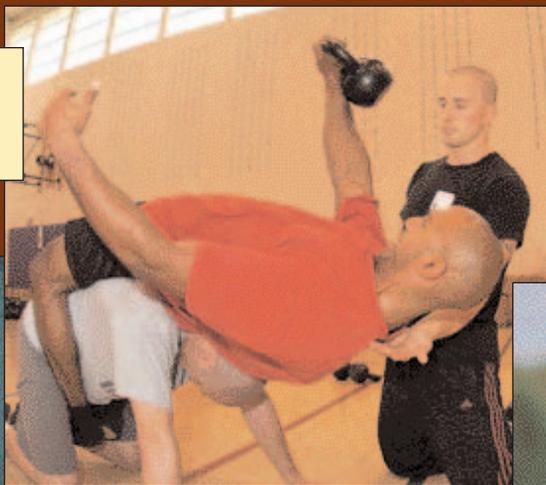
Spencer
Bradford



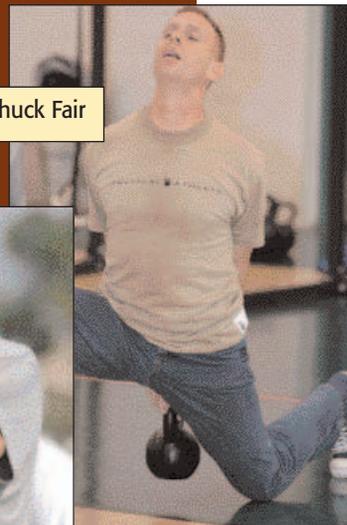
George Spears
spots Ammon
Barron



Spencer
Bradford spots
South African
Mandla Nkosi



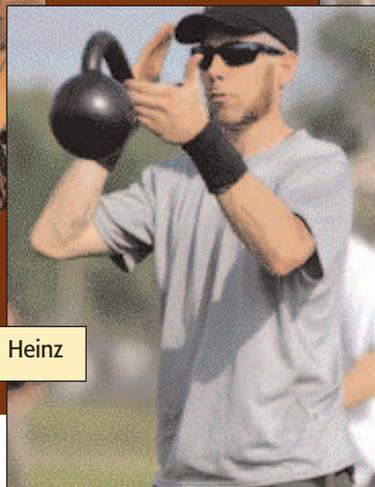
Chuck Fair



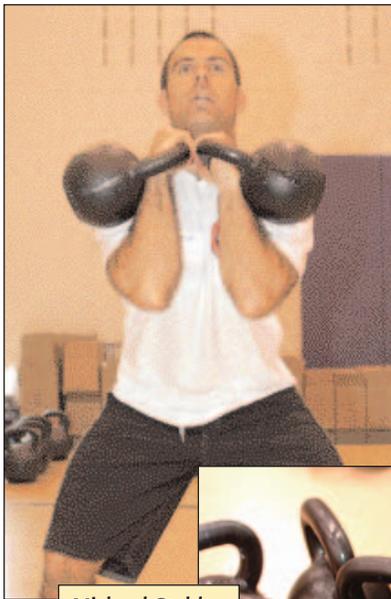
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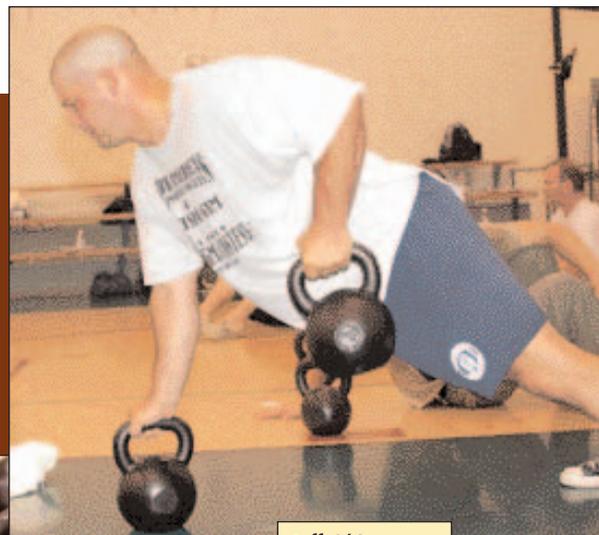
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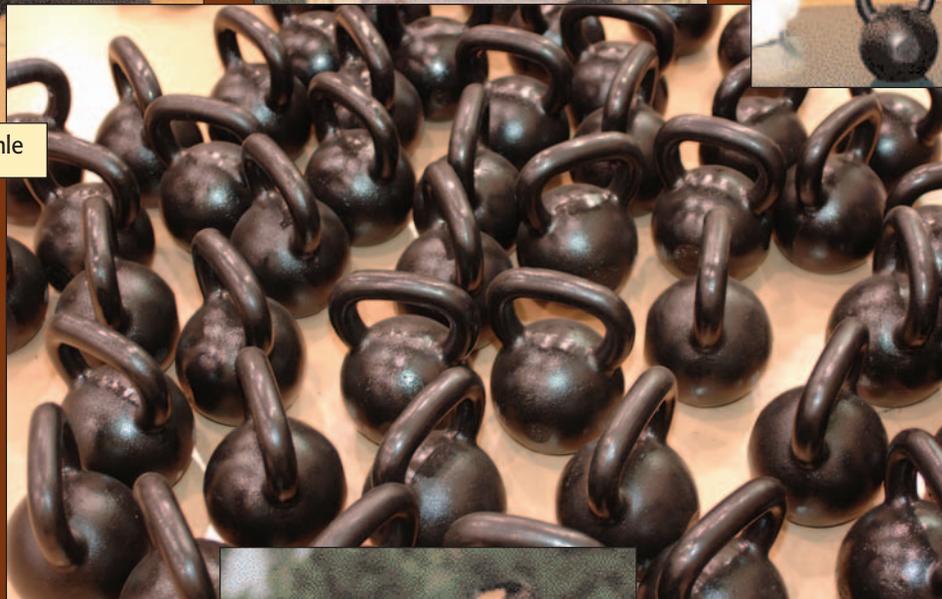
Gus Petersen



Michael Stehle

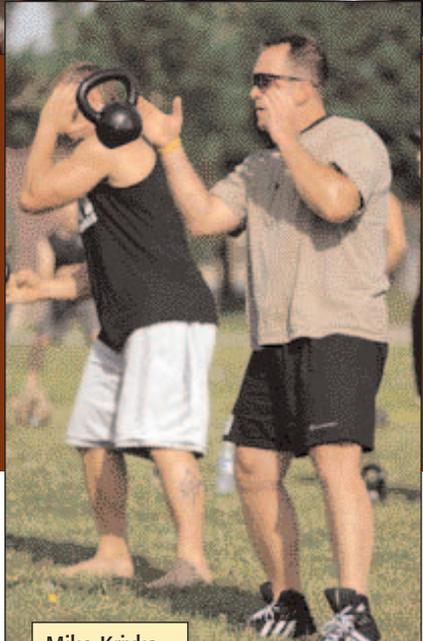


Jeff O'Connor

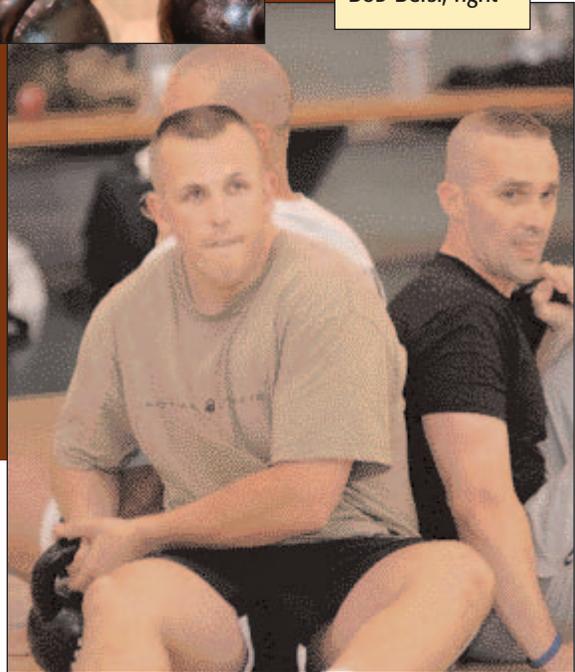


Name Withheld, Bob Bersi, right

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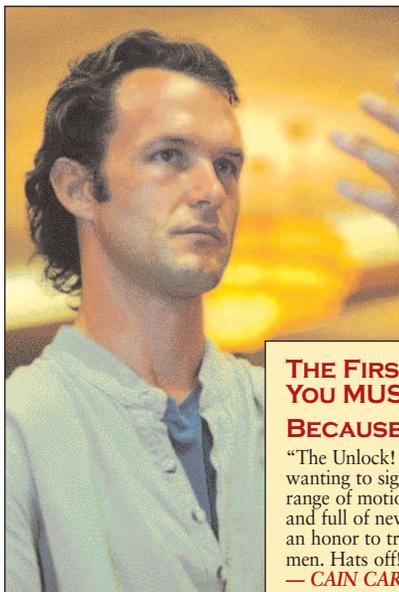





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UNLOCK!™

Twelve Strong Reasons Why You MUST Attend Pavel, Steve Maxwell and John Du Cane's February 2006 Unlock! Workshop

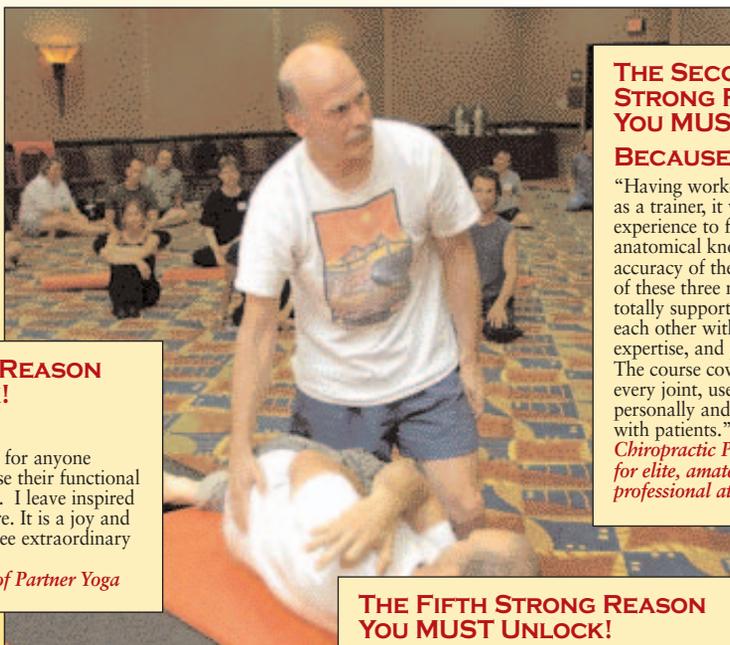


THE FIRST STRONG REASON YOU MUST UNLOCK!

BECAUSE:

"The Unlock! course is a must for anyone wanting to significantly increase their functional range of motion and flexibility. I leave inspired and full of new ideas to explore. It is a joy and an honor to train with you three extraordinary men. Hats off!"

— **CAIN CARROLL**, author of *Partner Yoga*



THE SECOND STRONG REASON YOU MUST UNLOCK!

BECAUSE:

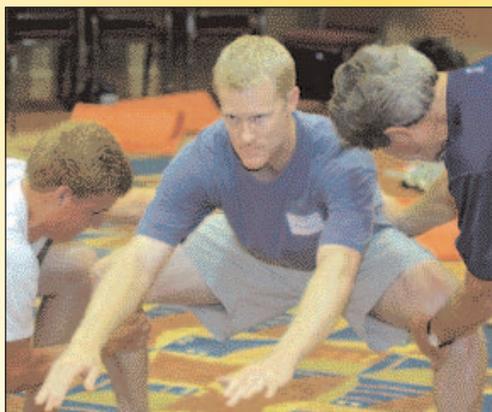
"Having worked with the best as a trainer, it was a terrific experience to find the depth of anatomical knowledge and the accuracy of the proven methods of these three masters. They totally support and complement each other with their knowledge expertise, and professionalism. The course covered everything, every joint, useful immediately personally and professionally with patients." — **DOC KELLY**, *Chiropractic Physician, Trainer for elite, amateur and professional athletes (all sports)*



THE THIRD STRONG REASON YOU MUST UNLOCK!

BECAUSE:

"The Unlock! seminar was terrific. I have studied Tae Kwon Do, Escrima, and Yoga over the past two decades. It seems a little unfair to learn more in two days than I have in the last 10 years. These are three of the most amazing instructors and fitness professionals that ANYONE is likely to ever meet. The Unlock seminar is jam packed with flexibility and mobility jewels that will improve physical performance in any activity." — **JAY ARMSTRONG**, *5th Dan, RKC*



THE FOURTH STRONG REASON YOU MUST UNLOCK!

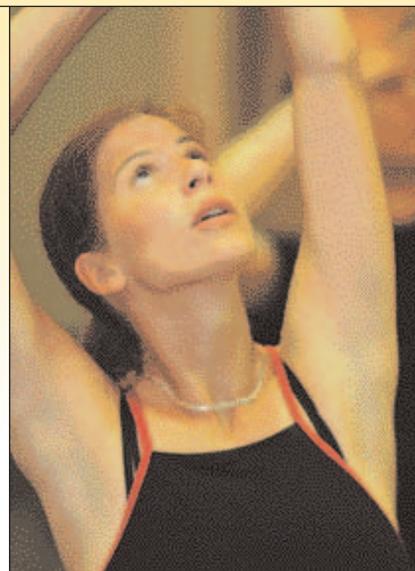
BECAUSE:

"Wow! I finally found the missing pieces to unrestricted movement and the ability to achieve pain free range of motion. The quality of training and knowledge provided by Pavel, Steve and John is the highest caliber I have ever experienced from any instructors in any field I have studied. I have and will continue to recommend all three to family, friends and patients. If I only use 30% of what I learned it will increase my physical performance 200%." — **LANCE ALLEN**, *Licensed Acupuncturist*

THE FIFTH STRONG REASON YOU MUST UNLOCK!

BECAUSE:

"The practical use was 100% - everything I've learned here I feel has some sort of practical use in my life! I really liked how each part of the seminar was intertwined - you could see the relationship with the 3 techniques - focused on all aspects - flexibility, strength, movement. ALL of Pavel's principles are extremely useful for myself and will be for all of my students! All of the instructors were extremely knowledgeable and know how to get that information across in an understandable manner - in other words not all "experts/masters" make great teachers." — **JENNIFER BOYD**, *Dance Instructor (Ballet/Jazz)*

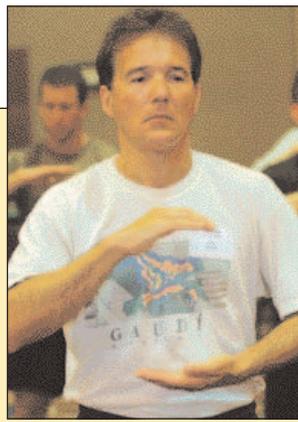


THE SIXTH STRONG REASON YOU MUST UNLOCK!

BECAUSE:

"For me Unlock! was an introduction to Qigong, the most advanced joint mobility routine I have ever seen. 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. And this is coming from someone who's already read and watched all of Steve Maxwell and Pavel's books and DVDs - this course gave me so many more tools and so much better understanding of how the tools work. 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 CAS, Crossfit Level 2, NASM CPT, APEX CPT, Krav Maga Level 2*



THE SEVENTH STRONG REASON YOU MUST UNLOCK!

BECAUSE:

"A great learning experience. It is a very empowering workshop because it explains why something works, plus the teaching skills of all 3 instructors were awesome. All 3 are top experts. The scope and depth of their knowledge is amazing. I liked that everything was based on learning principles first and techniques second - this way you can improvise and explore new ways to train."—**YANNIS PANTZALIS**, *University Professor*

THE EIGHTH STRONG REASON YOU MUST UNLOCK!

BECAUSE:

"It was super. A very dynamic experience. The tag team between Pavel, John, and Steve left no tightness in my body whatsoever. Great job. The quality and knowledge was superb. You guys are very professional and I will use your example in my own profession. Hands down Dragon Door Seminars are the best - great explanations coupled with hands on experience."—**JON ENGUM**, *6th degree black belt in tae kwon do - silver medalist nationals - sparring - currently national level coach; RKC*



THE NINTH STRONG REASON YOU MUST UNLOCK!

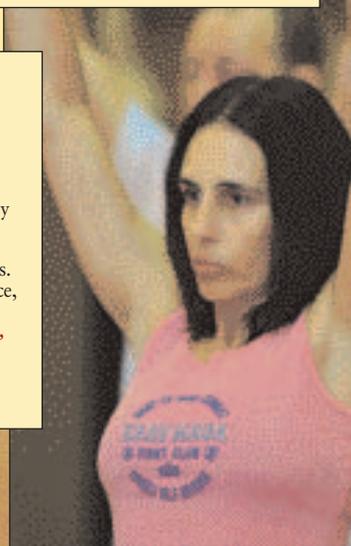
BECAUSE:

"Best course for anyone who wants to make their own fitness routine more enjoyable and very productive. Very dedicated with knowledge unknown to most. As a group of instructors... the best you will find anywhere. Far above anything I've ever experienced. Removed 20 years of BAD examples you will see in your local gym. Many locker room myths and mistakes exposed and dealt with. After many years of terrible examples by U.S. Active Duty Physical and Reserve Programs... this course was incredible!"—**DAVE KELLEY**, *Aircraft Mechanic, US Army Reserve*

THE TENTH STRONG REASON YOU MUST UNLOCK!

BECAUSE:

"Extremely practical - a great complement to RKC training. 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. Pavel, Steve, and John are all extremely gifted teachers. They have a vast treasure of knowledge and experience, and they are exceptionally skilled at transmitting that knowledge to others."—**MICHELLE KILIKAUSKAS**, *Mathematician, 1999 and 2000 APFUS Masters National Powerlifting Championships, 2000 WPC Masters World Powerlifting Championship, RKC*



THE ELEVENTH STRONG REASON YOU MUST UNLOCK!

BECAUSE:

"The Unlock! workshop was truly an amazing experience. The talent and expertise of John, Steve, and Pavel is unsurpassed. What really made this 2 day workshop so incredible was it didn't matter where you were when you started...you were just pushed, motivated, and inspired to reach your own personal best. Whether you were a beginner or and elite athlete or anywhere in between (and participants from all camps were well represented) you moved to your next level."

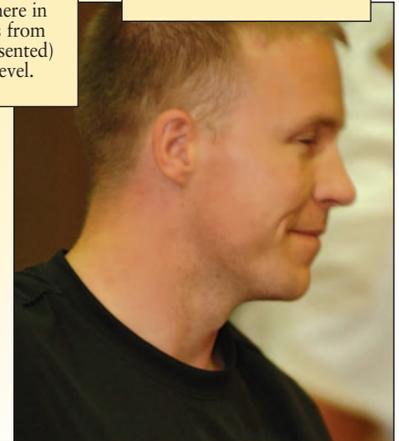
I was able to do things I hadn't had the flexibility to do before and went far beyond I had imagined I could go. Other participants shared the same "WOW" experience with me as we debriefed after the course. If I hadn't seen it with my own eyes I would have thought it was just magic. The true magic was the instruction and dedication of John, Steve, and Pavel.

I would highly recommend this seminar to anyone, at any level of fitness. This is one seminar a person can continually attend and continually move to the next level. Please let me know when the next UNLOCK is scheduled. Thanks for such an incredible weekend!"—**BARBARA MCDUFFIE**, *Corporate trainer, Certified Mat Pilates Instructor*

THE TWELTH STRONG REASON YOU MUST UNLOCK!

BECAUSE:

"Outstanding course on conditioning your body, increasing the mobility of your muscles and joints and how to incorporate that into your everyday training. The highest level of training and knowledge was demonstrated by all 3 instructors. They are also able to transfer this knowledge to the students."—**PAUL WEN JONES**, *Medical Equipment Sales Rep, RKC, former USMC*



For more information or to register NOW for Pavel, Steve Maxwell and John Du Cane's next UNLOCK! Workshop call 1-800-899-5111 or visit www.dragondoor.com and go to <http://www.dragondoor.com/wps5.html>

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"Thanks to all of you for a terrific seminar. You are true professionals and masters. This work is not only essential personally, but will be tremendously helpful to a great majority of my patients. UNLOCK! seminars should be a required course for all chiropractors, orthopedists, rheumatologists, physicians assistants, massage therapists, physical therapists, and anyone else working therapeutically with human bodies."

— DOC KELLY, Chiropractic Physician, All-Sports Trainer for elite, amateur and professional athletes

UNLOCK!™

The Course in Effortless and Unrestricted Movement
 With

Pavel Tsatsouline, Steve Maxwell and John Du Cane



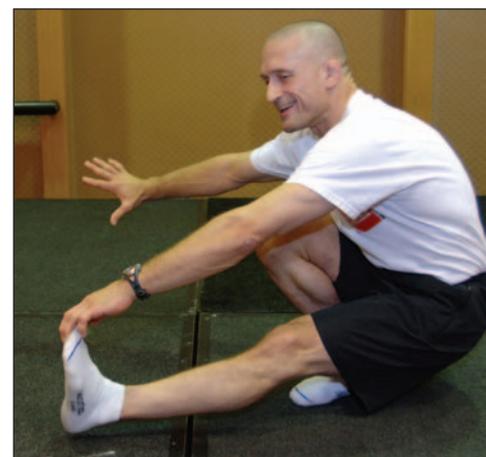
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- How to open up your spine—and dramatically improve your sports performance.
- How to stretch your hamstrings instead of overstretching your back.



- How to achieve the perfect balance between shoulder stability and mobility.
- How to release the parking brake of your hip flexors—and lift, strike, run and jump with more power.

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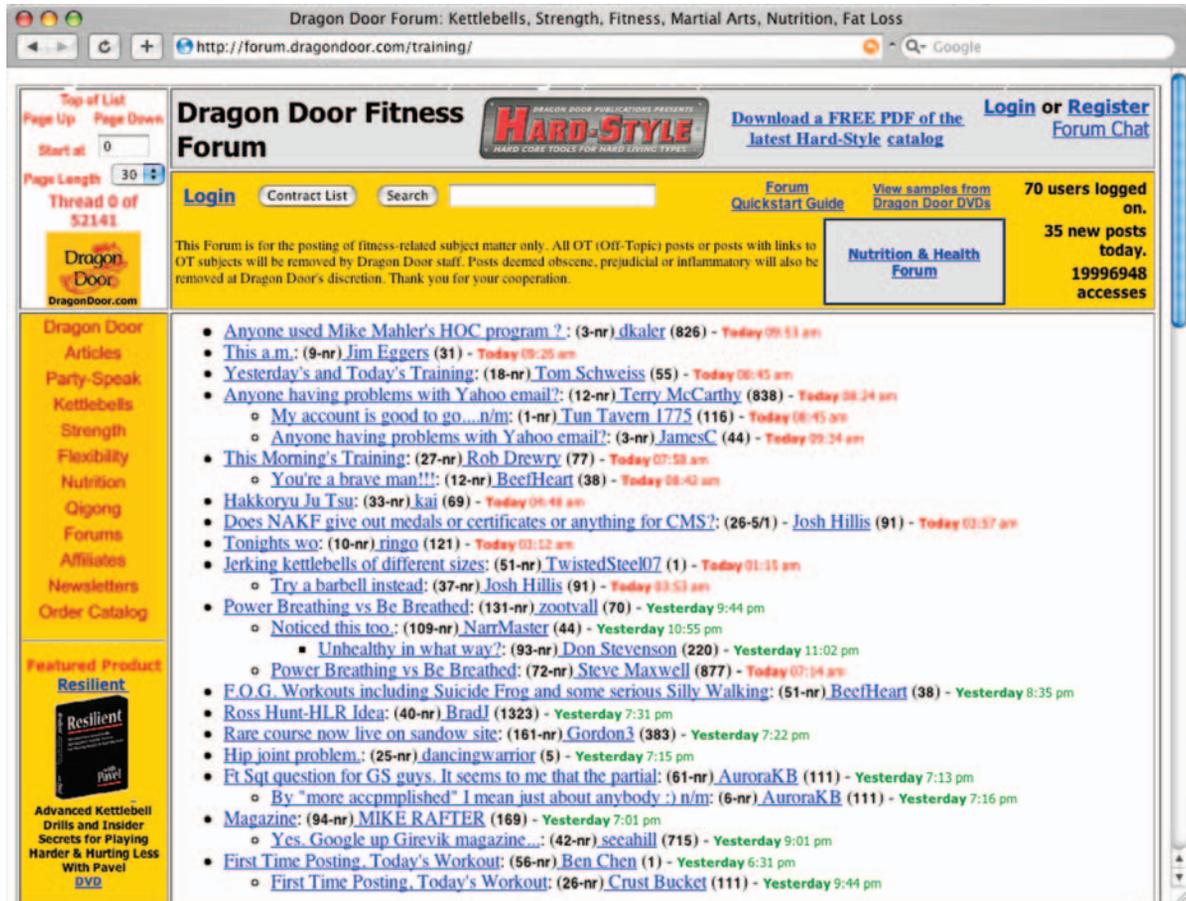
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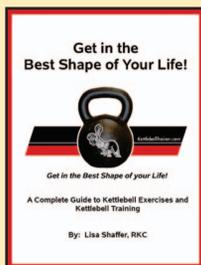
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