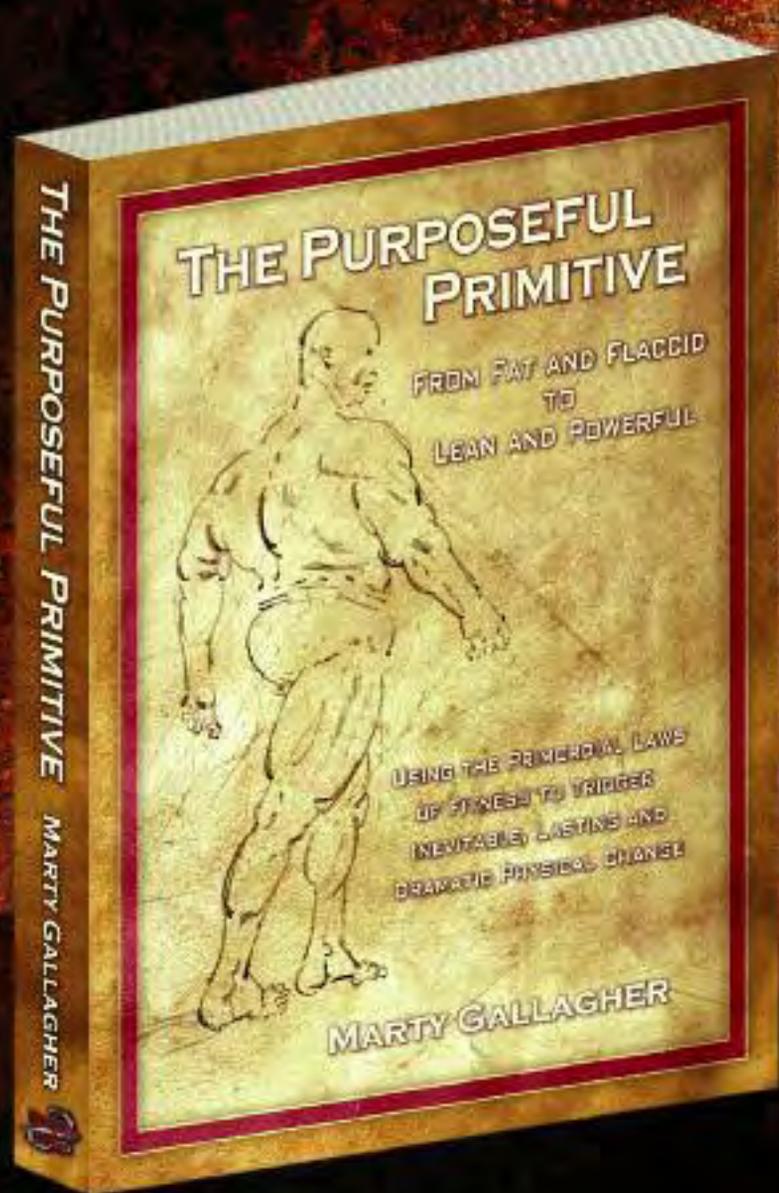


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"Oh, this book is a joy. I put this book next to Tommy Kono's *Weightlifting, Olympic Style* for sheer fun and delight and love of training. I am convinced that I will probably keep reading *The Purposeful Primitive* in bits and snips for years. It's just fun and funny while pounding into the reader the 'secrets' of advanced training." —Daniel John

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See pages 4–7

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Meetings with Remarkable Men

At the age of fifteen, I read a book that changed my life. Intellectually I am sure I didn't understand more than a smidgeon of Lao Tzu's classic *Tao Te Ching*, but its spiritual impact was profound. I began a novel called, yes, "The Way" about a narcissistic young man seeking enlightenment. After his girlfriend's suicide, the young man sets out on a quest for THE TEACHER, a great man who could point the way to supreme cultivation. The young man meets his first Guru, surrounded by apparent low-lifers and addicts, in a Soho, London basement. The Guru sends him packing, telling him that he is not ready for his teaching. "Go out, experience the world, live some years, then get back to me..."

At that point, my novel faltered and then sputtered to a stop. Now all of sixteen, it was quite beyond me to imagine the young man's subsequent experiences. I had to go out and live it myself... And so I did. And so I did...

What had sparked in me from those teenage days was a vision and a passion for the deep cultivation of mind, body and spirit as an integrated whole. A celebration of life lived as a fully engaged and vital being. Over the years I explored many different paths, many different physical disciplines, meditations and martial arts—and studied with many remarkable men. I have had my share of stumbles, despair and craziness; I have had my share of bliss and beauty. But that seeking-thread has remained intact. Always enthusiastic, I have remained constant in sharing my current passion with any who cared to listen. That drive to share my passions resulted in the founding of **Dragon Door Publications**, originally to publish books and videos on Tai Chi, Qigong and Taoism.

The guiding image I live by is modeled on one of those iconic Taoist sages: joyful spirit, supremely vital, more than a hint of wildness about him, with an aura of spiritual illumination. A tough act to follow, but that's what icons are there for, right?

As a publisher, one of my greatest pleasures is discovering, connecting and working with remarkable men who embody or who are clearly on the path to some version of this ideal.

Pavel Tsatsouline, whom I originally met in a flexibility workshop in Minneapolis, was one such "remarkable man". Immediately struck by Pavel's uncanny and charismatic ability to share his own passions for physical excellence—and seeing the surprisingly strong connections to my own qigong and strength practices—I invited him to be a Dragon Door author.

With Pavel's magnificent contribution, Dragon Door has grown from a small niche publisher of esoteric Chinese practices to a major international force in the fitness world. At the turn of the Y2K Millennium, I was sitting on top of a Hawaiian volcano with a Taoist master, as part of a Qigong retreat, connecting to universal energy (and hoping the lights stayed on at midnight). Now, I just got back from three days in Budapest where Pavel taught high-level Krav Maga instructors the secrets of the Russian kettlebell.... Different or somehow the same? My Taoist master had talked of evading a machine-gun ambush in Communist China in the sixties and other hairy survival stories. Despite his ferocious **Krav Maga** fighting style and Israeli military connections, current head, **Eyal Yanilov** talked to me about his Raja Yoga practice and his hours of meditation....and suggested we Push Hands together.

Thanks to my association with Pavel, a whole new group of remarkable men have shown up in my life. As Pavel's mentor, **Marty Gallagher** has been a "force behind the curtain" for more than ten years. A brilliant and immensely passionate writer, Marty has all the characteristics I could hope for in a Dragon Door author. I feel so privileged that he agreed to write *The Purposeful Primitive* under our auspices and am extremely proud to now present the finished work to you all. When you read Marty's book you will see a prototypical Taoist wild man in fully display. (Not surprisingly, Marty lionizes a former Dragon Door author, **Ori Hofmekler**, of *Warrior Diet* fame, in *The Purposeful Primitive*. Another wild and remarkable man whose friendship I treasure and who has contributed the powerful illustration of the Primitive you see on the cover.)

Our introduction of kettlebells and the world's first kettlebell instructor certification program, the RKC, has dramatically altered the world's fitness landscape. The next big step in the evolution of kettlebells has been our collaboration with another remarkable man, **Gray Cook**, the founder of **FMS**. I am extremely excited for Dragon Door to be offering the **Certified Kettlebell-Functional Movement Specialist (CK-FMS)** in collaboration with Gray and our **Master RKC Brett Jones**. I strongly encourage you to check it out.



Very best in your training and your cultivation!

John Du Cane

John Du Cane



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“THINKING SIMPLY AND SEEING CLEARLY”

Excerpts from Pavel's Foreword to Marty Gallagher's *THE PURPOSEFUL PRIMITIVE*



Ten years ago a gruff voice left a message on my answering machine inviting me to write for a muscle magazine. The caller signed off as Marty Gallagher. He would become the big brother I never had and my mentor.

Since their overwhelmingly warm reception of Paul Anderson half a century ago, the Russians have always been respectful of American strength and I am no exception. Anywhere Marty and I met, be it in a powerlifting meet where he was my “corner man”, on a meditative walk through the mountains, over a glass of wine at the Ritz in Washington or a fine Mennonite-raised steak at Marty's country compound, I prodded and cajoled my friend for more knowledge. What I have learned has blown me away by its beauty and simplicity. I invite you to be equally blown away from your reading of *The Purposeful Primitive*.

Marty Gallagher is the best writer in the iron game, period. He is so far ahead of the competition, both in his inner and outer knowledge of his subject and in his masterful delivery, that he is in a league of his own and the second best is not even in sight. It only took him forty years to reach his overnight success.

Marty was twelve when his father, an Irishman of few words, bought him his first barbell set. Like many, the boy learned how to weightlift



Marty winning the IPF World Championships as a master lifter in Australia in 1992. This is his opening 272.5 kilo deadlift weighing 212. He had lost 13 pounds on the trip and lifted just enough to win. He was sick with a horrible sinus infection, ran a 100 degree fever and was told not to lift. Marty had squatted 704, benched 374 (without a shirt) and deadlifted 683 to secure a spot on the World Team. He was 42.

from photos in Strength & Health. Like few, the self-coached weightlifter went on to win a national teen title and set a record in one of the lifts—even though he had not seen a live snatch or clean-and-jerk until his first meet! Then he found powerlifting and never looked back. Like mixed martial arts today, powerlifting in the sixties was an aggressive, anti-establishment sport. It was populated by rough characters like Don Blue who had to get a permission to leave prison for a day to compete in the World's—with a barely healed knife wound. Marty the juvenile delinquent was

inevitably drawn in.

The young street tough apprenticed under another Irishman, Hugh Cassidy, a world champion and a legend of the strength sport. Weighing less than 300 pounds, Hugh benched 570 raw with a two-second pause! How many men could do it today? Far from a stereotypical musclehead, Cassidy was, among other things, fluent in German and an accomplished sculptor. It was this Renaissance man who would encourage the young gun to write his first powerlifting article. It was Cassidy's training methodology that

would become the foundation of Gallagher's “purposefully primitive” method.

Training and competing alongside the iron elite, men like Mark Chaillet and Doug Furnas, Marty Gallagher kept learning, adding what was useful and discarding what was useless. His analytical mind, raw talent, and grim determination rapidly propelled him to the top.

Marty got strong. Very strong. He squatted 840 and had a clear shot at breaking the 871-pound world record. Then, like a tragic twist in the plot of one of Gallagher's beloved dark Russian novels, came the accident. Aided and abetted by a well meaning but unskilled gym member, a fully loaded barbell shattered the contender's leg...

His victorious comeback as a master lifter decades ahead of him, Marty Gallagher stayed in the game as a coach. And what a coach he was! His stable of athletes reads like “Who's Who” of the sport. Ed Coan. Introverted and enigmatic, he has brought down over a hundred world records and is undisputedly recognized as the greatest powerlifter in history. Kirk Karwoski. Explosive and bigger than life, this über-champion is admired by the hard to impress Russians. Making his Jedi master Cassidy proud, Gallagher has carried on the Old School legacy and continued an impeccable iron lineage.

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THE PURPOSEFULLY PRIMITIVE MANIFESTO

Doing Fewer Things Better By Marty Gallagher

Executed with the requisite tenacity, intensity and precision, Purposefully Primitive methods can and will favorably alter the compositional makeup of the human body. Primitive tools and simple modes are used to power sparse methods. By generating a methodical and sustained physical and psychological effort, the human body is forcibly morphed from what it is into what we want it to become: leaner and more muscular. The human body is not seduced, lured, cajoled, convinced or persuaded to alter itself—it is *forced* to alter itself. We force the body to favorably reconfigure itself by generating physical and psychological fierceness during training. This intense, protracted physical effort is amplified and enhanced by the studied and sustained use of specific nutritional strategies. Commonsense nutritional strategies and Old School training tactics are synchronized and placed within a periodized timeframe.

The three interrelated Purposefully Primitive disciplines (weight training, cardiovascular training and nutrition) need to be regularly and routinely practiced in a balanced and proportional fashion. Lock down all aspects of the program and within seven days of full implementation tangible results appear; by the end of the first month, body composition (the fat-to-muscle ratio) undergoes a dramatic turnaround; those who commit completely for 90 days undergo a total metamorphosis. Does this mean everyone will end up looking like Arnold Schwarzenegger on his best day? No, but no matter how deep a physical hole you are currently standing in, 90 days of maniacal discipline and teeth-gritting effort will enable you to utterly and completely change the shape, texture, efficiency and hardness of your body.

Our Purposefully Primitive Methodology is a loose amalgamation of methods and modes absorbed from genuine Masters. This

cumulative, combined knowledge is grouped into one of four categories: Iron, Mind, Cardio or Nutrition. These are the four avenues of transformational progress. The Purposefully Primitive amalgamated philosophy is not time intensive, but it is physically intense: total training time for a beginner or intermediate athlete does not need to exceed five cumulative hours per week—not much time at all when one considers the innumerable physical benefits derived. The caveat is that you must generate extreme physical effort during those five hours. Sub-maximal training yields sub-maximal results; we consciously and continually push against the lip of the limit envelope because we understand that extreme physical effort is the transformational precursor.

Disciplined nutrition underpins gut-busting training. Eat plentiful amounts of wholesome, nutritious and delicious tasting foods. Bias food consumption towards nutrients preferentially used to build muscle and accelerate the healing and recovery process. Avoid foods preferentially shuttled into body fat storage. Purposefully Primitive training is self-inflicted physical trauma. We need to supply the battered body with ample amounts of regenerative nutrients. Certain nutrients ingested at specific times will accelerate the physical recovery process. Physical recovery is the precursor to actual muscle growth.

Certain foods accelerate results and other foods undermine hard training. We consume foods that amplify our efforts and jettison foods that subvert and derail the transformational process.

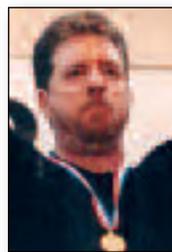
Those disciplined few able to attain and maintain that delicate, elusive balance between resistance training, cardiovascular training and precision nutrition, ignite physiologic synergy. When synergistic critical mass is attained progress compounds at an astoundingly fast rate; results exceed realistic expectations. The

transformational total exceeds the logical sum of the deconstructed parts: $2 + 2 + 2 = 10$. A fully instituted Purposefully Primitive regimen *always* transforms the physique. The human body subjected to our peculiar and particular procedures and protocols has no biological choice in the matter: when the human body has been successfully served with certain physiological imperatives the laws of causation must be obeyed. Enact our procedures in the prescribed fashion and muscle must be manufactured; stored body fat must be mobilized and oxidized.

I have provided you with a series of tried-and-tested tactical training templates. I have provided you with nutritional strategies used on a worldwide basis by the athletic elite. Hopefully I have shed the light of truth on a few basic physiological facts-of-life. There are certain laws of science and biology that are profoundly applicable to the process. All fitness-minded individuals need to understand these facts-of-life if they are ever to gain any traction in their own transformational quest.

I have empowered you with classical knowledge gleaned from true Masters. You now know precisely what procedures and protocols will work. By replicating and instituting Purposefully Primitive training and eating strategies, you will be able to engineer your very own physical metamorphosis.

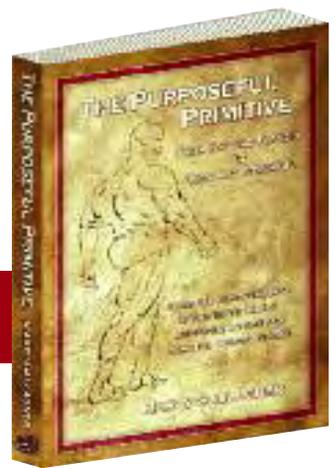
Your search for effective transformational methods is over.



About Marty Gallagher

Three-time World Master Powerlifting Champion, Teenage National Olympic Lift Champion, Marty Gallagher coached Black's Gym to four National team titles and in 1991 coached the United States squad to victory at the World Powerlifting Championships.

Marty's highly-acclaimed 230+ weekly Live Online columns for **Washington Post.com** created a legion of followers for his Purposefully Primitive Fitness philosophy. Over the last thirty years he has had over 1,000 articles appear in two dozen fitness publications.



The Purposeful Primitive
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"Pavel calls Marty Gallagher his mentor, and once you read this book, you'll understand why. **The Purposeful Primitive** is the most significant strength-training book I've read in 10 years."
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—Daniel John

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This coach extraordinaire kept “polishing the chrome” of the Method until it met French aviator and writer Antoine de Saint Exupéry’s criterion for perfection. “In anything at all, perfection is finally attained not when there is no longer anything to add, but when there is no longer anything to take away, when a body has been stripped down to its nakedness.” Enter *The Purposeful Primitive*.

Gallagher has two passions, lifting and literature. He is as good as anyone in either. Bring the two pursuits together, and he has no equals and no runners-up.

In this one of a kind volume he brings you the hard won strength discoveries from the golden age of powerlifting, the seventies and the eighties. Filtered, systematized, and refined by one of the best coaching minds anywhere. It is a method second to none, even today. Consider this. As this book is going to print, the deadlift world records in four weight classes stand unbroken since they were set between 1982 and 1992. These records were set by American athletes who followed the Method revealed in *The Purposeful Primitive*.

The Method is at least as good as anything new out there. Its edge is its beautiful simplicity, something that contemporary methodologies, American and Russian, are lacking. For instance, the Russian national powerlifting team bench presses up to eight times a week. “Purposefully primitive” lifters do it only once or twice a week. The new generation of American athletes practices a great variety of esoteric exercises. The old school lives on a monastic diet of the basics. “If two methods deliver similar results,” reasons Gallagher, “I will pick the more efficient one”.

I would be kidding myself if I believed that more than a handful of readers have dreams of listening to the “Star Spangled Banner” standing atop the champions’ podium at a powerlifting world championship. Most simply want to transform their physiques, build muscle and lose fat. Again, *The Purposeful Primitive* delivers.

When it comes to building muscle—prime meat, strong as it looks—powerlifters are the ultimate experts. Although endless pumping allows bodybuilders to develop huge fake muscles, it is easy to tell these pretenders by their inflated, rather than dense, look. Real muscle, on the other hand, is rock hard and the person carrying it walks with an unmistakable presence of power. He draws attention because everyone is subconsciously recognizing him as the leader of the pack, not



because he looks like a freak. Ironically, even in competitive bodybuilding the top dogs are rarely pumpers. **Arnold Schwarzenegger** and **Franco Columbo** are former powerlifting champions. **Dorian Yates** and **Ronnie Coleman** are powerlifting strong.

The “purposefully primitive” method demands very little of your time and even less of your money. Most hobbyists buy the highest quality professional grade equipment if they have the means. No self-respecting chef would pick Walmart knives over Williams & Sonoma’s. Yet amazingly, when it comes to fitness, people shun the tools and the techniques of the professionals and opt for mass market choices, the equivalent of cheap plastic. When you are listening to Gallagher, you are getting Williams & Sonoma quality at Walmart prices.

You might argue that while powerlifters may be masters of piling on thick slabs of muscle, what do they know about getting lean? A good point. Fortunately, Gallagher is no ordinary powerlifter, he is a Renaissance man of all around fitness. Not content with just being muscular and strong, he is also lean and athletic. Recently on a bet this baby boomer smoked a local high school football star in a sprint! Marty’s sensei, Hugh Cassidy had shown his apprentice the way when he cut down from

300 pounds to a ripped 190. The Method stands on a balanced tripod of Iron, Cardio, and Nutrition. The author has spent decades researching the most effective and reliable methods of getting lean and this book features cutting edge recommendations from experts like nutrition visionary **Ori Hofmekler** and master of lean **Bill Pearl**.

You might suspect that, akin to those academic elite who remain completely out of touch with the People, world class coach Gallagher has nothing to offer to a regular Joe or Jane such as yourself. Wrong again. A true training system can be scaled up or down. If it can’t be, it is not a system but a collection of tips. One Russian powerlifter has said this about the system of Marty’s Russian counterpart, the national team coach **Boris Sheyko**: “the methodology was... attractive... primarily because it was a system built from the bottom up on the same principles. Which is why beginners, masters, and the elite ‘train Sheyko’ basically the same way. The only difference is in the load and volume.” The author of *The Purposeful Primitive* has had remarkable success with extremely obese regular folks. I have had the privilege of watching him train some of them. I have heard women cry, grateful about the many pounds they had shed, thanks to his tough love.

Last but not least of the arrows in Gallagher’s quiver is the “brain train” section of the book. It does not matter whether your goal is to add pounds to your deadlift or subtract them from your spare tire, these techniques will dramatically shorten your journey to wherever you desire to be.

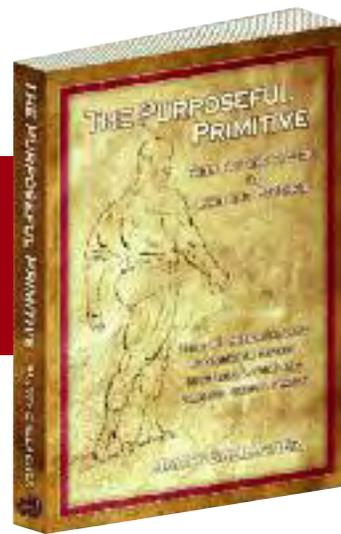
In addition to learning some of the most effective techniques of body and mind transformation, you are about to treat yourself to some of the best writing the English language has to offer. Gallagher is a samurai, equally adept in the manly and the literary arts. Since his teens Marty has been inhaling Hemingway, London, Chekhov, and Turgenev. After four decades of voracious reading and hard living, the brooding Irishman has become their equal. He retreated to the country where he, in the words of Jack London, could be “living close to the earth, thinking simply and seeing clearly”, and wrote the Great American Novel of Strength.

Ladies and gentlemen, I am honored to recommend to you Marty Gallagher’s *The Purposeful Primitive*.



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LAT SCIENCE:

Exploring The Pull-Up

Charles Staley, B.Sc., MSS
Staley Training Systems

I have to admit, I love pull-ups. All versions actually—chins, pull-ups, parallel grip... low reps, high reps, weights strapped to my waist, you name it. I've done a lot of experimentation with this exercise too—much of which involved stupid-level high-tension stunts involving heavy eccentrics, plyometric loads, all sorts of stuff.

My affection for this exercise probably stems from the fact that I'm pretty good at it (I can do 12-13 reps weighing 215 at age 49—like I said, *pretty good*—nothing to write a press release about, but you get my point).

Aside from my own modest success with this exercise, there are plenty of more objective reasons to take a second (or third) look at doing more pull-ups:

Same But Different



Like all good exercises, the pull-up is almost infinitely modifiable: you can use both arms, one arm (maybe), supinated, pronated, or neutral grips—in fact, you can even use a thumbless grip. Pull-ups allow you to use less-than bodyweight (I'll show you how later), bodyweight, or additional loads... you can use all sorts of bar options—thick, thin, towels, gymnastic rings... we even do this drill called a “Lat Rotisserie” — check it out here <http://www.youtube.com/watch?v=wAe8X2OeyuE>

Infinite variability is important, because it allows you to perform an exercise year after year, without burning out your mind or your connective tissue. So variability allows you to safely do what's important—*all the time*, not just one week out of

four, which means you never make any progress.

Muscular Topography

The pull-up quickly adds visual impact to your physique—it thickens and widens the latissimus dorsi, which also makes your waist look smaller by comparison. Pull-ups also rapidly hypertrophy the biceps, forearms, traps,

rhomboids, and all sorts of “under the hood” musculature that typically goes unnoticed—until poor training habits lead to imbalance, or (possibly) injury.

Athletic Functionality

In terms of movement pattern classification, pull-ups fall under the category of “vertical pulling” exercises. Vertical pulling is one of eight categories of movement patterns that we recognize at Staley Training Systems (the other seven: horizontal pulling, vertical and horizontal pushing, trunk rotation and flexion, squatting, and lunging). If you wish to have a “complete” physique and/or complete functionality, you simply must incorporate vertical pulling drills into your training strategy.

Before we move on however, just a quick clarification on the concept of completeness: many guys in particular, have an almost genetically coded and obsessive preference toward training the anterior muscles of the upper body, often to the complete exclusion of everything else. I'm specifically referring to pecs, biceps and abs. There's certainly nothing wrong with training these muscles, but when their posterior counterparts don't receive equal opportunity, your shoulders will start bitching at you from the moment you wake up till the time you go to bed. And maybe even while you sleep.

In fact, during the recent seminar **Strength Seminar** I taught with Pavel Tsatsouline here in Phoenix, the Evil Russian asked everyone who'd experienced shoulder injuries to raise their hands. About 75% of the room complied, upon which Pavel remarked “For those of you who didn't raise your hand, it's because you couldn't.”

The ability to do a given number of pull-ups also speaks volumes about another aspect of functionality—your relative strength (or “strength to weight ratio.”) My colleague Martin Rooney of the Parisi Speed School once remarked to me that he's noticed a direct correlation between pull-up strength and 40-yard dash times. This correlation (if it exists) becomes intuitively obvious when you consider that both events benefit from low bodyfat and high strength levels.

There are many additional, less-obvious examples of the lat's role in balanced athletic functionality. For example, since the latissimus dorsi is the only muscle that directly connects the humerus to the spine, its participation in all pulling movements (such as Olympic lifts and deadlifting) is absolutely critical.

Fun

I know training's supposed to be a miserable experience (or at least you'd think so by the way most people conduct themselves in gyms), but for me at least, if it's not fun, I wouldn't do it. Now granted, I probably have a warped definition of the word “fun,” but the point is, training should instill a sense of

Continued on page 31.



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If you haven't read any of his works, never watched any of his DVDs, and couldn't make it to any of his presentations or workshops, let me tell you unabashedly that **Gray Cook** is a true genius in the realm of physical therapy, corrective exercise, and athletic performance. If you haven't done so already, go visit the Dragon Door article archive and read the piece that Brett Jones wrote on Cook's background. Once you pick your jaw up off the floor, come back and read the rest of this. Gray Cook's **Functional Movement Screen** technologies are taking the world of professional sports by storm, making faulty movement pattern diagnosis and pattern correction formulaic. Cook, along with Master RKC Brett Jones, shares a good deal of that knowledge in his wildly popular "Secrets of the..." DVD series. So for the readers of *Hard Style*, here's an exclusive glimpse of what goes on inside the mind of a genius as he shares his thoughts on Functional Movement Screening, and corrective exercise training and diagnostics, high performance athletics, and Pavel's Hard Style system of Russian Kettlebell training! —MJC

Interview with Dr. Mark Cheng, RKC Team Leader

Hard Style: Gray, in the world of physical therapy and corrective/rehabilitative exercise, you've been there, done that, and got the T-shirt. How does Pavel's system of movement mesh with your Functional Movement Screen (FMS) technologies?

Gray Cook: With training the human body, it's analogous to how a computer runs. There's a difference between programming and systems. What we learn in the Russian Kettlebell Challenge is some of the best programming I've ever experienced for teaching lifting, for using your body, and for turning strength into a skill. The problem is that if you don't have an operational system in the back of your head that governs everything, then you'll do the wrong program on the wrong person at the wrong time. Pavel, because of his training and research and because of some of his own personal injuries, has learned by default not to do what to whom.

What I've done with the FMS is show people how to use a numeric scale that guides you through that, like a movement GPS.

When you see a guy like Pavel or a guy like Brett Jones doing what they do, you think they're just giving you a program, but they're actually showing mastery of a system. If you put three different people in front of them, they'll train those people three different ways,

depending on what pre-existing conditions those folks come to them with. What people tend to forget is that high-level instructors like Brett and Pavel will tailor the information based on exactly what sort of movement issues they perceived.

If you're not as intuitive as those two and let's say that you miss the gait or postural

imbalances that present even when the client walks towards you to shake your hand, then you'll blindly go into programming and you'll teach a Turkish get-up, a swing, and a press. On the other hand, what Brett and Pavel might do is say, "Let me see you touch your toes" or "Let's see you do the same thing on this side". I'll never forget when I went through the RKC and Pavel said "It's not about the kettlebell. We use the kettlebell as a tool to see how you move." I thought that was absolutely brilliant. A lot of people didn't get what he was trying to say, but I knew right away that we were speaking the same language. His medium, his tool is a kettlebell.

The Functional Movement Screen just takes that a step further by giving users a more systematized way of evaluating movement patterns and potential problems, hopefully before they become debilitating ones.

HS: So you see a clear-cut crossover or a connection between kettlebells and the FMS?

GC: Sure! People like the military and martial artists understood the worth of what Pavel's been presenting all along, I think. But the average trainer might not get what to do with this alien looking weight.

My personal mission last year was to get 5 or 6 NFL teams creatively using kettlebells to correct shoulder problems, and, sure enough, they got our Secrets of the Shoulder DVD. The trainers started investigating and applying some of what we revealed in that DVD and realized that they had been training their players to develop strength in situations where they really needed more stability!

I think that's one of the great themes in the Hard Style approach to kettlebells. When you do the kettlebell lifts, you're training stability first.

This is part of the reason why I think Stuart McGill migrated to some of the work he sees Pavel doing. He sees that inherent stability that's built right in to Hard Style. You don't just blindly get this bodybuilder strength without a lot of the functional control that's inherent in a lot of the kettlebell lifts.

HS: So what happened with the NFL? I heard that you took one of the most injured teams and turned them around to one of the healthiest teams with the fewest players on the DL.

GC: It was actually the Raiders. Jeff Fish, the strength coach for the Raiders, had attended our FMS workshop, purchased our FMS videos, and



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already started applying the FMS screening procedures to his athletes. He was amazed to see that the guys who were missing the most time in practice were the guys who had blatant issues on their movement screens.

With the information we gave him, he took the Raiders from one of the poorer numbers in the League in terms of down time and injuries to one of the better numbers.

Not only were some of these athletes compensating in their movement patterns, but some of them were altogether unable to do some of the tests. For example, some of them might've had a perfectly rock-solid single leg stance on the right side, but as soon as they switched over to the left leg, they started looking like a drunkard taking a field sobriety test.

Jeff took our baseline and applied it to his players. He saw that the guys who have these movement deficiencies seem to be injured more, miss more practices and games, and when they do get injured from a contact injury, they take longer to recover.

Contact injuries don't discriminate. Guys who score highly on the FMS and guys who don't are all prone to contact injuries in sports like football, but the players who scored higher on the screens were back in action more quickly than those who had low scores.

HS: Can you explain how that's possible?

GC: Sure. The players who were scoring lower were already compensating for other problems prior to the contact injury. If a player who's compensating like that suddenly has to limp around a sprained ankle, then BOOM, his S-I joint may go out within a couple of days. On the other hand if you've got a fairly respectable movement screen and you sprain your ankle, you're just dealing with a sprained ankle and not a complication of a prior condition or collection of prior movement dysfunction issues.

Some of these players are such good athletes that when you test them with a 40 yard dash, a bench press, or some of the other performance drills that they do, they don't test out badly. That's one of the insights we brought to our military consulting. Performance and durability aren't measured the same way! We've all seen folks who perform very, very well with short duration tasks of a very few reps, but if you ask them to do say 40 or 50 snatches and their wrists flop back into extension, watch the failure rates jump.

HS: That sounds like an issue of proper form or proper movement leading to improved functionality and durability, right?

GC: This is why I think Pavel is so adamant about Hard Style. One of the brilliant things I heard about in the RKC is the concept of fatigue management. During some of the longer workouts, I think the instructors want to see if the students default back to the proper technique or if they're going to be stubborn and try to muscle through with bad form.

I think this is why Pavel circulates around during the RKC and tells certain people to go inside and grab a

"My personal mission last year was to get 5 or 6 NFL teams creatively using kettlebells to correct shoulder problems"

bigger bell. He doesn't want you to be so strong or athletic that you can muscle through the workshop with bad technique. He wants you to get to the point where you have no choice but to use good technique to successfully move the bell. He wants you to really feel that there are keys to strong movement, such as keeping your body under you, keeping your form at all times, etc.

Back to the football, Jeff Fish was noticing that his athletes were still doing well on the standard performance tests, even though some of them had done very poorly on our movement screen. But that's just a testament to how well gifted athletes can compensate.

The Functional Movement Screen comes in under the compensations and looks at the blueprint of movement that you're operating on and can explain why there was a propensity for some of them to break down in spite of the seemingly high performance.

HS: That must've been quite the revelation for some of the trainers and sports docs!

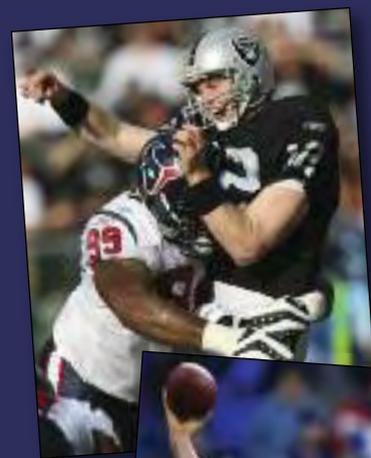
GC: Yes. Some of them accused us of having a "crystal ball".

Our reply was that we weren't looking at their bench press or their speed, but rather looking at their fundamentals of movement to find the proverbial flat tire and misalignment here and there. If you drive a car really hard and fast with a flat tire, then you're going to have other issues. Similarly, if you push the body really hard with a movement issue, you're more prone to suffer other injuries and have a harder time bouncing back.

HS: What were some of the problems or injuries that plagued these players?

GC: Well, one of the things that Jeff asked about were shoulder injuries, and I did a simple demonstration with him before he watched our "Secrets of the Shoulder" DVD. I told him to take a decently sized kettlebell and just hold it correctly and press it as many times as they could. You could see some of these big guys with absolutely no experience using kettlebells pressing a 24 kg bell over twenty times!

Now, their shoulder position was off, their traps were all elevated, but even when you allow these guys to recover, press the bell up again, and perfectly align their position, they still can't walk to the 50 yard line with the bell pressed out overhead. It just ain't gonna happen! Why? Because they can't carry that kettlebell in the overhead position and maintain alignment to the 50 yard line, but they can press the hell out of the same bell.



That demonstrates one of the fundamental flaws we have in athletics today – your strength exceeds your stability.

Carrying a kettlebell overhead simply demonstrates postural control and scapular stability. Pressing the same bell, on the other hand, tells me very little about the integrity of your shoulder.

When we were showing the Raiders a new move, we weren't showing them that their shoulders were weak and needed to be trained more. We were showing them that their shoulders were out of balance and need to be conditioned differently! They had to let their shoulders "react" to the load instead of just trying to use their shoulders or arms to simply muscle through it.

Doing drills as simple as a farmer's walk or an overhead walk with a kettlebell creates what's known as reflex stabilization. The rotator cuff fires more naturally when you carry things versus when

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“If your rotator cuff doesn’t fire first, it doesn’t matter what your pecs and deltoids do. That reflex stabilization is needed for things to work impeccably.”

time or even know how to check their clients’ movement patterns properly? Trainers and sports docs really should make sure that their athletes’ movement patterns are on point.

That brings me to the issue of athletic injury discrimination in professional sports. Trainers and coaches sometimes tend to shy away from letting previously injured players hit the field, but if the formerly injured player has done the proper rehab training and conditioning that he needs to, he may, in fact, be more balanced, more durable, and in better shape to play than someone who hasn’t been sidelined from an injury but is compensating like crazy!

HS: How has the response been to your findings and your work from other medical professionals?

GC: Some have been stuck in their ways and refused to acknowledge the validity of this stuff until they see a massive study published in the *New England Journal of Medicine*, which is their choice. They’re hung up on asking the question, “What does the research say?” That, to me, is quite ironic because the researcher is really saying, “I have access to volumes of information, but I can’t formulate my own opinion.” A degree shouldn’t be a set of bars that keep you in a neat little box for the rest of your life, but rather a means of freeing your mind and giving you the mental prowess to think outside the box. How do we build on what we know if we never step out of that comfort zone?

The folks in rehab and in sports medicine, who are actually working in the trenches, just embrace this information when they hear it. It’s a fundamental flaw that we get specific in our focus before we go back and check the movement foundation of some of the people we work on. The problem is that most medicine looks specifically at the site of pain, rather than looking at patterns of impairment.

For example, I would say that after ACL reconstruction, you probably need to regain your single leg stance and your deep squat so that I can’t even tell which knee is the bad knee before you really get into heavy lifting again or return to field or court sports. But I get asked all the time to prove that. How do you reference original work???

Everyone who was making big progress in intervention was using some sort of screen, whether they were aware of it or not. For example, J.C. Santana uses exercise as his screen. He watches you move and that’s how he picks up where the compensations are. He’s been doing what he does forever and there’s plenty of built-in intuition with what he does because of his extensive experience.

For me, the FMS is about developing a screen that

football coaches, martial arts instructors, yoga teachers, drill sergeants, and folks like that could do. I did NOT want to make a screen so difficult that only health professionals could do it. That would be small-minded. What if only health professionals knew how to do CPR?

The FMS is simple, if any of these seven movements hurt, then refer out to a medical professional for intervention. If the movements are significantly limited or asymmetrical, then you need to correct the movement before you jump into fitness exercise or conditioning. That’s all the FMS is about.

HS: Regardless of the lab geeks, I’ve heard that your technologies have really turned the NFL on its ear, outside of the Raiders.

GC: Oh, yeah. Last year, both of the Super Bowl finalist teams were our clients, and this year, the champs, the Giants, implemented our screens as well. We were so pleased with the feedback we were getting from the Colts, that we started looking into what the Colts’ strength coach, John Torine, had been doing. The first year, he screened his players and saw a high correlation between the lowest FMS scoring players and those who required surgery.

He went to management and told them that he’d found a serious biomarker of the players’ durability. Since 2001, John’s fielded the smallest NFL team in terms of body size, but had the most wins and the least injuries!

HS: In regards to this extremely high level of professional sports, how do you see Hard Style kettlebell training fit in?

GC: You need explosive hips, stable joints, and quick hands. What better thing for sports? Those exact attributes are what kettlebell training develops par excellence!

The autonomic responses that kettlebell training gives you are unparalleled.

You’re getting movement training with weight instead of weight training with microscopic movement. Kettlebell exercises are movement based, not just lifting based. With Pavel’s RKC system, we’re not just trying to hypertrophy muscles like a bodybuilder, we’re trying to groove movement patterns throughout the body that are both strong and stable.

Here’s a little preview of things to come. Since Hard Style and the FMS work so perfectly together, we’re coming out with some projects that will show how perfectly our screens and kettlebells mesh together. Keep your eyes peeled!

you press things. If your rotator cuff doesn’t fire first, it doesn’t matter what your pecs and deltoids do. That reflex stabilization is needed for things to work impeccably.

That’s why you sometimes see guys who are relatively small, like Pavel’s size, accomplish these unbelievable feats of strength.

On the other hand, you see these bulky guys who look like they’re carved out of granite, but they can do nothing because their prime movers are firing before their stabilizers. The stabilizers are what give you the axis point of a joint. The better the axis point, the less work the prime mover has to do.

The bottom line comes down to this. If you can’t move well, you shouldn’t be training hard! You don’t want to keep strengthening a bad pattern. You want to reprogram the bad pattern to function like a good pattern and then add strength.

Strength training is a means of reinforcing movement patterns. Nobody wants to reinforce bad patterns, but how many people are *really* taking the

For more information on Gray Cook, RKC, or his Functional Movement Screen, please visit www.functionalmovement.com.

Dr. Mark Cheng is an RKC Team Leader based in Los Angeles, California. To reach him, please visit www.kettlebellslosangeles.com.



"The *Functional Movement Screen* is the foundation of our program. Everything we do builds off of it. We couldn't imagine not using this program." —Jon Torine, Head Strength Coach, Indianapolis Colts

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This program is a product of years of innovation and current research. The philosophy starts with a system that monitors fundamental movement. Armed with this crucial knowledge, you can successfully develop corrective exercise programs based on individual movement patterns. FMS is equally effective in fitness and sports conditioning because it targets the "weak link in movement".

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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.

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- ▶ Movement Screens — Deep squat, In-line Lunge, Shoulder Mobility and
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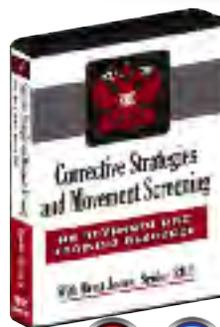
More importantly, it made an immediate impact on my students. I'm talking about the kind of impact that has made coaches and parents comment about the dramatic improvement in on field performance. These are comments made about kids that were already some of the best player on the field, and these improvements showed up across the board in just 2 weeks.

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"I was, at first, reluctant to order this DVD. I did not think I could buy another video that would have so much life changing information than *Power to the People!* or *Enter the Kettlebell!* had. I figured I had nothing more to learn from the RKC's, I was wrong.

The information on this video should be required watching by anyone who even thinks of training with weights, or before anyone can buy any of Pavel's videos. I think this video would save a lot of people some grief and pain. The tests and the resulting remedies are well thought out and presented very well. This kind of information is well worth the price. Brett Jones and Dragon Door deserve a round of applause for this new video. You all need to take a bow. Thank you for another video that will help me take a quantum leap in my training. For all out there, get this one!" —James Doolen, Joplin, MO



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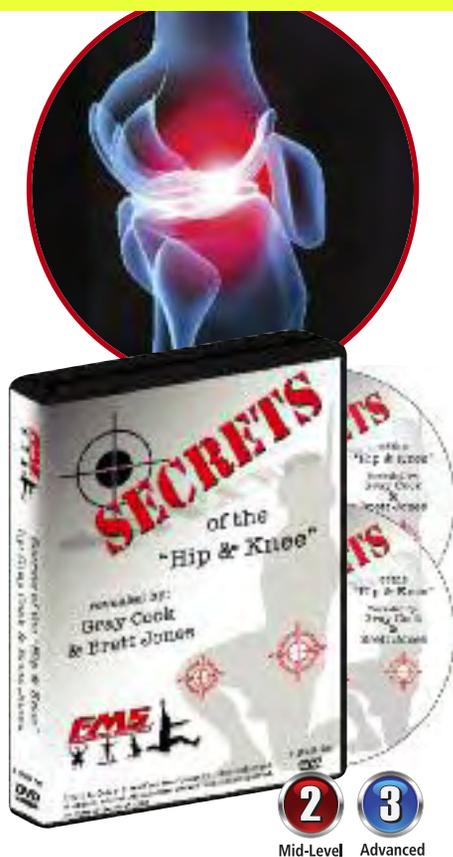
These small, but significant adjustments, correctly applied, can help you regain your former function—while protecting you from further injury...

“I need to limit my running”, “I don’t squat anymore because...”, “My knees are shot”. These are common complaints related to knee pain in the fitness and athletic world.

Gray Cook, and Brett Jones reveal how to screen, and address the major contributing factor to hip and knee dysfunction. This 2-DVD set reveals a systematic approach to general screening, mobility/stability screening and corrective strategies that will lead you to return to effective exercise progressions.

- **DISCOVER** why the Knee commonly falls victim to weaknesses in other parts of the body.
- **LEARN** specific Screening and Assessment techniques for the hip and knee in order to identify weaknesses in the Kinetic Chain.
- **KNOW** what Movement Prep Techniques to utilize when significant problems have been identified.
- **LEARN** Mobility and Stability Corrections designed to lay the foundation for proper movement patterns.
- **DISCOVER** techniques to create strength and power without losing efficient movement patterns.

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.



Secrets of the Hip and Knee

By Gray Cook, RKC and Brett Jones, Master RKC
DVD #DV051 \$69.95
2-DVD Set
Running time: 131 minutes

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



Order *Secrets of Hip & Knee* DVD online:
www.dragondoors.com/hipd68

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!*

How 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, Master RKC

2-DVD set #DV043 \$69.95



Order *Secrets of the Shoulder* DVD online:
www.dragondoors/shoulderd68

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



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

2 **3**
Mid-Level Advanced

Secrets of Core Training: "The Backside"

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

Running time: 82 minutes

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



Order *Secrets of the Core* DVD online:
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Editor's Note: At time of going to press there were **129 customer reviews** with an average rating of **9.78** (out of a max 10) of **Pavel's Enter the Kettlebell!** book and **73 customer reviews** with an average rating of **8.81** of the companion DVD, on the **dragondoor.com** website. 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 Reiskind, RKC, Owner *Girya Kettlebell Training, CA*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Enter The Kettlebell! Highlights

Foreword by Dan John

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

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

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

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

Chronicle of the Russian Kettlebell Invasion of America

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

Chapter 1: Enter the Kettlebell!

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

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

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

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

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

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

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

Chapter 2: The New RKC Program Minimum

Practice Before Workout: The Break-in Plan

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

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

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

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

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

The New RKC Program Minimum

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

The Next Step

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

Chapter 3: The RKC Rite of Passage

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

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

A Pull and a Press—Sound Familiar?

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

The Clean—Crisp Like a Punch

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

The Press—for a Classic Torso

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

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

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

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

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

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

The RKC Ladder to Pressing Power

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

Rest Less, Snatch More

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

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

From Boy to Man

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

Chapter 5: FAQ

Is kettlebell training a fad?

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

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

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

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

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

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

What diet do you recommend?

Will kettlebells help my sport-specific strength?

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

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

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

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

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

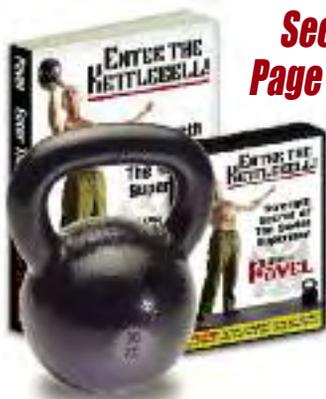
If Russian stuff is so tough, why did the USSR lose the Cold War

Chapter 6: The Making of a Kettlebell

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

Save Money with the Enter The Kettlebell! Quick Start Kits

See Page 26



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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 choice for the toughest, most demanding, highest-yield exercise tool on the planet. Guaranteed to forge a rugged, resilient, densely-muscled frame—built to withstand the hardest beating and dish it right back out, 24/7.

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

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

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

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

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

Enter the kettlebell! and follow the plan:

1. The New RKC Program Minimum

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

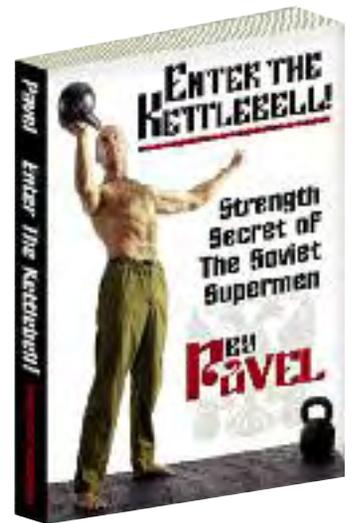
2. The RKC Rite of Passage

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

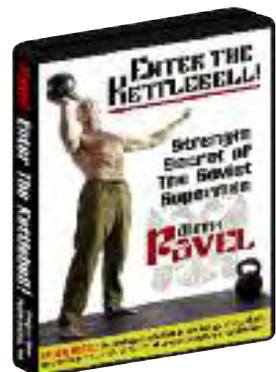
3. Become a Man Among Men

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

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



Enter the Kettlebell!
Strength Secret of The Soviet Superman
by Pavel #B33 **\$34.95**
Paperback 200 pages 8.5" x 11"
246 full color photos, charts, and workouts



- 1 Beginner
- 2 Mid-Level
- 3 Advanced

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



Purchase Pavel’s Enter the Kettlebell! book and DVD as a set and save...

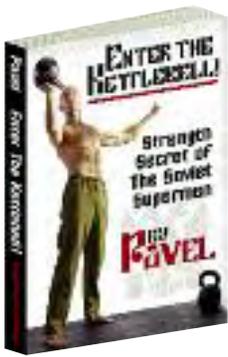
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“Pavel’s *Enter the Kettlebell!* helps you weed out weakness... **develop explosive power, strength and never-quit endurance**—with his **PROVEN** system for rapid, spectacular and across-the-board gains in physical performance”

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—**honoring a masterplan of essential training secrets that guarantee to make you powerful, resilient, and enduring**—if you simply follow the proven guidelines.

Lift Your Kettlebell Like a Pro...

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

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

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

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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 gilya (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*



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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

CLASSIC KETTLEBELLS (SOLID CAST IRON/POWDER COATING)

Item	Weight	Price	MAIN USA	AK&HI	CAN
#P10N	10lb	\$75.95	S/H \$13.50	\$55.50	\$36.00
#P10P	14lb	\$82.95	S/H \$16.50	\$66.50	\$38.00
#P10M	18lb	\$89.95	S/H \$20.50	\$73.50	\$46.00
#P10G	12kg (approx. 26lb) – .75 pood	\$97.95	S/H \$28.50	\$88.50	\$56.00
#P10A	16kg (approx. 35lb) – 1 pood	\$109.95	S/H \$33.50	\$104.50	\$68.00
#P10H	20kg (approx. 44lb) – 1.25 poods	\$119.95	S/H \$40.50	\$122.50	\$80.00
#P10B	24kg (approx. 53lb) – 1.5 poods	\$129.95	S/H \$44.50	\$139.50	\$92.00
#P10J	28kg (approx. 62lb) – 1.75 poods	\$159.95	S/H \$47.50	\$157.50	\$101.00
#P10C	32kg (approx. 70lb) – 2 poods	\$169.95	S/H \$48.50	\$175.50	\$111.00
#P10Q	36kg (approx. 79lb) – 2.25 poods	\$189.95	S/H \$53.50	\$193.50	\$125.00
#P10F	40kg (approx. 88lb) – 2.5 poods	\$217.95	S/H \$58.50	\$211.50	\$138.00
#P10L	48kg (approx. 106lb) – 3 poods	\$295.95	S/H \$69.50	\$247.50	\$167.00

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

#SP10	Classic Set—16, 24 & 32 kg. Save \$14.00	\$395.95	S/H \$126.50	\$419.50	\$271.00
#SP11	Women's Set—10, 14 & 18 lb. Save \$18.00	\$230.95	S/H \$50.50	\$195.50	\$120.00

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!

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24 hours a day



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The Ten Top Reasons Why Dragon Door's American-Made RKC Kettlebells Lead the World In Quality and Performance

Without your body you are nothing—invest wisely when it comes to your most precious asset!

The Russian kettlebell. Seven years ago Dragon Door and Pavel unleashed this deceptively simple, yet astonishingly effective tool on an unsuspecting nation.

Now that the kettlebell revolution has swept the States—and imitators are popping up left and right—it is good to understand why the RKC kettlebells are not only the first but remain the best available, anywhere in the world.

There is a whole lot of science, art, manpower and very precise labor involved in the production of a perfectly balanced, flawless kettlebell. A combination our imitators have been unable to match...

Here's 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, 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 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".

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".

Iron shrinks when it cools. You don't want a lighter kettlebell, do you? Gravity will force extra molten metal from the riser back down into the mold, to ensure the correct shape.

SIXTH: The cast iron needs to be thoroughly 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.

The conveyor takes the kettlebells 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 MORE cleaning work to be done! The raw kettlebells have burrs—small ridges and rough edges that can rip and shred the skin if left untended.

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

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

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 e-coat 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
0.5	8	18
0.75	12	26



The most popular sizes in Russia are shaded in red.

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.”

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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 \$164.95 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 \$174.95 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 \$184.95 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	\$189.95	S/H \$57.00	\$177.00	\$112.00
#P10AA Two 16kg (approx. 35lb) — 1 pood	\$205.95	S/H \$67.00	\$209.00	\$136.00
#P10HA Two 20kg (approx. 44lb) — 1.25 poods	\$229.95	S/H \$81.00	\$245.00	\$160.00
#P10BA Two 24kg (approx. 53lb) — 1.5 poods	\$254.95	S/H \$89.00	\$279.00	\$184.00
#P10JA Two 28kg (approx. 62lb) — 1.75 poods	\$303.95	S/H \$95.00	\$315.00	\$202.00
#P10CA Two 32kg (approx. 70lb) — 2 poods	\$326.95	S/H \$97.00	\$351.00	\$222.00



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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!

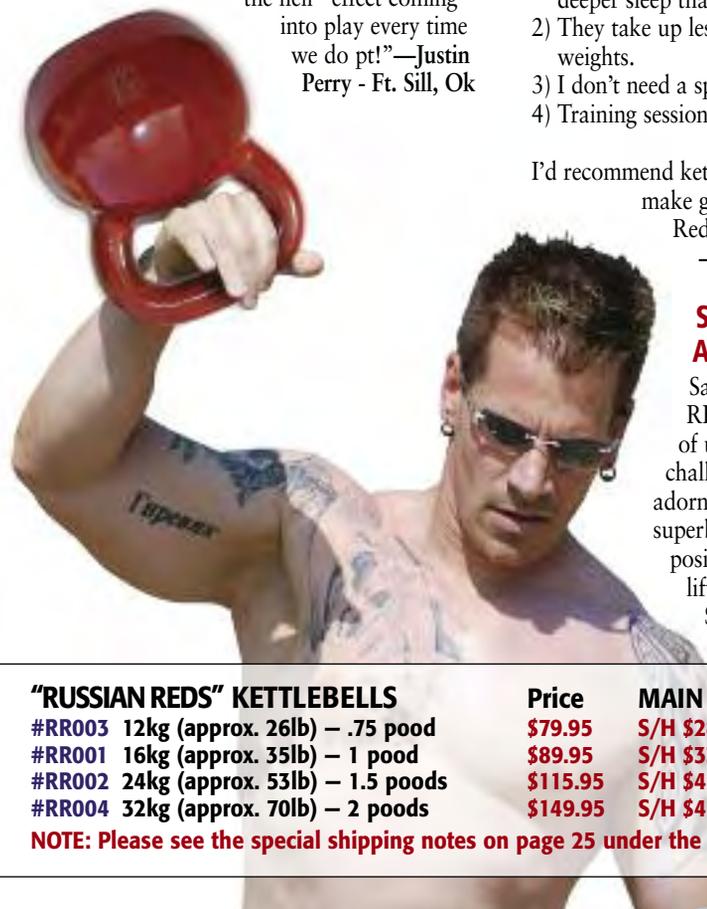
Same great quality, only gleaming RED and oh-so-shiny! For those of us who are a bit artistically challenged and thus hesitant to adorn our own kettlebells, these are superb. Very eye-catching, they positively DEMAND to be lifted.”—Marisa DeMaio, RKC - Santa Fe, NM

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



“RUSSIAN REDS” KETTLEBELLS

	Price	MAIN USA	AK&HI	CAN
#RR003 12kg (approx. 26lb) – .75 pood	\$79.95	S/H \$28.50	\$88.50	\$47.00
#RR001 16kg (approx. 35lb) – 1 pood	\$89.95	S/H \$33.50	\$104.50	\$58.00
#RR002 24kg (approx. 53lb) – 1.5 poods	\$115.95	S/H \$44.50	\$139.50	\$81.00
#RR004 32kg (approx. 70lb) – 2 poods	\$149.95	S/H \$48.50	\$175.50	\$111.00

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

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



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

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

Why?

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

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

Stronger men and more experienced

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

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

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

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

Excellent Alternative Rated 10 out of 10

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

Less is more Rated 10 out of 10

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

True Strength Training Rated 10 out of 10

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

helpful customer service."

—Anthony Lang - San Diego, Ca

The Right Tool For The Right Job

Rated 10 out of 10

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

Physical Results Rated 10 out of 10

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

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

age 39 I started

KB training. Basic

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

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

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

Thanks Pavel!" —romzilla - Atlantic City, NJ

Enjoying the kettlebell Rated 10 out of 10

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



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

**For price and
shipping information
see page 23**



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

With pointers, charts, diagrams, stats and wads of research to back him up, Kenneth Jay delivers convincing proof that a carefully calculated, personalized kettlebell snatch protocol can 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.

The Level II RKC's got a thorough schooling in *Cardiovascular Kettlebell Concepts* and how to massively enhance their all-important VO2Max.

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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. So, out to the playing field the RKC's 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. Follow along and "take heart" from the warrior-building workout that follows. Then prepare to kick some solid butt in the world at large.



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3. *Corrective Strategies and Movement Screening* By Brett Jones, Senior RKC
4. *Advanced Strength Strategies* By Kenneth Jay, Senior RKC

Highly Recommended

"I have a very simple review process. Was the product/service worth the money I spent on it? In the case of Kenneth's DVDs the answer is a resounding YES. Technical, informative, and at the end shows the program in practice. **How much does a heart attack or bad ticker cost you?** The cost of this DVD is a drop in the bucket compared to life. I would also say that if you're over 35 I would absolutely not hesitate to invest in this because it's an investment in a good life."—Gumby, USA

Don't cheat yourself out of this

"Every time I get to listen to Kenneth, I'm reminded of how brilliant he is. This DVD is packed with all the research that any numbers junkie could want, and then brought home with an easy to learn process and very simple application. Don't confuse simple with easy, though.

Advanced Strength Strategies exposes the myth of traditional cardio with hard facts and research.

Then it teaches you to bullet-proof your heart with hard work.

If you're looking for a jazzercise video that's all about 'low-impact' and 'target heart rate' this ain't it. However, if you want a healthy heart and improved recovery time, this is the information that you need."

—Jeff O'Connor, Senior RKC, Talala, OK

Viking Cardio

"The VO2 max protocol is rapidly becoming legendary in kettlebell circles, with good reason. Kenneth 'the Dane of Pain' Jay does a great job of presenting the theory and practice behind these brutally simple workouts.

The information on this DVD will make your heart stronger and healthier, improve your recovery time for hard sports or fighting and increase your Secret Service Snatch Test score."

—David Whitley, Senior RKC, Nashville, TN

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Continued from page 8. 📌

accomplishment in you—a sense of pride in your own physicality.

I recently spoke with a colleague of mine about the subject of pull-ups, and he told me:

“Coming from someone who used to be VERY over fat and couldn’t do a pull-up to save my life all through middle and high school. I had very good pressing and lower body strength but couldn’t do a chin. After losing weight, it was very empowering to be able to do a pull-up—it feels AWESOME. It’s a great feat of strength and when people seeing you doing chins or pull-ups, they have a certain respect for you.”

These sentiments are almost universal among those who spend any kind of time in the weight room. It’s possible to bench or squat with light weights and you’re still benching or squatting, but the smallest weight increment with pull-ups is you—your own bodyweight. The exercise becomes a visceral metaphor for personal accomplishment: after all, you’re “pulling your own weight.”

If You’re Not Convinced Yet, Sorry—I Did My Best

Let’s move on to a more practical discussion of the pull-up—what it is, how to do one, and how to incorporate it into your own training strategy.

The most prevalent point of confusion involves nomenclature—what’s a pull-up, and what’s a chin-up? Simply, a chin-up involves supinated hands (meaning, your palms face you during the exercise). Pull-ups are the opposite of that. Other variants, such as neutral-grip pull-ups, are a bit fuzzier, and definitions vary from coach to coach.

As we move on to performance-related issues, I’d like to share an observation with you that may enhance your understanding of the movement from a biomechanical perspective. Imagine yourself standing under a chinning bar, ready to do a chin-up. You reach up with a supinated grip, and grasp the bar. Just for the purposes of this (mental) exercise, imagine that somehow your hands are attached to the bar so you don’t need to grip it. I’m not sure if that involved duct tape, superglue, or whatever. I also want you to imagine that your biceps are de-innervated (meaning, they don’t work). Still with me? OK, from here, ask yourself this question: what happens if you just activate your lats, maximally without doing anything else?

The answer is, you’ll do a chin-up, despite no biceps activation. If you maximally activate your lats, your elbows will be drawn down to your ribs, which means you did a chin.

My point is this: while everyone always talks about chins being one of the best biceps exercises, I don’t want you to think of a chin-up as a biceps exercise, because that thought will prevent you from maximally recruiting your lats during the exercise. And since your lats are the big bullies among the chinning muscles, that’d be counter-productive at best. In the same way that you use your posterior chain to generate force in a snatch or a clean, you should use your lats as the prime mover when you perform any pull-up variation.

Another way to reinforce this concept is through cueing—the thought or visualization you have in your head as you perform the exercise. The prevailing wisdom among most coaches is to “squeeze the bar as hard as you can.” And while I appreciate the rationale behind this thinking, I disagree with it. Many coaches prompt their clients to “squeeze the bar as hard as possible” because it’s a good way to generate more force through a principle known as “hyper-irradiation;” tension generated in the forearm muscles tends to promote more force in neighboring muscles (the elbow flexors in this case), which promotes greater overall force production.

My problem with this cue for pull-ups is that I want to *discourage* biceps involvement in favor of lat-focused power generation. If you’re not convinced despite my earlier mental exercise, think of it this way: if you load your bodyweight onto a bar, how many times can you curl it? I’m guessing 0.

A better cue, which helps to recruit the bigger, more powerful lats, is to think

about *driving your elbows down* to your ribcage. Not only does this cue encourage lat contraction, it’s also less daunting to imagine driving your elbows down, than it is to imagine pulling yourself up.

I’m so convinced of the value of this strategy that I almost try to deliberately de-emphasize my grip when I do pull-ups. One way of doing this is to use straps incidentally. Another option: a false grip, and/or chalk—anything that makes the grip easier will work. Now if your guns are sub-par, don’t worry: your biceps are likely to participate no matter how you perform your chins or pull-ups.

A Few Other Technical Tips...

I’ve got a few remaining thoughts and tips for you, in no particular order:

- If you find yourself swinging during a set of pull-ups, ensure that you’re not flexing your hips.
- Some people are satisfied to simply touch their chin to the bar, as opposed to actually clearing the bar with the chin. I’d opt for the latter tactic however, and here’s why: if you fail to clear the bar with your chin, you’ll most likely miss out on the opportunity to depress your scapula with your lower trap fibers, which is required to go from a “chin touching” to a “chin clearing” position. The ability to meaningfully depress your scaps is essential for good overall shoulder health, so avoid the temptation to simply touch the bar with your chin.
- There are many myths and misunderstandings regarding hand spacing, most of which focus on the incorrect premise that a wider spacing makes the lats wider, and a narrower spacing makes the lats thicker. A better recommendation is to simply use a natural spacing, which affords you the most comfort and freedom of movement. One way to find this position for yourself is to simply reach up (or, if you have a chinning bar that requires this, to jump up) with either a supinated or pronated grip. Your intuitive choice of hand spacing will tend to be correct, if you haven’t over-thought it. Done this way, your hand spacing with a supinated grip will tend to be slightly inside of shoulder-width, such that at the top, the front of your shoulders will brush your hands. Your pronated grip will tend to be a touch wider than your supinated grip.
- This next point is something I’ve learned from experience, and it’s not something I could ever *prove* to you, but if you try it, you’ll prove it to yourself: leave more reps “in the tank” with chins and pull-ups than you would on most other exercises. I like to leave at least 2 reps to spare on every set, save for the occasional max-reps test. On every rep, you want to instill a feeling of confidence and mastery—not humiliation and agony.
- What if you’re close, but can’t yet perform a chin-up? Ahh, lucky for you, I’ve left the best tip for last: muscles are significantly stronger when they contract immediately following a pre-stretch (called the “stretch-shortening cycle.”) This is why you crouch immediately before you jump, and it’s also why you quickly coil your arm back before you throw a ball. So if you’ve never done a chin, but you’re real close, try standing on a box or a chair, and lower yourself first, then pull yourself up to the bar. Then (if you want) write me back telling me what an awesome coach I am!

NOW You’re Pulling Your Weight!



Feels good doesn’t it? If I’ve helped you in your quest to clear the bar, I’d genuinely love to hear from you— you can e-mail me at: charles@staleytraining.com

Sign-up for **Train Smarter, Live Better**, Charles’ free online newsletter at <http://www.StaleyTraining.com>. Charles will even throw in a FREE copy of his popular 196-page e-book, *The Unnatural Athlete*, just for signing up!

About The Author:

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 led to appearances on NBC’s *The TODAY Show* and *The CBS Early Show*. Find Charles online at <http://www.StaleyTraining.com>.

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

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

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

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

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

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

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

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

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

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

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

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

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

“What do you attribute it to,” she asked.
“The economy isn’t that great.”

I immediately summed it up in one word:
“KETTLEBELLS!”

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

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

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

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

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

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

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

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

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

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

—Gus Petersen, RKC, Denver, CO

Pavel’s next Russian Kettlebell Challenge Certification Program will be held in St. Paul, Minnesota, Sept. 19-21, 2008.

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“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

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Running Time: 40 min.



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

The DARC Swing

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

The Reverse Floor Wrist Drill

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

The Front Squat

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

The Para Press

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

The Knee Supported Row

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

The One Legged Deadlift

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

The Seated Good Morning Stretch

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

The Floor Seated Press

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

The Split Press

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

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

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

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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 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:

"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.

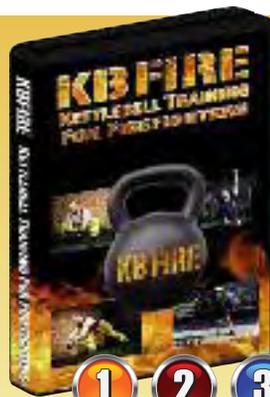
"Then I came across kettlebells and Tom. With kettlebells and Tom's instruction on proper lifting technique (as shown in his new video, *KB Fire*) I rehabilitated and strengthened my back. Not only did I keep my full time firefighting career, I am able to workout with the same ferocious intensity I had 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 FD

"*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 the 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



1 Beginner 2 Mid-Level 3 Advanced

KB Fire: Kettlebell Training for Firefighters

By Tom Corrigan, RKC Team Leader
Running time: 117 minutes
DVD #DV044 \$49.95

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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.

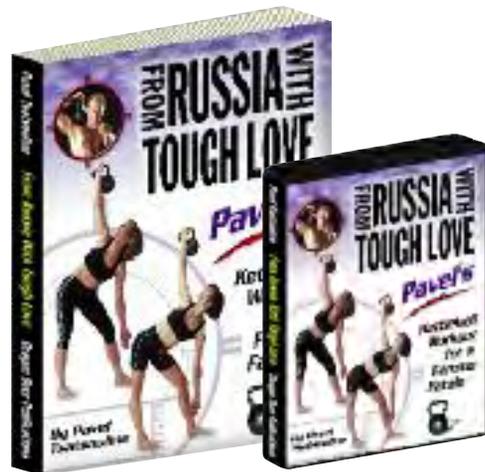
But until now, the astonishing benefits of the Russian kettlebell have been unavailable to all but a few women. Kettlebells have mostly been the sacred preserve of the male professional athlete, the military and other hardcore types. That's about to change, as Russian fitness expert and best selling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

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By Pavel Tsatsouline
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—Pavel Tsatsouline, Chief Instructor, Russian Kettlebell Challenge

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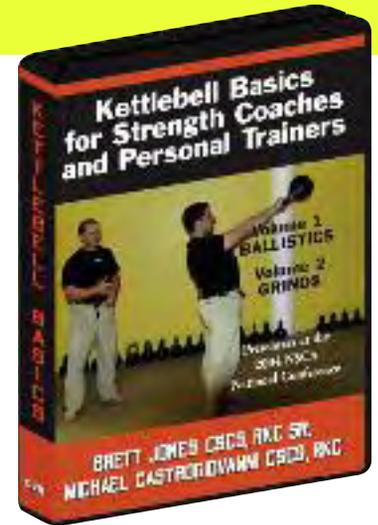
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- How to breathe for optimal power

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- 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
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1

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ABOUT THE AUTHORS

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

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



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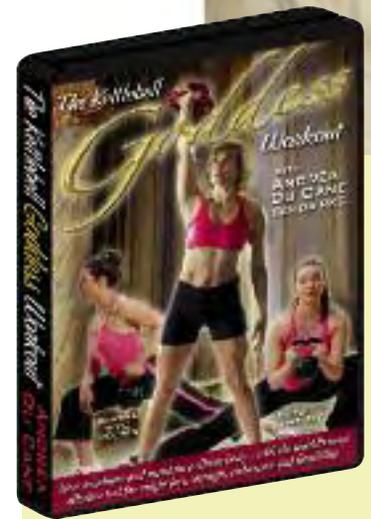
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DID YOU GET YO

Reader reviews of Andrea Du Cane's *The Kettlebell Goddess Workout* DVD—Average Rating: 9.37 out of 10, in 51 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 KBer's."

—Christine Staunch, RKC - Bayonne, NJ

The Complete Package - Astonishing

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

Hard Core Workout!

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

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

—Mary - Saratoga, CA

Become the Goddess!!

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

—Rae Chitwood, RKC - Mansfield, OH

Excellent!

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

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

The Kettlebell Goddess Workout is the Best!

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



Nothing but positive feedback!!!

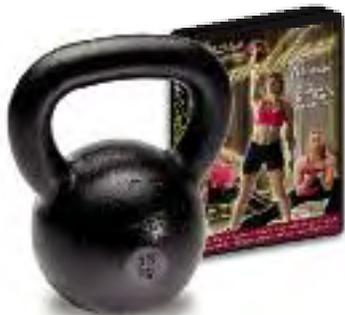
"This is a great DVD. I have been getting nothing but positive feedback from my clients. I tried a few of them myself and trust me

guys, this DVD is not just for the Goddess' but the Gods' can also get worked on these programs as well. The different combinations and ways Andrea shows you how to come up with your own personal routine makes this a must for anyone who wants to get in shape." —Lance Mosley, RKC, CSCS - Palm Beach County, FL

Outstanding DVD!

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

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UR GODDESS YET?

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



This video is GREAT!!

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

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

This is perfect for what I was looking for!

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



Works for the Gods too

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

—Steve Gould, RKC - Morton, IL

This is motivating

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

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

This DVD is awesome.

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



Awesome DVD and well worth the investment!

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

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

Absolutely AWESOME!!!!

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

Superior than any other workout tape I've purchased

"I can do Andrea Du Cané'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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“All of our guys have seen an increase

HardStyle Talks to Vanderbilt's Director of Speed, Strength and Conditioning, John Sisk

**Interview conducted by
Senior RKC, David Whitley**

Hard Style: What drew you to using kettlebells and what role do they play with your teams?

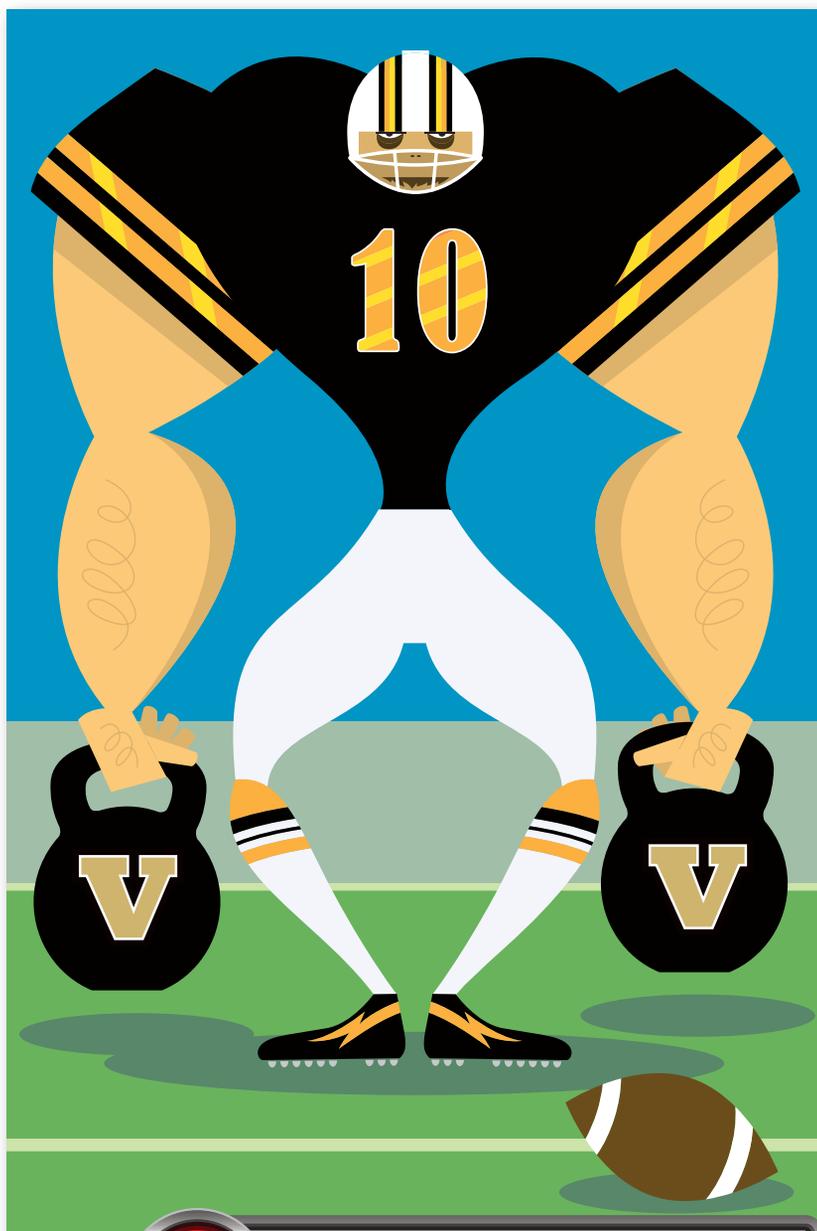
John Sisk: Well, we start with the Swing, and the big thing it teaches us is as far as the guys is their core and hamstring flexibility, lower back strength. I think it's really activated the glutes in a lot of the ways. We can work from that. With what we've learned from you we've progressed from that movement to using more weight. And the kettlebell has been a staple of our program ever since you've been working with us. Like today we have some guys getting ready for the combine, for senior bowl, for pro day, so we used kettlebells for the first 40 minutes of the program before we even did anything outside. I really love working off of the Swing. We've progressed to the High Pull, and then go into our Snatches, and then our Cleans. We do the Uppercut drill you showed us, we call it the "Ribbon", and that's kind of our staple. We do some variations of that, some Presses, but that's the majority of the drills we are doing with kettlebells.

HS: What do your athletes think of kettlebells?

JS: Our guys love them. Our football guys love training with them. Our baseball guys have really taken to them. We have some kids who play in minor league baseball teams, and they're playing on major league baseball rosters, and they love them. They've really taken to them, and I think they've really added a lot to our training, and not let us get stale.

HS: What kind of results have the athletes that have been working with kettlebells seen as carry over into their sport or carry over into other stuff they're doing in the weight room?

JS: The biggest thing is all of our guys have seen an increase in power output, even in Olympic movements with a barbell, like our Cleans, our Hang Cleans, our Power Cleans. I think that they've affected our flexibility in those movements, generating more hip production and helping to carry over to the platform, where also our coaches have seen a big difference in their flexibility on the field. Also our players have seen flexibility improvement on the field, in their running mechanics, in their hamstring and hip mobility. I think there's been a lot of carry over to football. Not just in sprint mechanics, but playing on the field, and being there and doing athletic movements, and it hits a lot of areas in the legs but also in the core. It helps us with core strength, and our running mechanics, the abdominal area, the entire transmission area, which helps in your speed mechanics. Our guys are faster now.



Get in power output with Kettlebells.”



HS: What about things like running faster 40-yard dash times?

JS: Oh, definitely! To be honest with you, that's the main thing

we changed, the running drills that we did. From using the kettlebells throughout our summer training we saw a great number of increases in our speed development. During our training we really saw some great results there. Something that we've incorporated throughout the season, basically we took away the Barbell Clean all year. We didn't do any barbell Cleans on platform work all year, all we used were kettlebells. We did kettlebell Snatches and High Pulls all season. I really think that the shoulder flexibility and strength using the kettlebell stabilized their shoulder girdles a lot better throughout the season and reduced the amount of shoulder injuries that you could possibly have.

HS: Excellent. Do you have any specific numbers on run times or weights or anything like that? You had mentioned to me before that things like the Barbell Clean were better now too.

JS: Well, I had one guy add 40lbs to his Hang Clean, and he hadn't trained the Hang Clean in over a year, just doing high pulls and swings with the kettlebells. It taught him to utilize his hips so much more. On the average, we had about a 35-40lb increase on most of our guys' Cleans. We only did the barbell Clean 6 days during the whole summer but we kettlebelled at least twice that. We had 12-14 days of kettlebell training, and only 6 days of doing barbell Cleans, and we didn't go over 90% of their max. We had guys add 30-40lbs on their Hang Clean. A lot of that was due to the fact that they're utilizing their hips a lot more, and creating more power and more flexibility. We're just seeing guys be so much better...

We don't have any leg curl machines in the house, so a lot of our hamstring work is through the kettlebells, RDLs [Romanian Deadlifts], 1-Legged RDLs, Reverse Hypers, and kettlebells, and that's all the hamstring work we do. We didn't have a single hamstring injury all summer and all fall. A lot of that has to do with the kettlebells. We didn't

have a back issue all year. Knock on wood again. Now we had a few pre-existing shoulder injuries from before, but I think that by utilizing the High Pulls and the Snatches we've reduced a number of shoulder injuries that we've had from guys during the season.

HS: What other exercises do you think have helped in injury prevention?

JS: I had more of the pitchers and baseball players doing a lot of Get Ups. That helps a lot. We've done a lot of bottoms up stuff. Bottom up presses



on the bench, standing, single arm stuff. We've also done some Seated Military Presses, with the legs crossed, not crossed, and spread out.

HS: What other things do you have your guys doing with kettlebells?

JS: With the kids we incorporated some of the juggling, hot potato, spinning, catching, stuff like that. I don't think you can ever go stale with them. With a barbell, you go Press it, you go Clean it, you go Squat it, you can do a few other things, but there's so much more to do with a kettlebell. They love them!

I've got David Price, the first pick in the draft doing them. All of our baseball guys do them. Jay Cutler, the quarterback for the Denver Broncos used to play here at Vanderbilt, and he's doing them now.

HS: That's really great. You are really getting a lot of benefit from them.

JS: When I decided to look at the kettlebells, I wanted to buy enough to really do them with everybody, not just buying 4 or 5. Especially after talking with you, I just wanted to go from point A to point B to point C. I never want to be a master of these things. They'll master you! I do have an appreciation for them, though. I go to them, and they're a focal point in our weight room. I mean, I spent \$8,000 on kettlebells for two weight rooms. That shows you how much I like them. I think they're a great teaching tool.

If I was to start over in strength training, that's something I would probably utilize with young kids at an early age. Teach them how to do things properly before teaching them the Olympic movements. In fact, I think they'd help with the Olympic movements. I think that with kids there's more carry over from kettlebells to Olympic movements.

HS: Why do you think that is? That there's so much carry over?

JS: I think it's because it allows so much flexibility and core strength when you have to utilize your hips to move the kettlebell properly in a safe manner. You can get away with doing more upper body pulling movements with a lot of weight on the barbell Clean. With a kettlebell, if you're on your toes or too far forward, or your shoulders aren't packed in, then you will feel your back, whereas a strong kid on a platform can muscle a Clean and can get away with muscling a certain weight.

With kettlebells, our guys feel when they're not doing it right. You feel the weight differently with a kettlebell Swing because you get such a stretch. With a barbell, it's not going between your legs! I think we're getting more bang for our buck with the kettlebells and transferring them to the Olympic Movements. It doesn't take the place of a lot of movements, but the carry over is very similar as opposed to vice versa. We've gotten a tremendous amount of benefit from using the kettlebells.

Continued next page. ➔

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HS: You made some important points. Now, the number one principle of the RKC system is that you emphasize technique over everything else. If your technique is not right, then your loading parameters and your program and all of that other stuff doesn't matter until technique is perfect. So what you're saying is that when they get the technique right with kettlebells, then everything else starts to fall into place with the Olympic lifts as well as being out on the field.

JS: Exactly. It helps you out everywhere. We had a guy that had some flexibility issues. We just did Swings with him. We advanced to the pulls and Snatches and we saw increases in power production. We don't do a lot of Olympic movements in the middle of the season because of shoulder issues, but the Swing and High Pull, those guys love them! They get tuned in and turned on because they feel the core, they feel more explosive, they get the heart rate up much better in 30-40 minutes than sticking them on a machine for an hour. We're able to progress a little more quickly with athletes with the kettlebells than we are with the platform movements. Their athleticism can take over a little quicker on the kettlebell than they can sometimes on the platform because they can slow down and think about it more. With the kettlebell you simply feel it more. They feel the body. "I need to breathe properly. Pack my shoulders more. Push through my heels. I'm bending my knees too much in my Swings. I need to push my butt back more and squeeze my glutes." I think it's easier with this as opposed to a barbell movement where you'll break down a movement in 3-4 movements.

HS: So doing kettlebell movements is more like what they are already doing naturally.

JS: Yes, it's a natural movement. With a bar, everyone doesn't bend the same. Everybody's forearms are longer or shorter. Guys can rack it easier. I've had guys that love the kettlebells because they can actually rack them with a single arm. With a bar, they have a hard time racking the bar because they have bigger biceps and shorter arms. I think, "This guy is still an athlete. Just because he can't clean 400lbs doesn't mean he can't play football, because he can clean it but he just can't rack it." So do we need to put more weight on the bar or do more repetitions and tax his whole body where he's getting his whole hamstring and glutes in there with the Clean?

HS: Right, because he's not an Olympic lifter. He's



We have two Beasts, four 88s, eight 70s, in this room I've got sixteen 53s, sixteen 35s, and then I've got another weight room with four 70s, four 53s, four 16s, and four other lighter ones.

using the Olympic lifts to become better at football, so the tool becomes irrelevant. Therefore the kettlebell comes in because it is easier to teach to guys with different structures, different body types.

JS: Yes, because everybody is different, so it's not like you can cookie-cut, and guys gravitate towards what they like. If guys come out of high school loving the Clean, they'll still love to Clean. If they don't, then they won't love it. Some guys just love to Bench or love to Squat or try to find something that they feel a little bit stronger about than the other. Obviously they have the strength there. With the kettlebells, though, everybody's pretty much a novice, so they're fighting their bodies rather than fighting the weight. I think the body awareness is a lot quicker. In their athleticism, they can feel their hips, feel the high pull. They correct their mistakes pretty quickly. We watch them all of the time, but it's been fun. They like them. We'll take them through some movement screens, then put them through Swings, High Pull to a Snatch, to an Uppercut, switching, and other things you showed us, and try to keep it going for a minute.

HS: That's helping their conditioning and their coordination all at the same time.

JS: Exactly. We do that inside and outside. We do it sometimes in the heat, on the turf. We take the weight room outside with the kettlebells. Another aspect that I really like and think is beneficial is the kettlebells with a larger handle so that it gets your grip stronger automatically. Football is all about grip.

I like the Dragon Door

kettlebells; they are the only ones we use. The grip work is great in any movement we do in any way that we do it. All of the pulls we're doing, all of the rows we're doing, Swings, all of the other stuff we're doing, it all works the grip too. It's great.

HS: You've got quite an impressive collection of kettlebells out there. What all sizes do you have?

JS: We have two Beasts, four 88s, eight 70s, in this room I've got sixteen 53s, sixteen 35s, and then I've got another weight room with four 70s, four 53s, four 16s, and four other lighter ones. I think all in all we've got 69-70. Actually, we have more... 74 kettlebells here at Vanderbilt in three weight rooms.

I tell you, Dave, you got us fired up about them. We had two players, two seniors, take kettlebells home with them over break. Guys who are potential first-round NFL draft picks. We've had players take home 3-4 kettlebells home each for Christmas. You've made an impression on them and on us when you were here. I don't want to tell anyone else about them because I don't want anyone else to do them! But I have to be open-minded as a strength coach. People talk about Reverse Hypers a lot, but you don't need them if you're doing Swings, leveraging your body and strengthening your back. Our football coaches have been doing them. Our defensive coordinator actually bought his kids some for Christmas. I bought my girlfriend one!

You've created an inferno over here of kettlebell training, and it all has to do with you and DJ. You got my staff on it, and it's a major part of our training now.



David Whitley is a Senior RKC instructor based in Nashville, TN. You may contact him by email at irontamerdave@hotmail.com and please visit his website: www.irontamer.com



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

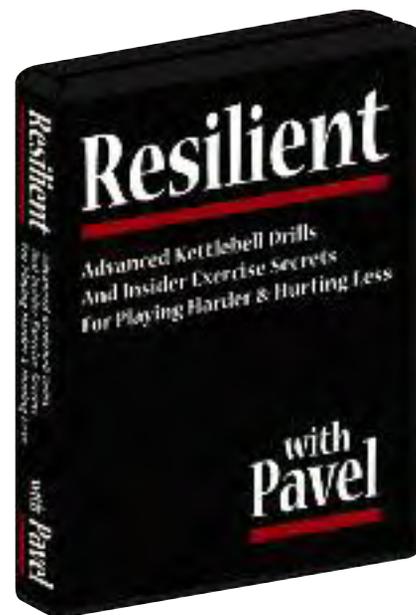
Life has a habit of body-slaming us when we least expect it. And the more active we are, the more likely we're gonna be wrenched, tossed, torn, torqued, twisted, scrunched, hammered and generally whacked around. Hit your forties—let alone fifties—and you can be reduced to a tangled mess of injuries and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

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

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

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

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



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

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36 minutes



Mid-Level Advanced

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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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!

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Zatsintey, 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



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



Order **Beyond Stretching** DVD Set online:
www.dragondoors/beyondd68

Power to the People Deadlift Team Takes the Gold Again!

At the 2007 AAU World Deadlift Championship in Orlando, FL

This was PTP Team's fourth year at AAU's Nationals or Worlds. We competed as a DL only team, although some of our members entered into the full meet or the push-pull.

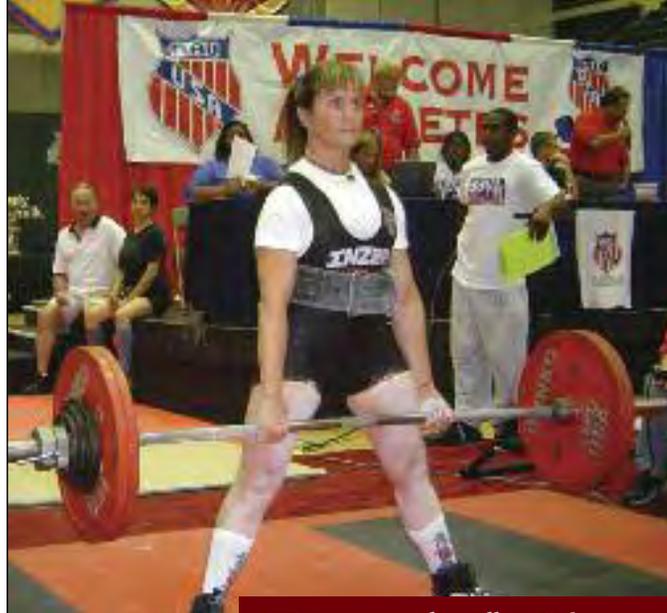
Ellen Stein set eight American and world records in the 132 women's masters', 50-54, equipped class. She squatted 341 and pulled 369. The only woman in the meet who totalled more than Ellen was 40 years younger and 56 pounds heavier!

Navy pilot Jack Reape whom you know as "Powerlifter 54" on the DragonDoor.com forum set American and world equipped bench press records in the 242 open class. Jack put up an awesome 568 pounds weighing only 221.

Team captain Brett Jones squatted 518 and pulled 573, raw, at 198. He placed second in the submaster raw full meet and won the submaster deadlift only.

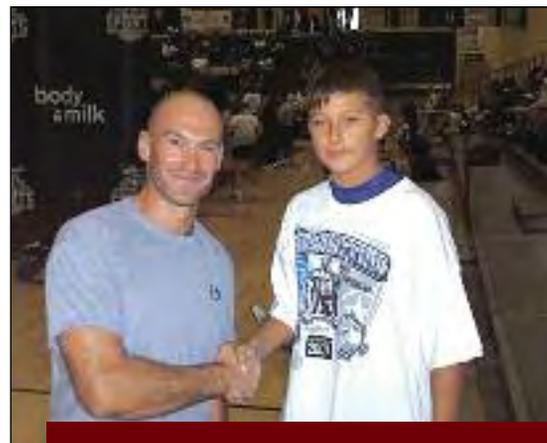
Thirteen-year old Nathan Litowski won the 114 class, teen and open. Nate owns four BP and DL teen records, American and world.

Our team won the gold. Power to you, Comrades!



PTP Team member Ellen Stein owns too many world records to list.

Photo courtesy Ellen Stein



PTP Team member Nathan Litowski owns four bench press and and deadlift teen records, American and world.

Photo courtesy Ben Litowski

Announcing

The Power to the People! Team 2008 The Raw Deadlift is What We Do

AAU World Deadlift Championship, Nov 8-9, Hampton, Virginia

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

Mutants and regular hard comrades alike are welcome to join. To qualify for the team gentlemen must pull a 2.5 bodyweight DL or 500 lbs. Ladies need a 1.5 bodyweight pull. To qualify you must post the above numbers in an AAU, USAPL, USPF, or NASA sanctioned powerlifting meet **no later than Aug 31**.

Once you have qualified, contact one of the captains, **Brett Jones**, appliedstrength@gmail.com, or **Thomas Phillips**, TPhillips@collierservices.com. Please address your questions to them as well.

Power to us!

**POWER
TO THE PEOPLE!
DEADLIFT
TEAM 2008**



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 *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 it's 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*?

3
Advanced

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www.dragondoor/peopleL68**



How to Get the Most Out Of Your [Only] Kettlebell: *Modifications to the ROP*

By Geoff Neupert, Senior RKC

Before you rush out and purchase another kettlebell, make sure you've gotten *everything* possible out of the one you have. Let's take the *Rite of Passage* from *Enter the Kettlebell!* In order to progress to a heavier KB, Pavel recommends that you be able to perform five Clean and Press ladders of (1,2,3,4,5). There is no time restriction or limits placed upon this program. Rest periods are not specified, but left to the individual. Pavel states on p.135 of *ETK*,

“Medium breaks will give you a mix of muscular and neural adaptations. This is why I have not specified how long you should rest between your sets in this book. Why complicate?”

However, we Americans tend to be a little bit “softer” than Pavel’s former countrymen and not only need a little more “tough love” now and then, but also need a little extra clarification of some of the details involved with such programs from Pavel’s former homeland. My suspicions of this were finally confirmed when I recently trained a client of mine who is a Law Enforcement Officer. He was shocked with how a little adjustment of his rest periods on his C+P ladders could provide him with a whole new level of workout “excitement,” namely, “a pump with a heavy weight.”

The following are suggestions to make the *Rite of Passage* harder and to ensure that particular “pump” without “having” to upsize to a heavier bell:

1. Set a specific rest period.

Instead of training by feel on your rest periods, set a specific rest period such as 60, 90, or 120 seconds to use between rungs of the ladder, for the whole ladder. Once you complete the entire program—all five ladders of 75 reps—with your specific rest period, take a week off or perform another program for a couple of weeks, and then return to the ROP and decrease the rest periods. For example, if you’re resting 2 minutes between rungs, then decrease your rest period to 90 seconds.

2. Use a Density Training Approach.

Set a specific time period in which to complete your five ladders. Try to cut down the time it takes you to perform the workout. Write the time it takes to complete each workout in order to track your progress. You can also write down the time it takes to complete each ladder.

3. Use the Work to Rest ratio.

The work to rest ratio is exactly what it says: How long does it take to perform x (work)? Rest (y) is based on x. This approach is best used between each rung of the ladder. For example, let us say that one Clean and Press each side takes approximately 15 seconds. The amount of time you rest is based on the 15 seconds. A good place to start is with a work to rest ratio (W:R) of 1:2. Once you can make all five rungs of the ladder with that ratio, drop the ratio down to 1:1. I can tell you that this is incredibly challenging.

What are the benefits of following this approach?

Here are three:

1. Increased work capacity.

The bigger the foundation, the higher the [potential] peak. You will have a greater ability to perform and recover from work.

2. Increased muscle mass.

Cutting down rest between sets is a form of progressive overload, the determining factor in building muscle. Science has shown that lower rest periods while lifting heavier weights increases testosterone, which of course is necessary for muscle growth.

3. Decreased body fat.

Decreasing rest periods mean increased energy consumption/expenditure. Your body must get that from somewhere. If you’re eating healthy foods, it’ll come from stored fat. Not only that, science has also demonstrated that lower rest periods while lifting heavier weights stimulates the release of growth hormone, which in turn signals the body to “turn on” fat burning hormones.

Whichever approach you attempt, be consistent. Place a wall clock with a second hand in front of you or buy a timer, like the *GymBoss* to ensure your adherence to your chosen program modification.

Once you cycle through one, two, or even all three of these suggestions, then go buy your heavier kettlebell. You’ll be glad you did—your new kettlebell will feel much lighter than you expected.

Geoff Neupert, Senior RKC, has been an exercise professional for 15 years and is currently the owner of *Rapid Results Fitness*, “North Carolina’s One and Only Total Kettlebell Training Program,” specializing in group kettlebell fitness. He is also the owner of *Integrated Fitness Solutions*, a personal training company in Durham, NC. Since 2001, he has logged approximately 17,500 hours of one-on-one client sessions. He is also a competitive Olympic Weightlifter.



Got a “Challenge” You’d Like to Finally Overcome?—Find the Perfect Tool for the Job Right Here!

Regain range-of-motion, restore mobility, reclaim function and renew your energy...

Most 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 uncoordinated, the injured, the elderly, ungainly 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.

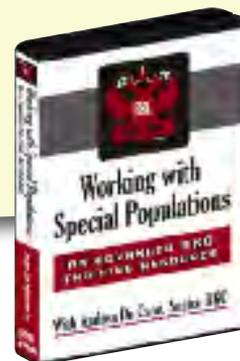
The **Level II RKC** certification teaches our instructors a multitude of methods to address corrective, preventive and restorative issues for their clients. Andrea Du Cane’s thorough and broad-ranging presentation on *Working with Special Populations* was extremely well received—and, as with the other 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.

“This DVD is a taping of a workshop expertly taught by **Andrea Du Cane**. It is clear from the presentation and drills that Andrea’s background in Pilates, movement, and mind-body fitness takes center stage. Her focus is not on the physically fit, but on the ‘typical unfit client’ coming from the general population. This would range from the older exerciser (fit) but interested in transitioning to kettlebell training, all the way to your typical couch potato who hasn’t seen his toes in years (but longs to)!

Andrea’s basic kettlebell drills can ‘kill you with kindness’ and it’s clear that even with an audience of well-conditioned kettlebell enthusiasts those simple drills can be challenging.

Contains a lot of information not only for fitness professionals but also for the clients who will seek them out. If you are older or considering transitioning from ‘soft-style’ exercise, or have simply been away from exercise and body awareness, then there is something here for you.”—EGA., Worcester, MA



2

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How RKC kettlebell training helped Donnie set the All-Time Powerlifting Total Record...

HardStyle Talks to World Champion Powerlifter, Donnie Thompson, RKC

Interview conducted by Senior RKC, David Whitley

To say Donnie Thompson is “strong” is like saying that the sun is “hot”. He is a world champion super heavyweight powerlifter and record holder. In this exclusive interview with *HardStyle*, Donnie explains how he has used kettlebells to help him set the All-time Powerlifting Total Record, how he plans to top that record this year, and what separates a champion from the rest of the crowd.

Donnie Thompson: All right, hit me.

Hard Style: I'm not going to hit you. You're bigger than me! Let's begin with some of the reasons you use kettlebells as a powerlifter.

DT: The one point I want to make is I'm 43. I'm not a spring chicken. The one thing I want to get across is not to skip over the little things. I do all my kettlebell work, but there are two drills that stand out for me. One is the Twist Deadlift and the other is the Spreading of the Hips exercise.

HS: The Twist Deadlift is when you reach across and deadlift the kettlebell, right? [see Pavel's DVD *Resilient* -Ed.]

DT: Right.

HS: Can you describe the Spreading of the Hips in detail?

DT: Spreading the Hips is where you have two heavy kettlebells and where for 5-7 seconds you do a full contraction, no air is taken in, and your hips actually flatten out, and then you release the kettlebells and pop right up. You can only get about five in because they're so demanding. Those two exercises really, really were

important for me. I did them for three years every week. I stopped the last couple of years all the time, doing them every once in a while lately, because I've been busy doing other kettlebell work.

Kettlebells cleared up problems I had from playing football. One thing I feel a lot of powerlifters do is skip the little things, and it's the little things that if you skip, you're looking at a career ending injury.

You know what a conventional Deadlift stance looks like. Get into that. I use the 40kg kettlebells on each side, grab the handles, and because I'm, well, 100lbs heavier than you are, as I lower myself down to grab the handles, I keep arching the back, keep arching, spreading the hips as I'm coming down, then explode up, and boom. Your head is back the whole time. I'm going to do a YouTube video on it really soon. All of my Powerlifting buddies who train hard, especially the older guys over 40, they do this with me. [Pavel's *Strength Stretching* DVD will help you understand the concept of “spreading the hips”-Ed.]

HS: You're keeping the kettlebells outside the hips? Like you're making your butt wider? [A flexible person can push his sit-bones apart and this dramatically improves athletic performance -Ed.]

DT: Right. You can only do 3 sets of 5. If you can do more than that, you didn't do them right. I saw Pavel exhausted just teaching me, and he's not big by any means, and he's wiry, and he was exhausted showing me 2 or 3 reps because he put everything he had into it. That's one of the things that kept my back really pain and injury free.

I also do the RKC Arm Bar with no more than 24kg. Pavel showed us that after I won the world title. So I tried it, and I really liked how it made my back feel. It keeps injury away. At this point, I don't know if I can get much stronger, but I can get the body stronger to hold up under stress, and if I can do that, I can lift more weight without getting any stronger. That's the whole key to my success in Powerlifting. What I do is I keep a body that will hold up under tremendous stress, and using small lifts with kettlebells has really made a big difference in my career. You would think at 38 I would do all of this stuff, not at 43.

HS: When you first started training with kettlebells, what was that like?

DT: Grueling. I put two days inside, an hour and a half each, with just kettlebells. I recruited some other people to do them with me. We did upper body one session, then lower body the next session, so you would do tons of Military Presses, Swing Snatches, Swing Snatch Presses, Bottoms Up Swing Presses. We did a Swing between every Press, so you have a ton of work, and eventually we had to tone that down because I was getting a herniated wrist and really aggravated my elbow because I kept going all of the time with the heavy, heavy kettlebells. Now I've learned to rotate things in and out, and I've lost no strength in any of my kettlebell movements. Starting now, I want to learn it all.

HS: How has your approach changed from then to now?

DT: I don't have one specific day for kettlebells. Now, I've integrated kettlebells with all of my training. I have a heavy day on Monday and Wednesday. On Tuesday I do what's called “prevention” or “pre-hab” and Thursday I do upper body pre-hab. Today I'll do Arm Bars, and then I'll lie on the floor or Bosu ball or cushion and go one at a time, and take the 24kg with higher reps and Back Press them up, take my shoulder, pull it off of the ground, and push into it, so I don't keep it [the shoulder] retracted.

HS: So you're doing a full contraction and forward movement of the shoulder?

DT: Yes, I'll protract my shoulder up all at once at the top, and do 3 sets of very high reps, and that's all I can handle even with 24kg. It's all prevention stuff. Is it going to make me stronger? I doubt it, but it gets the blood in there, to the source, to the shoulders and pectoral muscles, blood in the joint of the shoulder, and it really does well for me.

HS: The chain's only as strong as its weakest link. You're strengthening the weakest link so that when the time comes to lift the big weight, your chain doesn't break.

DT: That's right. In Powerlifting, things go goofy sometimes. Handoffs go goofy, the racks for Squats aren't always the same height, or the rack is raised up and you'll be way out of position with extremely heavy weight, but doing these things over time, your body can hold up. Like when I Bench Pressed 900lbs, the handoff was terrible, and I literally had to pull the bar back



myself. I can't really describe how 900lbs feels. You're kind of numb. But I was able to recover and do the lift easily because I have shoulders that can stand up to it. My spotters were so excited about me Benching 900 that they overdid it for me, so I had to recover from that. I think the kettlebell training helps keep me from getting injured in situations like that.

HS: I know you set the all time Powerlifting total record pretty recently. What were the numbers?

DT: Andy Bolton from England totaled 2806 last March of 2007. I totaled 2850. I did 1155lb Squat, 900lb Bench which was a new world record because I'm the first to Bench 900lbs in a 3-lift meet, and I pulled 795lb on the Deadlift, which was very lucky because I was gone. You can see in the video, my lower back was trembling. I could barely walk between my attempts. I wanted that record bad, so I did whatever it took.

HS: Are going to compete again?

DT: Tentatively July 13th in England. The UK is calling it "Clash Of The Titans". They're putting Andy Bolton and me head to head. I have another meet scheduled at York Hall of Fame in November in Pennsylvania. That's where I'm going for my big total, the 3000lb. After that, I will step out, regardless. So I have two more meets left in me, barring injury.

HS: Awesome. You got started training in kettlebells from your friend Mr. Haney, right?

DT: Yes, he's the one who got me started. He's an old man, and I was watching him do them and said "Hmm... that makes a lot of sense". Louie Simmons has this thing he made called a Reverse Hyper, and I saw that kettlebell Swings work momentum the same way. It just made a lot of sense to me. So I read the first book Pavel wrote, The Russian Kettlebell Challenge, all in one day. I took notes on it, studied it, then I ordered two kettlebells, and that was it. I ended up buying doubles for them and getting into double kettlebell training.

HS: Overall, how do you feel about them?

DT: You know, I got incredibly teased by all of my training partners, who all ended up going to [the RKC] school to get certified. I started doing them for almost a year, and I went to a meet in 2004 pulled 832lb [in the Deadlift] and I almost Benched 800lbs, everyone came and said "All right, tell me about these kettlebells." They thought I was doing circus tricks, dancing around like they were doing kettlebells, laughing around. Now all of the sudden they have pie in their face asking me how to do them, and went off and got certified. I thought it was pretty funny. In 2005, 2-3 of us got certified up in Minnesota, now it's over a dozen people, probably more than that.

HS: Marc Bartley, one of the guys who used to tease you, is now an Assistant Instructor.

DT: Yeah. All the guys started saying "They're not going to give you results twice!"

HS: So... they made fun of you, and then you Benched 900.

DT: Hahaha Yeah. I started gaining about 20lbs, too, when I started lifting these things, mostly in my shoulders. I thought my hamstrings were strong from the Glute-Ham Raise machine. I did Double Swings with the 24kgs, and we couldn't walk for 5 days afterwards! I use the 28kgs and the 32kgs now, and once in a while Double Swings with the 40kgs. It's one of my favorite lifts. I do it every week.

HS: How do you feel like the Double Swing carries over to Powerlifting? What's the benefit?

DT: When I'm pouring it on and giving it everything I have, I feel like the Double Swing is the biggest contributor to holding together [in the Deadlift], my hamstrings don't fly out, whether I'm successful or not successful in the attempt. I pull conventional, not sumo, but you have to Double Swing in the sumo stance, so the key is prolonging and conditioning me, hitting the hamstrings where I need it.



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HS: What other stuff did you do besides double Swings?

DT: The One-Armed Swing with the Beast, the Two-hand Swing with the Beast with a band attached. One of my favorite lifts I'll do on Max Effort days is taking double 40kgs, Clean them up, then do 3 sets of 8 [Front] Squats, going down until I can't go any lower for Joint Mobility. In Powerlifting you don't go all the way down. With this your whole body gets a load of work, even with only 88lbs + 88lbs, which isn't a lot of weight, but it's all you can handle with your Front Squats. I get pretty tired after the third set.

HS: Bigger, stronger guys have argued the point with me about that. "They're only 40kg, that's not heavy enough to Squat." But I've got a guy who's Squatted over 1,100lbs telling me that Double Squats with 40kgs is all he can handle.

DT: When I do doubles with the Beast, because my ego has to serve me and use those, I'm dreading it! I get muscular soreness the next day [from Squats]! The thing is, I'm doing those after I've done Squats, Deadlifts, about 3 hours into the training routine. It's usually my last kettlebell exercise because I can't do much after that. Then I have a 132lb log I hold and do Back Raises with that. That's my last exercise.

HS: You were talking about the Swing and similarities between it and the Glute-Ham Raise. Do you still do the Glute-Ham Raise?

DT: Yes, I do them, but not on the same day as Double Swings because my hamstrings get too blown.

HS: So it's similar in principle and movement.

DT: Yes. On my max-effort day I only do 3 kettlebell exercises, tough ones, and only 3-5 kettlebell exercises on my Speed Day.

HS: What are some of those?

DT: After Speed Squats, with no gear, then I do Dead Snatches, but last week I did Cleans with the Beast. I did 3 sets of 8, that's all I wanted. The Clean isn't hard, it's getting the breath. After the Cleans, I did Double Swings to the side instead of in between my legs. I go to eye level and snap. In fact, my feet move across the floor. Then I used the 32kg and did 3 sets of 5 Windmills, then 3 sets of 8 Twist Deadlifts, then the last thing I did was Spreading of the Hips with 40kgs. That's my last exercise. Five things. I changed those up this Friday, with the last two remaining the same.

HS: So, the general idea is that you use the kettlebells for help with different things. You do your meet lifts under similar conditions as your meet, then but for auxiliary exercises you use kettlebells for the explosiveness, Joint Mobility and to get that "in-between" strength with the weaker links that help injury prevention?

DT: We call it "filling the gap training." That's all very important for me. If you don't have Joint Mobility in my sport, at my age, you're done. I open up with One-Armed Bars every training session. It's the first thing I do. I just do 1 set of 3 with each side with 24kg, that's all. I've tried heavier, I've tried lighter, but that's the one weight that works for me.

HS: Awesome. That's all of my questions. You have any else you want to throw in?

DT: Something I've noticed about Pavel's students is that there are a lot of people who are either former or current world champions. That's ironic, because it takes a sick mind to do the things we do. "Normal" people



can't understand this, and what I find interesting is that all athletes anywhere I look, go an 10 extra miles on their training, whatever it takes. They don't have to wait for "scientific studies" to come out.

That's the one thing that separates champions from everyone else. When everyone else is drinking beer on Friday nights, they're in their dungeons somewhere, banging it out with kettlebells and barbells, all towards that one goal: Being the best.

HS: That's why they're the champions.

DT: Exactly! Champions realize that the real work begins after you do your main lifts! Yeah, I'm tired, it took me two hours to get me through my main lifts! I take an hour to warm up, and I don't mess around. But now I have another hour of auxiliary training, and that's when the work really gets started. It's a tall order, but I like it. A lot of the guys I've met through the RKC have that same mentality.

HS: You work in a physical therapy facility. Are you using kettlebells with clients there as well?

DT: I work at Progressive Sports Physical Therapy. I'm the strength director for 20 physical therapy locations in South Carolina. We use kettlebells all of the time for physical therapy. It looks like a training facility, not like a physical therapy center.

Here's what we do. We work with ankles, knees, some lower back, shoulders, and a lot of biceps tears. We start them with RKC Arm Bars. For knee patients we have them do One-Armed and Two-Armed Swings. We have kettlebells from 4kg all the way to 40kg, doubles, all Dragon Door brand, no knock-off brands. Post surgery we have our shoulder patients already doing RKC Arm Bars and One-Armed Swings. Now with our lower back patients we have them do a lot of Twist Deadlifts. We don't teach Spreading of the Hips except to athletes. Non-athletes have a hard time learning those.

We're taking kettlebells and bands to all 20 locations, because they don't know anything outside of range-of-motion. My boss is very open-minded, and 70-75% of our work is bands, barbells, and kettlebell work. Everything else is regular work, and ice, which I personally don't like. We're doing a lot of compression work with the joints, which leads right into the kettlebells, and barbell work. We have all three things working for us. This is unlike any other physical therapy place. This is very far ahead of its time. The doctors don't even know what we're doing.

HS: If you keep doing what you're doing, and keep getting results, then...

DT: We have a 100% success rate with athletes. Regular people not so much, because they quit because they

want Workman's Compensation so they don't want to get better! I can't stand that.

HS: You're talking about the stuff that the champions do that separates them from the very good and you're applying the same kind of approach, to return a busted up person back to their sport again?

DT: Some of them may get into it, some may not, but when they're ready to play again, they're stronger than before their injury, and that's the main thing. We have a lot of physical therapists. Once a week, I have to go around to all of the centers, and teach them bands and kettlebells. I'm designing a rack that they can put all of the bands on. They'll do Romanian Deadlifts, which Pavel is big on. We don't use RDLs for strength training, we use them for stretching the hamstrings because the hamstrings are very hard to stretch.

Static stretching and regular band stretches really aren't enough for the hamstring. RDLs are the only thing that really do that. I usually do 4 sets of 10 with 275lb once per week, and that was Pavel's suggestion, and I have no problems. That's another thing that's cool. When you go to an RKC and are around a lot of master trainers, everyone learns from each other. When you put your mind to learn something, you're done. That's what's fun, that's what I enjoy, learning, learning, learning. The kettlebell people have advanced my career, so I have nothing but respect for them.

HS: Glad to hear that. We have tons of respect for you, too! Are you planning on going up to any of the RKC's this year?

DT: No. I will wait until my Powerlifting is complete. When I go up to get more certifications, I want to be lean, closer to your weight. Unless Pavel wants me up, because I've got to do a strength thing in May. Gold's Gym, of all places, in CT, wants me to go up and do a kettlebell seminar during their bodybuilding meet contest, and these guys run the NPC.

What I do with bodybuilders is say "Look. I know you don't care about getting stronger, but give these kettlebells a chance, and they'll further your bodybuilding career. Open up new doors, fix some chinks in your armor, so that you can become a better bodybuilder." When you have to depend on more drugs for your training protocol, you've got some problems. You've got some big problems. My one big thing is, if you're not learning and reading and researching, don't just go to drugs! My gosh. They even have them for baseball players!

But anyway, the point is the RKC was a great experience. I love talking with guys like Pavel, Brett Jones, you...it's like talking to Louie Simmons, it's great! Yeah, it's like... home. I don't even get that in Powerlifting. The RKC was fun. I love seeing my partners, like Marc Bartley in serious pain. Not getting hurt, but hurting (chuckle).

HS: Yeah, there's a difference between pain and injury. Pain is fun.

DT: Definitely.

David Whitley is a Senior RKC instructor based in Nashville, TN. You may contact him by email at irontamerdave@hotmail.com

and please visit his website: www.irontamer.com

DT is an RKC instructor based in West Columbia, SC. Contact him at don.thompson@DoctorsCare.com



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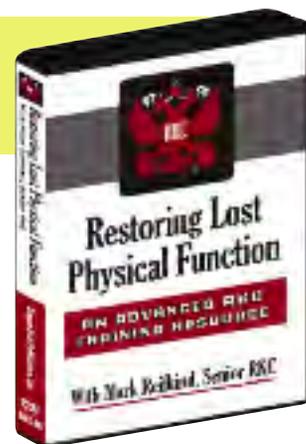
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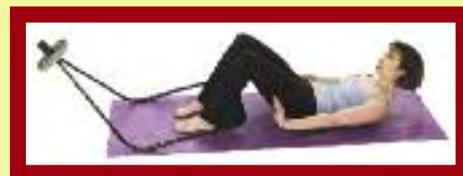
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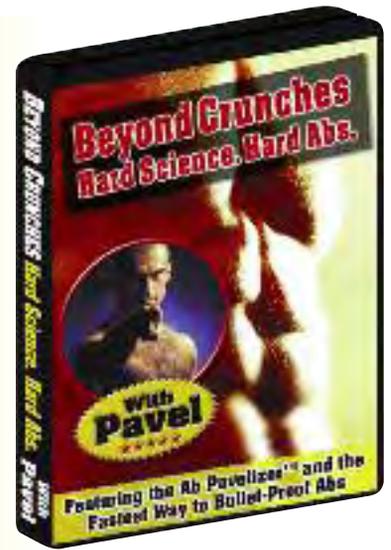
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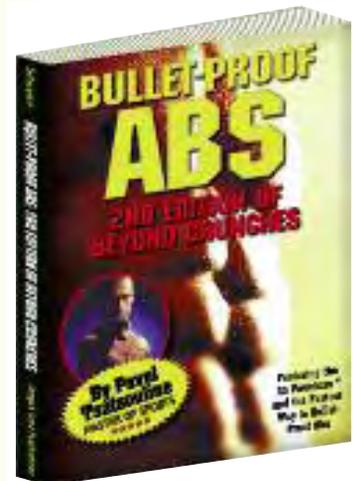
With Pavel Tsatsouline

DVD Running Time 37 Min

Item #DV042 \$29.95

1
Beginner

2
Mid-Level



Bullet-Proof Abs

2nd Edition of
Beyond Crunches

Book By Pavel Tsatsouline,

Paperback 128 pages

119 Photos and 112 Illustrations

Item #B11 \$34.95



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

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24 hours a day



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www.dragondoor/beyondd68

"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.

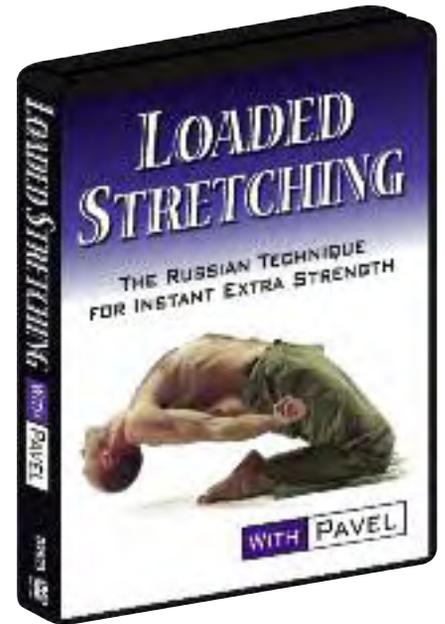
Finally, you too can take advantage of this powerful technique — and watch your athletic performance soar to new heights. Take the *Loaded Stretching* challenge today: perform the exact LS technique Pavel specifies for your chosen strength-skill — and see immediate, measurable gains... be it deadlift,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



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24 hours a day



"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.

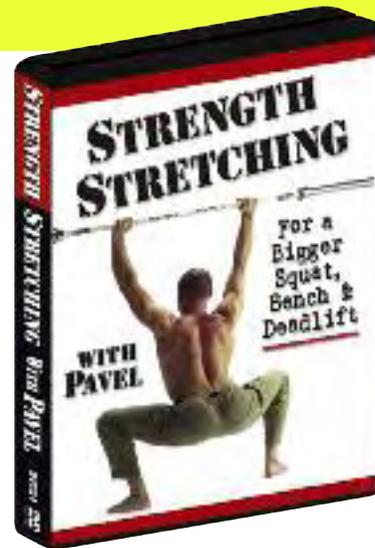
One thing I really liked about the DVD is the clarity provided by not only Pavel's explanations but the simple graphics that accompanied the points. I kept having that "Oh" moment where you are convinced you know

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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www.dragondoor/strengthd68

Discover New Keys to Superior Athletic Achievement

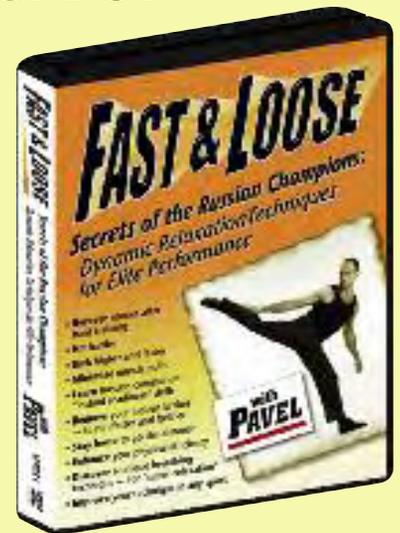
In his strength books Pavel emphasizes the importance of learning to maximally tense the muscles. Because tension IS strength. But strength/ tension is only half of the total performance package. The other half is relaxation. The body of a karate expert will freeze in total tension at the moment of impact, 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 & Loose Secrets of the Russian Champions: Dynamic Relaxation Techniques for Elite Performance with Pavel

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



Fast and Loose + Rough and Tough = Deadly Force

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

Item #DVS008
\$94.85



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

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



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The Graduate Course In Instant Strength Gains

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

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

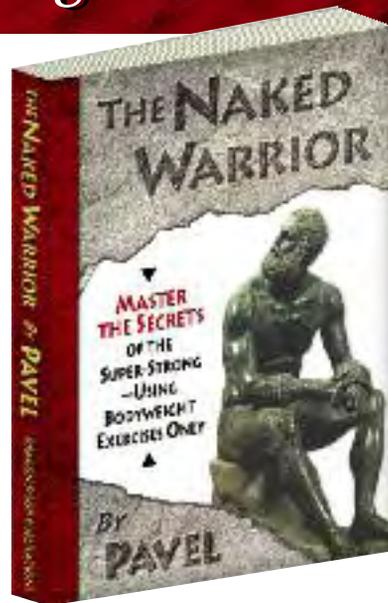
"I could do one wobbly one-legged squat... [Two weeks later] I did 5 clean, butt-to-ground pistols."

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

But these skills have been scattered far and wide, held closely secret, or communicated in a piecemeal fashion

that has left most of us frustrated and far from reaching our true strength potential.

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



The Naked Warrior

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

By Pavel

#B28 \$39.95

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

- **Gain more brute strength in days than you did in years of bodybuilding or calisthenics**
- **Discover how to get a world-class powerlifter's quality workout—using your body only**
- **Get a harder, firmer, functionally-fitter body—and be as resilient as hell whatever you face**
- **Master the one-arm/one-leg pushup for crushing upper body force**
- **Forge super-piston, never-quit legs with the Spetsnaz favorite "Pistol"**

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

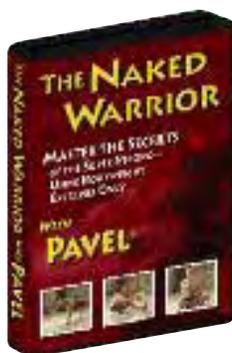
"Pavel's Naked Warrior DVD is worth its weight in gold!"

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

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

The Naked Warrior

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



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

1

Beginner

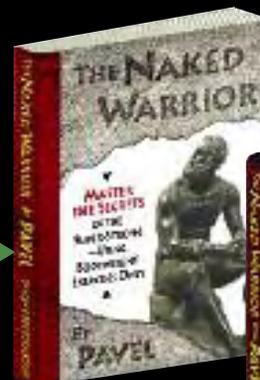
2

Mid-Level

3

Advanced

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



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\$69.95



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

Chapter 1 The Naked Warrior Rules of Engagement

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

Chapter 2 The Naked Warrior Workout

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

Chapter 3 High-Tension Techniques for Instant Strength

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

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

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

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

Chapter 5 Driving GTG Home

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

Chapter 6 Field-Stripping the Pistol

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

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

Chapter 7 Field-Stripping the One-Arm Pushup

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

Chapter 8 Naked Warrior Q&A

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



An excerpt
from *The
Naked Warrior*
by Pavel

How to Instantly Increase Your Upper Body Strength With the *Irradiation* Technique

Hit the deck and give me five pushups, Comrade! Only five, but of a challenging variety, for instance with your feet up or on one arm. When you are done with five you should be able to grind out another couple but no more than that.

Note the difficulty of your first set. Rest briefly. Do another fiver but with one difference: on the way up grip the deck hard with your fingertips. Don't go up on your fingertips; just grip the floor so your fingertips turn white. Only on the way up. All the way up or just at the sticking point. You will have to experiment whether you will get the best results by gripping throughout the lift or just at the sticking point.

You cannot help noticing that your arms have suddenly gotten a jolt of extra energy, as if your tensing forearms have sent some juice up into your triceps. Which is exactly what has happened. Whenever a muscle contracts, it irradiates "nerve force" around it and increases the intensity of the neighborhood muscles' contraction. The effect is strongest in your hands.

Make a fist. A tight fist. A white-knuckle fist! Note that as you grip harder the tension in your forearm overflows into your upper arm, and even your shoulder and armpit. You will increase your strength in any upper body exertion, bodyweight or not, by strongly gripping the floor, the bar, etc.

Power to you, Naked Warrior! Anywhere, anytime.

"*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

"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!"

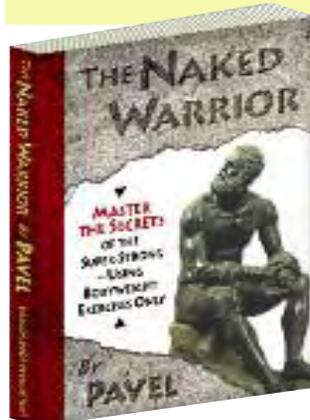
—Arthur Drechsler, author "The Weightlifting Encyclopedia"

"As a diehard weightlifting competitor throughout the past 40 years, I at first viewed the bodyweight-only approach of *The Naked Warrior* with some

trepidation. Imagine my surprise when discovering Pavel Tsatsouline's latest work stresses real STRENGTH TRAINING, employment of a limited amount of key major muscle group movements, and a high intensity, low rep format! Indeed, by deriving the best features of proven power building programs from all weightlifting disciplines, gymnastics, martial arts, and other "heavy" exercise modes, Mr. Tsatsouline has redefined strength-conditioning for the 21st century!

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

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



The Naked Warrior
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By Pavel Tsatsouline

#B28 \$39.95

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Over 190 black & white photos

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61

How to Instantly Increase Your Biceps Strength With the *Successive Induction* Technique

An excerpt from *Power to the People!* by Pavel



things get out of hand the tris are strong enough to stop them!

A year later the same group of researchers determined that a strength training program which employs antagonist pre-tensing, or successive induction, is more effective than a

Successive induction is another one of the Sherrington Laws exploited to the

max by unscrupulous Commies.

According to this law, a contraction of a muscle—say, the triceps—makes its opposite number—in our case, the biceps—stronger than usual. In the early eighties scientists suggested that this maneuver has a disinhibition effect. In non-geek terms, when your triceps powerfully contract, they send the neural centers controlling the biceps a message that your bis do not have to hold back out of fear of an injury; if

conventional one. The benefits of antagonist pre-contraction do not stop at immediate performance improvement, but include lasting changes in your strength.

Let the basic one-arm curl be the testing range of the effects of successive induction. Perform a set of strict curls with a weight that allows about five solid reps and make sure that your elbow stays at your side and does not drift back. Note how many reps you have done in good form.

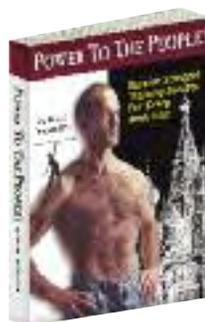
Rest for five minutes and do another set of curls with the same weight, but employ the new trick. Instead of lowering the barbell with the braking strength of your biceps, try to “push” the weight down and away from you with your triceps. Imagine that you are doing a triceps cable pushdown with a reverse grip.

You are guaranteed to squeeze out an extra rep or two with this technique! And these reps will be super strict because now you have two “motors” to control the weight instead of one.

Power to you!

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

- How to get super strong without putting on an ounce of weight
- OR how to build massive muscles with a classified Soviet Special Forces workout
- Why high rep training to the ‘burn’ is like a form of rigor mortis — and what it really takes to make your muscles stand out in bold relief
- Why it’s safer to use free weights than machines
- How to design a world class body in your basement — with \$150 worth of basic weights and in twenty minutes a day
- How to instantly up your strength with Pavel’s High-Tension Techniques™
- How to become super strong and live to tell about it
- How to dramatically amplify your power with the proprietary Power Breathing™ techniques (and why everything you know about breathing when lifting is wrong!)
- How to feel energized and fantastic after your strength workout — rather than dragging and fatigued
- How to get brutally strong all over — with only two old-school exercises



1

Beginner

2

Mid-Level

3

Advanced



Power to the People!

Russian Strength Secrets for Every American

By Pavel Tsatsouline
Paperback 124 pages
8.5" x 11"

#B10 ~~\$34.95~~

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

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



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How to Develop a

"POWER PRESENCE"

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

and watch in amazement as you
rapidly increase your strength
by **20, 30, even 50 percent!**

Do you have a "power presence"?

The quiet strength of a man with whom, as Russians say, 'you would go on a recon mission'. The bearing of an old warhorse who does not need his campaign ribbons to show that he has been around. That look of a hand-to-hand combat expert whose efficiency in violence is advertised, rather than hidden, by his serene composure.

You can't fake it!

You can't fake it with a tough grimace from a cheesy action flick or vain flexing of virtual muscles pumped up with Barbie weights. It must be earned.

The look comes from cultivated power

So stop being a mirror-gazing sissy and get strong. And strength has never been so quick to achieve. Just pop in your copy of *Power to the People! Russian Strength Training Secrets for Every American* and hit 'Play'!

Start deadlifting!

The deadlift separates the serious students of strength from the wannabes.

Any weenie can answer the question, "How much can you bench?" Ask the poser how much he deadlifts and he will run for cover.

No other exercise will work more muscles in five reps of concentrated agony. Your back will fill with strength and vitality. Your legs will harden into powerful pistons. Have you seen photos of strongmen in the pre-squat days? No chafing, just wiry power. Your forearms will demand an outlet for their new, claw-like power.

No other exercise will give you more functional strength. 'Functional' implies 'a function'. Does your life require balancing on rubber balls and performing

weird circus tricks? I didn't think so. Do you have to lift things? I rest my case.

Start side pressing!

Learn the barbell Side Press, a classic exercise from the days when broad shoulders rather than breast-like pecs were it.

This lift will fill your lats, shoulders, and arms with power and give you that awesome V-look. Due to the unique nature of this exercise, your obliques will be smoked. Back to the old-time strongmen. One-arm overhead lifts like the Side Press is the cause of their gladiator midsections.

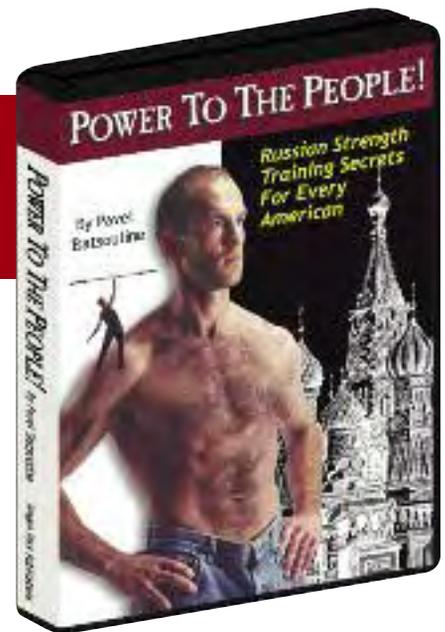
What else? – 'Instant strength techniques'

It is not just the exercises themselves but how you do them. *Power to the People!* teaches Pavel's patented Power Breathing™ and High-Tension Techniques™. These secrets make an amazing, often instant difference in strength. Once Pavel had a Marine deadlift 70 pounds over his previous best in just an hour. Such gains aren't exactly typical, but you get the idea.

Did Pavel invent the "instant strength techniques"? — No. All top strength athletes use them, some consciously, others not. These elite specimens figured these things out after years of practice. But for one reason or another they generally choose to keep it to themselves. When Pavel mentioned one of these obscure moves to a world champion powerlifter, the latter thought for a moment and said, "I already do that."

Now, you don't have to be an elite lifter with decades of experience to take advantage of these incredibly powerful ways of aligning your body for maximum power. Hit 'Play'!

Power to you!



Power to the People!

Russian Strength
Secrets for Every
American DVD

With Pavel Tsatsouline

Running Time 47 Min

DVD #DV004 \$29.95

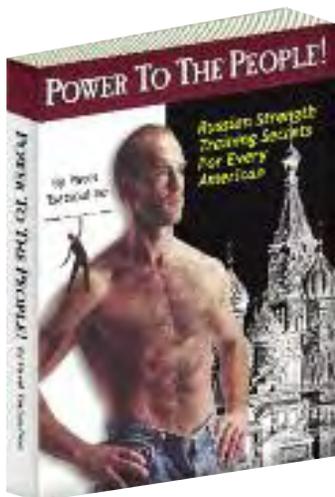


**Whatever your current
workout program, just
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techniques for an immediate
improvement in your results.**

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“I used the strength building secrets from *Power to the People* for one week and my max deadlift went up 18%.”

—Larry Scott, 1st Mr. Olympia, author of *Loaded Guns*

Power to the People!

Russian Strength Secrets for Every American Book By Pavel Tsatsouline

Paperback 124 pages 8.5" x 11"

#B10 \$34.95

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



“I've been lifting for eight years, and *Power to the People!* is the most functional strength training system that I have ever tried. In four short months, I went from being able to deadlift 165 for five reps to being able to dead 405 for a single. All without putting on a pound of weight, but by making my nervous system more effective. Though, to be honest... I seem to have replaced some of my fat with muscle.... My ex-girlfriend told me: “You're so buff now.... I hate you.” My new girlfriend told me: “They should make a statue out of you.” The difference? Pavel.”

—DAN MCVICKER, Boulder, CO



“I started using the PTP program about 6 weeks ago, and the results for me have been phenomenal....50 lbs. on the deadlift and 35 lbs. on the bench press.”

—WYLDMAN, Kansas City, KS



“A good book for the athlete looking for a routine that will increase strength without building muscle mass. Good source of variation for anyone who's tired of doing standard exercises.”

—JONATHAN LAWSON, *IronMan Magazine*



“I learned a lot from Pavel's books and plan to use many of his ideas in my own workouts. *Power to the People!* is an eye-opener. It will give you new—and valuable—perspectives on strength training. You will find plenty of ideas here to make your training more productive.”

—CLARENCE BASS, author of *Ripped 1, 2 & 3*.



“This is the best of the best, and you owe it yourself to try it. You will experience a surge of strength you never thought possible. My personal experience has been a two-fold increase in my pulling strength and a 70% increase in my presses. Unlike my previous experiences with weight training, these gains were functional. I now run faster, jump higher, and hit harder.”

—TYLER HASS, Pullman, WA



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

—ICHIBAN, Columbus, OH



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

—DAVID COOKE, Atlanta, GA



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

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



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

—JOHN QUIGLEY, Hazleton, PA



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

—LAWRENCE J. KOCHERT



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

—JIM WISSING, dragondoor.com review



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

—KEVIN PERRONE, dragondoor.com forum

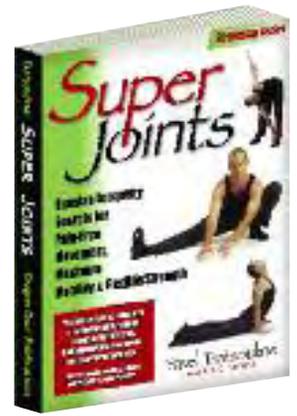


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"The Do-It-Now, Fast-Start, Get-Up-and-Go, Jump-into-Action Bible for **HIGH PERFORMANCE** and **LONGER LIFE**"



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



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

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

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

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

Book By Pavel Tsatsouline
Paperback 130 pages 8.5" x 11"

Over 100 photos and illustrations

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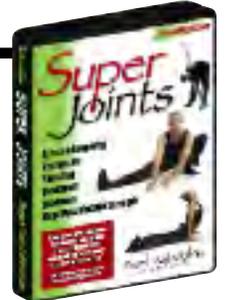
1
Beginner

2
Mid-Level

Super Joints DVD

With Pavel Tsatsouline
Running Time 33 minutes

DVD **#DV003 \$24.95**



Discover:

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

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

**Item #DVS006
\$54.90**



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

“For 25 years, I have been totally unable to do any kind of chest press because of an impingement in my left shoulder, which always led to severe pain the day after doing any kind of pressing.

3 weeks of daily practicing of all the shoulder joint mobility drills in *Super Joints* (along with careful observation of ‘healthy shoulder’ pressing techniques learned on this forum) ... and I was able to bench 5X5 55 lb dumbbells last week totally pain free! Pain free after 25 years is truly great stuff.”

—TOOSTEEP, dragondoor.com forum

“When I started at my job a couple of months ago, I had been talking to one of the cooks one night and told her about mobility training. I explained the details of it and, after teaching her how to squat properly, didn’t mention it again.

But just recently I found out that she’s been keeping up with her mobility training and it’s worked wonders. She’s had such bad knees that she’s had to wear knee braces for twenty years and she hasn’t had to wear them due to her improved

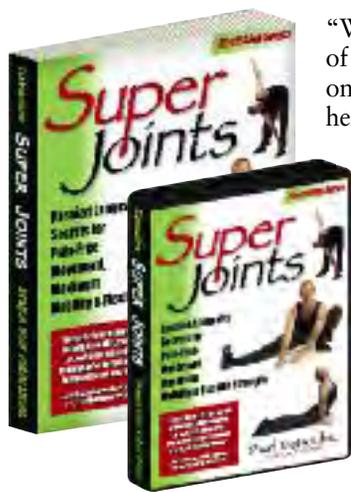
joint health. There are similar stories coming from the servers with bad backs after I taught them about decompression hangs with three plane movements.”—JOSEF, dragondoor.com forum

“About 4 years ago at the insistence of our Head Performance Training Coach John Taylor, we changed our warm up to a stand up dynamic routine. Coach Taylor found numerous research articles showing an 8 to 22% decrease in power, with no reduction in injuries using static stretching. Some studies stated that the power deficit can last up to 90 minutes.

When I first purchased the book *Super Joints* 2 years ago, I noticed that the routine is very similar to the one that we use at New Mexico State University, our “Head to Toe” routine takes roughly 8 minutes to complete and all the sports that we work with use it. I keep track of our injuries and in the 4 years that we have used the “Head to Toe” routine our athletes have not encountered a higher rate of injuries than during my first 2 years at NMSU when we used a different one.”—TONY MCCLURE, Assistant Performance Training Coach, New Mexico State University

“Three days after I initially fractured my elbow I started doing *Super Joints* and within two weeks I had full mobility back in my right arm. I was supposed to attend Occupational Therapy, but when I got there they were so shocked and amazed at my progress that they sent me home. I guess they’ve never seen someone regain their mobility so fast.”—TONYA EHLEBRACHT, US Army

“*Super Joints* is excellent. It is also saving me a good deal of money. I’ve had to lay off of heavy squatting and deadlifting because of a back injury. My active release therapist/chiro is amazed at how quickly I am making progress—my alignment doesn’t return to crap after an adjustment. I credit the progress mainly to *Super Joints*.” From: CHRIS M., 2003-05-18



Russian Army’s Top Hand-to-Hand Combat Instructor Recommends a Unique Stretching Technique for High Kicks

An excerpt from
Super Joints by Pavel

Super Joints

DVD With Pavel Tsatsouline

Running Time 33 minutes #DV003 \$24.95

Book By Pavel Tsatsouline

Paperback 8.5" x 11" #B16 \$34.95

Alexander Medvedev—not to be confused the weightlifting champion and expert Alexey Medvedev—is the hand-to-hand instructor of elite Frunze Post-graduate Army Academy and the chief subject matter expert to Spetsnaz magazine. He recommends the following technique for improving your kicks or splits.

Raise your leg as high as possible in the chosen direction and rest it atop a table or another piece of furniture that is

barely within your reach. Relax for a minute or as long as necessary, then lift your leg a little higher using only its muscles, no help from your hands or your partner. Have your training partner quickly slide a book between your ankle and the table. Repeat the sequence while it works. Medvedev promises that although this drill is quite painful and unpleasant in the beginning, it becomes quite enjoyable once you get a hang of it. More importantly, you will get more flexible for a change.



Order *Super Joints* DVD online:
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“*Beyond Bodybuilding* is a treasure chest of strength training secrets.”

—Larry Scott, first Mr. Olympia

By **PAVEL!**

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

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

—**DENNIS B. WEIS**, Author of *Mass!*, *Raw Muscle!* and *Anabolic Muscle Mass*, *MuscleMag Int'l* Columnist

“Thanks for you recent contribution to the empire of muscle and might. Very interesting and valuable.”

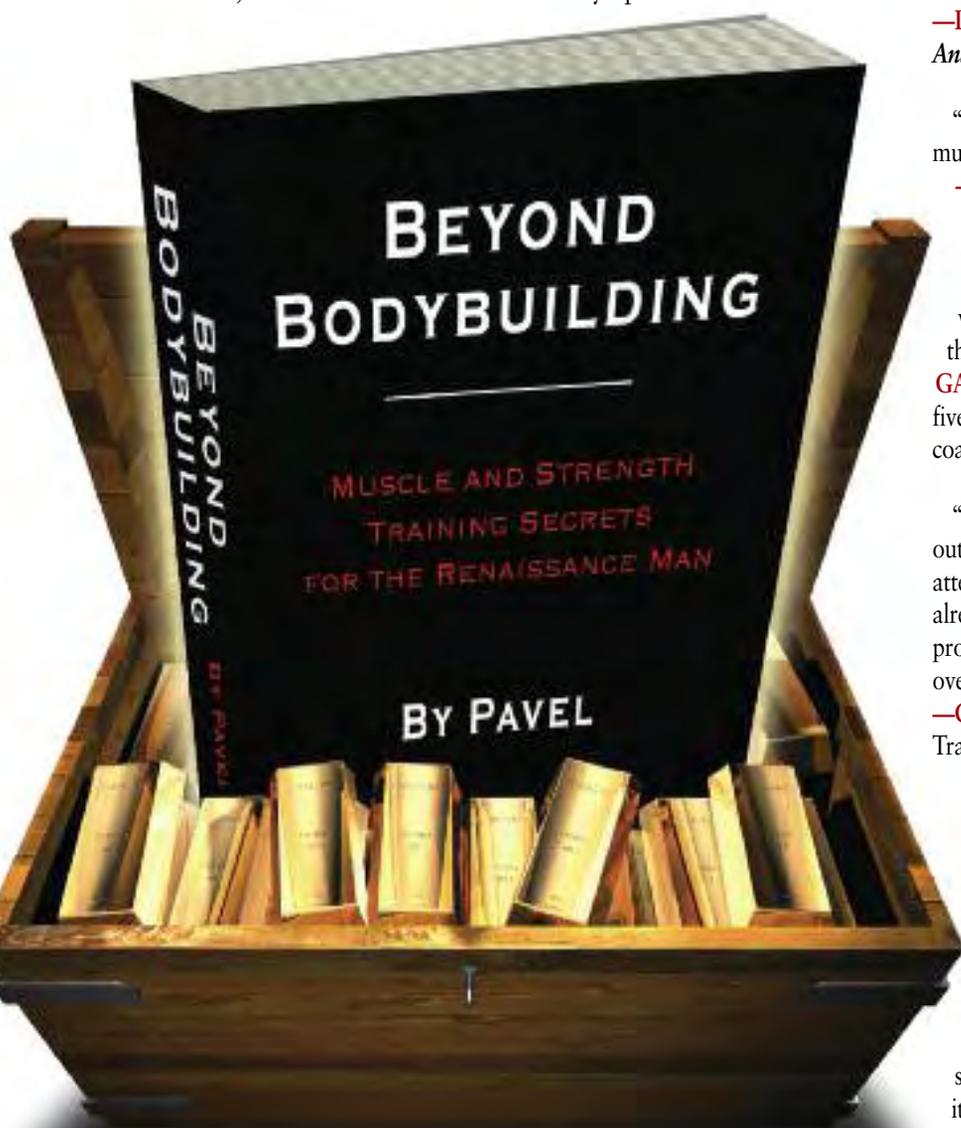
—**DAVE DRAPER**, Author *Brother Iron*, *Sister Steel*, former Mr. America, Mr. Universe and Mr. World

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

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

—**CHARLES STALEY**, creator of the Escalating Density Training (EDT) system.

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



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

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

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

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

Let's face it... our bodies are reluctant partners in the strength game... Anyone who's been around the block, knows this only too well:

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

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

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

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

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

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

When all else has failed you...

Pavel has spent his life immersed in the study and practice of practical strength and muscle training...

as it applies in the very hard testing ground of both American and Soviet Spec ops, of the US Marines, SWAT, professional athletes, martial artists, gymnasts, powerlifters, weightlifters, Olympic champions and numerous other tough, tough competitors — where results are everything and failure is simply not on the menu.

Pavel has, frankly, done the research for you... plundering both the classic and the little-known strength texts from past and present... networking and comparing notes with many of today's great masters... submitting his own body to the pain of infinite experiment. And Pavel has trained thousands of troops and police whose life might depend on his tips... hundreds of athletes and martial artists with the chance to achieve their dreams thanks to his advice.

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

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

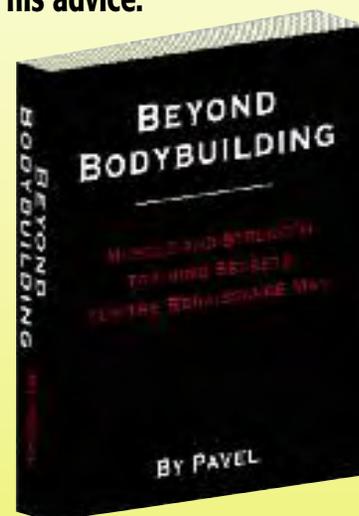
Now, with *Beyond Bodybuilding*, there are simply no more excuses for not excelling in strength, continuing to gain, continuing to reach new heights in your performance.

Defeat the enemies of progress

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

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

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

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

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255 Photographs • 38 workout charts
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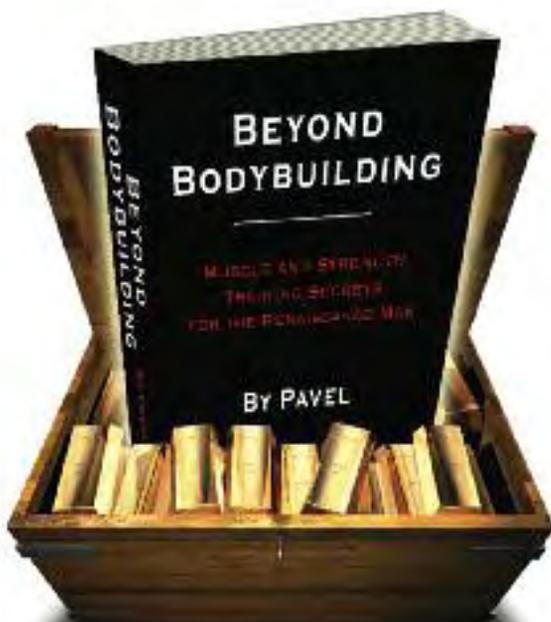
Beginner



Mid-Level



Advanced



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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- 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 treat ment for unprecedented gains, fast and guaranteed improvement. Page 24
- These 3 powerful techniques will help you achieve **squatting excellence** in the shortest possible time.
- How to condition your system for **peak performance**.
- **It can cost them a championship!** The critical error even elite lifters can make -- and the special technique to end this problem and surge forward with your strength gains.
- It’s not just for firing squads! How the use of a simple blindfold can **trigger surprising gains**.
- The little-known secret of extensor reflex training can give you a **championship edge**.
- Why you can instantly add two reps to your squat simply by removing your shoes.
- **Be as strong as an ox!** How to use ‘after-effect’ overloads to make you stronger.
- **How to fool your internal ‘governors of strength’ into agreeing to let you be stronger.**
- Discover the bench press training program used by the winners of eight out of eleven gold medals at the IPF Men’s World’s. Page 30
- Russian champions consider this the **critical component of any strength training**. Page 31
- Russia powerlifting mastermind Boris Sheyko’s beyond-brutal training plan for building champions.
- **Build greater strength by employing these three fundamental principles of motor learning.**
- How to increase frequency without increasing fatigue -- for **greater training success**. Page 39
- The **critical secrets for superstrength**
- **Quick!** This crash course in the neuroscience of strength may alone be worth the price of this book. Page 41
- **The most reliable muscle and strength building method... period.**
- **Worried you are wasting your time with obsolete routines?** Find out which ones work the best, now.
- **How to avoid plateaus** in your in your training with this straightforward power cycle. Page 42
- How to take advantage of ‘delayed transmutation’ to gain, after going nowhere. Page 44
- **Feeling burnt out from heavy, heavy lifting?** Here’s the perfect remedy -- from Russian world weightlifting champion, Kurentsov.
- **How to avoid burning out your nervous system** during your strength training.
- Build might and muscle with this classic ‘countdown to power.’
- “Quick, hard and extremely effective.” -- How to overshoot your previous max in less than two weeks, using McKean’s 54321 routine.
- **7 classic set and rep schemes to build a dense, lifter’s physique.** Page 46
- **Bench press stalled?** Jump start your bench with this cool and effective routine. Page 49
- Bench press champion Alexey Moiseev used this routine to push his bench up by 45 lbs in just three months!
- **How to get stronger, faster** by ‘waving’ your weights. Page 50
- **Short on time, but still want to gain?** Combine these two methods to still make progress. Page 51
- How even the busiest person can still make **surprising gains** thanks to the Setchinov principle.

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

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

More details next page...



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

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

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

Section Two: Training Planning

- Are you confused about when and how often to hit each bodypart? Discover how to customize your iron schedule for greater gains in strength and muscle.
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- The perfect training schedule... if strength is more important to you than size.
- How and why you must cycle your loads to keep succeeding in the iron game.
- Why sharp changes in training volume and intensity are more effective than smooth ones.
- **The best training conditions for high-level anabolism in the body.**
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- A better way to optimize your body's strength adaptation. Page 106
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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.**

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- 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

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

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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
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- It's the hallmark of an elite athlete! -- How to own a magnificent neck and traps.
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- **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.**
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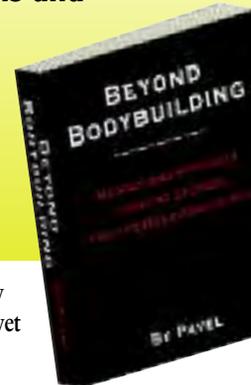
- **How to go from average to superior in your bench press -- discover the finer points that separate the champs from the chumps.**
- Louie Simmons has saved the pecs and shoulders of many in the powerlifting community with this technique. Page 253
- The effect of this martial arts technique on your 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
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- **This dirty little secret of bodybuilding not only blasts your pecs but builds bigger pipes better than curls.** Page 276

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- **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
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- Discover how to take advantage of the 'central pattern generators' in your nervous system -- for longer-lasting energy.

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

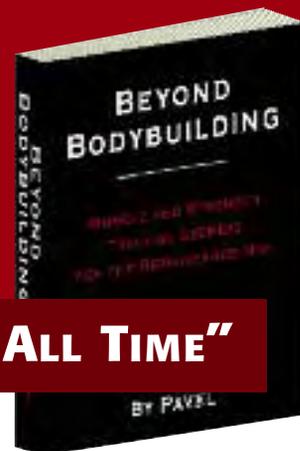
Tens of thousands have gone to the dragondoor.com strength forum to share the astonishing gains and results they have achieved by employing Pavel's strength advice.



- How to assault your body with a brutal workout -- yet save your knees to fight another day. Page 301
- Why Russian Sambo wrestlers refuse to let their wives wring out the laundry -- just let one of these guys grab your hand... and he'll squash it like a rotten tomato. Page 304
- **Learn the key mechanics for max body strength.**
- **Earn instant respect!** The hellacious tiger bend push up and its variants are for the supremely strong and confident only. Page 305
- Some little-known methods to make bodyweight neck bridges even harder. Page 307
- **How to ace the Marine pullup test** with the 'Russian rest pause.'
- **Strengthen your neck from every direction** and reduce the chances of neck injury, with the Rolling Neck Bridge. Page 311



Reader Praise for Pavel's *Beyond Bodybuilding*



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

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

—Zachariah Salazar, dragondoor.com review

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

Throughout the text the idea of **"Be as Strong as You Look"** pervades. For a fan of the old-timers and their methods (like

training will find something of value in this book. For those of us who also train others, the book is an invaluable resource. Want to know how the Smolov Squat cycle works? It is in here. Bench press stuck? Pavel has the answer. Curious about how to do dips without hurting you bad shoulder? Look no further. **Want to work up to 100+ pushups? Yep, it's in here.** This book is everyone's chance to tap into Pavel's encyclopedic knowledge of human performance. If you are serious about being strong, get this book."—David Whitley, RKC, dragondoor.com review

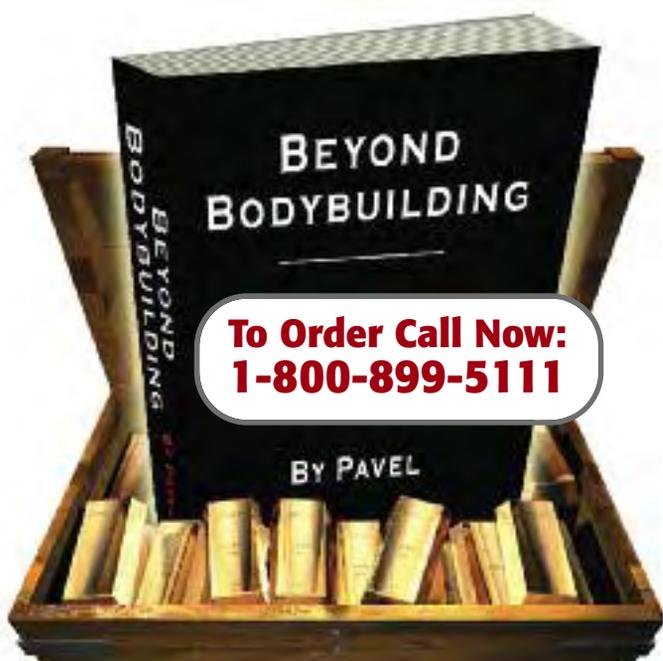
"I just read through the whole thing a second time. WOW! To say there is a lot of info in this volume is an understatement. **This book teaches you how to look like you could walk through walls and have the strength to actually do it.** **Beyond Bodybuilding** combined with RKC and PTP has become my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

—IDMT, dragondoor.com review

"NO ONE should be without this book! Like Stuart McRoberts? Buy this book – It's much better. Like Fred Hatfield? Buy this book - you can actually understand the split protocols. Like Arnold and Bill Pearl's Encyclopedias? Buy this book - you won't have to wade through 75 ways to do a triceps extension. **Pavel's refreshing wit separates this book from the herd,** and you now have the best of all worlds- kettlebells, power lifting, body building and beyond. I would have ordered this book at \$100 and been delighted! Thanks Pavel!"—Bill Bedeck, dragondoor.com review

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

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Who says only skinny people can be superflexible? Look at the flexibility Marc Bartley, RKC has achieved following Pavel's methods. Marc is a world record holding powerlifter (WPO 2562 @ 275 total).



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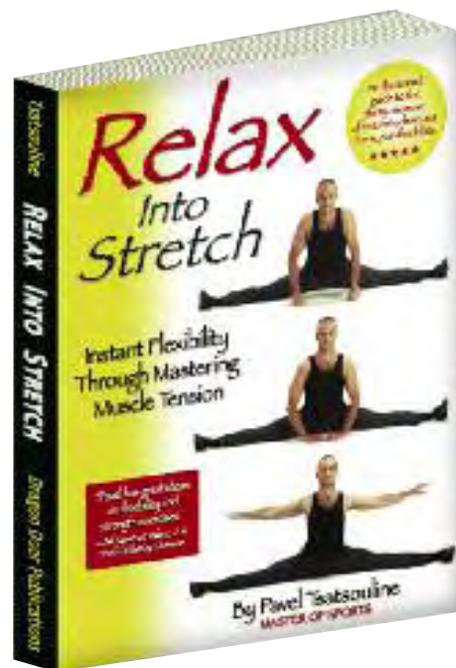
“I can’t say I’ve read many books on flexibility with the wit and clearheaded wisdom I found in Pavel Tsatsouline’s *Relax Into Stretch*. Tsatsouline delivers the how-and-why of progressive techniques for achieving suppleness, from simple yoga stretching to advance neuromuscular facilitation, without burying the reader in hocus-pocus or scientific jargon. Tsatsouline’s *Relax Into Stretch* provides an alternative: straightforward and practical techniques that don’t require a lifetime to master”. —*Fernando Pages Ruiz, Contributing Editor Yoga Journal*

“I tell you truly that *Relax Into Stretch* is superb. Stretching has always been associated with any serious fitness effort and Tsatsouline’s approach to this old discipline is fresh and unique and thought provoking. Best of all, this book combines philosophic insight with in-your-face reality as Pavel shares with the reader ‘drills’ that turn you into what this former Russian 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*

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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

* To review Dragon Door products on our website:

Simply go to the appropriate product page on our site, find the review function and follow the simple procedure.

Our Promise: we believe in and stand behind all of our products. While most of our customer product reviews are highly positive, we do not remove or edit customer reviews on the basis of a low rating. All valid reviews are kept. At our discretion reviews are removed only on the basis of offensive language, personal attacks or the use of reviews to promote non-Dragon Door products.





The Top Ten RKC Instructors—by Review

Note: this Top Ten RKC Instructor list is volatile and is likely to be quite different, if you visit our Find a Certified Russian Kettlebell Instructor Near You website at <http://www.dragondoor.com/rkc> today.

The list below shows the rankings at 9:57am CST on May 19, 2008:

Visit
www.dragondoor.com/rkc
to browse all the reviews—and the find the best RKC near you!



1. Jon Engum

1. Jon Engum RKC Team Leader, 93 reviews
Brainerd, Detroit Lakes, Fargo
712 Washington Street
Brainerd, MN
United States, 56401
Phone: 218-828-7063

Fax: 218-828-7063
Email: info@extremetraining.net
Web Site: www.extremetraining.net



2. David Whitley

Senior RKC Instructor, 86 reviews
Nashville/Hermitage, TN
United States, 37076
Email: irontamerdave@hotmail.com
Web Site: www.ironamer.com/



3. Brad Nelson

RKC Team Leader, 65 reviews
683 Bielenberg Drive
Suite 104
Woodbury, MN
United States, 55125
Phone: 651.253.1189
Email: brad@keperformance.com

Web Site: www.kineticedgeperformance.com



4. Court Wing

RKC Instructor, 63 reviews
New York, NY
United States
Phone: 917-816-8542
Email: Court@CrossFitNYC.com
Web Site: www.CrossFitNYC.com



5. Aaron Larmore

RKC Instructor, 62 reviews
Iowa City, IA
United States
Phone: 319-269-5360
Email: alarmore@gmail.com
Web Site: www.cec-systems.com

www.cec-systems.com



6. Michael Stehle

RKC II Instructor, 55 reviews
The Training Room
406 Main Street
Avon-By-The-Sea, NJ
United States, 07717
Phone: 732-988-1555
Email: thetrainingroom@optonline.net

Web Site: www.NewJerseyCrossFit.com



7. Amy Dudley

RKC Instructor, 52 reviews
Better Bodies Of Medina
111 West Smith Road
Medina, OH
United States, 44256
Phone: (330)310-7849
Email: dudley@betterbodiesofmedina.com

Web Site: www.betterbodiesofmedina.com



8. Andrey V Patenko

RKC Instructor, 52 reviews
PROFORM FITNESS LLC
Lansdale, PA
United States, 19446
Phone: 2157156314
Email: patenko1@yandex.ru

Web Site: www.russianskettlebellhouse.com



9. Jason Brown

RKC Team Leader, 51 reviews
Philadelphia, PA
United States
Phone: 215 480 5564
Email: jason@kettlebellathletics.com
Web Site: www.kettlebellathletics.com

www.kettlebellathletics.com



10. Dr. Mark Cheng

RKC Team Leader, 46 reviews
Chung-Hua Institute (by appointment only)
2901 Ocean Park Blvd.,
Suite 207
Santa Monica, CA
United States, 90405

Email: kettlebellsa@yahoo.com
Web Site: www.kettlebellslosangeles.com

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The Russian Kettlebell and HardStyle have changed my life



By Adam T Glass

In early 2000 I bought Pavel's *Bullet Proof Abs*. I had never seen anyone talk training the way Pavel did. I did most of strength training by the high intensity training (HIT) advocated by bodybuilder Pete Sisco and John Little. While I was able to lift very heavy weights in the drills I did work, I was in fact de-conditioned, inflexible and had very little strength skill. I started to train a lot more with Pavel's methods from the book, and transitioned to *Dinosaur training* by Brooks Kubrik. I felt I was moving in the right direction. Over the next 4 years I worked very hard on odd objects and grip training, but still felt I was missing out on a lot of information.

I was training to the point of vomiting, carrying sandbags for half a mile, heavy bench work. My body weight jumped up to 225. I also picked up a fairly uncomfortable ache in my lower back. I chalked that up to "part of the life" and tried to truck on. By Sept 2004 I had to drop a lot of training and take several months off. During this time I spent a lot of time on the internet learning and studying. I quickly found my way to the Dragondoor.com forum. I read and marveled at the power of men who were 30-75 pound lighter than me and the things they could do.

I purchased *Power to the People*, and learned more in one evening reading than I had accumulated in 6 years of trial and error training. No longer was I being told "Do this" because some one else did it, I was being told "Do this—it will work and here's why" With in 7 months of PTPP I was up to a 585 deadlift and 165 pound Turkish get up. I came home from Iraq at 230lbs with an 18 inch neck, I looked completely different.

During the time I was training PTPP, I really got interested in this kettlebell business. Was it hype? It sure did sound like it. 20-30 minute workouts that would make me stronger, faster, fitter, leaner, flexible and replace my current need for a huge weight room?

Well, you can only look at this thing for so long before you either commit to it or walk away. In February of 2006 I ordered my first sets of

kettlebells, two 36s, two 53s and two 62s (I don't play around, when I try it I jump in) My 53 arrived within 10 days.

Words cannot describe how humbled I was by this "cannon ball with a handle" First of all, I thought I had some lungs and wind—I could run 2 miles in about 12 minutes. Swings reduced me to a sweaty crumbled mess in minutes. I "knew" I was strong, I had done seated presses with 75s for reps—Why was this 53lbs ball so hard to press?

I knew I had found a gold mine. I ordered all of the DVDs DD carried and all the books. I bugged everyone who would listen on the forum. Night after night in the humid Okinawa summer I swung, hoisted, threw and pressed these weights. Things started to change.

My shoulders' density increased to a massive degree, my lower back NO LONGER HURT. My abs felt stronger than ever. My runs felt great. I slept like a rock, and felt energetic all day at work. At that time my job was in a warehouse moving crap all day. I could not get tired, loading and unloading containers, moving boxes, all in 95-100 degree weather with full humidity.

My whole outlook towards training was changing. Why care if you can lift this or that once? Let's lift this bell for the next 10 minutes and see where you are after that. I began to tap the most elusive form of Strength—Strength-Endurance the ability to generate force over and over. The kind of strength that wins championship games, and decides who lives and who dies in combat. I learned looking a certain way meant NOTHING, life is a performance based test. Finally I found a way to pass.

By Mid summer I was throwing a 72 and 88 bell around fairly well. The base had a strongman competition at the fitness center. I entered the heavy weight class, as the lightest man in the division (208lbs) that my endurance and core strength allowed me to dominate.

At the end of 2006 I was slated to return to the desert. This time I knew what I was lugging back over there—5 bags of gear and a ruck sack with a 28kg bell. The 34 days of training at Fort Bliss flew by as I snatch and jerked that bell every night.

My tour was going great—working the bell every night in the heat allowed me to acclimatize wit in 5

days. My body armor felt light weight despite it weighing 70lbs.

In December of 2006 I decided to try my hand at the classic strength feat of steel bending. I ordered a nail bag from Iron Mind and waited.

Obviously years of wrist work came through for me, but more so was the massive core power of the breathing techniques Comrade Pavel taught me. My shoulders were strong and mobile, allowing me to easily master the major bending techniques. I understood irradiation and already knew how to load my lats and push from them because of thousands of reps in the standing clean and press. My hands were strong and conditioned—snatches played their part.

Within one year I had bent the Red nail, pressed the BEAST and put up my 200 snatches in the SSST. But what is really important is what happened to me outside of the training.

I learned I am a great trainer, and I have the ability to teach others. I learned I have more patience than I first thought. I learned the satisfaction of following through goals—that sticking to the program will always take you farther than any silly "muscle confusion" program you will find in the latest fitness magazine. I learned real fitness does not need 2 million dollars worth of machine, 500 dollars in supplements and the approval of some juiced body builder.

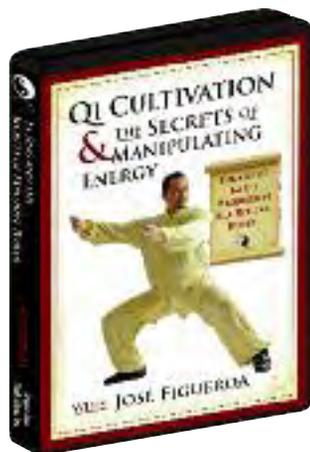
Two years of HardStyle: I have found true self-respect. I have earned the respect of top trainers with my knowledge discipline and focus. I have climbed the ladder of the bending world, and earned my place as a strong short bender. As I have transitioned to Old time Strongman work, I have easily learned new feats of power. Snapping wrenches, tearing cards, breaking chains—it all started right back at a 20 dollar investment of buying a book from a man who truly wants to see people grow strong.

As I transition to the civilian world and leave my stripes behind, I now have my mind set to be a personal trainer and help others learn to find their best selves. I will become one of the top strongmen in the world, best short benders in the world. It all started right here—HardStyle, kettlebells, Pavel and his RKC's.

This is my story, and I hope it helps you find your way.



Get More Power, More Energy, More Strength, More Agility, More Stability, More Root, More Explosiveness, More Fluidity and More Vitality—Using These Little-Known Secrets from Chen Style Tai Chi's Most Prized Qigong System



Qi Cultivation and the Secrets of Manipulating Energy

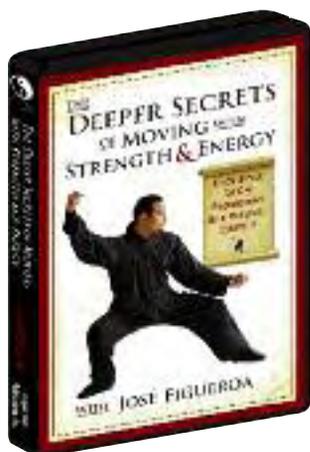
Chen Style Tai Chi Progressive Silk Reeling, Series I
DVD w/Jose Figueroa

1 hour 31 minutes

DV053 \$49.95

Chen, the original Tai Chi style, has long been revered for its combination of fluid grace, high energy, explosive power and devastating martial applications. Yet until recently, the fundamental training required to truly generate these remarkable results remained the closely guarded secret of the Chen Family's own inner circle.

This all changed when the leading modern-day Chen Style representative, Grandmaster Chen Xiaowang, decided to publicly reveal the true essentials behind Chen's superiority as a martial art. Extracting and distilling the absolute core principles of Chen Style, he created the now-legendary *Silk Reeling Qigong* system. To quote Chen Xiaowang, Silk Reeling represents the foundational roots, as opposed to the leaves and branches, of true martial mastery. A focus on mastery of these foundational roots will allow you to more quickly develop high-level skills in ANY of the myriad martial forms you may then choose to learn.



The Deeper Secrets of Moving with Strength and Energy

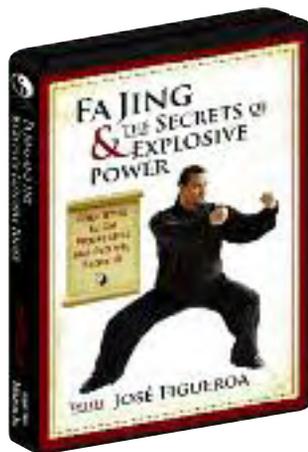
Chen Style Tai Chi Progressive Silk Reeling, Series II
DVD w/Jose Figueroa

54 minutes

DV054 \$49.95

Grandmaster Ren Guan Yi—Chen Xiaowang's most senior disciple and his leading representative in the US—in turn passed this knowledge to Jose Figueroa. Master Figueroa is uniquely qualified to convey these essential cultivation secrets in a way that makes them immediately accessible to a Western audience. After over 20 years of dedicated classical Chen Style practice, as the co-author of three Chen Style books and with a highly extensive teaching background, Jose Figueroa is able to break down the Silk Reeling methods with extreme clarity, precision and attention to the crucial detail.

According to the Chen Family, both superior movement and the mastery of Qi are grounded in impeccable body mechanics. Immense emphasis is placed on exact alignment, supreme coordination of movement, proper balance and a deep understanding of relaxation and tension in the body.



Fa Jing and the Secrets of Explosive Power

Chen Style Tai Chi Progressive Silk Reeling, Series III
DVD w/Jose Figueroa

1 hour 20 minutes

DV055 \$49.95

Jose Figueroa has developed a careful progression of methods that ensure practitioners develop a solid foundation in each step of this powerful system.

Individual movement sequences and techniques are demonstrated from three angles, followed by a highly detailed explanation of every key element needed to extract maximum benefit from that method.

Series II develops the foundation established in Series I, by progressively introducing more complex and intricate sequences. These more advanced methods help refine your movement, alignment and posture—while further enhancing your strength and your generation of energy.

Series III reveals many of the Chen family's inner secrets for developing Fa Jing—that dramatically explosive release of power, which is considered to be a hallmark of their art. Series III represents the culmination and integration of all lessons learned in the Progressive Silk Reeling program.

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- **A heightened** sense of well-being
- **A dramatically improved** core balance
- **The rock-solid** structure and stored energy needed to develop striking power in your martial applications
- **The ability** to recruit and suddenly express a powerful surge of Yang energy from many different parts of the body
- **True** waist power for highly effective pivoting, thrusting and striking techniques
- **A refined** economy of movement and highly agile footwork



Invest in the complete 3-DVD set of Jose Figueroa's Chen Style Tai Chi Silk Reeling Secrets

DVS016 \$139.00



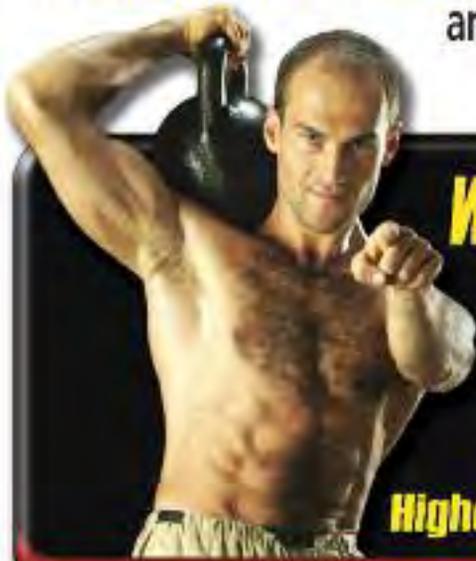
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Our RKC kettlebell instructors have undergone the world's most rigorous of kettlebell instructor certification courses and are fully qualified to help you meet and surpass your goals, be they fat loss, strength and power development or athletic success.

There are currently five levels of certified kettlebell instructor:

THE MASTER RKC

Master RKC's are appointed after extensive experience as a Senior RKC and after demonstrating the highest levels of integrity, commitment, teaching skills, leadership and personal physical ability. Master RKC's are the only RKC's with the authority to teach Dragon Door approved RKC certification workshops on their own. Dragon Door now offers in-house RKC certifications for appropriate organizations. Write to John Du Cane at jducane@dragondoor.com for more information.



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 RKC's 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!



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So You Think You're Tough?

Challenge your manhood with this set of ferocious kettlebell workouts—the ultimate package for kickass enduro and lean-to-the-bone strength

A superbly muscled specimen of righteous manhood himself, physical therapist Keith Weber rips you through a blistering set of ball-buster kettlebell drills designed to raise the bar on your athletic potential—then leap over it.

Weber's pounding *Extreme Kettlebell* workout will give even the most seasoned athlete fresh

Here's a breakdown of what you'll experience when you dive into Keith Weber's brutal shakedown:

The Manmaker Bang off with a series of challenging, hi-octane drills: 10 thrusters/side, 10 clean and presses/side, then 10 OH squats/side, 10 windmills/side, and finally 10 swings or snatches/side.

The Upper Body Blast Continue with a blistering series of upper body oriented exercises strung together in push-pull fashion in order to prevent over-emphasizing one particular movement pattern and to avoid burning out too early. Places deliberate and unforgiving stress on the respiratory muscles.

The Leg Burner You ain't kidding! If you're not ready for this you could feel like you'd sucked on gasoline then thrust a burning torch down your throat. Could be called the *lung burner* as well because of the intensity of this series. Just be prepared...

The Swing Workout Still standing? Then pound out a series of swing variations interspersed with the hot potato drill to allow the hip and thigh muscles to recover slightly, while keeping the heart rate high and working the core in a different way. The

The Slingshot But wait, there's more savagery to be enjoyed: between the legs pass variation of the Slingshot is performed between sets of 2 handed drills including squats, overhead push presses, tactical lunges, thrusters.

The Turkish Getup A good focus training as it is difficult to breathe, concentrate on form, and keep pushing through the fatigue at this stage of the training session. Also a dynamite routine done on its own.

Core Workout/Cooldown Administer the final smacks to your battered body with this highly demanding routine cunningly crafted to scorch the pre-fatigued core muscles as well as hammer the last remnants of your cardiovascular system.

legs—and the inspiration to take his game to the next level. Lesser mortals: simply use lighter bells to start with, until you are ready to join the serious ranks of the super-conditioned.

Become a well-oiled, unstoppable machine and discover what toughness is really all about, with *The Extreme Kettlebell Cardio Workout*.

Do you feel that you haven't really worked out unless your abs are contorting in pain? Then here's the perfect Killer drills for you, you devious twisted person...

The evil drills span from situps with the bell, crunch variations, lateral leg raises, floor wipers, Russian twists, partial get-ups for the obliques, frontal leg raises, followed by a brief stretching session, to bring you back from hell...

Selected DragonDoor.com Customer reviews of *The Extreme Kettlebell Cardio Workout*

Average Rating: 9.7 in 22 reviews

It's Extreme and You Need It! **Rated 10 out of 10**

"This is a Must for those of you who are serious athletes and kettlebell fanatics. We highly recommend *The Extreme Kettlebell Cardio Workout*. It will challenge you to your bones even if you're tough as nails and build your strength and cardiovascular capacity fast. It's broken into short segments of high intensity exercises that are very easy to follow. You can feel satisfied after doing just one killer 5 - 10 minute session or you can simply do as Keith Weber does in this nicely shot video by the ocean - and go non-stop like the Terminator. No matter what weight you use or where you're at physically, this will get you into tremendous shape fast. Great Video!"—**Creators of CoreForce Energy and Hot Burning Body, Kettlebell Instructors, Garin Bader/ Vanessa Bader - Las Vegas, NV**

I thought I was tough **Rated 10 out of 10**
"The title of this DVD does not lie, it is extreme! I thought I was tough but was humbled by Keith Weber. This android has motivated me to reach a new level of conditioning. I have lost five pounds in two weeks!"—**Josh Nelson - San Diego, CA**



2 Mid-Level **3** Advanced

The Extreme Kettlebell Cardio Workout

DVD By Keith Weber, BScPT, RKC

Running time: 58 minutes

DV052 \$29.95

Dope. Rated 10 out of 10

"This DVD is amazing. All the routines are a fantastic challenge that will get you working up a sweat in no time. The instruction is great. It's simple and easy to follow. The pace is just fast enough. The routines are simple enough that you'd be able to memorize them pretty quickly. It's also pretty easy to mix and match to come up with more workout variations too. These workouts are great if you want a good routine to take outdoors. It's well worth it. So stop reading, and just order it already."
—**Joe Feuille - Kansas City, MO**

WOW!!! Someone Finally Put together a KB Workout for the Masses **Rated 9 out of 10**

"I have devoured this DVD, it is energetic, challenging and fresh! Simple repeatable sets designed to make a humble man or woman out of you. You can do every exercise in this DVD from the start, nothing new to learn or perfect. Take the simple time proven swings, presses, cleans and squats from your current workout and combine them into a totally new and mind blowing regime. I do a couple sets in the morning. A couple at lunch and then tear it up with the rest during my long workout in the evening. I highly recommend this DVD to all level of users."
—**Macs Burke - US Army, Germany**

I Was in Awe **Rated 10 out of 10**

"I feel I am in excellent shape. However, after viewing Keith's DVD I have to do some re-evaluation. I was in awe of the conditioning and stamina displayed by Keith. If you are wanting to get in top physical shape, this is a must view DVD. Keith can help you and me push our conditioning to a new level."
—**Steve Gould RKCII - Morton, IL**



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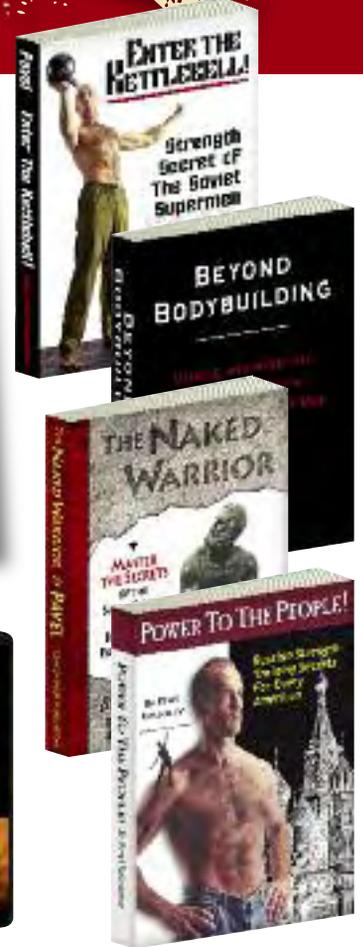
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Our Top Ten Books and DVDs by Review Ranking



Rank	Title	Type	Reviews	Average
1	<i>Enter the Kettlebell!</i>	Book	139	9.77
2	<i>Enter the Kettlebell!</i>	DVD	92	8.91
3	<i>The Kettlebell Goddess Workout</i>	DVD	75	9.29
4	<i>Beyond Bodybuilding</i>	Book	70	9.74
5	<i>The Naked Warrior</i>	Book	65	9.62
6	<i>Power to the People!</i>	Book	45	9.82
7	<i>From Russia With Tough Love</i>	DVD	30	9.00
8	<i>Resilient</i>	DVD	27	9.26
9	<i>Power To The People!</i>	DVD	22	9.68
10	<i>The Extreme Kettlebell Cardio Workout</i>	DVD	22	9.68



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