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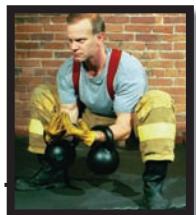
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Publisher & Editor-in-Chief
John Du Cane

Editorial
Training Editor
Pavel Tsatsouline
Editorial Assistant
Dennis Armstrong

Contributors
Mark Cheng, Gray Cook, Tom Corrigan,
Andrea Du Cane, Kenneth Jay, Brett
Jones, Mark Reifkind, Charles Staley

Art Direction & Design
Derek Brigham
www.dbrigham.com

Internet Architect
James McConnell,
webmaster@dragondoor.com

Dragon Door Corporate Customer Service
Dennis Armstrong, Tammy Drury,
call 651-487-2180,
support@dragondoor.com

Orders & Customer Service on
Orders: call 1-800-899-5111

Dragon Door Publications corporate address:

Dragon Door Publications
5 East County Rd B, #3
Little Canada, MN 55117

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KEY STRENGTH TRAINING CONCEPTS FOR GREATER SUCCESS IN ANY SPORT

THROWER MAGAZINE INTERVIEWS PAVEL: AN EXCERPT

What is your general philosophy regarding training for athletics?

Strength is a skill to generate tension and “linkage”. Approach your strength session as a “practice”, not a “workout”.

Build what Marty Gallagher calls “easy strength”—PR without maxing. Lift heavy but keep your reps low and don’t go to failure.

You must combine tension exercises with relaxation exercises, various shaking movements, shadow boxing, etc.

Adding the dynamic component, e.g. power cleans, until you have learned to get tight is pointless.

When you practice the skill of your sport, practice “same but different” events (change the implements, the weights, throw at a disadvantage, for specified distance, etc.). In Russia this is called *specialized variety*.

Learn and finesse the skills of your sport by practicing them isometrically.

Power generation from the hips is an art form that some have and others don't. I have reverse engineered a sequence that teaches the athlete how to use his hips like the elite.

Periodically take time off your sport skill practice, a “neurological erasure” to clean up the “static” in the technique.

► What would be your approach to training a thrower to maximize their performances?

Train six times a week alternating throwing skills days and strength days.

On your strength days do deadlifts, presses, “pistols”, and heavy rotational exercises. No need to be explosive, just stay tight.

Deemphasize the negative in the deadlift, almost drop the bar. Try to avoid getting sore and stiff. In presses and twists make a point to transmit the force from your torso to your arm through your lat. Use 5min and longer rest intervals and non-exhaustive set/rep schemes, for example:

5x3 @ 80%
3x3 @ 85%
3x2 @ 90%
80%x4, 85%x3, 90%x2
(80%x3, 85%x2, 90%x1)x3
(80%x2, 90%x1)x5

Practice relaxation exercises between sets. Finish your strength session feeling stronger than when you started.

On the throwing days practice “same but different” throws. Vary the implements (regulation implements, kettlebells, rocks, tires, etc.), throw at a disadvantage, throw not only for max distance but for specified distances. The last point is very important for a number of motor learning reasons.

Pay attention to synchronizing a forceful exhalation with the throw—“match the breath with the force”.

Between throws practice relaxation exercises. Spend a couple of hours throwing and take very long breaks, “until you have forgotten your last throw”.

Periodically incorporate isometric throws. Push against a stationary object from various points in your throw. Quoting Prof. Verkhoshansky, isometrics offer “A better opportunity to memorize the proper positions visually and kinesthetically than the dynamic mode. This makes the isometric

method especially valuable for teaching and mistake correction.”

I shall extrapolate on this subtle but extremely important point. Let us use the military press as an example. In order to put up the heaviest weight safely you need to “wedge” yourself between the barbell and the ground, every muscle tight. It is not an easy skill to learn with a live weight but a piece of cake with isometrics. Stand inside a doorway, on a stool if necessary, put your hands up against the molding, and press. You will naturally tense up your legs and waist. Remember that feeling when you press a barbell. The “wedge” is just as effective for quick moves. I use it to improve my military and law enforcement clients’ striking technique and power.

Pick the slack out of your body. “Wedge” yourself between the ground and the “implement”. Build up tension to near maximum, then use short, pumping, contractions. Work on your “linkage”.

Soviet boxing researcher G. Jerayan (1955) stated that the full mass of the body couldn't be put into a punch because of the amortizing effect of the joints. The force meant to be used externally is wasted internally. Steve Baccari, RKC refers to this waste as “leakage”. Not only does the “leakage” reduce the power of an athletic technique but also it increases the stress on the joints.

Replacing “leakage” with “linkage” (a term coined by Stuart McGill, Ph.D.) is central to my system of strength training.

“Linked” joints are “compressed” with the tension of the surrounding muscles. The increased stiffness improves the transmission of the force up the chain with minimal waste.

“Even if you are not a thrower, I hope you enjoy this brief excerpt that fits together many of the strength training concepts I elaborate on in my books and in the *Strength Seminar DVD* with Charles Staley.” —Pavel

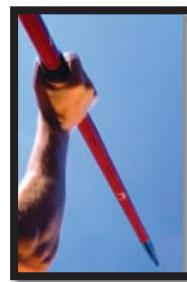
After practicing your linkage and proper body position isometrically shake out the tension and perform a couple of throws. Go back and forth between iso throws, relaxation drills, and throws.

Stretch your hip flexors, an essential component of training as throwing with tight hip flexors is like driving with the parking brake on.

► If you had to pick five essential kettlebell exercises, what would they be and why?

Swings rule. Everything else is icing on the cake. Various swings, single and double, with your hand soaped up for extra grip stress, with a 180-degree turn, etc.

► Is it difficult to mix kettlebell training with traditional weight training?



Not at all. Dan John simply practices his throws and kettlebell exercises in a circuit.



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HOW TO STOP BEING A CHRONIC UNDER-ACHIEVER AND REALIZE YOUR FULL PHYSICAL POTENTIAL— USING THE SECRETS OF THE “STALEY SEVEN”

Proven, “Best Practice” Methods To Take Your Genetic Destiny by the Throat and Force-Feed Greatness Upon It...

By Charles Staley

Whenever you're faced with complexity, strive to uncover the common characteristics of success. Donald Trump, Oprah Winfrey, and Bill Gates are about as different as three people can be, yet under the hood, they're all using a handful of powerful principles to propel them to the top of the business-mogul short-list.

Similarly, all high-powered workouts, no matter how different they may seem at surface level, also have commonalities which, when uncovered, can lead you to the same level of success as the World's top performance athletes and physique heroes.

I've identified seven tactics that have become my personal “Best Practices” for workouts that quickly transform “you” into “Super You.” Whatever your genetic ceiling happens to be, if you integrate these practices into your workouts, you'll reach your own personal upper limit.

1

THE FIRST “BEST PRACTICE”: GET ORGANIZED WITH THE AB SPLIT

The physiologic principle of adaptation guarantees that even if you managed to discover a strategy with no downsides, sooner or later that strategy will lose its teeth as your body becomes more and more efficient at handling the challenge it provides. This phenomenon is absolutely inviolate—you'll never find a way around the law of gravity, and you'll never devise the perfect training method.

Having said that, I think the A-B Split comes tantalizingly close to perfect. Everyone can use it, almost all of the time, with kick-ass results. That's because the A-B split is a template: it won't lock you out of your favorite exercises, workout frequency, training method, or loading parameters. Instead, it'll just make them better.

To start using the A-B Split right now, just follow these three steps:

Step One: Make a list of everything you need or want to do on a regular basis. You can think of this in terms of muscles, motor qualities, exercises, whatever. For the purposes of this article, I'll stick with party-endorsed kettlebell drills. Here's my list, in no particular order:

- Snatch
- Under The Leg Pass
- Long Cycle Clean & Jerk
- Get Ups
- Windmill
- Military Press

Step Two: Split your pile into two groupings: an “A Session” and a “B Session.” Each session should have a unique “theme” or common denominator. In the example below, I've distinguished between a “grinding” session and an “explosive” session. Once you've identified the salient theme of each session, simply assign each exercise in your pile to one of the two sessions, like this:

- | | |
|-----------------------------------|------------------------------------|
| “A” Session
(Grinding) | “B” Session
(Explosive) |
| • Get Ups | • Snatch |
| • Military Press | • Long Cycle Clean & Jerk |
| • Windmill | • Under The Leg Pass |

Now you've got two training sessions that have maximal separation. In other words, each session is maximally dissimilar to the other. This facilitates both recovery and efficiency, and allows you to train with the greatest possible frequency. Bottom line: renewed progress.

Step Three: Assign loading parameters for each session. In other words, what type of set/rep/rest interval arrangement do you want to use? This will depend on your training objectives, and for most of you, it'll come down to whether your goals relate mostly to strength/power/speed development, or hypertrophy/body composition. For our purposes here, and as a way of getting started, consider assigning the 3-5 Method (as outlined in *Power To The People!*) to the “Grind” session and ladders to the “Explosive” session.

Another advantage of this plan is that you've got a lot of flexibility built right in. Let's say you have a hectic week where you can only train twice. Just stick with the plan, like this:

Day	Week One:	Week Two:
Monday:	“A” Session	“A” Session
Wednesday:	No workout	“B” Session
Friday:	“B” Session	“A” Session

Of course, it's never ideal to skip a workout, but the A-B approach minimizes the collateral damage if and when it happens.

If you're one of those twisted freaks who insists on training 5-6 days a week, the A-B split will help to minimize the downside of your obsessive-compulsive behavior, because the scheme provides maximum variability, or what I call *separation*—a key factor in successful recovery. The overachiever's plan looks like this:

Day	Week One:	Week Two:
Monday:	“A” Session	“B” Session
Tuesday:	“B” Session	“A” Session
Wednesday:	“A” Session	No workout
Thursday:	“B” Session	“B” Session
Friday:	“A” Session	“A” Session

And so on and so forth...



THE SECOND “BEST PRACTICE”: DISTINGUISH BETWEEN COMPULSORY AND OPTIONAL

When most coaches write programs for their clients, it's naturally assumed that every exercise, every set and rep is mandatory. I find this approach is often psychologically daunting. A smarter approach is to “tag” exercises as either compulsory (meaning, it must be completed) or optional. In this context, “compulsory” means: don't even come to training unless you're determined to finish your compulsories. The “optional” designation, on the other hand, isn't simply a license to skip the exercise because you're late for your weekly back waxing appointment. Instead, on days where your time, energy, focus, and/or orthopedic health are truly sub-optimal, the “optimal” classification allows you to make the smart decision and live to fight another day.



THE THIRD “BEST PRACTICE”: LIVE AND DIE BY THE STOPWATCH!

Like water, work tends to expand to whatever container you put it in. What usually takes two hours can often be performed in one hour, IF you place that demand on

Continued on Page 6

How to shatter your personal bests in strength and power...

The Lazy Man's Guide to Extreme Strength Gains

Historic display of advanced strength secrets caught on tape—as two "masters of the art" reveal key, but little-known and often surprising strategies to dramatically enhance your performance...

Charles Staley is creator of the now-legendary *EDT* system, which has helped athletes worldwide achieve remarkable success in every imaginable sport. Pavel Tsatsouline's landmark classics like *Power to the People!*, *The Naked Warrior* and *Enter the Kettlebell!* have been redefining our fitness landscape for the last decade.

What more can you ask for than to have both these greats combine their knowledge and skills into one information-packed training?

Charles and Pavel have made it a life-long quest to wrestle free the real nuggets from the morass of half-truths masquerading out there as "strength training". Each man, in his very different way, makes actual, realizable results the bottom line in his quest for superior physical performance.

Put the two men's knowledge and experience base onto the same team—and you're guaranteed methods that have been proven over and over again where it really counts—the trenches.

Just some of what you'll discover from Pavel:

- How to cultivate the **skill of strength** by CORRECTLY applying the master principle of "linkage"—not one in a thousand trainers understand or know how to apply this key method!
- Understand the finer points of **slow** and **explosive** strength
- The best methods for developing **starting** and **absolute** strength.
- The importance and applications of absolute strength as a foundation for all your strength programs.
- What it really takes to generate and apply massive tension—AT THE RIGHT MOMENT—get this timing and application science wrong and you'll be trapped in mediocrity for the rest of your days...
- How to build an impregnable foundation using the method of "easy strength"—a guerilla tactic that hands you an instant unfair advantage in your training.
- When to employ the Russian secret of **specialized variety**, to get a dramatic edge over your competitors.
- How to significantly finesse the skills of your sport by practicing them isometrically.
- How to clean up your technique and jump in proficiency using **neurological erasure**.

And from Charles Staley discover:

- How to use the subtle but extremely important **wedge** method to enhance your strength and power.
- How to avoid "leaking away" your hard-earned strength—get this right and save yourself from a world of frustration and sub-par results.
- How to release the little-known, but deadly "parking brake" within your body that could be dooming your performance to constant failure.
- Why, for most of us, knowing how to time our "activations" is way more important than figuring out correct rest periods.
- How to control and manage your fatigue, instead of becoming its victim.
- Understand and utilize the key principles of variability and specificity—by correctly exploiting the benefits and minimizing the drawbacks.
- How to utilize the principle of "conscientious participation" to enhance your workout results.
- How to cycle *EDT* and the 3-to-5 method, for a superlative surge in your athleticism.
- It's certainly the most unpopular—but this is also the world's MOST EFFECTIVE therapy for muscle recovery?
- What "percent of capacity" you need to operate at—for the best workouts of your life...
- "Auto-regulatory training"—the often-slighted, often-ignored yet absolutely vital strategy for long term, significant strength gains...



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yourself. When I write programs, I specify a time limit for each exercise, including warm-up sets. Big core movements are allotted between 20 and 30 minutes, and auxiliary exercises receive between 10 and 15 minutes each. Also, the time limit takes precedence over workload- if the program asks for 5x5 in 20 minutes, and you can only do 4 sets, so be it- next time, try to make it to the 5th set.

Some months ago I mentioned this concept to Christian Thibaudeau and he told me that when he was an Olympic lifter under former Canadian National Weightlifting Coach Pierre Roy (who produced a host of weightlifting champions including Olympic silver medalist Jacques Demers) time limits were a significant component of Roy's methods. In each workout, Roy would specify time limits for each exercise on the menu. When the buzzer sounded, you were done with that exercise, even if you didn't manage to complete the specified number of sets and reps. If you believe (as I do) that success leaves clues...consider yourself clued-in.



THE FOURTH "BEST PRACTICE": ONE THING LEADS TO ANOTHER.

If you can design a workout in such a way where exercise "A" becomes the warm-up for exercise "B," and exercise "B" becomes the warm-up for exercise "C" and so on, you'll have a much leaner, meaner workout. I call this practice "Exercise Stacking" and here are two examples of employing it with kettlebells:

Example One:

1st Exercise: Kettlebell Standing Press

2nd Exercise: Kettlebell Push Press

3rd Exercise: Kettlebell Jerk

Example Two:

1st Exercise: Kettlebell Swing

2nd Exercise: Kettlebell High Pull

3rd Exercise: Kettlebell Snatch

THE FIFTH "BEST PRACTICE": PRACTICE SELECTIVE IGNORANCE

Pop quiz: what's the *main* difference between you and an Olympic athlete? Genetics? Drugs? Coaching? Facilities? Motivation?

Certainly all of these and more factor into the equation, but I'm convinced that the most significant point of difference is *consistency*.

Here's a quick tutorial on human nature: When you start a new program, it's fun initially because it's NEW. After 3-4 weeks however, it gets old. So you Google something like: "massive size and strength training program," which leads you to an article featuring a novel way of training, or perhaps some new training device you've never heard of. And compared to the hard work you're doing now, it looks like fun. So you immediately abandon your former program for the new one. And 3-4 weeks from now, you'll do it again. And again. And again.

The reason you never make any progress is because you never stick with something long enough for it to work. But if you visit the weightlifters (or gymnasts, or fencers, or whatever) at the Olympic Training Center in Colorado Springs, do you think they're using plyos one month, then pilates the next, kettlebells the next, EDT, HITT, HSP, blah, blah, blah. NO! Olympic athletes do (relatively) the same thing for years on end. Obviously, trends gradually shift over the years—all training must have this type of flexibility that allows for the incorporation of better methods as they're discovered.

Smart athletes learn to pick their battles: if you try to do everything, if you switch gears every month, you end up accomplishing nothing. Specialization is the key to progress. And the only way you can specialize is to be "OK" with ignoring a lot of exercises, training methods, and so on, no matter how promising they may seem. If you think of yourself as a professional, or at least aspire to a professional training ethic, you must adopt selective ignorance as your way of life.



THE SIXTH "BEST PRACTICE": TREAT YOURSELF TO FREE EXERCISE TIME

This is the exception to the previous point. If we just accept the fact that the grass looks greener on the other side, we can admit that whatever you're not doing always looks really attractive. For example, if you're a Girevik, and you do nothing but kettlebell work for 4 months, before long you'll read an article about, say, strongman training, and you'll be tempted to "have an affair." Which isn't very smart if you've already invested a lot of time and effort pursuing KB-related goals. Or, you might be an Olympic lifter—and like anything else, lifting can become a grind after a while (it's a sign that you're training hard actually). So then you buy some Westside Barbell DVDs and all of the sudden, your Olympic lifting goals are in jeopardy.

Here's how to stay monogamous: Once a week, at the end of one of your workouts, build in a 15-minute "free exercise" period. Assuming you still have time and energy after you've completed the compulsory part of your workout, use this time to do whatever you like- tire flips, sprints, plyos, whatever strikes you as fun at the moment. This allows you to "get it out of your system" and will help you stay on track with your training. It's almost like having an occasional "cheat meal" to help you keep your diet on track.



THE SEVENTH "BEST PRACTICE": A WIDER NET CATCHES MORE FISH

As you work through the process of creating and refining your goals, don't limit yourself to a single definition of success. For example, a lot of guys might find themselves frustrated with a woman who embarks upon a weight-loss campaign, only to quit after several weeks, despite having succeeded by all rational measures: she looks better, her bodyfat percentage has dropped, her clothes are loose, her energy has increased, and her blood lipids have improved. Yet, because her weight has remained the same, she considers herself a failure.

Despite this, most guys do them same thing: they limit themselves to a single definition of success (often relating to lean-mass gain or maximum strength improvements), while ignoring numerous other factors that are not only important by themselves, the also contribute to the original goal.

So if your goal is to bench 405 or to weigh 260 at less than 10% bodyfat, stay with that goal, but also consider casting a wider net: also measure indicators such as joint pain, technical proficiency, or maybe even competitive success (as measured by a national ranking in weightlifting or powerlifting for example).

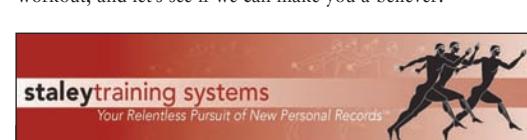
When you establish and track *multiple* indicators—multiple definitions of success really- you stand a far better chance of succeeding. Take the time right now to establish 3-5 "Functional Indicators" for yourself.

Only you can decide the most appropriate benchmarks to track, but I'll provide a few personal examples to spur your imagination: As a competing weightlifter, every month I keep track of how many times I snatch 90% or above, as well as how many times I clean & jerk 90% or more. My underlying assumption is that when I reach a certain threshold, a new PR should be forthcoming. I also track my best performances on assistance lifts (back squat, front squat, overhead squat, Zots press, push press, etc), again with the implicit assumption that new PRs in any of these lifts will "bleed over" into my competitive exercises.

As an experienced masters' level lifter, new PRs in the two competition lifts are few and far between, but I'm able to sustain my progress and motivation by tracking my performances on a *range* of indicators. PRs are important—rig up your training so that you have a maximum number of opportunities to post as many of them as possible.

READING IS NOT ENOUGH—YOU MUST DO!

Although I'm always flattered when people write to tell me they enjoy my articles, my real goal is to influence your behavior—I want you to have better workouts (and hence, better results) as a result of your having read this article. So please apply at least one of these tactics to your next workout, and let's see if we can make you a believer!



About The Author

"One of the signs of a great teacher is the ability to make the subject matter seem simple. Charles Staley is one of these rare teachers. After listening and talking to him, you suddenly achieve a new awareness of training. You go to the gym and, suddenly, everything makes sense, and you wonder why you haven't been doing it his way since day one." — Muscle Media 2000 magazine August, 1999

His colleagues call him an iconoclast, a visionary, a rule-breaker. His clients call him "The Secret Weapon" for his ability to see what other coaches miss. Charles calls himself a "geek" who struggled in Phys Ed throughout school. Whatever you call him, Charles' methods are ahead of their time and quickly produce serious results. His counter-intuitive approach and self-effacing demeanor have lead to appearances on NBC's The TODAY Show and The CBS Early Show.

Currently, Charles competes in Olympic-style weightlifting on the master's circuit, with a 3-year goal of qualifying for the 2009 Master's World Championships.

For more information about Charles Staley visit www.CharlesStaley.com

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“CAN YOU TOUCH YOUR TOES?”

HOW TO AVOID INJURY AND EXTEND YOUR ATHLETIC CAREER BY FIXING YOUR MOVEMENT PATTERNS

By BRETT JONES, SENIOR RKC, CSCS

How much can you bench” might be the most asked question in today’s gym. However, no one asks questions about movement skill. Even fitness evaluations performed by professionals in the field usually focus on numbers in certain tests (body fat and one-mile walk tests). But in the grand scheme of human performance I would rate the ability to move effectively above the bench press.

What we should be asking is: “Can you squat? Can you touch your toes?” etc...

Our quantitative evaluation of performance (bench press, sit-ups etc...) leaves huge gaps in the ability to gauge the qualitative aspects of human performance. How something happens is more important than how much of it happens. It is the hidden compensations that result in micro trauma and eventually injury that we should be trying to catch.

Since the overall concept and application of movement screening and correction is beyond the scope of this article (see functionalmovement.com and the functional movement screen for complete information) we will focus on evaluating and correcting one of the most basic movements—the toe touch.

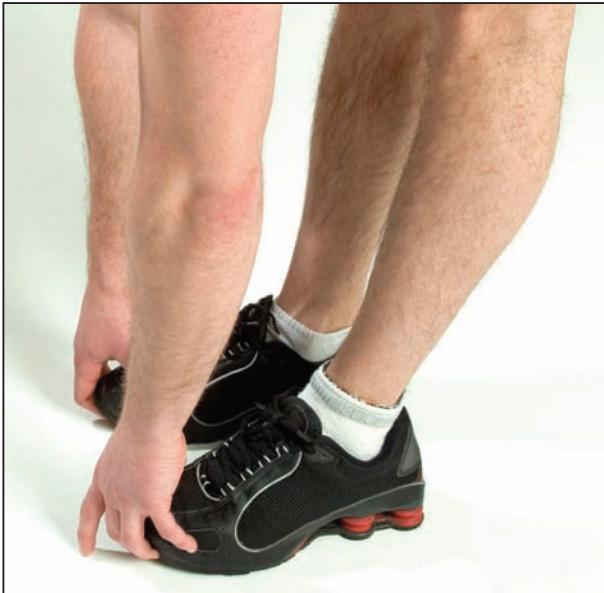
Let's get a baseline before we go any further: stand with your feet together (and I mean big toes touching and heels touching) and keeping the knees straight (not hyper-extended or “locked”) reach for your toes. (I'll wait while you do it...)

Well...how did you do? (BTW: you can hold a ruler and measure how far you are from your toes.)

If you were short of your toes I would advise you to pay careful attention to the correction laid out below and back off of any deadlifting or KB work until you can touch your toes.

“Why?” you ask.

Because the inability to touch your toes indicates a problem with your hip/abs/low back communication.



need to—but only as much as you have to—and touch your toes. As you loosen up try to bend the knees less and less. Perform ten repetitions.

After the ten reps with the toes up, step over the board so that the heels are now elevated and the toes are down. Place the ball between the knees again and repeat the ten reps squeezing the ball and bending the knees—only as much as you have to—and touch the toes all ten reps.

Once you have finished you will re-test your toe touch standing on the level ground without the ball between the knees. You should see a significant improvement in your toe touch. With consistent practice of the above correction you should be able to maintain your toe touch and have better control over your hips and low back.

For a thorough training in many methods similar to those discussed in this article, see Brett Jones's 2-DVD set *Corrective Strategies and Movement Screening* on the opposite page—Ed.

If your hamstrings are in the ON position all the time (meaning they don't know when to lengthen) and they don't allow your hips to hinge, you will bend from your back instead. And if your abs do not know when to fire then your low back will contract to stabilize and prevent forward flexion.

Result: you can't touch your toes and effectively use your hips. Note I didn't mention the “length” of your hamstrings—that is because the neurological input or patterning determines your muscle length—but I digress.)

So now that we know your toe touch ability—let's fix it.

You will need a 2x4 or approximately 2” thick object (book etc...) and a ball or rolled up towel to squeeze between the knees. Begin by placing the toes/balls of the feet up on the 2x4 with the feet together. Then bend the knees and place the ball between the knees (you should be able to straighten the knees but not hyper-extend them). While squeezing the ball with the knees you will reach for your toes. If the squeeze of the ball does not get you to your toes you will bend the knees as much as you



Brett Jones is a Senior Instructor in the Russian Kettlebell Challenge program, a CSCS through the NSCA, and a contributor/presenter for the Functional Movement Screen. You can contact Brett at appliedstrength@gmail.com or his website www.appliedstrength.com

"If you don't fix your flaws, your flaws will fix you—as sure as the sun shines and the world turns."

How a High School Basketball Superstar Wrecked His Future Forever... And Why His Fate Could Be Yours Too—If You Don't Find and Fix Your Fatal Flaws

In YOUR Life, Do You Want to Be a **BENCHWARMER**—or a **PLAYER**, a **DIFFERENCE-MAKER**?

What are we all REAL GOOD at—and what do elite athletes EXCEL at? Compensating for a flaw, deficiency, or imbalance in the body. Option A is not available—our body jumps to Plan B. But plan B comes at a hidden price. In fact, the better you are at switching to Plan B the more surely you will be injured. Guaranteed, your durability will be a joke.

The athlete in the photos above is not faking. This is a high school junior several years ago who was leading his team, killing it on the court. He was a countywide superstar. Everybody was afraid of this kid on the court. But this is what he looked like off the court. That was his toe touch. That was his squat.

What do you think was going on with this kid? When he moved the way you know he must have moved on the court? Micro trauma every place. Guess what? He got injured his senior year. Missed his window. Didn't get a scholarship. Non-contact injury. Wouldn't do the work. Didn't fix it.

Yes, micro trauma. A series of minor stresses to the body resulting in limited area tissue damage or tears each of which alone does not cause discernable damage. However, their accumulation over time can lead to a significant injury. Inefficient movements cause compensations, which move a joint in an unnatural manner. The body will always sacrifice quality for quantity. Movement patterns will follow the path of least resistance.

When you stack these compensations on top of each other, screening for movement becomes essential.

How do we assess movement? Well, we break it down into these seven basic movement and stability programs. We squat. We step. We lunge. We reach. We leg raise. We push-up. And we look at rotary stability.

What the movement screen does is put people into categories and rank them. You can't actually fix anything until you rank it and identify it.

When we find out you can't toe touch and that also matches up with the fact that you can't deep squat and you also have a bad active straight leg raise, we can place you in a category that allows us to then evaluate what's going on and create a corrective strategy to address that.

Well, if the World Champion Indianapolis Colts insisted their players be screened before being cleared to play, we figured our Level II RKC candidates deserved training in this same cutting-edge process.

What you get here is every critical minute of the seminar Brett Jones delivered on this protocol to our Level II RKC candidates in June 2007. Brett's information was so impressive—and the results so spectacular that by popular demand, we are releasing the complete training on this 2-DVD set.

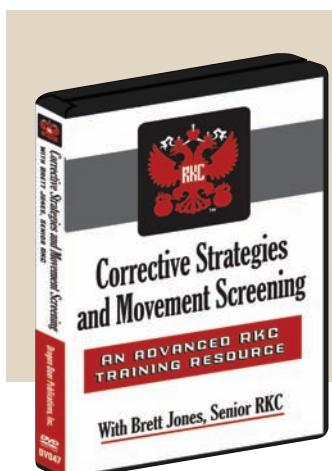


This high school basketball star could only manage to squat and toe touch as shown—he declined to fix his imbalances and suffered career-ending injuries as a result in his senior year.



Contents include:

- What is a Corrective Strategy?
- Movement Screening — The Functional Movement Screen for Kettlebells
- Basic history — injury, medical, exercise, sports/activity
- Clearance screens — Neck, Shoulder and Back
- Basic screens — Toe Touch, Single leg stance, Active Straight Leg Raise
- Movement Screens — Deep squat, In-line Lunge, Shoulder Mobility and
- Trunk Stability Push-up
- Corrective Strategies — Specific to the screens above
- Toe touch progression. Active straight leg raise. Crocodile breath
- Shoulder Thoracic spine corrections, Stability work and Deep squat progression



Corrective Strategies and Movement Screening

An Advanced RKC Training Resource

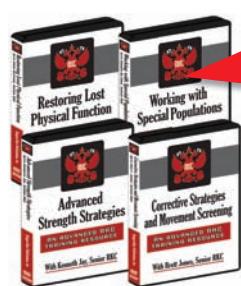
By Brett Jones, Senior RKC
Running Time: Three hours

2 minutes

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LENGTH TENSION RELATIONSHIPS AND HOW TO RESTORE LOST FUNCTION

BY MARK REIFKIND, SENIOR RKC

Virtually everyone comes to training to get better. Whether you choose to train with kettlebells, barbells or bodyweight the common denominator in most people's minds is improvement of their physical state.

Some of us are looking for ultimate performance, some of us are interested in more modest achievements and some of us are interested in getting out of pain and back to our original functionality. But we all want our training to improve us, not injure us.

Most approaches to training begin with the basic exercises, stretches and protocols that will help deliver the results people are searching for. But have you made sure your structure is up to the task of dealing with the overloads that training must impose on the body, in order for positive adaptations to occur? This is one of the most overlooked aspects of the training model.

It's easy to forget that our bodies are under a constant source of pressure from gravity at all times. Gravity is always trying to bend us over, push us down and return us to the fetal position we started from. Many of the muscles in our body are all too happy to 'go with the flow' and bend us over into a ball. Our modern seated lives do not help this at all. It's easy to go from bed, to chair, to car seat, to office seat, back to car seat to couch to bed every day. And then we wonder why our backs or

necks hurt or why the exercise routine is not working as well as it should.

Posture is the beginning and end of movement and if our starting postures are not square, plumb and neutral at the start—especially movements that are weighted or done many thousands of times—chances are they will not be square, plumb and neutral at the end.

Gravity, weighted exercises and the daily, repetitive movements we do all day long have very specific effects on our muscles. Certain muscles, referred to as *tonic*, respond to too much loading or too much inactivity by getting, and staying shorter. Examples of tonic muscles are the hamstrings, calves, the deep muscles in the glutes and the flexors of the upper arm. Tonic muscles are mostly postural, slow twitch fibers that can get and stay tight very easily.

One the other side of the coin (and the joint) are *phasic* muscles such as quadriceps, triceps, the muscles between the shoulder blades (rhomboids) that are prone to getting weak and stretched out with too much or too little use.

The balance of tensions between these two types of muscles is known as a Length Tension relationship.

Since all muscles exert force on the bones they attach to, *all the time* (known as resting level of tension) too much or too little force creates an imbalance that can cause pain, and if out of balance enough, serious injury. This is especially true if that imbalanced joint is loaded heavily or for too long a time.

A house with an uneven foundation will not support the house very well and neither will the body. Chiropractic addresses this by manipulating the joints into place and hoping the musculature will relax as the joints return to 'neutral'. This can work but muscle memory and old patterns of movement can recreate the same issue very quickly.

Just 'stretching out' doesn't solve the issue either, as some muscles (tonic) need to be stretched in order to get us to neutral and others (phasic) need to be strengthened in order to get us to postural 'square and plumb'.

It's important to be able to assess where you are posturally and address those imbalances before loading the body with weights or cyclic exercises (running, cycling, etc.) in order to not further create or magnify existing problems.

If one is already in pain from muscle imbalances, selective application of specific stretches—and tools such as the foam roller—can really help relieve the pressure on the muscles and joints and help bring the body back to square, plumb and neutral. Opening up these tight areas

prior to exercising is a great way to slowly but surely address the issues that are tightening you up and delaying your training progress, or keeping you injured.

Many ankle, knee, IT band, lower back shoulder and neck 'injuries' are not as much permanent injuries as pain resulting from length tension relationship imbalances. Getting the body back into balance with a focus on not only restoring lost function but preventing further imbalance with a proactive approach is key to many years of productive, injury free training.

Mark Reifkind's 2-DVD set *Restoring Lost Physical Function* (See opposite page) offers a complete program for addressing the issues raised in this article—Ed.



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

"At the time, the mantra was basically, 'Pain is temporary—glory is forever.' Well... that's a lie. Glory is temporary—very temporary—pain is forever."—Mark Reifkind

Discover New, Proven Ways to Rebound from Old Injuries—And Perform to the Level You Desire...

A series of brutal injuries ended Mark Reifkind's Olympic hopes in gymnastics, in champion powerlifting, in ultra-marathons and in Ironman triathlons. A resurgent Mark battled back to become one of the premier kettlebell trainers in the US.

No one has delved more deeply than Mark into what it takes to beat pain at its own game—and remain resiliently functional in the face of the most egregious challenges.

Having heard of Mark's success at restoring his lost physical functioning, we begged him to share his personal discoveries and methods with our elite RKC kettlebell trainers at the recent RKC II certification workshop.

Mark's secrets for restoring physical function would clearly be of immense value to our RKCs, for themselves, but more importantly for their clients.

And Mark did not disappoint! In a brilliant, inspiring, impassioned, fascinating, highly practical and, yes, "painful" seminar, Mark blew the assembled RKCs away with his methods for understanding, pinpointing and then releasing blocks in the body.

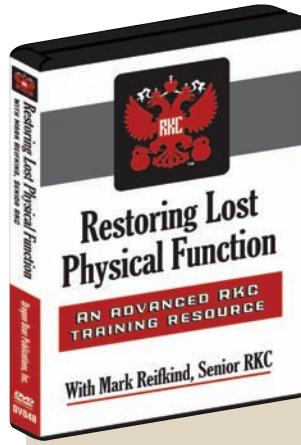
I am so glad we got it all on tape! No way would anyone be able to remember one-tenth of all the methods Mark shared with us in those two hours! Now, you too can benefit from this treasure trove of methods to keep you and your clients in optimal condition.

Contents include:

- What are **Length Tension** relationships—and why they are important to your muscular and joint health?
- The importance of neutral positioning to the joints—and how the muscles help or hinder you in achieving this balanced posture.
- **Tonic** and **Phasic** muscles in the body—and how training or lack of training affects them.
- How your length/tension relationships determine which muscles to stretch and which to strengthen—and when to do which.
- How improper L/T relationships can cause injury—and how to work around and through them with proper program design.
- How everyday activities and postures can seriously disrupt these L/T relationships.
- Simple stretches and strengtheners to balance out the musculature.
- The critical areas that NEED to be addressed—to avoid back pain and injury.
- How to use the KB to address these imbalances—and build back strength and resilience in the muscles and joints.
- What is fascia—and why does it matter to you?
- The difference between muscles and fascia—and how they are linked in ways most don't recognize.
- Why fascial restrictions are more prevalent than previously thought—and how they affect parts of the body seemingly unrelated to the painful area.
- Why professional massage is usually NOT enough to deal with myofascial problems.
- How to use **myofascial self release** to deal with length tension relationship imbalances.
- How to use the foam roller to identify and release myofascial restrictions in ANY muscle in the body.
- When and where you should NOT use the foam roller.

► Myofascial self release as workout modality. Engage and work the abs, back and shoulders while opening up the restricted muscles.

► Other techniques to release myofascial restrictions using sticks, thumbs and vibration massagers.



Restoring Lost Physical Function

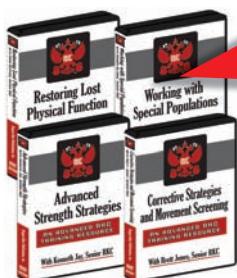
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HOW TO WORK WITH SPECIAL POPULATIONS AS AN RKC— AND HELP THEM REGAIN CONTROL OF THEIR BODIES

BY ANDREA DU CANE, SENIOR RKC

I like to consider myself a movement coach. Most of my clients come to me wanting to learn more than how to swing a hunk of iron. They are coming to me to regain control of their bodies. I am teaching them to breathe, to feel their bodies, how to move, how to use the right muscles for the job, and hopefully get them out of pain.

I am giving them a chance to not only change their bodies, but change their lives.

As an RKC instructor, it is very important to be able to identify on some level with your clients' physical limitations. What must it be like to live with pain, to lack a decent range of motion, to not have strength or energy to do daily tasks? You may be seen as a last resort by some of these people. They've been to doctors, PTs, body workers, chiropractors and maybe nothing has helped, or perhaps they were referred by one of them.

You'll need to develop the skills to work with these clients. There will be cases that you will not be capable of handling. It is always the best policy to be honest and send them to someone else, or contact another RKC that has more experience in that area.

What are "special populations" for an RKC?

In *Working with Special Populations*, you get a variety tools and ideas on how to best handle special populations. This includes: older clients, de-conditioned, post-rehab, and those with various old tweaks and injuries that inhibit proper movement and functioning.

After the initial assessment, which should include ROM tests, basic movement patterns, gait, overall fitness

level and of course a full medical history to screen for any serious contraindications, you are ready to begin. This information will tell you where to begin, and what your initial focus will be.

Some of what I present, you may have seen, done or are familiar with. I hope to introduce a new way to look at and utilize many drills that you already know. In other words, we don't have to re-invent the wheel every time we set out to work with someone.

I hope to give you a new way to look at these drills, as well as why and when to use each to achieve a specific result.

You will get a target for each exercise and the proper cueing, what to watch for. I will provide you a basic strategy and general order of the drills to work with special populations. I also include what I call "pre-kettlebell" drills. It may not be possible for some clients to immediately start using kettlebells. For instance, if a client does not have enough body awareness to maintain neutral spine, or to track their knees properly you will want to deal with those issues before having them do kettlebell swings. Or, perhaps, your client cannot raise their arm overhead without lifting the shoulder or bending the elbow. I show you some drills that should be taught first.

The order and pace you teach these clients is also covered. Never start with overhead drills and don't rush the process. That may seem obvious, but many clients may want to start pressing too soon, or want to move up in weight too quickly. Your job is to keep their pace and progression successful and safe.

Here is a general list and order of my presentation:

Sizing up your client: Obtaining enough information to get a baseline of their current fitness and health level. Starting with basic body positioning,

This would include teaching neutral spine, proper back and knee alignment and breathing. I would also include any joint mobility, such as *Zhealth* or *Super Joints*. This is also where you would do any assessment protocol, again *Zhealth* or Gray Cook's screening.

Building the Foundation: When you build a house you start with the foundation. The legs, hips and glutes are the foundation of our bodies. That's where you'll generally start.

This includes, Bottom KB Deadlifts with a rocking motion, Box Squats, Wall Squats (with or without bands), Figure 8s, Shoulder Bridge with knee squeeze. Once your clients get stronger you can add, Box Pistols and One Legged DLs, Step-back Lunges with a KB pass.

Contemplate your center: Now that we've developed a foundation it's time to build the frame. To be frank, you cannot pick up a kettlebell without using your core. And you can't work the abdominals without making sure the lower back and pelvis are in a healthy alignment. This section includes the neutral spine exercise, Power Breathing with knee squeeze, Sling Shot, One-Arm Suitcase DL, Russian Twists.

Reach for the stars: Once the lower body and core are strong and stable, it's time to start to work the upper body. This is another problem area, the shoulders. Due to injury, many clients lack the mobility and flexibility to safely hold a KB overhead in a locked out position. I have some simple drills that target the shoulder to help strengthen the small stabilizer muscles in a safe, controlled way. This includes, Shoulder exercises with 5lb balls, Bands that target the rhomboids and lats, Wall Squats with bands. Once they have the stability and strength I move to Kettlebell drills; walking around in the Clean position, Farmers Walks, Waiter Walks, Arm Bars. Corkscrew Windmills (without a kettlebell).

The information on this *Working with Special Populations* will be some of the most useful and valuable for your Kettlebell training business. The majority of your clients will fit one of the above profiles. You will need the right tools and proper approach to positively impact your clients. The genuine gratitude and appreciation you receive by helping these people will give you the greatest of satisfactions as well as develop a financially successful business.

For more information on Andrea Du Cane's 2-DVD set *Working with Special Populations* see opposite page—Ed.



To contact Andrea Du Cane for workshops, classes and private lessons visit www.kettlebellfitness.com, email aducane@aol.com or call 612-802-3687

Complete program shows you—step-by-proven-step—how to transform a physical “no-hoper” into a righteous specimen of the human race...

101 Ways to Turn Zeroes into Heroes—Using Kettlebells, Bands, Balls and Mobility Drills

Helping the deconditioned, the challenged, the injured and the way-out-of-shape regain control—and shine again physically

M

ost of our RKC instructors—and a very great number of our *HardStyle* customers—are in frankly fantastic physical shape. In the top two or three percent of the nation. And that is what we at

Dragon Door pride ourselves on, first and foremost: promoting the highest level of physical excellence and achievement through the most effective and efficient training methods on the planet.

However, just show up to the free lesson at one of our RKC certification workshops and take a look at the 100+ unsuspecting victims who volunteer to be put through the mill by our RKC candidates. You will see folk who range from having 200 pounds of extra lard on them—to spindly, skeletal geeks without a shred of noticeable muscle. You see the halt, the lame, the uncoordinated, the injured, the elderly, the bewildered teenagers—you name it.

And what's the commonality for all these folk? Despite their individual challenges, they have all shown up with the hope of transcending their current limitations through the use of kettlebells. The great news is that the RKC program has built a system of expertise that can genuinely help what is known in the industry as “special populations”.

As a Senior RKC with a multi-disciplinary background and a particular concern for this client-base, Andrea Du Cane has helped hundreds of her clients break through their particular physical challenges—and live more vigorous, satisfied lives.

The Level II RKC certification teaches our instructors a multitude of methods to address corrective, preventive and restorative issues for their clients. Andrea Du Cane's thorough and broad-ranging presentation on *Working with Special Populations* was extremely well received—and, as with the other Senior presentations at this Level II RKC, we have therefore decided to make it available to the public.

Of course you don't have to be an RKC—or a “Spec Pop”—to benefit enormously from the wealth of amazing information Andrea shares with you here. The material is priceless, whatever your condition or athletic background.

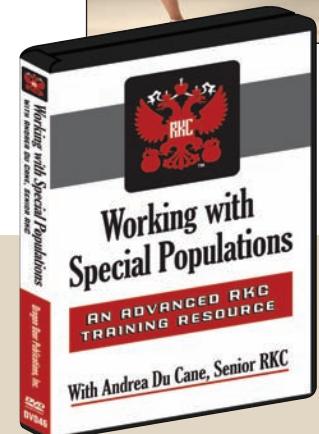
Contents include:

► **Sizing Up Your Clients**
Ain't Got No Swing if Your Joints Got No Zing: Joint Mobility

► **Building a Foundation: Lower Body Drills**
Rocking Deadlift
Box Squats
Figure Eights
Step Back Lunges with Kettlebell

► **Contemplate Your Center: Abs and Core Drills**
Neutral Spine Exercise
Power Breathing with Knee Squeeze
Suitcase Deadlift
Abs and Core Drills: The Slingshot

► **Reach for the Stars: Shoulder Strength and Stability**
Shoulder Exercises with Balls or Light Kettlebells
Bandwork for the Back and Lats
Farmers' Walks
Walk Around in Clean Position
Walk Around with Kettlebell Overhead
Corkscrew Windmill



Working with Special Populations

An Andrea Du Cane, Senior RKC

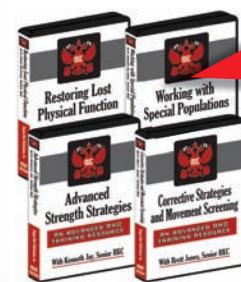
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HOW TO RECLAIM MANKIND'S GLORY DAYS OF SUPERLATIVE STRENGTH, ENDURANCE AND POWER

INTRODUCING:

CARDIOVASCULAR KETTLEBELL CONCEPTS

BY KENNETH JAY, SENIOR RKC

Back in ancient Greece, in the days of the battle at the Hot Gates, the human race had superior genetics compared to us in this lifetime. A couple of years ago an experiment was conducted across history. Exercise physiologists, engineers and historians from several universities across Europe set out to determine the level of conditioning these heroes of ancient times possessed.

By an historical analysis of information on these men's training, ability to sail their ships and cover great distances by foot it was shown that the cardiovascular endurance and strength of the "average" man would be hard if not impossible to find a match for today—even when recruiting from the ranks of world level athletes. The scientists wrote: "It would be hard today to find enough world class athletes in the entire world to row a single copy of an ancient battleship at the same speed and for the same duration as the men from the past were able to do. Today we would not stand a chance against these men".

Our genetics have changed and the human race is in its worst shape ever!

I urge you to reclaim the past, make a stand and gain the heart of a racehorse with the strength of a grizzly, that would make the heroes of the past proud.

It is not a coincidence that the men of the past were in such excellent cardiovascular health. A lot of training and fighting requires the ability to exert sustained force output, great accelerations and performing the *Valsalva* manoeuvre WHILE being under tremendous cardio-vascular stress.

The key to the performance level of the glory days is right in front of us. The Kettlebell will deliver a heart of elastic steel with superior flexibility and contractile force generation.

Enter the Cardiovascular Kettlebell Concepts!

In 2006 the very first Western-based university study on the kettlebell was conducted. Measurements on oxygen uptake (VO₂), Lactate production, energy output and power were performed and analyzed in relation to these parameters when doing conventional types of cardiovascular training.

The Kettlebell Snatch delivers results every bit as good as conventional types of exercise if done correctly. Furthermore, a major difference exists. Because of the ballistic nature of the kettlebell snatch and the use of the Valsalva pressurization technique during each repetition, not only will you stimulate an expansion of the heart wall (called eccentric hypertrophy)—and thereby increase in maximum oxygen uptake (VO_{2max})—but you will also stimulate an increase in the strength of the heart wall (concentric hypertrophy), along with increases in blood pressure sensitivity and arterial compliance. *These benefits aren't observed to the same extent doing other types of cardiovascular activities.*

There is absolutely no reason whatsoever not to snatch a kettlebell! It will provide you with the heart of a racehorse and the strength of a grizzly!!

However it DOES matter HOW you structure a kettlebell snatch session if you wish to reclaim the cardiovascular health and strength of our ancient heroes...

Some protocols will work better than others, just like different deadlift programs. Even if you are not an elite athlete it does not mean that you should not use the best protocols for your physical development. Proper planning and structure of the training sessions ensures maximum results and prevents poor

performance. Don't settle for anything less than optimal. Learn proven protocols and why they work.

There are a lot of misconceptions about "cardio" training and they should be put to rest. Specific parameters should exist in order for an exercise to constitute a "cardio" exercise—and trainers and serious athletes should be aware of these in order to achieve what they want.

The Cardiovascular Kettlebell Concepts (CKC) will do exactly that. The CKC will teach you the reasons behind true cardiovascular training and how the kettlebell fits in perfectly! It will provide you with an understanding of how the systemic circulatory system works and why the kettlebell snatch is one of the best exercises for heart health and strength. In addition it will provide you with foolproof protocols for doing things right—by teaching you how to test yourself with repetition kettlebell snatches to ensure you do exactly what is needed to achieve physical greatness. Nothing half-assed here—only the best is good enough and you should not settle for less.

Reclaim the strength and glory of our heroic forefathers. Build a heart of elastic steel with the endurance of a racehorse and the strength of a grizzly!

For a complete training program in Cardiovascular Kettlebell Concepts and VO_{2max}, see Kenneth Jay's 2-DVD set *Advanced Strength Strategies* on the opposite page—Ed.



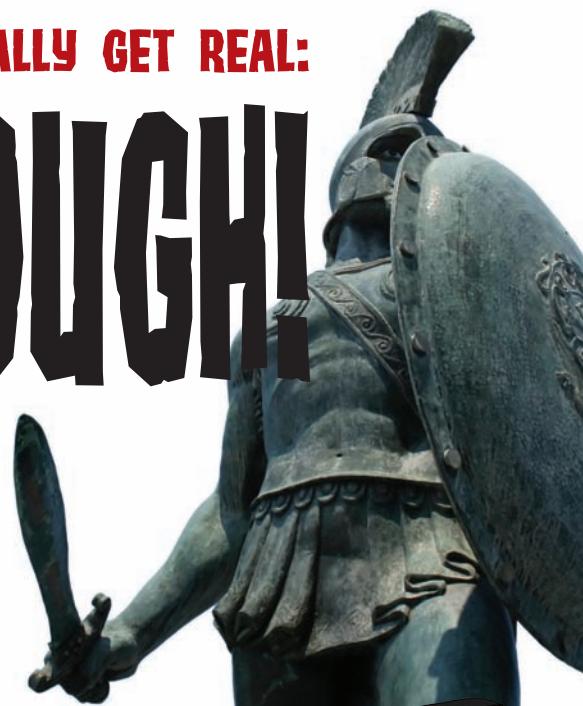
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THE DANE OF PAIN COMMANDS YOU TO FINALLY GET REAL:

ENOUGH IS ENOUGH!

End the *indignity and shame* of modern-day **softness**—using this ultimate protocol for building a **JACK-HAMMER HEART** and the **INVINCIBLE HARDNESS** of an ancient warrior



O

Our dear Dane of Pain, Kenneth Jay really pulled a fast one on the unsuspecting candidates at the June 2007 Level Two RKC certification workshop.

Kenneth strolled onto the darkened stage at Dayton's Bluff—and in his best scholarly manner lulled his audience into a false sense of security...

With pointers, charts, diagrams, stats and wads of research to back him up, "Prof" delivered convincing proof that a carefully calculated, personalized kettlebell snatch protocol could give us the most outstanding cardio of our lives. And give us a fighting chance to be mentioned in the same breath as those immensely powerful warriors of ancient times.

"Niiiiice!"everyone thought...."Niiiiice!"—and lounged deeper into their soft seats, scribbling intellectually into their notepads...

The RKCs got a thorough schooling in *Cardiovascular Kettlebell Concepts* and how to massively enhance their all-important VO2Max.

But theory without practice is like decaf coffee—why bother?

That Was a NICE THEORY— Now How About Some PRACTICE?

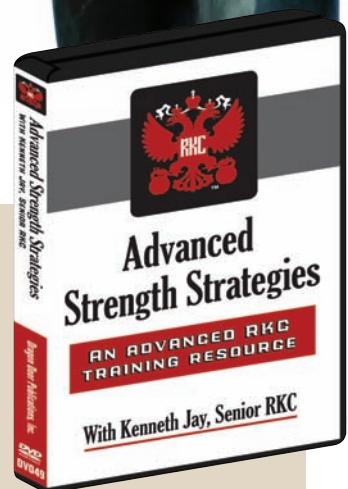
Well, of course our kind Viking was not about to let his students off with a mere Powerpoint presentation of theory and research, however convincing. Leave them sitting on their duffs as they do in so many other certification programs. Nooooooooo....

Kenneth invited the RKC candidates to join him in the protocol practice itself...

So, out to the playing field the RKCs all trooped—and were promptly subjected to one of the most blistering KB sessions of their lives: the VO2Max snatch protocol.

Again, we caught it all on tape: every detail of Kenneth's superb and highly educational presentation and every important moment of the VO2Max protocol in action.

Absorb Kenneth's presentation, watch it through a few times so your mind can understand the full significance and power of what Kenneth is offering you. Then follow along and "take heart" from the warrior-building workout that follows. Then prepare to kick some solid butt in the world at large.



Advanced Strength Strategies

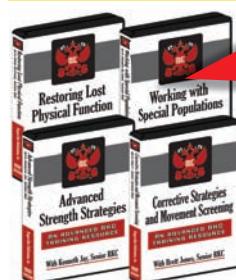
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THE BACK SIDE OF THE CORE

Six Powerful Reasons Why Every Athlete Should Consider the Deadlift a Crucial Component of Highly Effective Core Training

By Gray Cook MSPT, OCS, CSCS, RKC

I chose the title of this article to emphasize how important the back musculature and glutes are when effectively and holistically training the core. The more you read and research core training the more you are exposed to the significant bias toward isolated abdominal training, which commonly falls under the broad umbrella of core training. It is imperative that you first understand that in a normal functioning system the core is used in every activity to stabilize, balance and protect the body as well as to transfer energy from one body segment to another. It is only when the system breaks down and mobility and stability problems are evident that we need to isolate a part and break it down during core training.

One of the most fundamental movements and core exercise techniques that I have seen is the deadlift.

However, many individuals shy away from the deadlift because they perceive it will place a higher degree of stress on the back, which may have potential for injury. As a board-certified orthopedist specialist in physical therapy, I do not see how a complete core training or back rehabilitation protocol could not involve this most fundamental movement. I think the biggest problem with the deadlift is individuals do not realize the many options they have to evoke this primitive stabilization pattern.

Deadlifting does not have to be about a straight bar, large plates and chalk on your hands.

Deadlifting is about holding the segments of the spine stable in a neutral position and allowing the hips to exert their force through the spine to move the upper torso without changing the position of the vertebrae, which make up the spine. This move is described by concentrically contracting the hips during extension, with an isometric contraction of the spinal stabilizers. Having said that, a deadlift is actually any hip hinge move—either single or double leg—that fits the definition.

I primarily use the deadlift as a corrective maneuver to help demonstrate left and right side asymmetries in my core training programs. I use this both in rehabilitation and performance training. First to help patients recover from an injury that has involved the spine or core and secondly when consulting with high school, collegiate and professional athletes who are having performance issues and recurrent problems associated with their training.

Let me review a few pearls on deadlifting that have become apparent to me since I have researched and dissected core training over the last few years:

- 1) **For the purposes of training the core, it is necessary to at least have 20 degrees of flexion at the knee.** This reduces compensation that can be caused by muscles attaching to the IT band. Flexing the knee renders the IT band as more of a stabilizer and not a prime mover. It also increases proprioceptive awareness at the foot, knee and hip, which allows the core to have more control over the situation of deadlifting. It should also be stated that maintaining a slight bend in the knee simulates the universal ready position used in most sports and allows the pelvic stabilizers to work more effectively. The slightly flexed knee position also allows for more effective foot positioning, decreasing pronation, for individuals who may have increased tightness in the gastroc/soleus complex and in the hamstrings.
- 2) **It is not about the straight bar.** Although I think that straight bar deadlifting large amounts of weight is one of the most fundamental maneuvers in weight training, I do not feel that it is necessary for all individuals to use a straight bar.

Only those individuals going into high-stress situations need to incorporate straight bar deadlifting large amounts of weight into their weight training. A deadlift can be executed with a single arm either on a dumbbell or a kettlebell. We have even demonstrated in our recent published information how a deadlift can be done with tubing or a cable column for those populations not yet ready for free weights.

The single arm deadlift turns the move into a 3-dimensional stabilization drill. This technique evokes a rotational component by the

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You've heard that the core is your power center... And you've heard that a strong core is essential for high-level athletic achievement... And you're training your core religiously... But are you ignoring (like most folk) a crucial protocol that spells the difference between mediocrity and massive success?

Are You Making These **FATAL** (yet Horribly Common) **MISTAKES** When Training Your Core—**STUCK** Being Weaker, More Vulnerable, Less Stable and **LESS EFFECTIVE AS AN ATHLETE?**

THE CORE" is more than your abdominals! Your back and glutes (your hips) are part of your "CORE." May sound obvious when you hear it, but the fact is—when it comes to that mystic core—most folk are obsessed with isolated abs training. And foolishly neglect the correct training of the back musculature and glutes.

Secrets of Core Training: "The Backside" gives you the scientific solution for fixing that weakness from the ground up.

Now, it's one thing to teach, say, the correct form for doing the all-important deadlift. But what if the lifter has a lurking, unidentified imbalance that creates dysfunctional compensations and injuries-waiting-to-happen?

The special brilliance of Brett Jones and Gray Cook's approach is that they make sure you know how to identify the imbalances that could secretly sabotage your lifting.

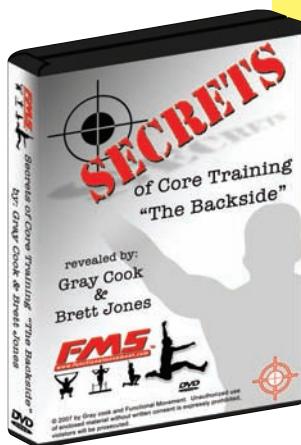
Only then, once you have the correct movement patterns in place, can you develop the full strength you deserve. Cook and Jones show you how—step-by-careful-step. Just follow the

road map and you can't go wrong...

Discover screening techniques and corrective movements that progress you through 3 graduated levels of exercise to develop mobility in the hips, core activation, spine stability, and the total body's overall strength.

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

In this highly accessible DVD set Gray Cook teams with premier strength trainer and author Brett Jones to ensure your core training is as effective as you could possibly ever want it.



Discover the **PROVEN PROTOCOL** of fail-safe steps that guarantee you a **GENUINELY STRONG, STABLE, CORE**—for a **FAR** more powerful and effective athletic performance

Secrets of Core Training: "The Backside"

**By Gray Cook, RKC and Brett Jones, Senior RKC
DVD #DV045 \$39.95**

Running time: 82 minutes



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single arm pull, which effectively strengthens the shoulder girdle while receiving all of the benefits of a straight bar deadlift. This rotation is countered by the rotators of the torso, the internal rotators of one hip and the external rotators of the opposite hip. When splitting the deadlift in half and executing a single arm deadlift, it is important to take the unininvolved arm and place the back of the hand in the lordotic curve (inward curve of the low back) of the spine. We have even instructed first timers to hold a stick or a dowel in this position and maintain constant contact between the stick, head, thoracic spine and buttocks. This gives increased proprioceptive feedback for spine stability.

Since the deadlift is being executed with each arm independently, the trainer and strength coach have an excellent opportunity to look for mechanical differences between the left and right pull movements.

These differences may not be a result of a slightly weaker shoulder; it could be an entire pattern problem with reduced core stabilization on one side. These types of asymmetries can be addressed by placing more emphasis on the weaker side. You can increase the sets and/or reps on the weaker side until technique improves and left-right symmetry is noted.

3) **The movement is more important than the motion.** This statement could be confusing, without definition, but my point is that a good stable spine and a good hip drive is more important than pulling the weight completely from the floor. Range of motion is not the most important thing when teaching deadlifting. It may be important for some individuals to elevate the bar, dumbbell or kettle bell off of the floor so that appropriate neutral spine and a 20-degree knee bend can be performed. I will use a small step or platform, in order to place the weight 6-8" off of the floor. This allows for good strong pulls and excellent mechanics without the added stress of excessive range of motion while initially teaching the maneuver.

There are two options for progression once the individuals can perform it with the weight elevated. The first is to maintain the same weight and move it closer to the floor with a 2" or a 4" elevation. Secondly, you could increase the weight and choose to stay above the level of the floor if you feel that range of motion may be a problem.

4) **One of the best examples of total core stabilization is the single arm, single leg deadlift.** This should always be done as a cross-body maneuver, meaning, if you are deadlifting while standing on the left leg you will be lifting weight with the right arm. This places the right leg off the ground and, although I have seen it demonstrated with a slightly bent knee, I encourage my clients and patients to extend the hip and the knee as much as possible as the leg leaves the ground and goes into extension. This total extension of the non-weight bearing leg helps evoke core stabilization.

Standing on one leg and lifting the weight with the opposite arm places an extreme amount of 3-dimensional force through the core.

To execute the move appropriately, the core must stabilize 3-dimensions of stress while the hip drives itself into extension. The internal and external rotators of the hip as well as the adductors and abductors of the hip must continuously monitor motion and stabilize the way they were designed to do. These muscles are not prime movers and

perform a stabilizing role, in order for the prime movers to work and change position during the movement.

Foot position is extremely important in both the single and double leg deadlift. The foot position should be monitored at all times, relative to the knee. Ideally, you would like to set the knee as far outside the foot as possible without changing foot position. The foot needs to remain flat on the floor and the individual is instructed to push and drive with the big toe. This movement will cause the foot to have a tendency to pronate or supinate, if this occurs it will reduce the effectiveness of core stabilization.

Keeping the knee abducted as much as possible on top of a stable foot will allow the best possible biomechanical alignment as well as neuromuscular horsepower for the hip.

5) **Never try to teach hip hinge and deadlift mechanics to an individual that cannot perform a full and comfortable toe touch.** In my book, *Athletic Body in Balance*, I demonstrate how to quickly clear up this movement pattern limitation. **The inability to touch your toes signifies more than just hamstring tightness. It demonstrates a serious disconnect between core stability and hip mobility.** These are the 2 fundamental aspects that need to be reinforced with the deadlift. As a matter of fact, effective deadlifting, for those individuals who have demonstrated life-long stiffness in the forward bend, will actually reduce the limitation quicker than daily hamstring stretching.

Remember, for every degree of mobility you gain you must gain the same degree of stability to help control the increased range of motion.

6) **One last bit of advice.** I have found the single arm, single leg deadlift to be extremely effective in reducing stride problems and stride asymmetry in running. Many field and court athletes, as well as runners, may never go to a double leg straight bar deadlift, however they can benefit significantly by keeping the hips symmetrical in a single arm single leg deadlift. It is an effective form of hip mobility and core stabilization that is unlike any other exercise maneuver that most running and field and court athletes will experience. For this reason, I think that it is an excellent balance of both mobility and stability, while giving the trainer and coach an excellent opportunity to address symmetry on a weekly basis.

Individuals will always have tendencies to be more proficient with movement on one side of the body as opposed to the other; however, these differences should never exceed 10%.

If you notice a greater than 10% difference between a left and right single arm, single leg deadlift, train the weaker side and watch the stride problems correct themselves as core strength and hip symmetry increase.

Gray Cook MSPT, OCS, CSCS, RKC is one of the most sought after lecturers in the country, developer of the Functional Movement Screen and consultant to many professional teams and military groups. You can learn more about Gray and the Functional Movement Screen at www.funktionalmovement.com

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

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

Pavel has done it again!

Rated 10 out of 10

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

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

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

—Mark Reifkind, RKC, Owner Giry Kettlebell Training, CA

Essential Pavel!!!!

Rated 10 out of 10

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

The complete idiots guide to kettlebell super strength

Rated 10 out of 10

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

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

Pavel again proves his genius and brilliance with "Enter The Kettlebell"

Rated 10 out of 10

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

Tremendous book and DVD!

Rated 10 out of 10

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

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

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

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

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

I went from 124 to 162 snatches in one month!

Rated 10 out of 10

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

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

—Federal Counterterrorist Operator

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

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

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

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

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

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

Enter the kettlebell! and follow the plan:

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

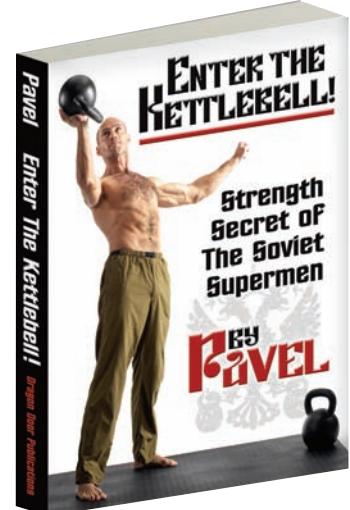
2. The RKC Rite of Passage

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

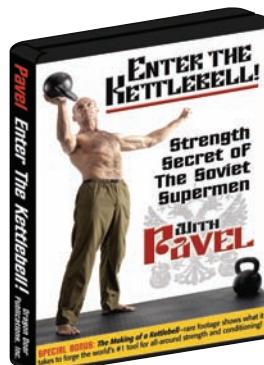
3. Become a Man Among Men

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

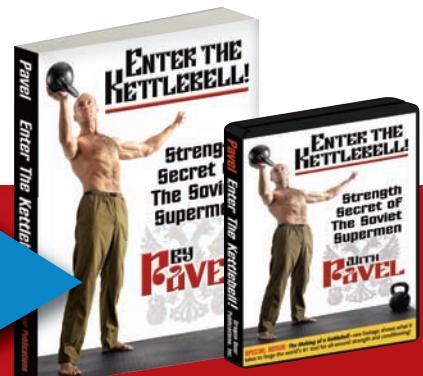
When you rise to the challenge—and *Enter the Kettlebell!*—there will be no more confusion, no more uncertainty and no more excuses—only raw power, never-quit conditioning and earned respect.



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Enter The Kettlebell! Highlights

Foreword by Dan John

Preface: A Step to the Left and I Shoot

"Do it this way!"... the no-more-guesswork, failure-is-not-an-option, quick-start guide to kettlebell success... *Power to the People!* for kettlebells.

Introduction: When We Say

"Strength," We Mean "Kettlebell."
When We Say "Kettlebell,"
We Mean "Strength."

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

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

Chronicle of the Russian Kettlebell Invasion of America

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

Chapter 1: Enter the Kettlebell!

Which Kettlebells Should I Start With?
Choosing the correct size of kettlebell for

men and women of differing backgrounds, strength and skills... understanding your goals with kettlebells.

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

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

“It’s Your Fault”: Kettlebell Safety 101
Ten key tips to have your strength and your health too... practicing safety to make safety permanent.

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

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

Chapter 2: The New RKC Program Minimum

Practice Before Workout: The Break-in Plan

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

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

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

**The Get-up—for Shoulders That Can
Take Punishment and Dish It Out**
Miraculous shoulder comebacks... developing shoulder mobility and stability... pressing heavier... the six essential standards for a perfect Get-up... Get-up mastery, Steps 1 through 4.

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

The Next Step

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

Chapter 3: The RKC Rite of Passage

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

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

A Pull and a Press—Sound Familiar?

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

The Clean—Crisp Like a Punch

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

The Press—for a Classic Torso

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

**The Snatch—for Android Work
Capacity and the Pain Tolerance
of an Immortal**
The Tsar of kettlebell lifts... snatches for military and law enforcement... physical and mental benefits of the Snatch... The six essential standards for a perfect Snatch... Snatch mastery, Steps 1 through 6.

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

Have Your Borsch and Eat It Too:
The Hazards of Variety and
How to Dodge Them

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

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

Rest Less, Snatch More

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

high-intensity intervals—the new Rx for heart health.

From Boy to Man

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

Chapter 5: FAQ

Is kettlebell training a fad?

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

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

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

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

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

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

What diet do you recommend?

Will kettlebells help my sport-specific strength?

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

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

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

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

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

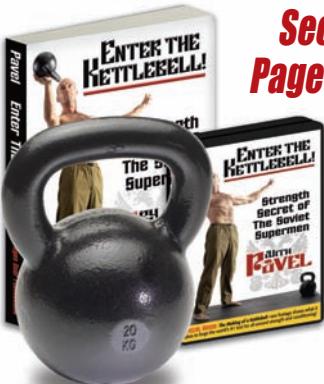
If Russian stuff is so tough, why did the USSR lose the Cold War

Chapter 6: The Making of a Kettlebell

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

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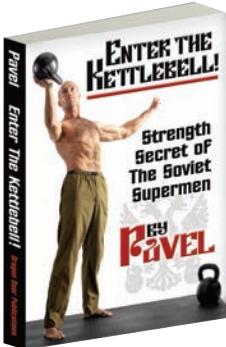
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"Pavel's *Enter the Kettlebell!* helps you weed out weakness... develop explosive power, strength and never-quit endurance—with his PROVEN system for rapid, spectacular and across-the-board gains in physical performance"

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

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

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

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

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

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

Lift Your Kettlebell Like a Pro...

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

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

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

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

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

Why?

Even a man of average initial strength can immediately start using the 35lb kettlebell for two-handed swings and quickly gravitate to one-handed swings, followed by jerks, cleans and snatches.

Within a few weeks you can expect to see spectacular gains in overall strength and conditioning—and for many—significant fat loss.

Stronger men and more experienced

weight-lifters and powerlifters can use the 35lb kettlebell to train themselves effectively in the many excellent drills you'll find in Pavel's classic book and DVD, *Enter the Kettlebell!*

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

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

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

Excellent Alternative Rated 10 out of 10

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

Less is more Rated 10 out of 10

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

True Strength Training Rated 10 out of 10

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

helpful customer service."

—Anthony Lang - San Diego, Ca

The Right Tool For The Right Job

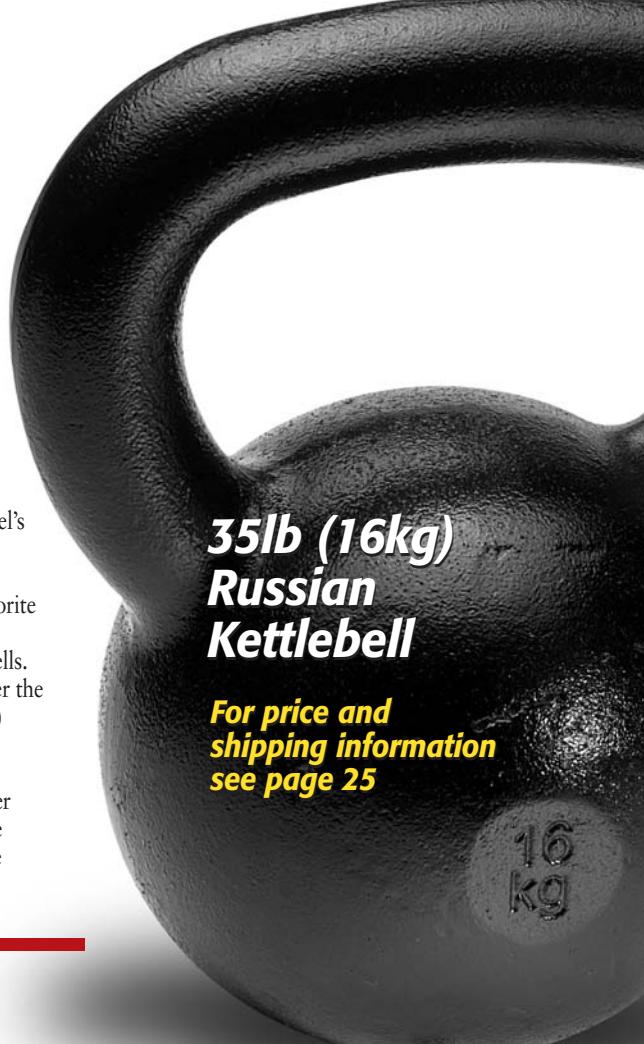
Rated 10 out of 10

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

Physical Results Rated 10 out of 10

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

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



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

**For price and
shipping information
see page 25**

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

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

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

Thanks Pavel!" —romzilla - Atlantic City, NJ

Enjoying the kettlebell Rated 10 out of 10

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

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!



THE WORLD'S #1 HANDHELD GYM FOR EXTREME FITNESS

Use Kettlebells to:

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

Kettlebells Fly Air Force One!

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

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



Pavel's Kettlebell FAQ

What is a 'kettlebell'?

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

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

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

"Kettlebells—Hot Weight of the Year"—Rolling Stone

Why train with kettlebells?

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

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

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

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

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

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

"Kettlebells—A Workout with Balls"—Men's Journal

Who trains with kettlebells?

Hard comrades of all persuasions.

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

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

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

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

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

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

Am I kettlebell material?

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

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

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

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

How do I learn to use the kettlebell?

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

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

—Kid Peligro, *Grappling* magazine

What is the right kettlebell size for me?

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

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

"Kettlebells are like weightlifting times ten."

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

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

STEEL HANDLE & CORE/RUBBER CASING		Price	MAIN USA	AK&HI	CAN
#P10K	6kg (approx. 13lb) — .375 poods	\$97.95	S/H \$15.50	\$61.50	\$37.00
CLASSIC KETTLEBELLS (SOLID CAST IRON/POWDER COATING)					
#P10N	10lb	\$64.95	S/H \$13.50	\$55.50	\$36.00
#P10P	14lb	\$69.95	S/H \$16.50	\$66.50	\$38.00
#P10M	18lb	\$76.95	S/H \$20.50	\$73.50	\$46.00
#P10G	12kg (approx. 26lb) — .75 pood	\$82.95	S/H \$28.50	\$88.50	\$56.00
#P10A	16kg (approx. 35lb) — 1 pood	\$89.95	S/H \$33.50	\$104.50	\$68.00
#P10H	20kg (approx. 44lb) — 1.25 poods	\$99.95	S/H \$40.50	\$122.50	\$80.00
#P10B	24kg (approx. 53lb) — 1.5 poods	\$109.95	S/H \$44.50	\$139.50	\$92.00
#P10J	28kg (approx. 62lb) — 1.75 poods	\$129.95	S/H \$47.50	\$157.50	\$101.00
#P10C	32kg (approx. 70lb) — 2 poods	\$139.95	S/H \$48.50	\$175.50	\$111.00
#P10F	40kg (approx. 88lb) — 2.5 poods	\$179.95	S/H \$58.50	\$211.50	\$138.00
#P10L	48kg (approx. 106lb) — 3 poods	\$247.95	S/H \$69.50	\$247.50	\$167.00

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

#SP10 Classic Set (one each of 16, 24 & 32kg) **\$322.85** S/H \$126.50 \$419.50 \$271.00

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!

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



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

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

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

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

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



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

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



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

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

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

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



are put together like a sandwich. The kettlebell-shaped cavity inside the compressed sand is ready to receive molten metal.

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



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

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



The second problem the riser tackles is metal shrinkage. Iron

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

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

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

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



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

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

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

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

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



Which Kettlebells Should I Get?

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

—Louie Simmons, Westside Barbell Club

BY PAVEL

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

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

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

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

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

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

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

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

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

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

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

Poods and Kilograms to Pounds Approximate Conversion

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

Start out with the Right Kettlebell!

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

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



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

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

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

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

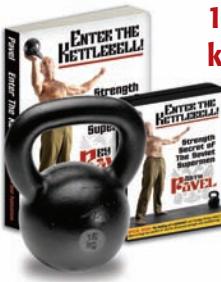
Pavel's *Enter the Kettlebell!* book gives you the theory, detailed instructions and superb photography to ensure you know exactly what you are doing. Pavel's *Enter the Kettlebell!* DVD supplies that crucial ingredient that you simply can't expect to get from a book alone—the three-dimensional movement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

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

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

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

16kg or 35-pound kettlebell:

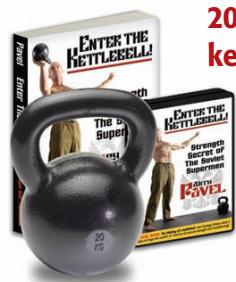


Men's 35lb Russian Kettlebell Quick-Start Kit

Item #KKB009 \$144.85
plus \$43.50 SH

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

20kg or 44-pound kettlebell:

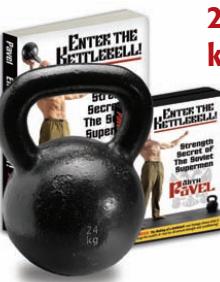


Men's 44lb Russian Kettlebell Quick-Start Kit

Item #KKB014 \$154.85
plus \$50.50 SH

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

24kg or 53-pound kettlebell:



Men's 53lb Russian Kettlebell Quick-Start Kit

Item #KKB015 \$164.85
plus \$54.50 SH

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

CLASSIC KETTLEBELL PAIRS (SOLID CAST IRON/POWDER COATING)

ORDER A PAIR & SAVE \$10.00

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



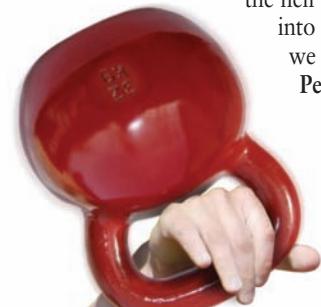
HARD-STYLE

For Those Who Love Their Pain In Full-Blooded Color:

RUSSIAN REDS Dish It Out: Attack Fat, Slap on Muscle, Beat Up On Weakness—But Happy Victims Say “Bring it On!” And Beg for More...

I never knew the holy grail could be so dangerous!

"I've only got a couple weeks under my belt with this thing, but my fitness is growing in leaps and bounds rapidly! The KB is definitely the holy grail when it comes to general fitness. I notice the "what the hell" effect coming into play every time we do pt!"—Justin Perry - Ft. Sill, Ok



Great exercise program made less expensive!

"I've been using kettlebells for weeks now and prefer them to traditional weights for the following reasons:

- 1) They give me more energy after training and deeper sleep than compared to free weights.
- 2) They take up less floor space than normal weights.
- 3) I don't need a spotter.
- 4) Training sessions aren't as time consuming.

I'd recommend kettlebells to anyone who could make good use of them and Russian Reds make them more affordable!"
—Scott - Brooklyn, NY

So far, so good! And SO RED!

Same great quality, only gleaming RED and oh-so-shiny! For those of us who are a bit artistically challenged and thus hesitant to adorn our own kettlebells, these are superb. Very eye-catching, they positively DEMAND to be lifted."—Marissa DeMaio, RKC - Santa Fe, NM

"RUSSIAN REDS" KETTLEBELLS

#RR003	12kg (approx. 26lb) — .75 pood	\$67.95
#RR001	16kg (approx. 35lb) — 1 pood	\$74.95
#RR002	24kg (approx. 53lb) — 1.5 poods	\$94.95
#RR004	32kg (approx. 70lb) — 2 poods	\$124.95

Price	MAIN USA	AK&HI	CAN
\$67.95	S/H \$28.50	\$88.50	\$47.00
\$74.95	S/H \$33.50	\$104.50	\$58.00
\$94.95	S/H \$44.50	\$139.50	\$81.00
\$124.95	S/H \$48.50	\$175.50	\$111.00

NOTE: Please see the special shipping notes on page 25 under the black kettlebell prices

Nice smooth finish !

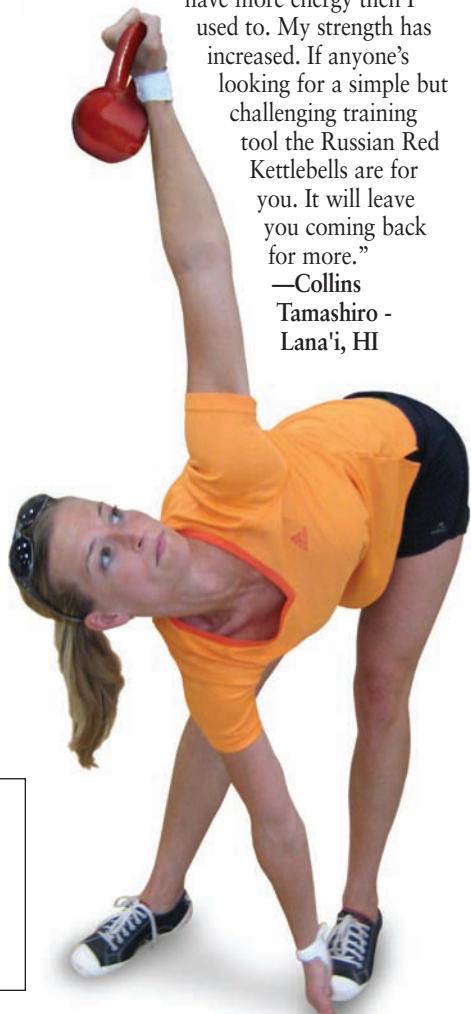
"Super smooth finish. Very easy on the grip. I love the extra attention to detail. These bells glide in your hands.. And they're RED! Thanks DragonDoor."—Dan Turner - Colorado Springs, Colorado

I enjoy the pain

The Russian Red Kettlebells are an awesome training tool. My pants are looser and I feel great in the morning, I

have more energy then I used to. My strength has increased. If anyone's looking for a simple but challenging training tool the Russian Red Kettlebells are for you. It will leave you coming back for more."

—Collins Tamashiro - Lana'i, HI



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



Participants at *Pavel's Russian Kettlebell Certifications* include world champions, elite athletes, special forces, law enforcement, firemen, doctors, personal trainers, martial artists...and regular folk just looking to achieve irregularly spectacular levels of strength and conditioning.

**The Party is On. The Party is Growing.
We invite you to ride the wave.**

Go to www.dragondoor.com today and sign on!

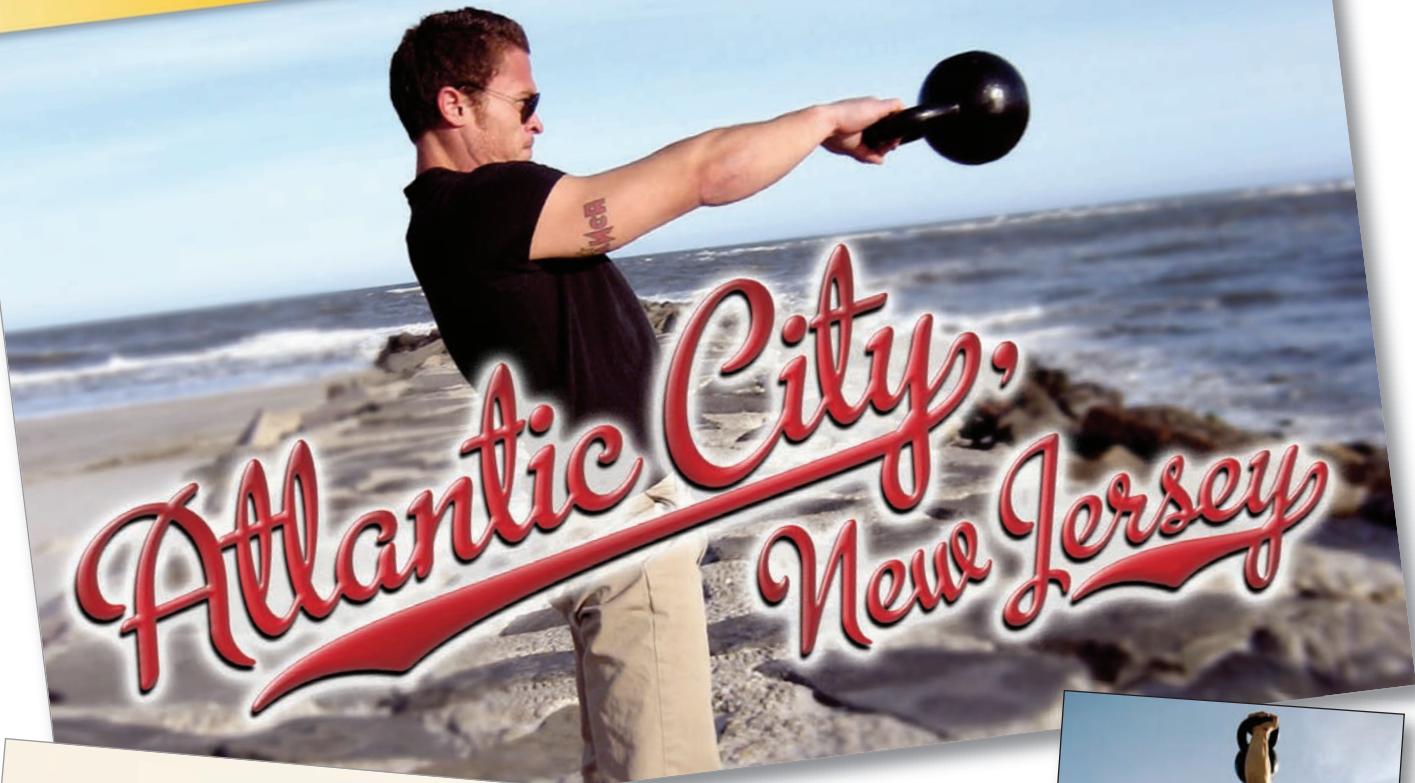
Participants at Pavel's September 2007 RKC Workshop



Participants at Pavel's June 2007 RKC Workshop



A Letter of Thanks from



REVOLUTION-FIT.COM

JOHN,

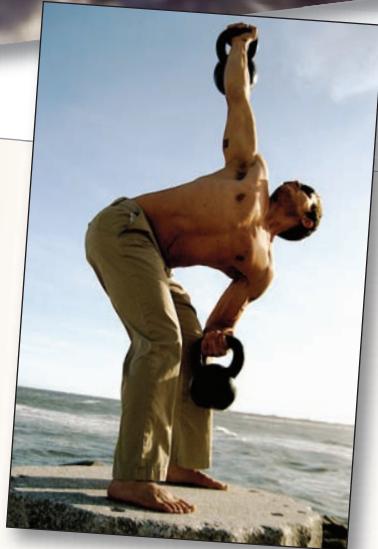
I WOULD LIKE TO THANK YOU FOR THE RKC TRAINING IN APRIL 2007. IT HAS CHANGED MY LIFE AND HAS TAKEN MY BUSINESS TO THE NEXT LEVEL. I OWN A FITNESS STUDIO IN SOUTH JERSEY NEAR ATLANTIC CITY. I'VE BEEN WORKING AS A TRAINER FOR 8 YEARS, CONSTANTLY ACQUIRING NEW KNOWLEDGE AND PASSING IT ON.

ABOUT 4 YEARS AGO I BEGAN STUDYING YOUR TECHNIQUES AND PHILOSOPHIES. IT WAS SO REVOLUTIONARY FOR ME. HIGHLY INTELLIGENT. EFFECTIVE. NATURAL. I BEGAN WORKING WITH KETTLEBELLS, QIGONG, INCORPORATING THIS NEW KNOWLEDGE WITH WHAT I ALREADY KNEW. THIS HAS NOT ONLY HELPED MYSELF, BUT COUNTLESS OTHERS. IT WAS SO CONTROVERSIAL, ESPECIALLY TO THE FEARFUL AND CONDITIONED. BUT IT REALLY WORKED AND WE'RE GETTING MORE BELIEVERS EVERYDAY, JOINING THE PARTY.

THE TRAINING AND MARKETING CONCEPTS TAUGHT AT THE RKC WERE PRICELESS. THE DESIGN OF THE PROGRAM WAS BEAUTIFUL, AND I KNOW DRAGON DOOR IS BEHIND MY BUSINESS ALL THE WAY. I AM PROUD TO BE ASSOCIATED WITH DRAGON DOOR AND APPRECIATE THE KNOWLEDGE AND CONSCIOUSNESS YOU HAVE PASSED ON TO THE WORLD AND MYSELF. "POWER TO US".

I AM WORKING HARD TO BRING THESE CONCEPTS OF HEALTH AND FITNESS TO THE MASSES.
THANK YOU,

ANTHONY D'AGOSTINO RKC, NASM
www.revolution-fit.com



Anthony D'Agostino is featured in a full-page article in the June 14, 2007 edition of the Atlantic City Press. To read this great story—and many more like it—visit our new Media page on www.dragondoor.com

"HEY, YOU! DO YOU HAVE WHAT IT TAKES TO TAME THE BEAST?"

THE BEAST TAMER HALL OF FAME

M

any of us can *swing* THE BEAST, most of us can *deadlift* THE BEAST, many can *clean* THE BEAST,

quite a few can even *snatch* THE BEAST, but only a chosen handful of the strong can either *press* THE BEAST, or do a *pistol* with THE BEAST or perform a strict weighted tactical pullup with THE BEAST...

It takes tremendous overall strength to achieve all three lifts...

And so far only these SIX RKC's have officially accomplished that impressive feat and been inducted into the BEAST Tamer Hall of Fame:

Shaun Cairns
Kenneth Jay
Brett Jones
Geoff Neupert
Jeremy Layport
Jeff Steinberg



Cairns



Steinberg

Have you started training with your BEAST yet? If not we invite you begin and look forward down the road to adding your name to the BEAST TAMER HALL OF FAME!

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

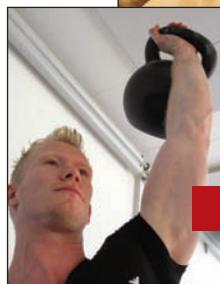
Layport



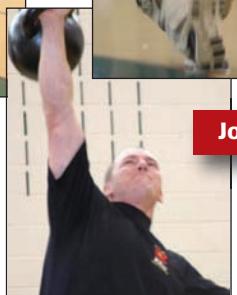
Nuepert



Jones



Jay



We Invite You to Step Up to Dragon Door's
"BEAST TAMER CHALLENGE":

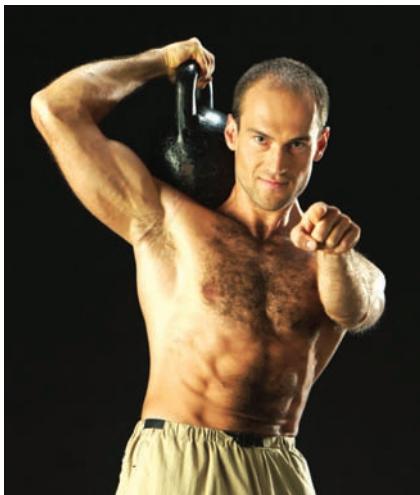
To be inducted into **THE BEAST TAMER** Hall of Fame, you need to be able to perform:

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

The BEAST TAMER CHALLENGE is held at each of Pavel's RKC Certification Workshop—for those that dare...

Future **BEAST TAMER** Hall of Fame inductees will be published, with photos in upcoming issues of *Hard-Style*.

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



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...

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**

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.**

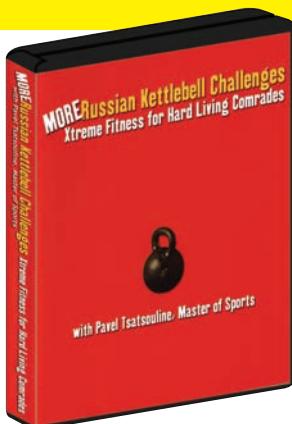
—Gus Petersen, RKC, Denver, CO

Pavel's next Russian Kettlebell Challenge Certification Program will be held in St. Paul, Minnesota, **April 19-21, 2007**. For more information visit our website at: <http://www.dragondoor.com/wpkb28.html> To register today call: **1-800-899-5111**

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!



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



More Russian Kettlebell Challenges

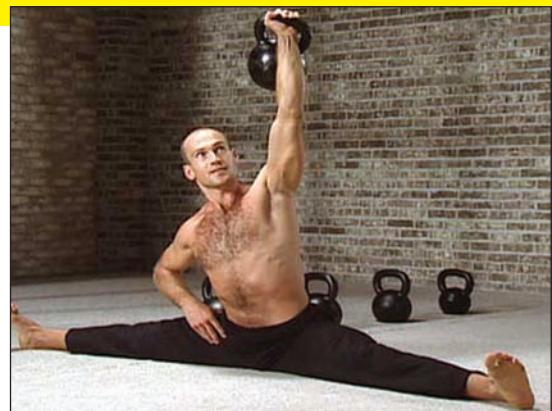
25 Evil Drills for Radical Strength and Old School Toughness

With Pavel Tsatsouline

VIDEO #V111 \$47.00

DVD #DV005 \$47.00

Running Time: 40 minutes



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

The Traditional Bent Press

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

The DARC Swing

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

The Reverse Floor Wrist Drill

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

The Front Squat

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

The Para Press

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



The Knee Supported Row

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

The One Legged Deadlift

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

The Seated Good Morning Stretch

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

The Floor Seated Press

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

The Split Press

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

"Pavel has done another excellent job in presenting challenging drills that will take your kettlebell practice and fitness to new heights. Pavel's trademark humor is ever present, and his instruction is no-nonsense and, as always, well done. Multiple camera angles are used, and are very helpful in grasping the fine points of the drills.

Pavel's instruction is pure gold — detailed and meticulous. There is a tremendous amount of valuable information packed into this 40-minute tape. Watch and listen closely, follow Pavel's advice, and you'll find something remarkable in the fitness industry — someone actually delivering on what might appear to be the usual marketing hyperbole."—John Quigley, Hazleton, PA

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

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

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

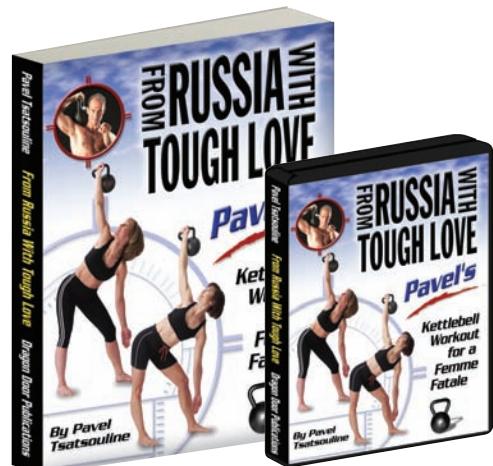
But until now, the astonishing benefits of the Russian kettlebell have been unavailable to all but a few women. Kettlebells have mostly been the sacred preserve of the male professional athlete, the military and other hardcore types. That's about to change, as Russian fitness expert and best selling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

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

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

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

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



From Russia with Tough Love

Pavel's Kettlebell Workout for a Femme Fatale
With Pavel Tsatsouline

Running Time: 1hr 12 minutes
DVD #DV002 \$29.95

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

From Russia with Tough Love Book and DVD Set



**Item #DVS005
\$59.90**

Purchase Pavel's From Russia With Tough Love book and DVD as a set and save...

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



www.dragondoor.com

Firefighting and Kettlebells: A Great Combination

By Tom Corrigan,
RKC Team Leader

Firefighting is a physically demanding job. You have no time to warm up when the alarm sounds. In fact, many of your hardest calls wake you up the middle of the night. You have to drag heavy hoses, lift ladders, carry heavy equipment, and pry open or just break down doors. You need a strong grip, a powerful back, and the ability to take ballistic shocks.

You need power that endures, which means having both strong muscles and a strong heart. I have discovered that these qualities are developed with kettlebell training.

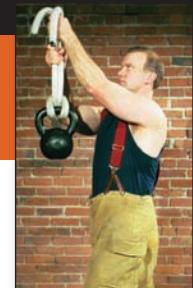
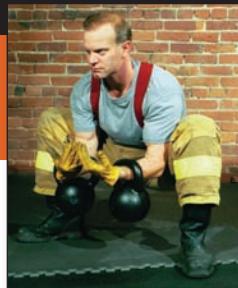
I'd like to share with you how kettlebell training has changed the entire way I look at firefighting fitness.

Before kettlebell lifting, I mainly did the standard health club workouts, which are based on bodybuilding protocols. You did exercises for each body part, pumping your muscles up by going smooth and slow until your reached muscular failure. After "weight lifting" for my muscles, I still had to work my heart, so then I had to do 20-30 minutes of cardio, usually on a treadmill or a stairstepper.

Doing these kinds of workouts did improve my overall condition, but I always got a rude awakening when I worked various manual labor jobs during the summer months. All this lifting I was doing didn't translate too well to the "real strength" needs of working a construction job. It always took a few weeks for me to feel fit enough to work all day on a job site.

After a friend introduced me to kettlebell training, I ordered my own KB along with both the RKC book and video. While just training three times a week, I felt that it was building functional strength, active flexibility, and cardio power.

After my initial training sessions I noticed minor pains in my elbows and wrists. They faded as my tendons and ligaments started to strengthen and thicken, adapting to the ballistic shock. You don't get this kind of shock from the health club machines—they teach you to be slow and smooth and have zero impact. That would be OK except for one small thing... REAL LIFE! You get jarred around in real life—if you never train for it, you won't be able to handle it.



Controlled ballistic training helps you handle shocks without getting injured as easily and feeling as sore afterward.

Over the next few months I lifted less and less at the gym (and eventually dropped my membership) and started focusing on building my KB skills. I started to bring them to my fire station, so I could practice during our allotted fitness time each shift. KBs are perfect for doing short but intense workouts. Never "training to failure" helps me stay fresh. As a fireman, you really can't afford to be really sore and stiff like you get after the typical "feel the burn" bodybuilding type workouts.

This was the kind of intense and functional workout I had been searching for—no fancy machines, high-tech gimmicks or complicated contraptions. Just a hunk of iron with a handle...

Kettlebells are the best single tool I have found for developing strength, endurance and flexibility. Their off-center weight distribution recruits the stabilizer muscles of your shoulders and torso like no dumbbell or barbell can.

The over-sized handles are about the same size as the grips on our axes, pike poles and other tools. High rep swings, snatches, and cleans tax your cardiovascular system just like moving a charged hose line down a long hallway, hauling hose and tools up multiple flights of stairs, or dragging a person out of a building. You can't get that kind of cardio from a treadmill or even a stairstepper. You only develop that kind of cardio from working your entire body.

Whole body cardio is built by using your major upper body muscle systems working in a controlled and coordinated fashion with you legs and hips for doing high rep sets with little or no rest. Your abs and back also get a great workout from staying firm and protecting your spine while you do rep after rep.

I refer to high rep kettlebell lifting as "Loaded Cardio", because your heart is working just as hard as your muscles. It's a two-for-one workout.

While fighting a fire, I am always lifting heavy objects off the ground, carrying heavy things quickly up stairs or down

hallways, working with heavy tools over my head, and bending or crouching down as I pull hose or search for victims. Bending over and lifting things, standing up with heavy weights, pressing and holding things over your head describes kettlebell lifting to a tee.

Our class motto at the State Fire Academy was "Train like you fight, fight like you train." Are you training like you're going to be fighting? I have yet to sit on a bike seat or a rowing machine seat, or lay on a bench on a fire scene.

Firefighting tasks can be trained for with the use of kettlebells. The versatility of KBs is unsurpassed. You can hold them in many different ways—one handed, two hands together, two hand parallel (right side up or upside down) or even press it sitting on your palm, either on the flat bottom or the curved side. You can wrap a towel or large diameter rope around the handle to lift it up and even swing it around your body or legs. It swings like a wrecking ball, developing tremendous amounts of force.

Swinging a six-pound axe feels like a toothpick after swinging a kettlebell on a rope.

Lifting and swinging two KBs in one hand develops a powerful grip. Pressing and walking around with kettlebells overhead builds both strength and stability in your shoulders. High rep swings builds your low back endurance, which is what you need to avoid injury and pain.

My advice to any firefighter who wants "real world" conditioning, would be to buy a few kettlebells, then get my new DVD *KB FIRE*. It covers everything you need to get started with kettlebell training. Learn the five basic lifts and their variations, and practice the firefighter specific drills. You would be wise to read pertinent articles on KB training at dragondoor.com. Consider getting some training from an RKC in your area. Check out Pavel's kettlebell DVDs—I have every one, and have learned from them all.

Tom Corrigan is a firefighter and RKC Team Leader based in Shoreline, WA. He can be reached by phone at 206-604-5588 or by email at: kbfiremantom@yahoo.com

How to Safely Survive... And WIN EVERY Fight You EVER Fight

"Do you know how to manhandle a heavy box to the top shelf? How to lift a heavy object that is not directly in front of you? How to be strong in a tight space—without hurting your back? Watch Tom Corrigan's DVD and you will!"—Pavel Tsatsouline, the author of *Enter the Kettlebell!*

"I feel like I am cheating my brother and sister Firefighters by not sharing KB Fire with them right away. My department has recently suffered an epidemic of career ending On the Job Injuries, two shoulders, three backs, and one knee. I know the sections on posture combined with Tom's creative job specific uses of the kettlebell can prevent many of these injuries. KB Fire not only helps to correct poor movement patterns but it also shows you how to toughen yourself to further prevent those injuries. The tips on CPR have already paid off on the job. I was able to get as good or better compressions done without getting that pump in my lower back that is soon followed by an ache."

As I began to share portions of KB Fire with fellow firefighters they were immediately impressed with Tom's ability as an instructor as well as the quality of his physique. Tom puts out what you need to know and then shows you exactly what he told you with great demonstrations. Our training officer loved the graphics superimposed over Tom to reinforce good mechanics.

Brother, this DVD will surely save lives as well as careers when KB Fire gets out to the fire service at large!"—Matthew Burleson

"As a career Firefighter and former US Marine infantryman, I know what demands are placed on us physically and mentally. I understand how to prepare to go above and beyond the challenges that face us. This video will prepare you! About seven years ago I seriously injured my back while using improper lifting technique and poor exercise choices. It was so bad after a while that my chiropractor told me I could no longer lift anything close to heavy. Well, that doesn't go very well with firefighting as many of us know. Yes, I almost lost my job.

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Ultimate "Real World" Kettlebell Training Program Turns Firefighters into Near Invincible Specimens of Enduring Power and Shock-Proof Heart...

So Who Else Wants to Develop This "True Survival Strength"—Be Ready to Plunge into the Longest, Hardest Challenge and Surge Out the Other Side, Hungry for More?

As a longtime firefighter, Tom Corrigan has been on a relentless mission to seek out physical-preparedness programs that would truly give him the iron grip, the powerful back, the steely, cable-like muscles, the endurance, the ability to handle ballistic insult and the shock-proof heart that are essential in his line of work.

Because Tom didn't just want to excel as a firefighter. He wanted to survive, whatever he had to go up against, every time.

When Tom discovered kettlebell training, he finally found the perfect firefighter fitness solution in one package. He likes to call kettlebells the "Great Equalizer", because they give him the perfect combination of endurance and strength.

Having experienced these phenomenal training results with kettlebells, Tom Corrigan has wanted to share "fighter-preparedness" program not only with all his other firefighters but all those whose jobs require heavy and sudden physical challenge.

While Tom's *KB Fire* program will ensure a firefighter is supremely ready to fight, the drills can easily be adopted by a host of hard-living types to perform their jobs more safely and more effectively.

Here's praise for *KB Fire* from some folk who KNOW what they're talking about:

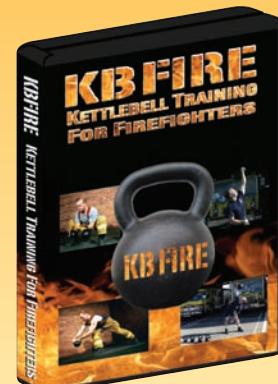
Then I came across kettlebells and Tom. With kettlebells and Tom's instruction on proper lifting technique (as shown in his new video, KB Fire) I rehabilitated and strengthened my back. Not only did I keep my full time firefighting career, I am able to workout with the same ferocious intensity I had while in the Marines fifteen years ago. The difference now though is my back and joints are tougher and more resilient and I am significantly stronger and in extremely better conditioning, less body fat and thirty pounds heavier."—Sean Dickinson, RKC

"I have been a firefighter/EMT for approximately ten years and have utilized numerous workout regimens over that time, but none as effective as kettlebells. I have waited patiently for a program specifically geared toward firefighters and our unique duties...and now it is here. While I already had a firm grasp on the basics of kettlebell exercises, your DVD had some very good ideas for improving strength and endurance in specific areas and tasks found on the fire scene. I'm 42 years old now and without a doubt in the best shape of my life...all due to kettlebells! I truly believe any firefighter or other public safety worker could benefit from your DVD and the ideas contained within. Great job and stay safe."—David Verduin, Anchorage Fire Dept.

The bumps and bruises come with the job. Reduce or eliminate leaving the job with a bad back, knees, shoulders or cardiac problems. Tom will show you proper warm-ups and exercises that will make you a fitter, more resilient firefighter."—Bob Ross, RKC, Firefighter/Paramedic, Phoenix F.D.

"KB Fire is a versatile, comprehensive kettlebell training program for firefighters that understands the diverse nature of our job. Taking a hydrant, pulling an attack line, laddering the structure, cutting a hole on a pitched roof 20-30 feet high with a screaming powered tool or axe, with fire below you and victims that need to be saved can be challenging. Prepare yourself and your department with KB Fire.

"Tom not only does a great job with showing you the basic conditioning exercises you can do with the kettlebell, but the 'job specific' drills alone will greatly benefit a firefighter's ability to do the job effectively while minimizing the risk of injury. Great job Tom!"—William Fish, RKC, Firefighter, EMT-C, Johnston Fire Dept, Local 1950, Johnston, RI



**KB Fire:
Kettlebell
Training for
Firefighters**

By Tom Corrigan,
RKC Team Leader

Running time: 117 minutes

DVD #DV044 \$49.95



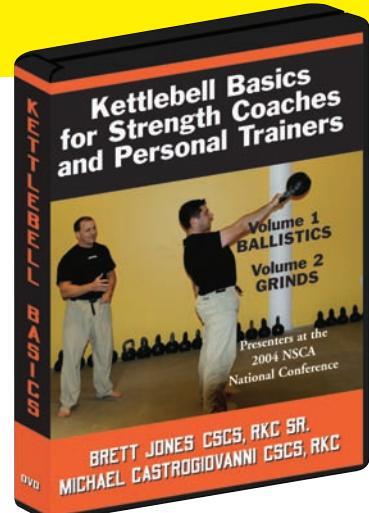
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TRAINERS... COACHES... ANNOUNCING:

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

"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



Kettlebell Basics for Strength Coaches and Personal Trainers

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

Volume 1 – Ballistics
Volume 2 – Grinds

Running Time: approx two hours

DVD #DV026 \$67.95

ABOUT THE AUTHORS

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

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

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

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



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

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

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

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

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

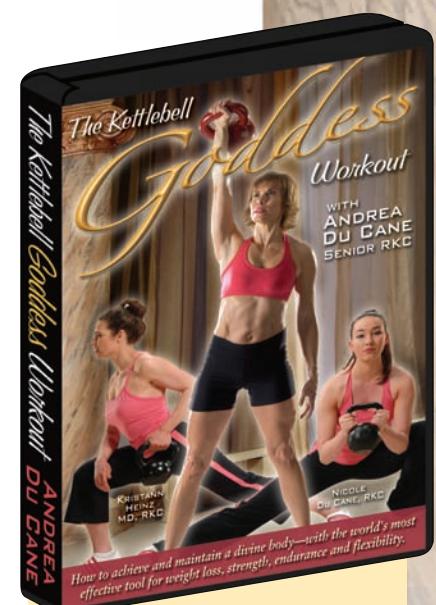
Or simply follow along with one of the six Goddess Workouts for a complete, carefully targeted session designed to carve away the fat and sculpt lean, toned muscles—ready and willing to take on the world and win it all. Just like Athena... Just like Nike...

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

- Receive inspiring, first-class personal instruction from one of the nation's top female kettlebell athletes.
- Renew yourself with a constant variety of targeted, high-yield workouts that meet your changing needs.
- Redefine your body and exceed your mortal limits, with the divine challenge of Andrea's patented *Goddess Workouts*.

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

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



The Kettlebell Goddess Workout

**Andrea Du Cane,
Senior RKC
with Kristann Heinz, MD, RKC
and Nicole Du Cane RKC**

**Running time:
2 Hours and 25 minutes
DVD #DV040 \$29.95**

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DID YOU GET YO

Reader reviews of Andrea Du Cane's *The Kettlebell Goddess Workout* DVD—Average Rating: 9.5 out of 10, in 31 reviews on dragondoor.com



Finally!!!

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

WOW!

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

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

—Christine Staunch, RKC - Bayonne, NJ

The Complete Package - Astonishing

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

Hard Core Workout!

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

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

—Mary - Saratoga, CA

Become the Goddess!!

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

—Rae Chitwood, RKC - Mansfield, OH

Excellent!

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

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

The Kettlebell Goddess Workout is the Best!

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



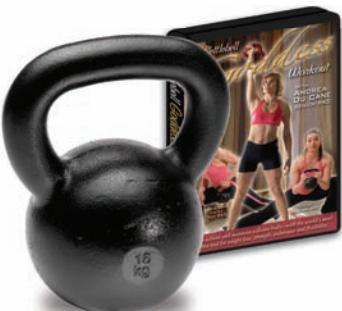
Nothing but positive feedback!!!

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

Outstanding DVD!

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

Save Money with the ULTIMATE KETTLEBELL WORKOUT Kits



Women's 18-lb Ultimate Kettlebell Workout Kit
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Item #KKB011 \$102.90 plus \$34.50 SH-A*

Women's 35-lb Ultimate Kettlebell Workout Kit
Item #KKB012 \$109.90 plus \$39.50 SH-A*

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UR GODDESS YET?

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

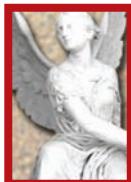


This video is GREAT!!

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

This is perfect for what I was looking for!

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



Works for the Gods too

"Men! Don't let the 'Goddess' title keep you from getting this DVD. The workouts are demanding and complete. You may follow each workout as demonstrated for some great training. The real bonus for me was the build your own workout section at the end. Any 'God' can reap tremendous benefits from the Goddess workout." —Steve Gould, RKC - Morton, IL

This is motivating

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

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

This DVD is awesome.

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



Awesome DVD and well worth the investment!

"I purchased a Kettlebell last year and only knew a few exercises. As a fitness professional teaching group choreographed aerobics for 23 years I am excited to receive this addition to my home workout!! It is like having my own personal professional Kettlebell trainer in my living room!! I love it. Satisfied in CA" —CJ - Forestville, CA

Absolutely AWESOME!!!!

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

Superior than any other workout tape I've purchased

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

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



Skip the health club membership and do this instead!

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

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

A must have when working with kettlebells

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

What an awesome DVD

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

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

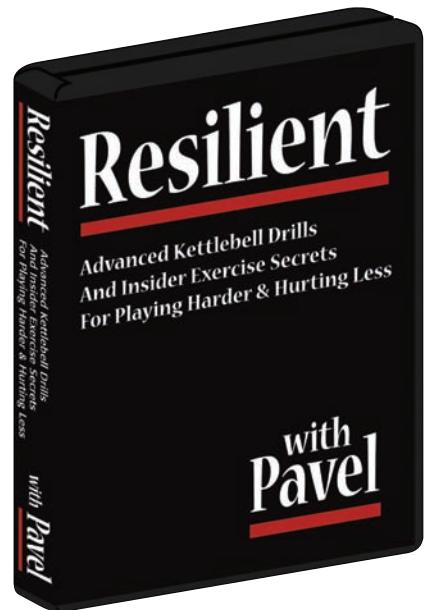
Life has a habit of body-slammimg us when we least expect it. And the more active we are, the more likely we're gonna be wrenched, tossed, torn, torqued, twisted, scrunched, hammered and generally whacked around. Hit your forties—let alone fifties—and you can be reduced to a tangled mess of injuries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

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

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

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

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



Pavel's Resilient program:

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

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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WARNING!

Hidden Blocks and Imbalances in Your Shoulder Could Be CRIPPLING Your Performance and Setting You Up for Injury After Frustrating Injury

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

H

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

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

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

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

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

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

To ignore the protocols on *Secrets of the*

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

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

DISCOVER:

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

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

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



Secrets of the Shoulder

By Gray Cook, RKC and Brett Jones, Senior RKC

2-DVD set #DV043 \$69.95

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WHAT YOU'RE IN FOR, WHAT YOU GET WHEN YOU SUBSCRIBE TO PAVEL'S POWER TO THE PEOPLE! MONTHLY

From Issue One of Power to the People! Monthly:

Latvian Deadlift Secrets, or How to Pull 948 Pounds

To the uninitiated it was one of the ugliest looking deadlifts. The Latvian lifter in professorial glasses pulled with a hump reminiscent of Inspector Clouseau's Quasimodo disguise. Yet the monstrous weight went up without a hitch... [Find out how and why.](#)

How to Bench Big the Russian Way

IPF powerlifting world champion **Brian Siders** has commented how brutally strong the former Soviets are, even though their muscularity is not at all impressive. "Some of them look like they have never lifted a weight, but they put up some impressive numbers..." [Find out how and why.](#)

Round Back Deadlifts—Man Makers or Back Killers?

"Like most, I used to pull with a straight back maximally using my legs," says Latvian Konstantin Konstantinov who owns the 948lb. world record in the 275lb. class. "I got up to 340kg/749lbs. but not any higher." Then he met Finn Ano Turtainen, a WPC world champion and record holder. Ano suggested that

Kostya round his upper back and in seven months the Latvian's deadlift jumped from 340 to 390kg—without any weight gain.

Does it mean you should drop your flat back deadlifts in favor of round back pulls today? [Not so fast. Review the pros and cons of round back lifting and decide for yourself.](#)

From Issue Two of Power to the People! Monthly:

"Easy Strength": A Secret of Athletic Excellence

"672 was medium hard, so I left it there," casually remarked Walter Thomas after his last deadlift. The forty-eight year old had just posted one of the highest totals of the year in the 181-pound weight class. "I didn't want to overextend myself."

"Easy strength". Marty Gallagher coined this expression after observing Thomas, Coan, and other powerlifting greats who never missed a training lift and hardly ever missed a competition attempt... [Get the full scoop.](#)

The Ryabinnikov Plan: Another World Class Russian Squat Cycle

Russian powerlifting programs have two things in common. First, they are mind numbingly boring—a brutal volume in the three competition lifts. Second, they are exceptionally effective.... [If it is strength that you seek in the gym rather than entertainment the following squat plan by Oleg Ryabinnikov, Master of Sports International Class is right down your alley.](#)

Lee Moran—
The First Man
To Officially
Squat 1000+
Pounds

1

From Issue Three of Power to the People! Monthly:

"Athletic Gymnastics": Power Bodybuilding in the Soviet Union

In the Soviet Union bodybuilding and powerlifting were Siamese twins, impossible to separate. It is partly explained by the old school respect for strength and partly by the need to downplay the pursuit of looking good in the country where such things were frowned upon.

Iron rats found their way around the ideology by coming up with two politically correct euphemisms for the ideologically unsound bodybuilding: "athletic gymnastics" and "athletism"... [Get the full story.](#)

Very Progressive Overload: Bigger Jumps for Bigger Gains

Like the Soyuz-Apollo space mission, powerlifting cycling was born in the 1970s and was a joint Russian and American effort. Bill Starr recalls how periodized Russian weightlifting programs made their way into the States in the sixties. "Out of this rather complicated system," tells Starr, "...came a much simpler form of the same idea." The simple idea was... [Get the whole story.](#)

3

From Issue Four of Power to the People! Monthly:

Foundation Strength for Fighters and Athletes

"Why do we lift weights?" asks Marty Gallagher in his classic book *Coan: The Man, the Myth, the Method* and answers: "We lift to increase physical strength and muscle-size. No other answer is correct."

Ed Coan continues, "I firmly believe that everyone should train basically the same regardless of age, sex, height, weight, degree of fitness, percentage of body-fat, etc... I have a method for developing strength and muscle... Why should you train different from me? Lighter certainly, but not differently."

Powerlifting for the people? In this "enlightened" age of "sport-specific training" this view seems naive and old-fashioned but only to those who have scanned their sports science textbooks instead of reading them... [Find out why and how.](#)

4

How Russian Lifters Quickly Get Back in Shape after a Layoff

It happens to all of us. Life throws you a curveball and your training is interrupted for a month. It does not matter whether it is an illness, an injury, a work crisis, a break after a strenuous competition or a family situation, the result is the same—weakness. Jumping in where you left off is stupid and guarantees injuries. If you have the discipline and the patience you can start very light and easy and regain your form through classic cycling in two months or so. But what if you have a powerlifting meet coming up? Or patience is simply in short supply?... [S. Pavlov, Master of Sports has the answer.](#)

Explosive Strength and 12 Killer Russian Complexes for Maximizing It

Do you want to be explosive? Without going into the woods where scientists split definition hairs, **explosive strength** demonstrates your ability to generate great force in minimal time... [Get educated and up to speed here.](#)

Photo courtesy Powerlifting USA magazine



What Do the Champions GRAB— When They DEMAND to Be STRONGER and More POWERFUL Than They've Ever Been Before?

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

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

And the great news is:

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

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

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

Is Pavel doing the right thing?

And is this information really as valuable as we think it is?

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

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

"The information is up to date and concise, easy to read and implement into any program. I don't usually read everything in a newsletter, just scan for what I find

interesting. Before I knew it, I had read the entire thing!! Get on the list!!! —Marc Bartley, WPO Powerlifting World Record Total 2562@275lbs.

"Pavel Tsatsouline's synergistic and methodical approach to training is so unique it's in a class of its own. He strategically integrates strength, athleticism, power, energy, and flexibility into programs that garner huge results while still being easy to follow. Since incorporating Pavel's expertise, both the quality of my lifting and the longevity of my career are continuously increasing. I'm breaking through seemingly impossible strength plateaus, diminishing back injuries that have plagued me for years, and utilizing faster, more efficient systems to achieve my goals. Whether you're a professional athlete striving for peak performance or a reader seeking overall wellness, vitality, and a body free of aches and pains, the road to success is best traveled with Pavel." —Kara Bohigian, WPO Bench Press World Record Holder (402 @ 148)

"Outstanding information! Excellence can be duplicated, so try this system and see if it works for you!" —Doug Dienelt, M.S., ACSM, CSCS, National USAPL and World Masters IPF Powerlifting Champion

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

"Pavel does a great job discussing the powerlifting training techniques of Eastern European athletes. If you want your bench press and deadlift to go up, listen to him. No argument here: it works and gets results!!" —Dr. Michael Hartle, Chairman, USA Powerlifting Sports Medicine Committee, USAPL National Champion and IPF World Team Head Coach

"Truly state of the art information, tightly written as always, and immediately applicable to your next workout. Expanding upon the basics you are taking "practice deep skill" into the powerlifts. Can't wait for the next installment." —Mark Reifkind, former Head Coach IPF Powerlifting Team USA



Photo courtesy Powerlifting USA magazine

Would YOU like to see and know and USE what these champions got when they read Pavel's *Power to the People! Monthly*?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"The course encouraged me that it is entirely within my grasp to increase my mobility and flexibility as I get older rather than lose it (I'm 47) it also convinced me that the real barriers are self imposed.

Extremely practical – a great complement to RKC training."—Michelle Kiliakuska, Mathematician, 1999 and 2000 APFUS Masters National Powerlifting Championships, 2000 WPC Masters World Powerlifting Championship, RKC

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

→ Pavel's first master principle of stretching is to USE YOUR STRENGTH. Discover how a scientific application of targeted strength techniques can help you immediately blow through your current flexibility limitations!

→ Pavel's second master principle of stretching is to FIND SPACE. You'll be astounded at how Pavel's brilliant innovation will rewrite the story of your body and make history of your cramps and blocks.

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

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

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

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

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

Beyond Stretching: The Seminar

Instant Flexibility and The Master Principles of Stretching

with Pavel

#DVS012 \$187.00

5-DVD Set Running time:
4 hours 48 minutes



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“I work my abs a lot and they are probably stronger than the average guy but I found out just how pathetic they were when my Pavelizer arrived. This is an amazingly effective piece of equipment. By taking the hip flexors out of play and isolating the abs, they have to work like never before. Combined with the power breathing, my abs are getting stronger by the day.” —**Charles Long, Burlington, CO**

“The Ab Pavelizer is hands down “THE” best AB training device I have ever used! Simple put, this thing is evil! I noticed almost immediate results and a burn in my AB’s that I never thought possible! I have better six pack AB’s at 28yrs. old than I did when I was 19! If you want to melt your mid-section and destroy those love handles, the Ab Pavelizer is the one tool that gets it done in a hurry!” —**Sean, Lacey, WA**

“The Ab Pavelizer really is the best thing to do for your abs. I’ve been doing kettlebells for a while and am in pretty good shape, but this is really starting to make my abs visible.

This product isn’t cheap, but when you consider it (a) gives you stronger, more visible abs guaranteed (b) improves your overall kettlebell strength/proficiency (c) gives you better posture and probably saves you money in chiropractor visits and (d) lasts forever. Considering all this its well worth the price.”

—**Tony, Santa Monica, CA**

How sure are we that Ab Pavelizer™ II will work for you? If you are not 100% absolutely thrilled with your purchase, Dragon Door Publications will refund of your entire purchase price for up to a FULL YEAR!



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10-25 lb Olympic plate required for correct use.
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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**.

"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.

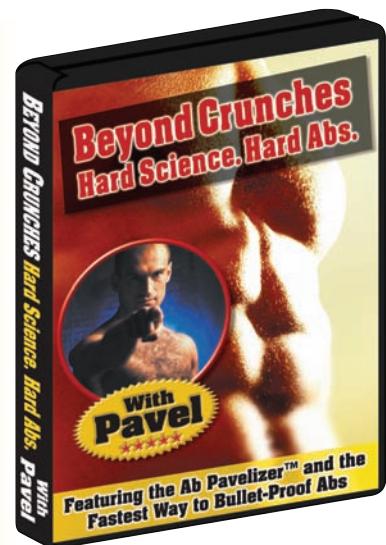
As a former Soviet Union Special Forces conditioning instructor, Pavel Tsatsouline already knew a thing or two about how to create bullet-stopping abs. Since then, he has combed the world to pry out this select group of primevally powerful ab exercises—guaranteed to yield the fastest, most effective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

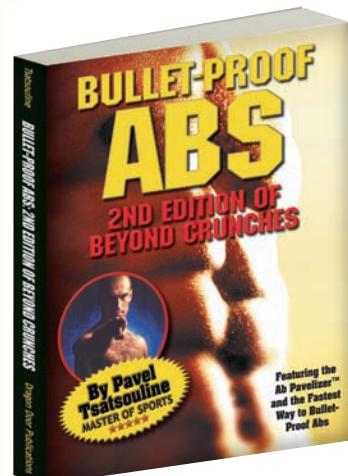


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See Page 73

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



Beyond Crunches
Hard Science. Hard Abs.
With Pavel Tsatsouline
DVD Running Time 37 Min
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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*

Instantly Amplify Your Power and Strength!

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

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

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

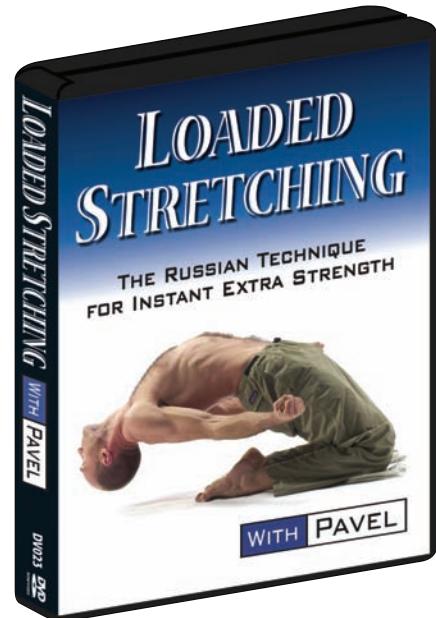
Finally, you too can take advantage of this powerful technique — and watch your athletic performance soar to new heights. Take the *Loaded Stretching* challenge today: perform the exact LS technique Pavel specifies for your chosen strength-skill — and see immediate, measurable gains... be it deadlift,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

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

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

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

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



Loaded Stretching

The Russian Technique for Instant Extra Strength

with Pavel

#DV023 \$24.95

DVD Running time: 20 minutes

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

—**JAY SCHROEDER**, arpprogram.com

LOADED STRETCHING

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

"Strength Stretching is a virtual must for the powerlifter, novice or advanced. Our bodies change as our body mass increases, mostly unnoticed until lack of mobility and flexibility causes reduced performance, or worse injury. Pavel has addressed these issues with time proven methods from the former USSR. **Strength Stretching** has helped **Westside Barbell** enormously and I know it will help everyone who is in powerlifting at any stage of the game."—LOUIE SIMMONS, **Westside Barbell**

Are Rigid Muscles Robbing You of Your Strength?

- Traditional stretching programs *weaken* you — but stop stretching altogether and you'll doom yourself to injuries and mediocrity!
- Discover the world's *only* stretching protocol *specifically and uniquely* designed to *increase* — not reduce — a powerlifter's strength.
- Skyrocket your strength now — and reduce the wear and tear on your joints — by mastering the secrets of *Strength Stretching*!

The iron elite knows that 'being tight' is critical to making that big lift. At the same time you can't put up a big squat, bench press, or deadlift without having *just the right amount* of flexibility and *only* in the right places. A paradox.

Ignore stretching altogether and lose power to the joints that 'don't bend easy'. Do stretches designed for fighters or other athletes and toss away strength by the bucket... because you'll lose your crucial 'tightness'. Either way, a dead end.

Not any more. Enter *Strength Stretching* by Pavel, the *only* flexibility program custom designed to up your squat, up your bench, up your dead!

"Pavel is a fitness visionary. He has been teaching people about whole body functional training when sports scientists and exercise leaders were emphasizing aerobics and muscle isolation bodybuilding techniques. He formulated his methods by combining training principles developed by Soviet and eastern European coaches and scientists, worldwide sports medicine research, and personal experience. His books and DVDs will help athletes increase power, functional flexibility, and neuromuscular control, while minimizing the risk of injury. Coaches, athletes, and sports scientists will benefit from his unique training courses." —DR. THOMAS FAHEY, Exercise Physiology Lab, Dept of Kinesiology Track and Field Team, California State University, Chico

"Pavel's stretching ability is unbelievable. As World Class as it comes!"—BRAD GILLINGHAM, 2 times World Superheavyweight Powerlifting Champion

"Pavel takes us through the Big Three of Powerlifting and shows simple movements with Olympic Bars, racks, and benches on how to set up the body to lift more. The section on Wall Squats (hard to explain...easy to understand when you watch) is the single best explanation of squatting I have ever seen. That section is worth the investment for anybody still struggling with figuring out the squat."

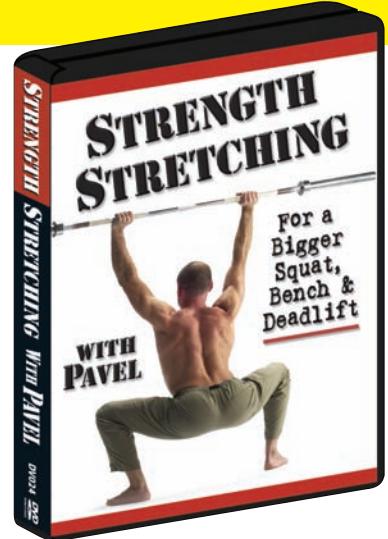
One thing I really liked about the DVD is the clarity provided by not only Pavel's explanations but the simple graphics that accompanied the points. I kept having that "Oh" moment where you are convinced you know

something, realize that you don't, then say out loud, "Oh." The DVD is filled with these and I am a bit humbled today by the realization that I thought I understood a lot of things about flexibility and lifting and realize that I knew little.

I loved the DVD. A viewer might discover that they may already be doing several of the Strength Stretches but might quickly discover, as I did, that one additional idea or factor can turn that stretch into a game changer. Good Stuff!"—DAN JOHN, National Masters Champion in Discus and Olympic Lifting, Salt Lake City, UT

"When I consume a teaching resource, I look for two things; first does it have something I can use immediately, and second does it mention something that I have been playing with in the gym. *Strength Stretching* hits both points several times. Things I used immediately are the Wall Squat, the Wedge, the RKC hip flexor stretch, and the GHR back stretch. The Wall Squat has become my squat warmup drill, the wedge changed my dl start routine, the hip flexor stretch and when to use it are now part of my training and meet bag of tricks, and the use of the GHR for learning to arch is ingenious. The press behind the neck stretch and "prying" are two drills that I have been playing with and have enhanced through the DVD. The Wall Squat portion itself would have made the DVD worth it, but the rest of the material is superb and clearly presented. Graphics are concise. Great for both new and more experienced PLers. Very few things have my full endorsement, but this does."

—JACK REAPE, Armed Forces Powerlifting Champion



Strength Stretching For a Bigger Squat, Bench & Deadlift

with Pavel

#DV024 \$39.95

DVD Running time: 38 minutes

- Gain up to 15% on your pulling strength — by learning how to properly arch your back
- How to arch higher — and bench more — without killing your back
- Master the Kettlebell Depth Squat — the Russian powerlifting secret for teaching perfect squat and pull form and developing championship flexibility
- Discover how to release the hidden brakes that are silently sabotaging your deadlift
- How to relax your turtle traps — and up your dead
- How to squat with the big boys — without killing your shoulders and elbows

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Discover New Keys to Superior Athletic Achievement

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

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

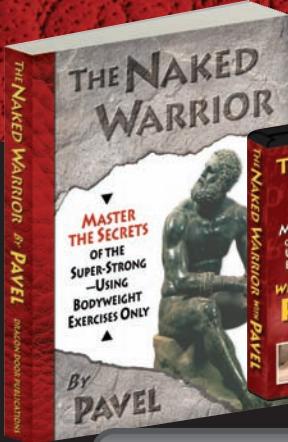
If you can master your muscular tension, a new dimension of athletic excellence opens to you. New achievements. New heights of performance. Some genetically-endowed superstars seem to possess this ability from birth. But according to former Soviet Special Forces trainer, Pavel, a SKILL-SET is available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

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

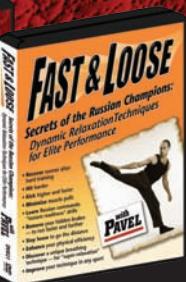
"What I really like about *Fast & Loose* is that it incorporates a lot of dynamic stretching into the routines, which was missing from *Relax into Stretch*... The relaxation techniques are very good and were unique to me... it's definitely worth owning, and combined with *Super Joints* and *Relax into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

Fast and Loose + Rough and Tough = Deadly Force

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

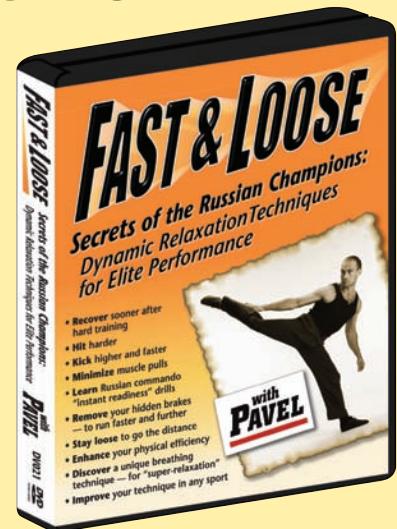


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\$94.85**



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

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



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

with Pavel

#DV021 \$29.95

DVD Running time: 27 minutes

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."**

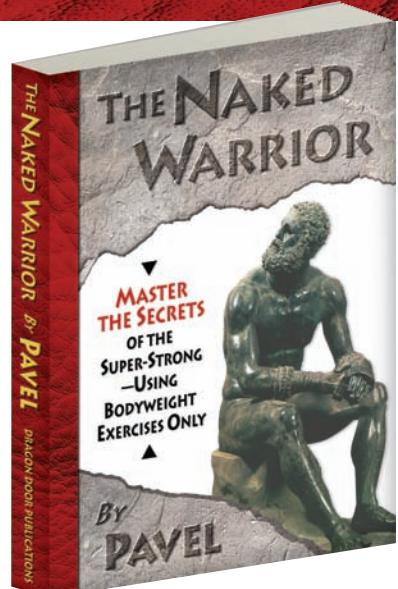
**"I could do one wobbly one-legged squat...
[Two weeks later] I did 5 clean, butt-to-ground pistols."**

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 how to get a world-class powerlifter's quality workout—using your body only
- Get a harder, firmer, functionally-fitter body—and be as resilient as hell whatever you face
- Master the one-arm/one-leg pushup for crushing upper body force
- Forge super-piston, never-quit legs with the *Spetsnaz* favorite "Pistol"

- Discover the magic of "GTG"—guaranteed the world's most effective strength routine
- Be tow-truck strong—yet possess the rugged looks of a stripped-down racer
- No gym, no weights, no problem—get a dynamite strength workout at a moment's notice—wherever you are
- Discover the martial secrets of instant power generation—for rapid surges in applied strength

The Naked Warrior

Master the Secrets of the Super-Strong—Using Bodyweight Exercises Only

By Pavel

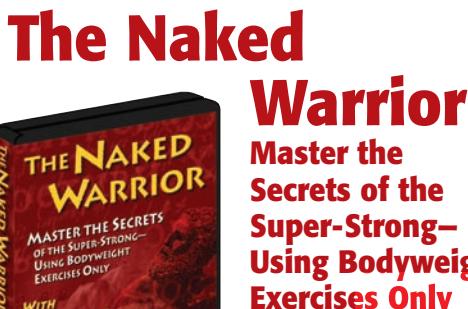
#B28 \$39.95

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

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

"The Naked Warrior DVD is worth its weight in gold! I just completed several honest one arm pushups after viewing the NW DVD. Despite reading the book and practicing, I just couldn't make it happen. I watched the DVD and finally understood that I was letting my shoulder drift. Tightened up and several honest square-to-the-floor one arm pushups were mine!!"—siameeser, dragondoor.com forum, 5/13/04

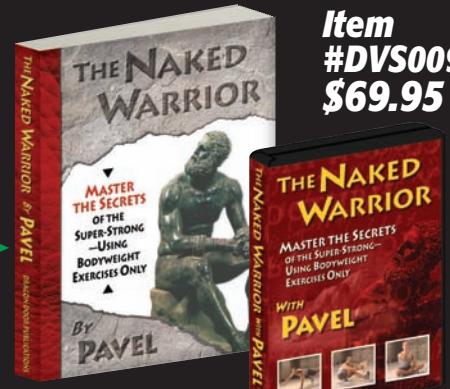
"NW DVD is fantastic ! I had the book & have been working toward full range pistols and OAPUs for a while. A HUGE help to see Pavel doing the movements. Results: Before watching DVD - I could do 2 OAPUs on a good day with so-so form. First workout after watching DVD: 1 set of 3 and 2 sets of 2 with good form. For pistols (at about a foot off the floor). Before I watched the DVD - 2 reps with shaky form. First workout after watching DVD - 2 sets of 5 and one set of 4 solid. Very impressed with DVD - thanks Com. Pavel."—dkaler, dragondoor.com forum, 5/17/04



with Pavel
DVD #DV015 \$34.95
Running time 37 minutes

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

**Item #DVS009
\$69.95**



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

Chapter 1 The Naked Warrior Rules of Engagement

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

Chapter 2 The Naked Warrior Workout

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

Chapter 3 High-Tension Techniques for Instant Strength

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

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

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

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

Chapter 5 Driving GTG Home

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

Chapter 6 Field-Stripping the Pistol

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

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

Chapter 7 Field-Stripping the One-Arm Pushup

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

Chapter 8 Naked Warrior Q&A

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

Praise for Pavel's *The Naked Warrior*

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

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

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

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

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

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

—Arthur Drechsler, author "The Weightlifting Encyclopedia"

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

#B28 \$39.95

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

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

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

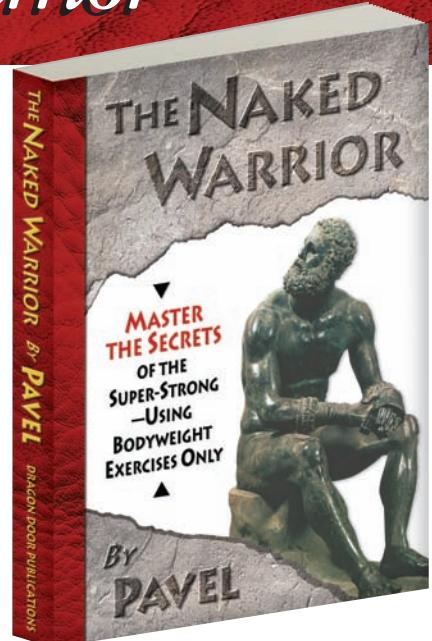
This new learning on cals allows us in the field to still train for great strength with only our bodies and that's like money in the bank! For example, I am going on a 10 day trip with no weights and I will most certainly do *The Naked Warrior* workout while I am gone! I can't wait to get started!

The Naked Warrior is a must for anyone who trains people with cals! While it's great for your own use, you can help others improve dramatically by knowing what to look for and what to suggest to improve their technique.

—SSgt. Nate Morrison, USAF, Pararescue Combatives Course Project Manager

"*The Naked Warrior* is one of Pavel's best work yet!!! I find that Pavel's easy to understand, no nonsense approach in *The Naked Warrior* will help one become the best they can be. In addition, the tools Pavel explains in *The Naked Warrior* will help my Olympic style weight lifters gain the core strength they need to put additional kg on their totals. Thanks Pavel for such a great work!! "

—Mike Burgener, Sr international weightlifting coach



"*The Naked Warrior* is outstanding as a complement to Pavel's other books or standing alone. The 'Grease the Groove' section alone makes this book worth owning. For martial artists and practitioners of police defensive tactics the two featured exercises in *The Naked Warrior* will greatly enhance striking and kicking. The One-Arm Pushup and the One-Legged Squat (Pistol) are the closest thing to actually striking and kicking that strength training has to offer.

For martial artists who don't wish to weight train or just don't have the time *The Naked Warrior* program is the way to go to enhance strength. Those who do weight train will want to include the Naked Warrior program into their training as well since the benefit is great while time, cost and convenience are non-factors.

The 'byproduct' of the high tension concepts outlined in this book is the martial artist will learn more about the use of muscle tension in motion than he will during the majority of martial arts training. Tension, in its proper degree and application is of paramount importance, it is not only a factor in strength, but in speed and endurance as well. The section on Power Breathing explains the relation between strength and breathing like most martial art instructors don't or cannot.

There is finally a scientific explanation on many of the breathing exercises and techniques that abound. As is stated in the book, 'strength is a technique.' You can practice martial skills without the information offered in *The Naked Warrior*, but you risk not operating at full potential."

—George Demetriou, Modern Warrior Defensive Tactics Institute, NYC

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UNSTOPPABLE!

Among even the hardest living of comrades, Sr. RKC Mark Reifkind has been there, done that, and got the scars to prove it!



In this first of a two-part interview, Rif shares the first part of his background in elite athletics and the numerous career-ending injuries that forced him to reinvent himself.

**Interview by
Dr. Mark Cheng, RKC II
First of a 2-part series**



Rif is at it again. For those of you who've never attended an RKC event where Rif's been on the teaching staff, you're *really* missing out. This man is the consummate athlete and a thinking man's coach. And just when you thought that competing on an elite level in gymnastics, bodybuilding, and powerlifting (as well as dabbling in ultra marathons and triathlons) was

more than enough, Mark Reifkind has done it all with injuries that would've reduced most other world-class athletes to playing nothing more than their Xboxes. Now an elite level kettlebell instructor with the Senior RKC ranking, he shares the first part of his story—his background as an Olympic hopeful and his head-on collision with terrifying injuries.

Hard Style: Rif, thank you for taking the time to share your story with *Hard Style*. I first had the chance to meet you in April 2006, and since then, I've had the opportunity to train under you at three different RKC events. Each time, I hear and witness nothing but amazing things from you.

Not knowing you from Adam the first time, the thing that most impressed me after that RKC was how powerfully you spoke on the RKC system. More recently, at the last RKC II, you shared a ton of rehabilitative techniques with the RKC's for use with their clients.

The first question that comes to mind is "How did you amass all of this knowledge?"

Mark Reifkind: Thank you for all of the compliments. I'm just a guy who's had a lifelong love of sports and competition, as well as a voracious appetite for knowledge. If it has to do with making the human body perform better, move faster, or live more pain-free, I'm all over it!

HS: That's putting it quite simplistically, Rif. When did you start participating in sports on a competitive level?

Rif: I started competition training at age 14 in gymnastics. Although, growing up in Miami Beach, I'd been swimming since I was three and surfing from almost as young. I grew up in the ocean and developed a decent upper body strength base from paddling out against the windchop while teaching myself how to surf for many years. Without instruction, I was already able to do handstands and cartwheels, so when I saw the Japanese gymnasts competing in the 1972 Olympic Games on TV, I was hooked! Instantly and instinctively, I knew that gymnastics was the sport for me.

Luckily, I had access to a high school with a gymnastics team and a coach with real competitive experience. One of our first workouts was held at the Miami Dade Community College with their team, one of the best in the country at that time. From the moment I stepped into the gym, I felt like I'd found my home and devoted myself to training as intensely as possible. The college gymnasts that I was watching looked like Supermen to me, and I wanted to be able to do what they were doing and have that same build.

HS: Inspiration leads to perspiration, huh?

Rif: Yup! I spent the next four years training 4-5 hours a day, 5 days per week, and when I wasn't in the gym, I was still doing more handstands, handstand pushups, and stretching like crazy to get and maintain my splits, as well as working to mold my body into the gymnast's model.

When I wasn't training, I was fantasizing about my ideal gymnastics routines, spending hours visualizing the movements in my head and playing them back in slow-mo in my mind,

analyzing them over and over. I also did a lot of self-hypnosis to perfect my movements mentally and rid myself of any fear or anxiety.

HS: That sounds very cutting edge, Rif, even for today's athletes.

Rif: Today's athletes are blessed, man. Technology has made training so much more productive. Camcorders are so cheap these days, and they make it so easy for an athlete to analyze his or her movement down to the umpteenth detail. And more elite training centers have motion capture technology that allow you to see even more detail and give you the chance to take it to a whole new level.

HS: That kind of technology might have saved you from a lot of the injuries that you suffered. Your first relatively major injury was in gymnastics, right?

Rif: Absolutely. During my junior year of high school, I landed a full twisting back somersault with straight knees, trying to "stick it", and compressed the cartilage in my left knee. That put me in a straight leg cast for a month.

That, by itself, isn't too major, but right out of the cast, I went straight back into training. No rehab. No strength training. Nada.

Keep in mind that that was the paradigm of sports medicine at the time (1974), but it set the stage for the rest of my injuries throughout my career. One month later, attempting the same trick, I over-rotated the skill on a wrestling mat and my coach missed the spot. My foot got stuck in the mat, but the rest of my body continued rotating... resulting in a vicious full dislocation of my left knee. Somehow, my coach managed to reduce the dislocation, and I went off to see the doctor immediately. While testing for stability, the doctor managed to dislocate it again. Two full dislocations in an hour. Not bad, eh?

HS: Holy.... Wow, Rif. I'm an orthopedics guy, and that's still making my skin crawl hearing that. I'm amazed that you're walking, let alone doing half the things you're doing with kettlebells these days!

Rif: Wait a sec, Doc. The story's not over there!

They put it in a straight leg cast—no ice or anti-inflammatories—and scheduled me for surgery in three days. When my foot went completely numb that night, I went to the ER and got rescheduled for the next day.

My doctor, who was the team physician for the Miami Dolphins at the time, said it was the worst knee injury he'd ever seen, explaining that I'd missed tearing the femoral nerve by mere millimeters.

Again, another cast and not an ounce of rehab, and 8 weeks later, I'm back to the gym with nothing more than an ACE bandage! I was scared like hell, and the road back was very tough, but I was completely

determined to get back to competitive shape.

My nemesis, Kurt Thomas, was graduating that year, so the Florida state title and the All-Around record was mine for the taking if I could get my act together in time. My injury was in March and I had to be back in competition shape in November.

HS: Did you say Kurt Thomas? As in, the Kurt Thomas, former Olympian and the first American male to win gold in the floor exercise competition?

Rif: That's the one. He and I had a serious rivalry going on. That year, I won 5 out of 6 events in the state championship and broke Thomas's All-Around record. Mine still stands to this day. From that, I got a full ride to the University of Iowa, which had been the national champs a few years earlier.

Again, zero strength or rehab training, and I was off to Iowa. Just my ACE bandages and back to training elite level gymnastics 5 hours a day for 5-6 days a week. Mind-blowing, huh?

In spite of all that, I did well at Iowa, becoming Team Captain my sophomore year, and make it to the Big Ten Finals on the parallel bars my junior year.

That same year, I was picked for the US Team for the Maccabiah Games, the Jewish/Israeli Olympics.

But I started to develop a shoulder problem, which, in usual fashion, the coaches and trainers left untreated and ignored. All I got was a bag of ice after practice. Tendonitis progressed to chronic bursitis, and then after one bad day in March, I suffered a full dislocation of my right shoulder while swinging giants on the rings.

HS: Please tell me that it wasn't another case of "put it in a cast and back to training"!

Rif: Nope. I wasn't so lucky that time.

I'd promised myself after the physical and psychological torture of coming back from my knee injuries that if I ever needed surgery again on any body part I'd quit gymnastics. The doctors wanted to cut up my shoulder since the damage was so severe. I had a knee jerk reaction and just quit right then and there. Without the ability to compete as a potential Olympic gymnast, my motivation for being in college melted. I walked away from a full scholarship and left school.

I had a bit of a breakdown because of that. During my most formative years, my whole being had revolved around the pursuit of Olympic competition.

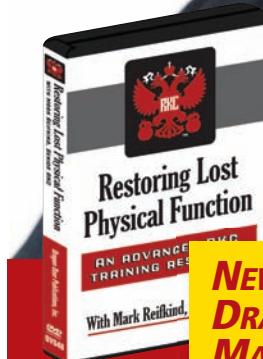
Every shred of my being had been utterly and completely focused on that single goal. Every thought, every emotion, every drop of sweat, every ache, and every tear had centered around representing my country on the world stage.

With that hope taken from me, I had no idea what to

do with myself, and I felt my world spinning around me like a ship lost at sea.

IN OUR NEXT ISSUE...

**THE REINVENTION OF A SUPERMAN...
MARK REIFKIND'S RISE TO PROMINENCE
IN THE WORLD OF STRENGTH TRAINING
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In his classic article in *Powerlifting USA* Marty Gallagher ponders why the Russians excel in the sport, in spite of horrible food and scarcity of training equipment. Porridge and potatoes supplemented with soy animal feed for extra protein are not exactly ‘the breakfast of champions’. The equipment is equally Spartan; post-Soviet strength athletes rarely have access to more than just a basic barbell and a lot of plates.

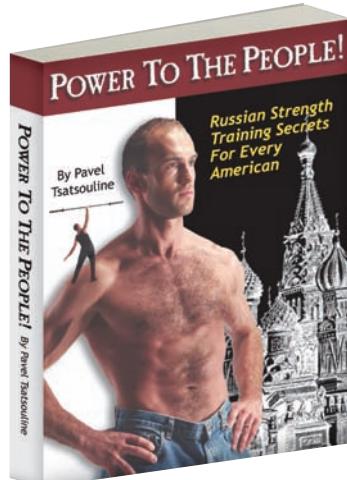


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- How to get brutally strong all over – with only two old-school exercises



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—Larry Scott, 1st Mr. Olympia, author of *Loaded Guns*

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

"I started using the PTP program about 6 weeks ago, and the results for me have been phenomenal....50 lbs. on the deadlift and 35 lbs. on the bench press." —WYLDMAN, Kansas City, KS

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"A good book for the athlete looking for a routine that will increase strength without building muscle mass. Good source of variation for anyone who's tired of doing standard exercises."

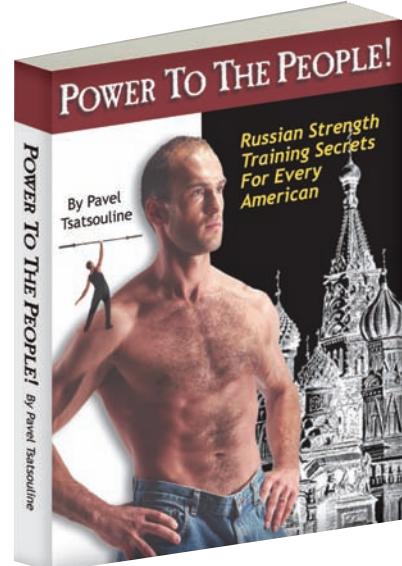
—JONATHAN LAWSON, IronMan Magazine

"I learned a lot from Pavel's books and plan to use many of his ideas in my own workouts. *Power to the People!* is an eye-opener. It will give you new—and valuable—perspectives on strength training. You will find plenty of ideas here to make your training more productive."

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The deadlift separates the serious students of strength from the wannabes.

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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.

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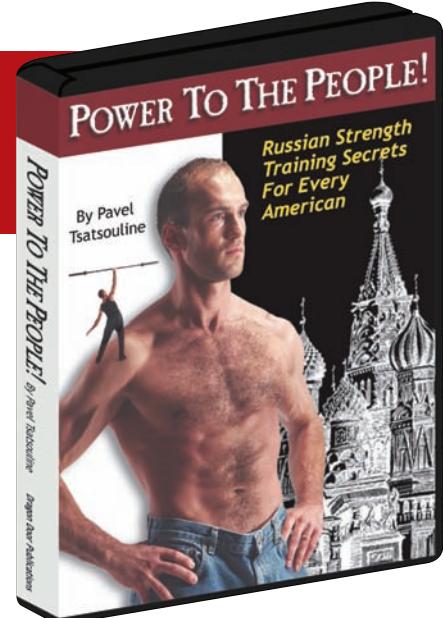
What else? — 'Instant strength techniques.'

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

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

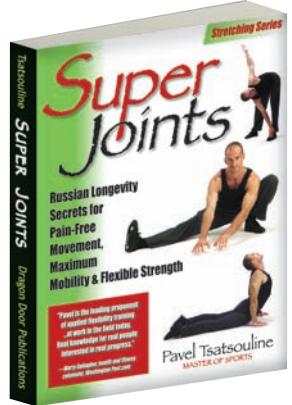
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Only the foolish would deliberately ignore the life-saving and life-enhancing advice Pavel offers in *Super Joints*. Why would anyone willingly subject themselves to a life of increasing pain, degeneration and decrepitude? But for an athlete, a dancer,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



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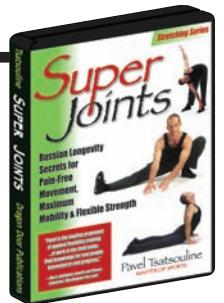
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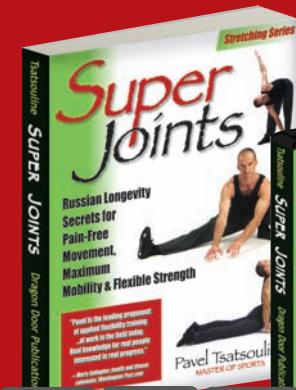
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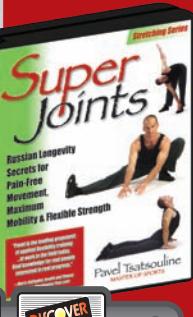
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"For 25 years, I have been totally unable to do any kind of chest press because of an impingement in my left shoulder, which always led to severe pain the day after doing any kind of pressing.

3 weeks of daily practicing of all the shoulder joint mobility drills in *Super Joints* (along with careful observation of 'healthy shoulder' pressing techniques learned on this forum) ... and I was able to bench 5X5 55 lb dumbbells last week totally pain free! Pain free after 25 years is truly great stuff." —TOOSTEEP, dragondoor.com forum

"When I started at my job a couple of months ago, I had been talking to one of the cooks one night and told her about mobility training. I explained the details of it and, after teaching her how to squat properly, didn't mention it again.

But just recently I found out that she's been keeping up with her mobility training and it's worked wonders. She's had such bad knees that she's had to wear knee braces for twenty years and she hasn't had to wear them due to her improved joint health. There are similar stories coming from the servers with bad backs after I taught them about decompression hangs with three plane movements." —JOSEF, dragondoor.com forum

"About 4 years ago at the insistence of our Head Performance Training Coach John Taylor, we changed our warm up to a stand up dynamic routine. Coach Taylor found numerous research articles showing an 8 to 22% decrease in power, with no reduction in injuries using static stretching. Some studies stated that the power deficit can last up to 90 minutes.

When I first purchased the book *Super Joints* 2 years ago, I noticed that the routine is very similar to the one that we use at New Mexico State University, our "Head to Toe" routine takes roughly 8 minutes to complete and all the sports that we work with use it. I keep track of our injuries and in the 4 years that we have used the "Head to Toe" routine our athletes have not encountered a higher rate of injuries than during my first 2 years at NMSU when we used a different one." —TONY MCCLURE, Assistant Performance Training Coach, New Mexico State University

"Three days after I initially fractured my elbow I started doing *Super Joints* and within two weeks I had full mobility back in my

right arm. I was supposed to attend Occupational Therapy, but when I got there they were so shocked and amazed at my progress that they sent me home. I guess they've never seen someone regain their mobility so fast." —TONYA EHLEBRACHT, US Army

"*Super Joints* is excellent. It is also saving me a good deal of money. I've had to lay off of heavy squatting and deadlifting because of a back injury. My active release therapist/chiro is amazed at how quickly I am making progress—my alignment doesn't return to crap after an adjustment. I credit the progress mainly to *Super Joints*." From: CHRIS M., 2003-05-18

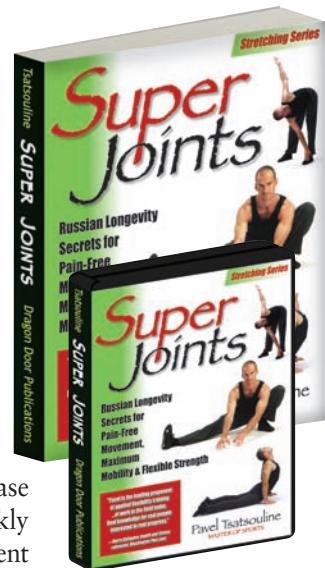
"I am 58 and need to keep my joints oiled. I have had very good results with *Super Joints* My knees and elbows don't ache anymore." From: SEEAHILL, 2002-11-07

"I already feel "younger." I'm also noticing an ability to better withstand rolling in Jiu Jitsu class—I don't have to tap quite as often, even in bad positions. *Super Joints* is a fantastic, fantastic book. I think that everyone should do *Super Joints*." From: DAN MCVICKER, RKC, 2003-05-18

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—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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—**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."

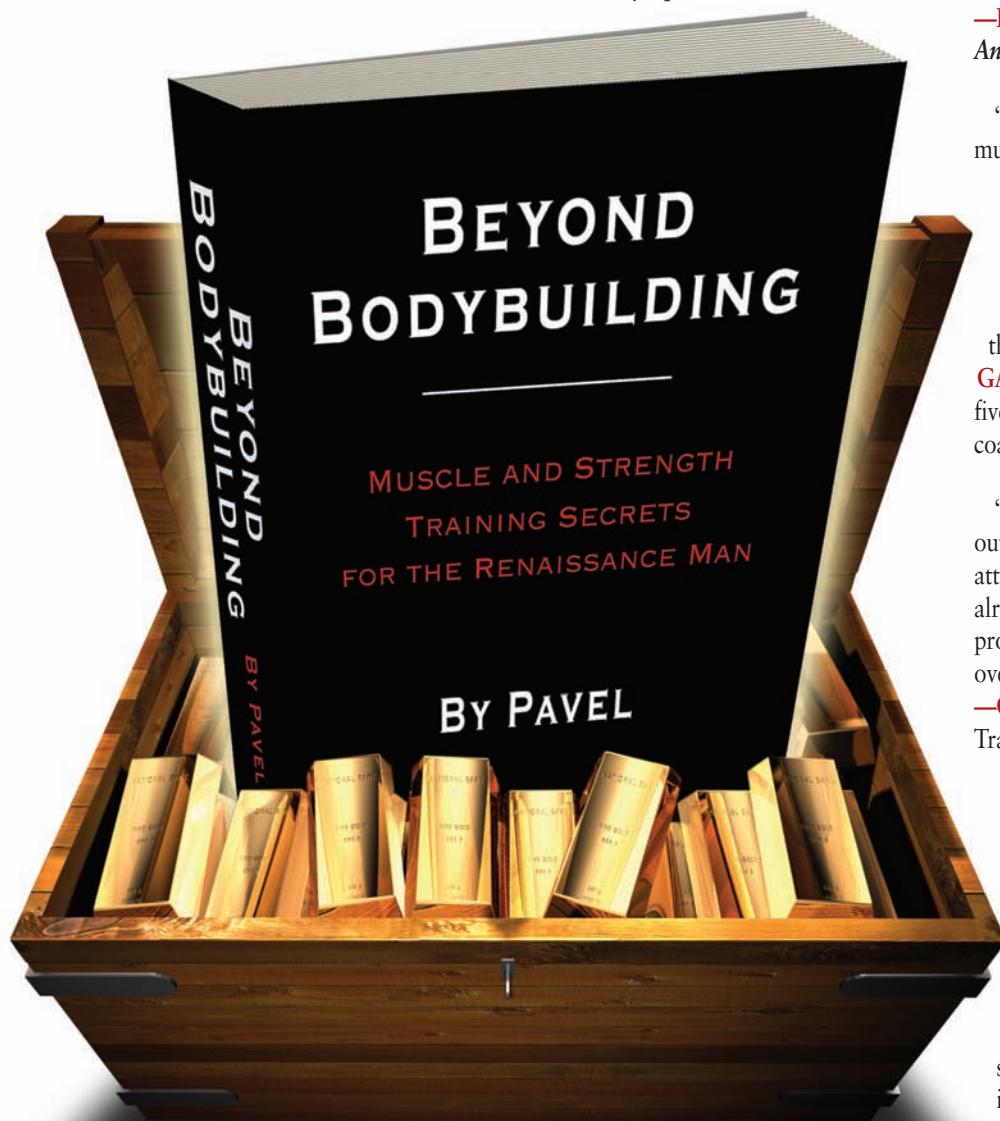
—**DAVE DRAPER**, Author *Brother Iron, Sister Steel*, former Mr. America, Mr. Universe and Mr. World

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

Let's face it... our bodies are reluctant partners in the strength game... Anyone who's been around the block, knows this only too well:

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

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

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

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

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

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

When all else has failed you...

Pavel has spent his life immersed in the study and practice of practical strength and muscle training...

as it applies in the very hard testing ground of both American and Soviet Spec ops, of the US Marines, SWAT, professional athletes, martial artists, gymnasts, powerlifters, weightlifters, Olympic champions and numerous other tough, tough competitors — where results are everything and failure is simply not on the menu.

Pavel has, frankly, done the research for you... plundering both the classic and the little-known strength texts from past and present... networking and comparing notes with many of today's great masters... submitting his own body to the pain of infinite experiment. And Pavel has trained thousands of troops and police whose life might depend on his tips... hundreds of athletes and martial artists with the chance to achieve their dreams thanks to his advice.

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

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

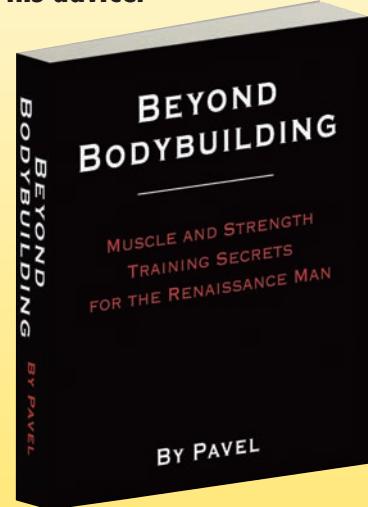
Now, with *Beyond Bodybuilding*, there are simply no more excuses for not excelling in strength, continuing to gain, continuing to reach new heights in your performance.

Defeat the enemies of progress

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

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

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.



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"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

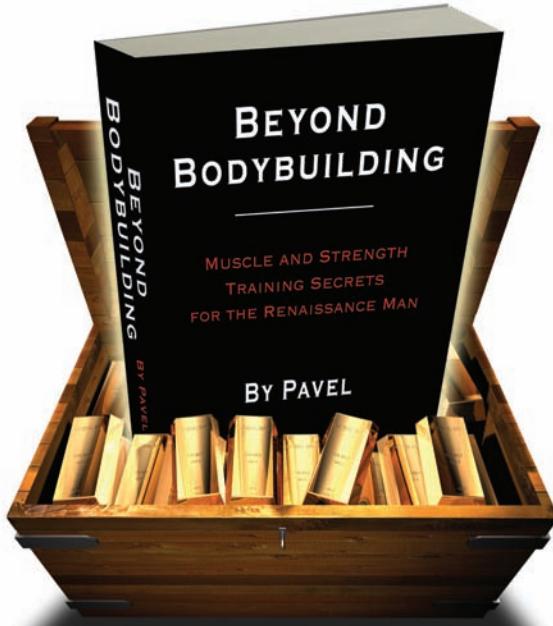
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Beyond Bodybuilding— A Treasure chest of strength training secrets

continued from previous page...

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

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

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

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

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

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

Trouble is, the rules keep changing on you... When's it time to give the body a good smacking and when's it the time to lighten up? Pavel steers a path for you through the minefield...

Now, you can stop butting your head against the wall and stride through the door Pavel has opened for you... The already highly skilled amongst you will find a treasure trove of new strategies for elevating your game. After all, give a consummate professional the correct adjustments at the correct time and they can surge forward in their gains... give a championship caliber team the right coaching tips and they can win it all...

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

Fight these crimes against the body

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

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

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

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

Section One: Power Training

- The *real* secret to spectacular strength gains.
- The two strength skills you *must* have to fortify your power.
- The best breathing technique to ensure you get stronger in every lift. Find it in your sound system!
- The basic laws of successful practice -- follow these and you can't help but gain and gain and gain. Page 2
- Why practice alone won't help you make maniacal strength gains -- and what will! Page 2
- The perfect number of reps for greater strength.
- How to finish a workout feeling stronger than when you started! Page 2
- Plateaued? Burnt out? Try this simple remedy and watch your strength gains explode. Page 3
- The method that did more for a SWAT instructor's strength in a week -- than conventional training in ten previous years! Page 4
- A powerlifting champion's mathematical formula for real intensity in strength training. Page 6
- 'Neurological carry-over training' -- the secret technique that resulted in a 1,200 pound squat.

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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.
- HIT not working for you? The four simple steps for best strength gains. Page 16.
- How the technique of 'fatigue cycling' created a veritable army of he-men in 1980's Russia. Page 18
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- The only training structure for consistent physical gains that is reliable in the long haul. Page 19
- How to jolt your system into fresh gains -- without changing any of your favorite exercises.
- Discover why the Smolov routine has achieved a cult status. Page 21
- Discover the hardest, yet most effective squat program ever -- guaranteed to blast you with incredible gains.
- How even an advanced athlete can add 100 pounds to his squat in less than four months.
- A mad commie's evil promise: survive this program and your legs will turn into car jacks. Page 24
- When all else has failed! -- Shock treatment for unprecedented gains, fast and guaranteed improvement. Page 24
- These 3 powerful techniques will help you achieve squatting excellence in the shortest possible time.
- How to condition your system for peak performance.
- It can cost them a championship! The critical error even elite lifters can make -- and the special technique to end this problem and surge forward with your strength gains.
- It's not just for firing squads! How the use of a simple blindfold can trigger surprising gains.
- The little-known secret of extensor reflex training can give you a championship edge.
- Why you can instantly add two reps to your squat simply by removing your shoes.
- Be as strong as an ox! How to use 'after-effect' overloads to make you stronger.
- **How to fool your internal 'governors of strength' into agreeing to let you be stronger.**
- Discover the bench press training program used by the winners of eight out of eleven gold medals at the IPF Men's World's. Page 30
- Russian champions consider this the critical component of any strength training. Page 31
- Russia powerlifting mastermind Boris Sheyko's beyond-brutal training plan for building champions.
- **Build greater strength by employing these three fundamental principles of motor learning.**
- How to increase frequency without increasing fatigue -- for greater training success. Page 39
- The critical secrets for superstrength
- Quick! This crash course in the neuroscience of strength may alone be worth the price of this book. Page 41
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- Feeling burnt out from heavy, heavy lifting? Here's the perfect remedy -- from Russian world weightlifting champion, Kurentsov.
- How to avoid burning out your nervous system during your strength training.
- Build might and muscle with this classic 'countdown to power.'
- "Quick, hard and extremely effective." -- How to overshoot your previous max in less than two weeks, using McKean's 54321 routine.
- **7 classic set and rep schemes to build a dense, lifter's physique. Page 46**
- Bench press stalled? Jump start your bench with this cool and effective routine. Page 49
- Bench press champion Alexey Moiseev used this routine to push his bench up by 45 lbs in just three months!
- How to get stronger, faster by 'waving' your weights. Page 50
- Short on time, but still want to gain? Combine these two methods to still make progress. Page 51
- How even the busiest person can still make surprising gains thanks to the Setchinov principle.

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

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

More details next page...

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

- How and why integration, not isolation, is the key to elite performance.
- How to use 'active negatives' for power, muscle and safety. Page 64.
- **The three major benefits of active negatives.**
- **Are your joints in agony from so much heavy lifting?** Protect them better, reduce pain, with 'virtual tissue leverage.'
- How to injury-proof your shoulders and add pounds to your other lifts -- with special
- Knees killing you? Can't squat regularly because of the pain, but still want squat-like benefits? Here's one great solution. Page 70
- Try the 'dead squat' program -- two fortysomething guys added at least five pounds a week for a year with this.
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- **The seven fundamentals you must know to succeed in the iron game.** Page 76
- How to sculpt a classical physique with 'retro' lifts.
- Could these be the most important 'lost' bodybuilding secrets of all time? Page 81
- Exercises you should avoid like the plague -- and exercises you should rush to embrace.
- Why free weights are safer than machines -- particularly for beginners. Page 91
- 3 high-yield, yet inexpensive 'home gyms' for the champion on a budget.

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

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Section Two: Training Planning

- Are you confused about when and how often to hit each bodypart? Discover how to customize your iron schedule for greater gains in strength and muscle.
- Understand the pros and cons of full body workouts versus split routines. Page 99
- **The most foolproof training schedule for high-yield results.**
- The perfect training schedule... if strength is more important to you than size.
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- **The best training conditions for high-level anabolism in the body.**
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- **Got a head for figures? This mathematical approach could have you surging forward with newfound muscle and strength gains.** Page 116
- Are you a dissatisfied bodybuilder? This approach could breathe new life, vitality and progress in to your strength and mass program. Page 117
- **How a used phone book could help you add 15 lbs to your bench in just one month.**

Section Three: Back

- Nothing on the planet beats this exercise for all-around back development! Page 125
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- This unique drill -- an incredible back developer -- helped Matt Dimel squat 1,010. Page 131
- Shouldn't this vital back-saving skill be made mandatory in our schools? Page 134
- This partner-assisted chopping technique ensures a more potent pullup. Page 137
- Discover 3 Russian 'low tech/high concept' programs for pullup power and exceptional lat development. Page 138
- Essential pullup techniques you must know to excel and gain.
- **The single best exercise for developing huge lats.**
- According to Mike Mentzer, this is the King of back exercises. Are you about to disagree?
- How to smoke your back from top to bottom with one simple but brutally intense lift -- what you need to know to make it work like gangbusters.
- Marines -- and other 'put-up-or-shut-up' professionals -- employ these extra tweaks to guarantee acing their pullup tests. Page 147
- Soviet ice hockey megastar, Oleg Fetisov solemnly swore: "this drill cannot be beat for building a powerful corset of ligaments and muscles."
- How to take carefully measured doses of 'poisonous' exercises to prevent injury and raise your tolerance levels.
- Are you afraid of injuring your back when lifting heavy? Page 156
- Perform this maneuver with a trap bar--and it could spell disaster for your back. Page 158

Section Four: Legs

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



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

Section Five: Neck and Shoulders

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

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

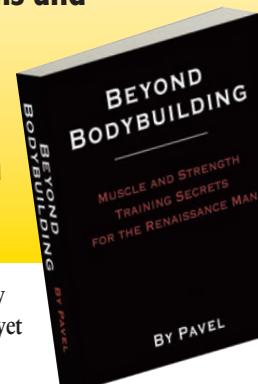
- Why stretching your muscles can make them grow.
- Enlarge and strengthen your biceps with this powerfully simple growth formula -- guaranteed to grow your guns by at least an extra inch. Page 235
- Blast your way to thick, ripped tris with this excellent, powerlifters' favorite. Page 236
- How to reduce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

Section Seven: Chest

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

- How to add one inch to your chest in ten days with pushups.
- The NASA Pushup Program -- simple, effective and soundly rooted in science -- good for any and everyone! Page 287
- Now you can smoke your forearms and reinforce your finger strength, anywhere, anyhow -- thanks to this drill from Russian Coach Bogdarsov.
- 2 ultimate hand strengtheners from the 'ingenious fanatic of bodyweight strength training', Brad Johnson. Page 291
- Steel claws, anyone? How to practice your pinch grip without plates. Page 292
- How to develop cut and muscular legs with the Dragon Walk. Page 295
- The Lizard, an explicitly evil Soviet Spec Ops drill... delivers driving leg power and a ripped, mean, upper body. Page 298

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

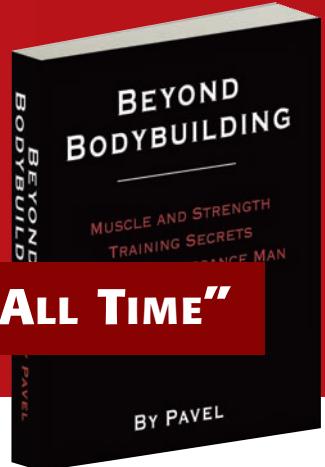


Section Eight: Naked Warrior

- How many times do I have to repeat myself? THIS is the surest ticket to muscles and might. Page 279
- Discover the Russian Special Forces ladder to power -- it's common for veteran soldiers to add many reps, in short order, to their pullup max...
- How to develop your muscles' 'vascular network' -- for consistent, long-term strength gains. Page 282
- Get them here! The secrets of proper pushup form to amplify your strength gains. Page 284.
- Failing to do this during an endurance feat can mean the kiss of death.
- Discover how to take advantage of the 'central pattern generators' in your nervous system -- for longer-lasting energy.

- How to assault your body with a brutal workout -- yet save your knees to fight another day. Page 301
- Why Russian Sambo wrestlers refuse to let their wives wring out the laundry -- just let one of these guys grab your hand... and he'll squash it like a rotten tomato. Page 304
- Learn the key mechanics for max body strength.
- Earn instant respect! The hellacious tiger bend push up and its variants are for the supremely strong and confident only. Page 305
- Some little-known methods to make bodyweight neck bridges even harder. Page 307
- How to ace the Marine pullup test with the 'Russian rest pause.'
- Strengthen your neck from every direction and reduce the chances of neck injury, with the Rolling Neck Bridge. Page 311

Reader Praise for Pavel's *Beyond Bodybuilding*



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

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

—**Zachariah Salazar**, dragondoor.com review

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

Throughout the text the idea of "**Be as Strong as You Look**" pervades. For a fan of the old-timers and their methods (like

training will find something of value in this book. For those of us who also train others, the book is an invaluable resource. Want to know how the Smolov Squat cycle works? It is in here. Bench press stuck? Pavel has the answer. Curious about how to do dips without hurting your bad shoulder? Look no further. **Want to work up to 100+ pushups? Yep, it's in here.** This book is everyone's chance to tap into Pavel's encyclopedic knowledge of human performance. If you are serious about being strong, get this book." —**David Whitley**, RKC, dragondoor.com review

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

—**IDMT**, dragondoor.com review

"NO ONE should be without this book! Like Stuart McRoberts? Buy this book – It's much better. Like Fred Hatfield? Buy this book - you can actually understand the split protocols. Like Arnold and Bill Pearl's Encyclopedias? Buy this book - you won't have to wade through 75 ways to do a triceps extension. **Pavel's refreshing wit separates this book from the herd**, and you now have the best of all worlds- kettlebells, power lifting, body building and beyond. I would have ordered this book at \$100 and been delighted! Thanks Pavel!" —**Bill Bedeck**, dragondoor.com review

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

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

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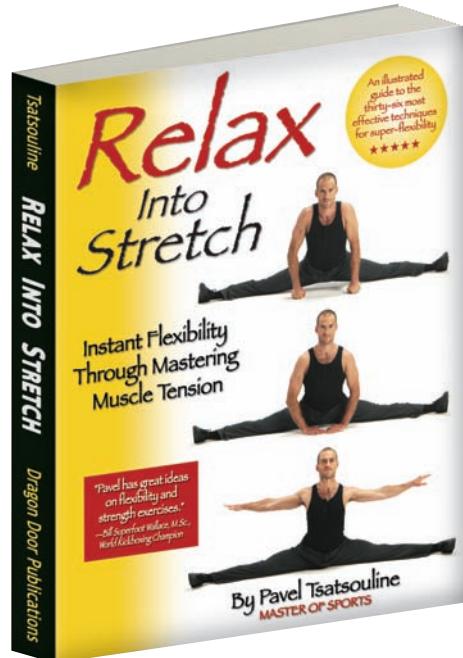
Be as FLEXIBLE as You Want to Be—FASTER, SAFER and SOONER

"I can't say I've read many books on flexibility with the wit and clearheaded wisdom I found in Pavel Tsatsouline's *Relax Into Stretch*. Tsatsouline delivers the how-and-why of progressive techniques for achieving suppleness, from simple yoga stretching to advance neuromuscular facilitation, without burying the reader in hocus-pocus or scientific jargon. Tsatsouline's *Relax Into Stretch* provides an alternative: straightforward and practical techniques that don't require a lifetime to master". —Fernando Pages Ruiz, Contributing Editor *Yoga Journal*

"I tell you truly that *Relax Into Stretch* is superb. Stretching has always been associated with any serious fitness effort and Tsatsouline's approach to this old discipline is fresh and unique and thought provoking. Best of all, this book combines philosophic insight with in-your-face reality as Pavel shares with the reader 'drills' that turn you into what this former Russian Spetsnaz instructor calls 'a flexibility mutant'. This book supplies both the road map and the methodology. Don't ask to borrow my copy."

—Marty Gallagher, Columnist, *WashingtonPost.com*

"Pavel Tsatsouline's *Relax Into Stretch: Instant Flexibility Through Mastering Muscle Tension* is a superbly illustrated, step-by-step guide to achieve physical flexibility of muscle groups and sinews. *Relax Into Stretch* is very effective and very highly recommended reading for men and women of all ages and physical conditions seeking to enhance their mobility and flexibility as part of an overall exercise regimen." —Midwest Book Review



- Own an illustrated guide to the thirty-six most effective techniques for super-flexibility

- How the secret of mastering your emotions can add immediate inches to your stretch

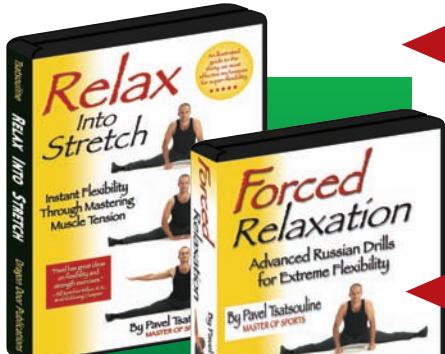
- How to wait out your tension—the surprising key to greater mobility and a better stretch

- How to fool your reflexes into giving you all the stretch you want

- Why *contract-relax stretching* is 267% more effective than conventional relaxed stretching

- How to breathe your way to greater flexibility

- Using the Russian technique of *Forced Relaxation* as your **ultimate stretching weapon**
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- Why excessive flexibility can be detrimental to athletic performance—and how to determine your real flexibility needs
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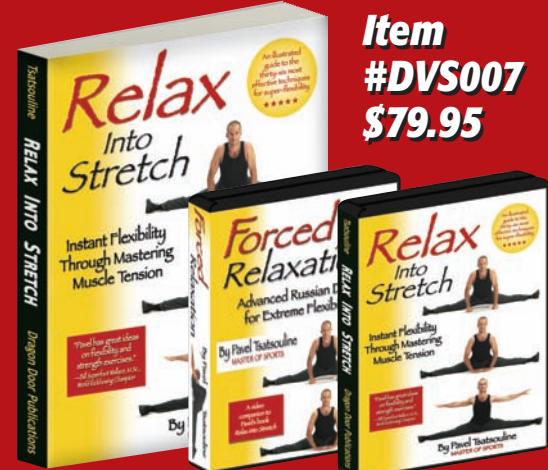
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Yoga postures and stretches to avoid at all costs • the function and limitations of your ligaments.

Stretching when injured

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back and what to do instead.

The demographics of stretching

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

The details, the schedule

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

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How much flexibility do you really need?

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

When flexibility is hard to come by, build strength

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

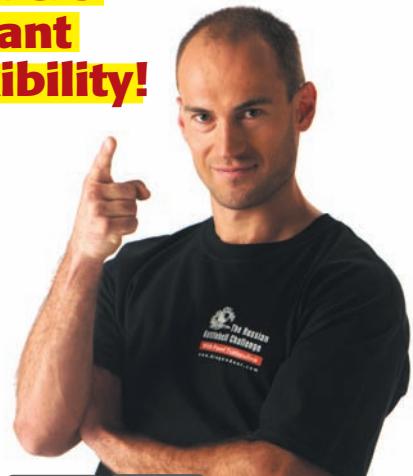
Two more plateau busting strategies from the Iron world

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

Advanced Russian Drills for Extreme Flexibility

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Don't Just Take Our Word For It!

Here's Another Sample of Our Web-Customer Reviews of Pavel's DVDs, **Resilient**, **Super Joints** and **Relax into Stretch***

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

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

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

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

—Steve Freides - Ridgewood, NJ

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

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

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

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

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

—SteveA, South East US

"More than worth the price"

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

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

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

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

"Excellent information!"

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

—Rob Lawrence - Collingswood, NJ

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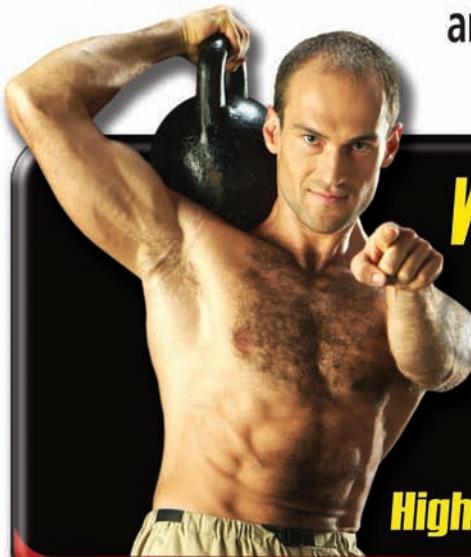
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—The Leading Resource for Highest Quality Kettlebell Instruction



As the demand for kettlebells and kettlebell training grows, many unqualified trainers have begun to advertise their services as kettlebell instructors.

But beware, kettlebell instruction requires an extensive background and training to be truly safe and effective. Don't risk injury or waste time with subpar instruction when you can take advantage of Pavel and Dragon Door's growing, worldwide network of highly qualified RKC certified kettlebell instructors.

Our RKC kettlebell instructors have undergone the world's most rigorous of kettlebell instructor certification courses and are fully qualified to help you meet and surpass your goals, be they fat loss, strength and power development or athletic success.

There are currently four levels of certified kettlebell instructor:



THE SENIOR RKC

This is the highest level of instructor and is by invitation only. The Senior RKC has displayed a combination of supreme teaching skills, leadership and physical abilities with the kettlebell. The Senior RKCs are responsible for teaching and testing at Dragon Door and Pavel's renowned Russian Kettlebell Challenge Instructor certification workshops.

We strongly recommend you seek out one of these elite instructors for a workshop or private instruction, if at all possible.



THE RKC TEAM LEADER

The position of RKC Team Leader is also by invitation only. The RKC Team Leader has displayed consistently strong teaching skills over a number of years and demonstrates a very high level of physical skill in their kettlebell practice. RKC Team Leaders teach on a limited basis at the RKC instructor certifications.

To make rapid gains in strength, power, flexibility and athletic performance seek out an RKC Team Leader in your area today!



THE RKC II INSTRUCTOR

The RKC IIs have been certified to teach an additional curriculum of kettlebell drills and have received

further training in specialties such as corrective strategies and injury prevention for clients.



THE RKC INSTRUCTOR

The RKC Instructor has demonstrated a high proficiency in the most essential kettlebell drills and shown an ability to effectively teach kettlebell use to others.

RKC instructors are required to recertify every two years by attendance at a kettlebell certification workshop, either as a participant or in the role of an assistant instructor.

Kettlebell books and DVDs can take you only so far. Experience the difference when you get personal instruction from an RKC!

Rate and Review our Certified Russian Kettlebell Instructors!

So, your kettlebell instructor is certified as an RKC. That's a very big plus and means you have an excellent chance of receiving top-quality kettlebell instruction.

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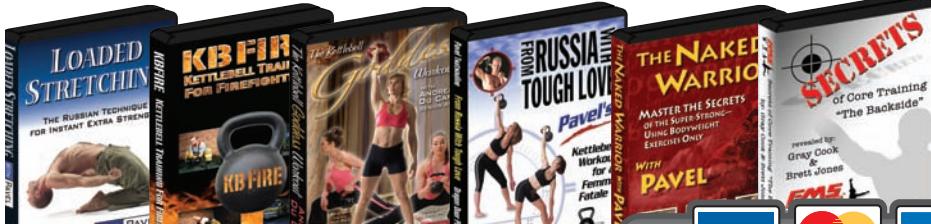
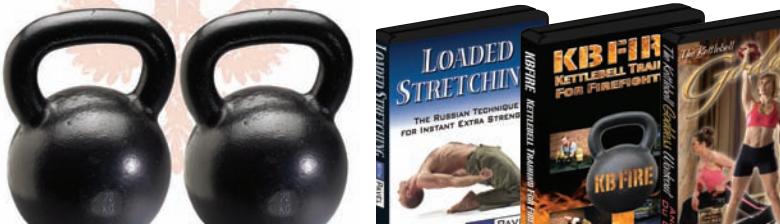
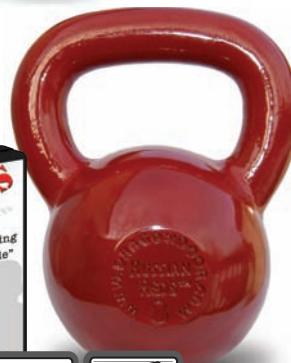
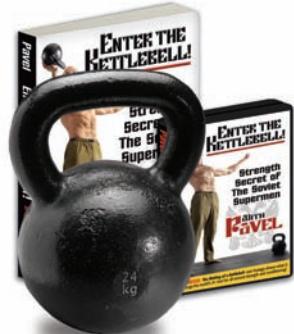
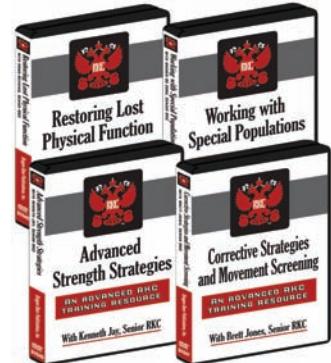
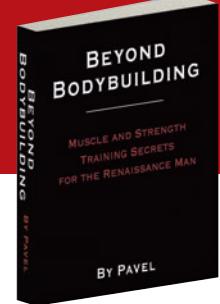
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