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Do You Ever Take Your Freedom For Granted?

The day after Memorial Day. I am cruising down Rice Street in my shiny black Chrysler 300, luxuriating in the soulful wash of my Reggae idol, Burning Spear. I'm on my regular morning coffee break, a double espresso fix at the local Caribou drive-thru. I think, my life is easy. My gaze drifts to a Veteran's bumper sticker "Live Free Or Die..." and I remember why my life is easy. I live in freedom. A freedom paid for by the lives of others. We are surrounded in our ease by the dead who sacrificed everything so we may continue to live free.

Easy to take our freedom for granted, though, as we navigate the petty stresses and speed bumps of our daily rituals...

I got a jolt myself, just the other week, when I had a pinch of my freedom taken from me without warning. Mild as the pinch was, golden as my cage was, there remains nothing quite like the feeling of being held against your will...

We've started to make our kettlebells in China and to ensure we maintain the premier quality of kettlebell we are known for, I personally flew there to set up stringent quality control procedures and to consult with the factory owners directly. I can't begin to tell you how important that trip turned out to be for the future maintenance of that premier quality!



The trip kicked off with all the right trappings. My Chinese hosts were warm and gracious, the food magnificent and the foot-massages out of this world. Here I am, with a blissfully unsuspecting grin on my face, at the beach in Qingdao, the day before the rude awakening.

Next morning, I breeze out of the elevator at 7:10am for some breakfast, before heading out to the factory with my Chinese hosts. Six gentlemen in black block my path. One steps forward with his palm held out. The hotel receptionist runs up to me, but not too close... "Please return to your room, you are under investigation."

Knock on my door. I open to masked, be-goggled creatures encased in white plastic. "Relax!" one of them barks. Ho! This isn't going well! I feel an inner shaking despite myself...

Long story longer, a passenger on my flight from Narita to Beijing had come down with Swine Flu. All passengers on that flight were being hunted down, rounded up and held in quarantine for seven days. The CDC had caught up with me two days in.

To move me to a more isolated room in the hotel, the kindly CDC dressed me up in my own space-creature gear, so I wouldn't continue to contaminate the world. Fortunately they had a sense of humor and agreed to snap me in a Tai Chi pose while I was still rigged up:



You can tell I'm flustered, my weight's on the wrong leg...

So, I got to spend five days as the guest of the Chinese government. Thank God I had my laptop and Skype and my Tai Chi. My time passed like a dream. I couldn't say I was ever even uncomfortable. But the blunt fact was, I was held against my will. And I wasn't about to make a run for it. I spent a lot of time meditating on the nature of freedom.

When I was released, I felt a quiet sense of relief. But I re-entered the outside world gingerly, as if I hadn't necessarily yet earned the full right to my complete freedom of movement. Turns out freedom is like the dew on the early morning grass. Fleeting. Savor it while you can, when you have it before you.

As I proudly put another issue of HardStyle to bed, I think of how all the wealth of information and resources you'll find within these covers, all these great Dragon Door authors, are the result of our great freedom to cultivate, harvest and pass on to others the fitness wisdom of the ages. And I am reminded by my recent escapade, how fortunate we all are to be able to enjoy those fruits so freely.

The hidden price for our good fortune is beyond measure—and may we never take it for granted.

Very best in your training,

John Du Cane

John Du Cane



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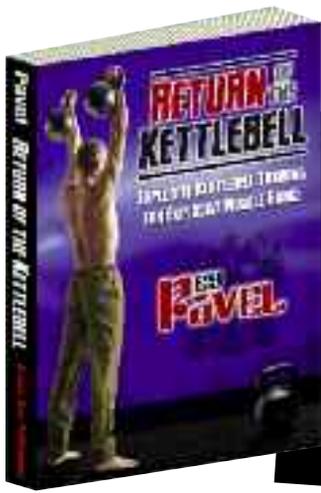
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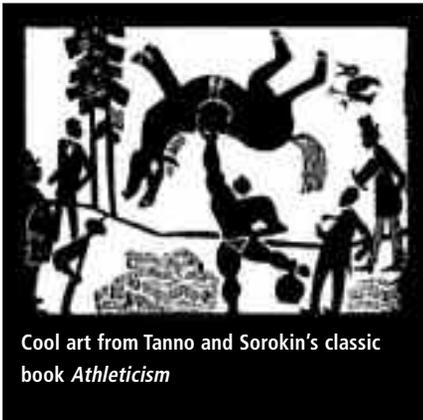


An Excerpt from *Return of the Kettlebell* by Pavel



THE SCIENCE OF BIG

In Russia the Party line for building muscle has always been to lift slow. Muscle heads even have a derisive term for those who lift quickly: “tempoviks”. Georgy Tanno and Yuri Sorokin, authors of the USSR’s most influential book on the topic, a 1968 cult classic *Athleticism*, assured us that “The *tempoviks*’ advice, once tested, promises you only losses.”



Cool art from Tanno and Sorokin's classic book *Athleticism*

Then Vasily Alexeev came along. What does an eight hundred pound gorilla do?—Whatever he wants. The strongest man in the world had not the slightest concern about anyone else’s opinion about his training. The premier weightlifter of the 1970s did whacky things unbecoming of a good Communist, like lifting his barbell from the bottom of a river. And—gasp!—repping out in the quick lifts. I have blissfully forgotten the contents of the Soviet Constitution, but I am

sure there had to be an article in it which admonished “You shall not snatch, clean, or jerk for more than five reps per set” under the threat of GULAG.



Vasily Alexeev, the premier weightlifter of the 1970s did whacky things unbecoming of a good Communist, like lifting his barbell from the bottom of a river.

Alexeev did not seem to care. “Usually the athletes lift barbells and then immediately drop them. This takes several seconds,” comments Dmitri Ivanov who interviewed the maverick lifter. “According to Alexeev’s method, the athlete finds himself under the weight for a period of two or three minutes. The entire body must sustain this prolonged effort, as the athlete completes several consecutive exercises without letting go of the equipment. The weight of the barbell is relatively light, but the varied work with it affects every muscle

cell. By the end of the two-week session, all of Alexeev’s students had increased their bodyweight as a result of muscle growth—and at the same time they’d increased their abilities.”

WHY THE KETTLEBEL IS SUPERIOR TO A BARBELL FOR SUCH TRAINING

The Russian kettlebell is the ideal tool for repetition quick lifts.

Kettlebells can be swung between the legs, which delivers a powerful eccentric load. Don’t try it with a barbell! You could take a crack at it with dumbbells but... as my dad says, you can eat any kind of mushrooms—at least once. You can swing a pair of dumbbells between your legs too—at least once.

Kettlebells can be cleaned for many reps without stress to the wrists. Grip master Wade Gillingham has told me that since he took up the Olympic lifts his grip strength has gone down as a result of overstretching his wrists. This will not happen with kettlebells; your wrists will get stronger, not weaker.

Kettlebells demand that you rack them with your arms pressing tight against your torso. This position enables you to safely absorb the shock when dropping the kettlebells to your chest following a jerk or a push press. Catch many barbell reps of either of these drills on your collarbones and you will look and feel like you have lost a UFC fight.

Where the technique of the barbell Olympic lifts tends to deteriorate rapidly once the reps go up—the Russian National Weightlifting Team sticks mostly to doubles these days—kettlebell quick lifts usually get smoother as the reps climb.

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So it is no surprise that kettlebellers who follow a protocol similar to Alexeev's experience remarkable muscle gains. You may have read about the 2,905 pound all time high powerlifting total—the sum of the squat, bench press, and deadlift—posted by **Donnie Thompson, RKC**. But did you know that kettlebells, in addition to adding 65 pounds to his deadlift and 100 pounds to his bench press, have packed 26 pounds of muscle on this already overwhelmingly muscular man in just three months?

Mr. Haney, RKC, a 51-year-old former college champion shot putter and Thompson's training partner, added 15 pounds of muscle on the same routine that emphasized kettlebell quick lifts. I asked Mr. Haney what he attributed this phenomenal progress to. He replied: "Kettlebells work the muscles without killing them." When I taught a kettlebell seminar at the powerlifting Westside Barbell Club I asked Louie Simmons the same question. Simmons is the WSB mastermind; Thompson has trained under him and has been following the Westside template. Louie suggested that, unlike plyometrics, which mostly rely on stored elastic energy, kettlebell quick lifts work the muscles.

Fast eccentrics are all the rage today among the muscle hypertrophy researchers. Texans Paddon-Jones et al. (2001) have compared the training effects of slow and fast negatives. After 10 weeks the slow negative group did not experience significant changes in strength or muscle fiber type. Fast negatives, on the other hand, have yielded remarkable improvements. The eccentric strength went up 30% and the concentric strength 27%. At the same time the fast group's percentage of slow twitch type I fibers dropped from 54% to 39% while their type IIb fast fiber population grew from 6% to 13%!

Canucks, Farthing, and Chilibeck (2003) concluded that "fast [eccentric] training is... most effective for muscle hypertrophy and strength gain" following an eight week experiment with what appears to be everyone's, even scientists', favorite exercise—curls.

Another group of Canadian researchers, Shepstone et al. (2005), compared the training effects of fast and slow curl negatives. Both groups' slow fibers have grown. Ditto for the fast fibers but the "fast" subjects had greater gains. Both groups' biceps cross sections have increased with the fast group "showing a trend toward being greater". Strength also improved in both groups, again the fast subjects showing better gains at all tested velocities. The scientists

concluded that "training using Fast... lengthening contractions leads to greater hypertrophy and strength gains than Slow... lengthening contractions. The greater hypertrophy seen in the Fast-trained ... may be related to a greater amount of protein remodeling (Z-band streaming...)"

Prof. Thomas Fahey explains: "...Z-bands [are] muscle fiber structures that are particularly susceptible to injury during weight training. Scientists believe that Z-band damage and repair is the major process involved in making muscles larger and stronger. They concluded that the greater hypertrophy seen from fast eccentric training was due to a greater amount of protein remodeling as a result of greater Z-band damage. Damaged muscle cells create satellite cells during the repair process, which are muscle cells consisting of just a nucleus. Muscle growth factors can cause the satellite cells to combine with muscle cells that were stressed or damaged during training and assist in cell repair and adaptation. Satellite cell formation is important because it maintains a balance between the number of cell nuclei and cell mass, which is critical for protein synthesis and muscle cell repair. Following injury caused by weight training, muscle cells go into overdrive to make new proteins to repair the damage and strengthen muscle so they withstand future stresses."

Then there is the metabolically brutal nature of the repetition kettlebell lifts. Professor Fahey, a scientist, champion, and gentleman, continues: "We are beginning to understand the physiology behind the value of high-speed eccentric training. These exercises create high levels of metabolic stress that include the release of inflammatory chemicals such as prostaglandins and free radicals (i.e., reactive oxygen species) that combine with other chemicals and cell structures to trigger cell damage. Cell damage from these chemicals stimulates protein synthesis, which results in gains in muscle mass and strength. Kettlebell exercises, such as swings and snatches, create high levels of metabolic stress for prolonged periods (15 seconds to several minutes) that triggers cell inflammation and promotes increases in muscle mass and strength."

In summary, the stimuli that appear to be responsible for the extraordinary muscle mass gains from explosive kettlebell lifting are fast eccentrics which physically "tear" up the muscles and a metabolic upheaval from extremely demanding full body quick lifts which "tear" them up chemically, with free radicals.

BUT NOT SO FAST...

Are you ready to say goodbye to all your slow and controlled lifting in favor of quick lifts?

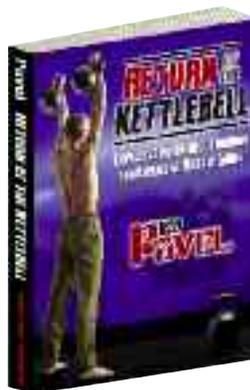
Not so fast... Rarely does a study "prove" something. There are many reasons why the conclusions of a study may be flawed, or limited to a very narrow set of circumstances. For instance, the conclusions may only apply to a particular type of a subject (say, untrained females in their fifties) or to particular conditions (the given exercise, sets, reps, etc.). Which is why, for every study "proving" that doing more than just one set of a strength training exercise does not offer additional benefits, you can find a study "proving" the opposite.

In the case of fast versus slow strength training there are several Russian studies that strongly suggest that slow is the way to go. For instance, Vasiliev, who has been widely cited in Russian literature, even in my old friend, the 1987 Soviet armed forces physical training handbook, has concluded that slow movements lead to 1.5-2 times greater strength increases than maximal tempo movements.

Scientific research, obviously, is not gospel, and it should be taken with a grain of salt. On the other hand, nor is it worthless. When a number of research papers point in the same direction and are backed by anecdotal evidence, people in the field should take notice. Such is the case with fast eccentrics. Add them to your muscle building regimen but do not flippantly get rid of time-tested and research-supported, controlled cadence lifts.

Which is what you will be doing on the *Return of the Kettlebell* plan—"tearing" up your muscles with both quick whacks and slow squeezes.

For best results shoot from both barrels.

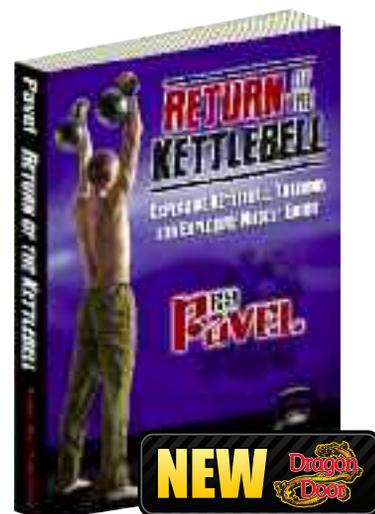


In *Return of the Kettlebell* the ancient girya meets the sharpest edge of scientific research—to deliver you unprecedented gains.

Muscle and power to you!



HOW TO MASTER ADVANCED KETTLEBELL DRILLS—AND EXPLODE YOUR STRENGTH!



A hard man's plan for dramatic strength gains—combining the sharpest edge of scientific research with the inherent power of the ancient kettlebell

Thoroughly master Pavel's *Enter the Kettlebell!* program and you can consider yourself a "Kettlebell Black Belt". But once you're a Kettlebell Black Belt, then what?

Well, say hello to *Return of the Kettlebell*, which takes it for granted you already own those Black Belt fundamentals—and offers you a dramatically tougher, yet highly systematic program for explosive and massive muscle gain.

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

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

Central to Pavel's new program for explosive muscle gain is the skillful use of double kettlebells. Discover smokers like the Double Clean, classic strength builders like the Double Snatch and Double Press and enjoy the supreme intensity of the Double Clean and Jerk.

But just mastering the double kettlebell methods alone will hardly take

you to the Promised Land of consistent, long-lasting and massive muscle gain. And here's where Pavel delivers the key plans and training schedules, designed according to the breakthrough Russian "block system"—plus a slew of vital tips—to ensure you continue to gain and gain and gain.

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

"Pavel is the reason I started using kettlebell exercises with all my clients so I was anxious to get my hands on Return of the Kettlebell. Pavel, as always, gets straight to the point with his concise, logical, and entertaining writing style. The pictures perfectly depict what you should and shouldn't do to master these awesomely explosive lifts. The book is loaded with tips, tricks, and proven training principles that will supercharge your body and performance."

The Return of the Kettlebell DVD is the best kettlebell resource I've seen to take your physique and performance to the next level. Pinpoint technique is essential to your success, and Pavel knows it. He shows each exercise from every angle and explains what you should and shouldn't do to get the greatest reward. This DVD, plus hard work, equals your best body."—Chad Waterbury, neurophysiologist, author of *Huge in a Hurry*

"Return of the Kettlebell is a training DVD. A true training DVD. As a trainer I go to seminars, watch DVDs, and read any and everything I can to

provide a better product to my clients. Return of the Kettlebell has concepts, techniques, instruction, do's and don't's, and application. Bring a pen and paper and let Pavel be your teacher, you'll be better for it when you go back to the gym whether it's for your own workouts or those of your clients—see 'victims'."—Gunnar Peterson C.S.C.S.

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

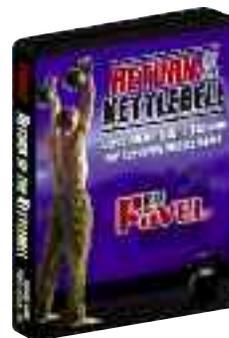
"As a strength athlete and a coach, I applaud the effort and quality of this DVD. Although I am known for my hyperbole so I need to be careful here, but let me say this: if you only have one DVD on the shelf for the game of strength and conditioning, this is the DVD. I enthusiastically recommend this work without hesitation to anyone interested in any facet of fitness and health."—Dan John, author of *Never Let Go*

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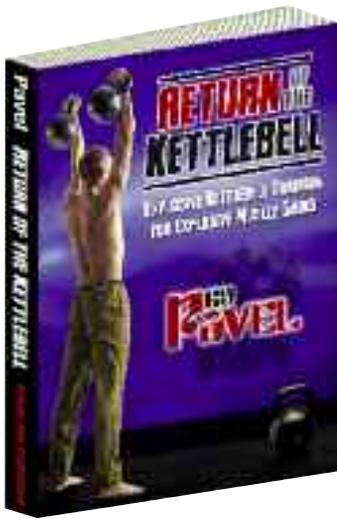
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What you'll get when you invest in Pavel's *Return of the Kettlebell*:

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

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

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Educational, entertaining, enlightening, and inspirational, *Viking Warrior Conditioning* is sure to be a well read and re-read part of any elite coach, trainer, athlete, or warrior's library!”

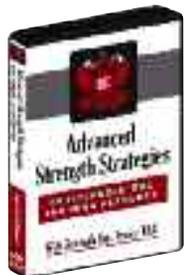
—Mark Cheng, L.Ac., Ph.D., RKC Team Leader, Contributing Editor: Black Belt Magazine

“If you want to understand the **why** and the **how** of kettlebell training for conditioning then this is the book! This is the guide to using the kettlebell for optimal VO2max conditioning. Kenneth Jay's protocols have benefited me and my clients greatly.”

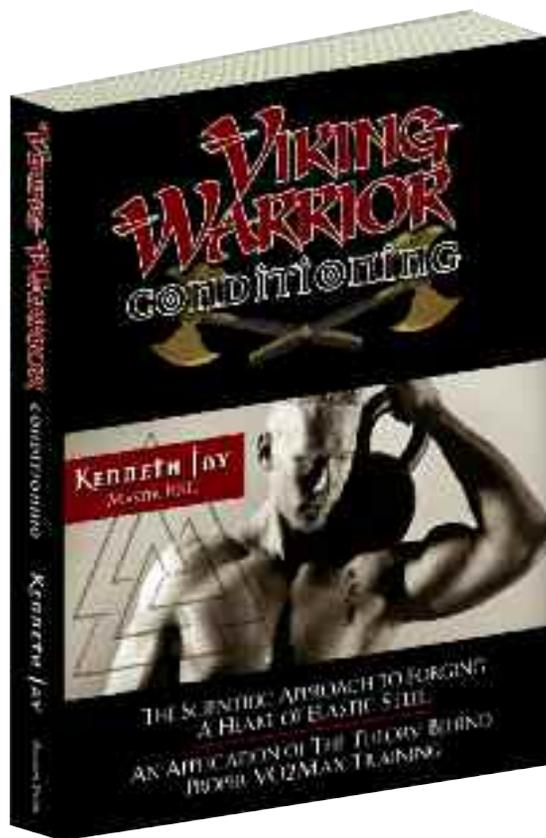
—Brett Jones, Master RKC, CSCS, CK-FMS

“A great book by one of the best young minds in fitness. Against a bleak backdrop of fraudulent fitness product hucksters and in this era of No Brain - No Pain personal trainers, the Pain Dane does indeed have a brain— a big one —and this book is as welcome as a cool breeze ripping through a room full of stale cigar smoke.”

—Marty Gallagher, author of *The Purposeful Primitive*



See page 20 for the companion 2-DVD to Viking Warrior Conditioning, Kenneth Jay's Advanced Strength Strategies



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"Absolutely amazing. Very easy to understand, even if you don't have a background in exercise science. Kenneth makes the science behind it comprehensible. The program is laid out and easy to follow.

I've been doing the 15:15 program since Sept 08 when I attended the RKC. I'm very

excited now to do the other protocols to see how far I can go with my conditioning. The 15:15 has already given me better conditioning than I thought possible. Now I know the rest of them will take it higher!"
—Dustin Miller, RKC, Chicago, IL

Thank you Kenneth Jay

"Kenneth Jay has packed a book full of gut twisting information that is guaranteed to either jump-start or re-torque your k-bell training and take things to levels you cannot imagine. This is an amazing addition to anyone's training, whether you're a seasoned girevik or someone who has barely touched a kettlebell.

Oh and my over 280lbs is dramatically trimming down. I've lost close to 30lbs and my strength is through the roof. I hope to someday make RKC and I would love to thank all of you at Dragon Door in person. Kettlebells and the RKC have more than changed my life. They've also changed my wife's and about eight of our friends are now using them as well. I highly recommend this training and any k-bell product endorsed by Pavel and the RKC."
—Eric Wilson, Plymouth, PA

Let's Be Frank, It works your butt Off!!!!!!

"The day I received VIKING WARRIOR, I read it from front to back and then headed for the basement to workout. Let me tell you it had me sucking wind so fast that I thought I was back in spec.ops training again. This book is fantastic from beginning to end. The challenge is to grit your teeth, suck it up and burn those calories and lose that fat and build the VIKING WARRIOR heart of flexible stainless steel.

To put it another way IT WORKS IF YOU HAVE THE BALLS TO DO IT COMRADE!!!!!!!!!!

P.S. I am 69 years young."
—William J. Jones, Freeburg, IL

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"This is an outstanding book. Very well written. It is a perfect balance between very technical physiological information and a broken-down work out schedule that has something for everyone. I like the fact that if your not into the physiology, you can go right to the workouts and you will get the same results. I am currently training for a very physically demanding promotion at work, and there is no doubt in my mind that with this work out, I will CRUSH the competition. Thanks you for another superior product!! I am a life long customer."
—Martin Knott, Warrenton, VA



Indianapolis Colts Strength & Conditioning Coach, Jon Torine

By Rachel Galvin

Discusses Kettlebells and CK-FMS

Getting into the strategic template of strength coach Jon Torine is not easy. As strength and conditioning coach for the Indianapolis Colts, his training techniques can help or hurt a player, a fact he knows all too well. So, implementing techniques that work has become the goal of his career. Finding techniques, he has found, is easy, but finding the right ones can take some trial and error.

When Torine discovered Kettlebells, he found one of the most effective techniques for his template, a way to challenge not only the players' strength, but also their mobility and stability, a way to maximize their genetics to the ultimate. But when he found out about CK-FMS, the training even went a step further.

The CK-FMS (Certified Kettlebell-Functional Movement Specialist) program helps physical trainers and coaches to identify and correct training issues with their clients, or in Torine's case—with his players. From looking at placement to movement, this training shows how to maximize the power of the Kettlebell by making sure the individual is doing the exercise to the best of his or her ability, eliminating poor movements rapidly and turning out faster results. It also allows trainers to better measure the client's results and cater the program to the individual. The CK-FMS program is a seminar, but also comes as a home-study program.

We asked him about his experience with the program, with Kettlebells and about his career.

When did you start doing Kettlebells and what was your initial response?

I learned the FMS in 2001/2002, Kettlebells a couple of years ago. Gray Cook, MS, PT, OCS, CSCS, RKC had learned Kettlebells and ran it past me. We started doing basic things he thought would help us out: arm bars, get ups, swings... When I met with him and started doing program, I started seeing changes I couldn't believe. Now, Gray could tell me to run into a parked car and I probably would do it.

I understand Gray was able to help you correct a technique with one of your players. Tell me about that.

When doing get-ups, a couple years ago, I saw a pattern. One of the players said something was wrong with one particular exercise; I started seeing dysfunction while players were performing it. I told Gray Cook. He said he was working on that [issue] right now. When he got done and showed me his solution, we were able to take the Turkish get-up to a level I never thought possible.

What do you think about the CK-FMS program that Gray helped to create with Brett Jones, Master RKC, MS, CSCS? I understand you watched the home-study program.

I have watched all 15 DVDs of the **CK-FMS Home Program**. I am a harsh critic. I have a tough filter for systems and programs. This is absolutely an A+. I don't give out As too easily. This was outstanding. It's a gold mine as a strength coach. I picked up nuggets I have

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already implemented this week. This is something I can and do truly use. There is so much information it could be a bit overwhelming. I re-watched it already. It utilizes the basics of assistive, RNT, (static, dynamic), Resistive and Explosive exercises.

Is it better to do CK-FMS with Gray and Brett in the seminar or do the home program or both?

The best thing is to do both, but if you have been around this for awhile, it won't do you a disservice to just do the home program. You can do it on your own time. I have watched it a few times.

What makes Kettlebells so effective?

I don't believe you get strength without movement efficiency. Being just strong doesn't mean much without fluid movement; it's staying strong and stable while being harassed, that's what you need in football and that's what I believe Kettlebells does for you. The ability to stand in different positions and lift is more impressive than just bench pressing, although we do regular lifts as well; but a player standing in a scissors stance or a good loaded single leg deadlift is more impressive. If you told me 8 years ago I would say that, I wouldn't have believed you. Kettlebells are bio-mechanically correct. Instead of letting the weight do the work for you, the Kettlebells make you do the work. I think it is the principles around the tool or because of the offset center of gravity. Regardless of what you do, it works. I love that it forces you to move in order for it to move.

The players can see automatically how the moves we do with Kettlebells are really related to what we do on the field. They'll tell you before you tell them. Swings are related to hip hinging movements. It is absolutely incredible. We use dumbbells too, but Kettlebells are what really makes it happen. Athletes want to be athletes. Using Kettlebells really shows off their athleticism. It's right up their alley.

How did you introduce Kettlebells to them?

We started off slowly to let them get used to them, doing the arm bars first. We started seeing true stability taking over. Later, we did snatches, high pulls, swings... I learned along with them. What I learned last year, I implement this year. They know I am probably one of the most conservative coaches as far as working with their bodies. I'm more paranoid than they are. They know I am not going to just put them through some fad.

How do you determine what is good or bad for your players?

When finding a technique, I take a few steps back, take a breath and ask "does this fit into our template, our system?"

How do you measure results?

It is tough to measure results. We look at power numbers, meters per second, watts generated, movement screens, see if loads are appropriate, if they are good in get-ups, dead lifts, chins, etc. We look at if the guy can do a single leg squat on his own with Kettlebells. We are big on body composition. We look to see if a player can lift respectable loads, has power, individual and position specific body composition, anaerobic endurance, good movement capability, good nutrition. We teach about circadian rhythm and sleep. Everything is important and affects the game. We meet with each player individually to go over their goals. We give them a whole plan and they execute it. It is different for each player. We try to maximize their genetics. In the NFL, the only result that matters is the won/loss record and realizing you win as a team and you lose as a team. Each one of us (players, coaches, staff) has a role that is clearly defined and, at the end of the season, either we all succeeded or we didn't.

What is your favorite Kettlebell routine?

The Turkish get-up, the single arm/ single leg dead lifts and swings. I have implemented these strategies into my template and that is a

tough club to get in.

What advice would you have for other coaches?

First, screen your team. Clean up poor movement patterns. Learn as much as you can. Don't implement everything, filter (how and why). Everything you see on the Internet is not necessarily applicable. Earn your people's trust so that when you implement something, they will trust you because of your proven history and know that you are not the next fly-by-night and aren't going to put them through the next big fad that may or may not be good. Be as specific to the sport as you can. Your role is a support role. You are there to aide the success of the player. If it doesn't help the player prepare for the game on Sunday in a safe and productive manner, ask yourself why you are doing it.

How did you get into being a strength & conditioning coach?

I had been around football and martial arts my whole life. I loved sports but knew I wasn't the best athlete. I didn't even know that this job was a possibility. When someone told me, I couldn't believe it was something I could get paid to do.

Professionally, I am one of the luckiest people I know. When I came out of Springfield College in Massachusetts, I was fortunate enough to volunteer with **Rusty Jones** with the **Buffalo Bills**. I tried to soak up as much as I could. But, I couldn't afford to live there. I was getting ready to leave when they told me they wanted me to stay and give me a position as an Assistant Strength Coach. I thought there were 20 million people more qualified than me. I was really surprised. Taking that position was an awesome experience.

In 1998, got the chance to interview with the Colts. They hired me because they liked Rusty's style and I was Rusty's understudy, in a sense. I have been here ever since.



Here's what some of the leading RKC's had to say about their experience at that landmark CK-FMS



When word first got about the CK-FMS, Dragon Door's top RKC's rushed to sign up. The result was an event that had hands-down the highest quality group of coaches and trainers ever mustered together at one time in one place for one workshop. And the results were of course beyond spectacular....

Kenneth Jay, Master RKC Instructor, Slangerup, Denmark

Absolutely Magnificent! I made the choice of skipping the Olympics to come to this and there is not a single part of me that has any regrets about that. This system will do more for my personal as well as professional goals than any other training out there.

Amazing presenters. Not something you see very often with high-level material. Believe me... I have listened to about 100 different professors speak and Gray Cook and Brett Jones rank at the top.

I have a degree in Exercise Physiology, which does not even come close to the value of this. Only the HardStyle RKC matches it. Which makes the two systems perfect for each other.

The Viking gives the CK-FMS two thumbs up! AWESOME!



Thomas Phillips, RKC Team Leader, Gym owner and special education teacher; Marlboro, New Jersey

I had already been through the FMS certification... the CK-FMS was heads and shoulders above anything I had expected. The instruction was brilliant and most

importantly practical. I can't recommend this workshop highly enough for everyone in the industry.

I have heard Brett and Gray speak multiple times either in person or on DVDs. This weekend I was blown away by the brilliance of these two individuals. Until you experience them in person, with your own questions and hear them field

other people's questions it is difficult to appreciate all they have to offer.

This material is exactly what I needed at this point in my career. The quality, scope and practical use of this material is easily the most impressive I have ever experienced.



Mark Reifkind, Master RKC Instructor; San Jose, California

The most comprehensive, detailed, standardized and intelligent approach to corrective exercise I have ever seen. Takes screening and corrective exercise to another dimension. Must-have training for the state of the art training professional. Gray Cook is the Pavel of corrective exercise.

Amazing, incredible, outstanding. My brain hurts from trying to wrap it around the unreal amount of incredible useful and pertinent data. It will take numerous readings and screenings to understand just how natural this course really is. But, as detailed as the data is, the simplicity of the system provides such a simple step by step guide as to make it foolproof. Fantastic!



Will Williams, Senior RKC, Hard Style Strength Instructor; Philadelphia, Pennsylvania

I cannot imagine any organization claiming the ability to teach "fitness" concepts and applications offering a more sophisticated, simplex, and effective system than what we just created. VIVA!



Zar Horton, RKC Team Leader, Firefighter; Albuquerque, New Mexico

A fantastic experience that gave me the "missing link" in kettlebell training. This course showed the importance of assessment in training people and how as a practitioner and trainer one must not add fitness to dysfunction. With that being the underlying theme Gray and Brett give you the toolbox and the confidence to improve performance and health through the use of kettlebells.

Thank you guys so much for sharing and developing this course. Incredible. Amazing instruction and depth of knowledge. There is absolutely no training available like this.



Franz Snideman, RKC Team Leader, Business Owner; La Jolla, California

The most comprehensive and results providing certification I have ever taken. I saw huge changes and results within minutes of trying the corrective exercises. I am so excited to use this information with my clients. Gray and Brett have condensed a lifetime of experience into this certification and it shows. Your movement will improve immediately with this information.



Jeff O'Connor, Senior RKC; Talala, Oklahoma

The natural progression of the RKC community. The future of athletic performance and longevity. The best of the best. A beautiful integration of the two best systems, by the two best people. Second only (and a very close second) to the RKC.

Unbelievable workshop. Thank you to everyone that made it happen.

Sara Cheatham, Senior RKC Instructor; Ft. Bragg, North Carolina

The CK-FMS is the 'why' behind the 'how' of the RKC. Complementary to Z-health yet easily digestible by the general population (plus, they offered adequate positive neural chunking through funny stories and slides, making it memorable and easily accessible for future reference in the field)



Paul Daniels, RKC Team Leader, Personal Trainer; Rancho Santa Margarita, CA

The most revolutionary training experience since my RKC. Continuing to keep us on the forefront of the industry.

I can only say I feel very privileged to have had this opportunity.

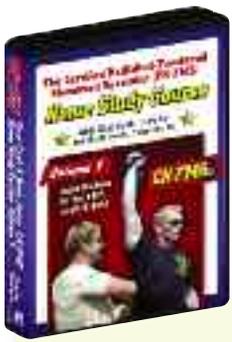
As with all Dragon Door courses I have completed, the scope and quality of the material is light years ahead of what I thought I knew. It is like having some time warp from the future and giving you information that will forever change the way you see the world.



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How Valuable and Successful Do You Really Want to Be as an Athlete, a Coach or a Trainer?

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- ▶ **Mastery Advantage # 2:** End the wild guessing and vagueness about your clients' progress—with a scientific, functional baseline to confidently mark their improvements.
- ▶ **Mastery Advantage # 3:** Own a "Done-For-You", dummy-proof screen that gives you reliable, specific and above all reproducible specific markers for your clients' movement problems.
- ▶ **Mastery Advantage # 4:** Quickly and reliably improve your client's functional fitness and athletic performance—and earn their undying gratitude.
- ▶ **Mastery Advantage # 5:** Be a long-term hero for an ever-increasing group of devoted clients—as you significantly reduce their potential for training and sports injuries.
- ▶ **Mastery Advantage # 6:** Possess a simple, yet amazingly effective grading system to assess movement patterns—and immediately spot the lurking problems.
- ▶ **Mastery Advantage # 7:** Confidently assess and easily enhance physical performance for the widest range of client—from the athletic to the average fitness buff.
- ▶ **Mastery Advantage # 8:** Scientifically identify your clients' physical imbalances, limitations, and weaknesses—then be able to offer a rack of trench-tested solutions to those vulnerabilities.
- ▶ **Mastery Advantage # 9:** Enhance your clients' fundamental movement patterns with simple corrective exercises—an immediate "take-home" that will have some of your clients wonder if you practice magic on the side.
- ▶ **Mastery Advantage # 10:** Proudly toss out the "one-size-fits-all" nonsense that often masquerades as training—now that you can scientifically individualize your clients' programs for specific results.
- ▶ **Mastery Advantage # 11:** Understand how to identify potential cause and effect relationships of micro-trauma as well as chronic injuries in relation to movement asymmetries and weakness—this one skill will set you apart from 98% of all trainers out there!
- ▶ **Mastery Advantage # 12:** Understand how to give your client that all-important "Ah-Hah!" moment—that creates utter belief in your ability to identify and fix their weaknesses.



Armed with the FMS Fundamentals, You'll Then Discover How to Merge FMS with the Immense Power of the RKC System:

- **How** to properly interpret the results of the FMS and address the "weakest links" first—for maximum immediate impact with your clients
- **How** to address the lowest scores and asymmetries to "clear" people for Kettlebell training—helping your clients avoid unnecessary injuries and making you look darn good in the process.
- **How** to employ the Red/Yellow/Green checklist—so you can be absolutely sure what kettlebell and weight lifting drills are okay and which ones to absolutely avoid when you have spotted an asymmetry.
- **How** to employ the kettlebell as a preferred tool in the Corrective "toolbox"—for far faster, more effective results.
- **How** to optimize movement patterns with kettlebells, once the FMS minimum is reached.
- **How** to integrate Screening, Assessment, and Client Management—the complete package of when to do what, and why.
- **How** to implement Static and Dynamic Assessment and Corrections for the Upper and Lower Body.

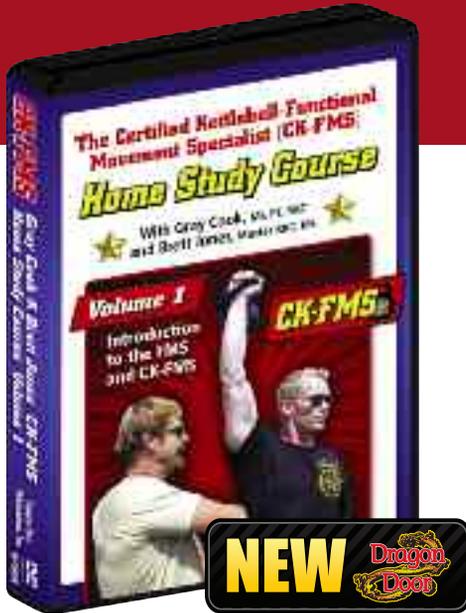


"FMS is an outstanding system for making an athlete resilient, a perfect complement for the RKC."

—Pavel Tsatsouline, RKC Chief Instructor

"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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With Gray Cook, MS, PT, RKC and Brett Jones, Master RKC, MS

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Imagine a GPS system that not only shows you the fastest way to reach your goal—but magically zooms in on, eliminates and fixes every obstacle, pothole, speed bump and detour currently slowing you down.

Oh, and the same GPS system does double-duty again by acting as a warning and instant-fix-it system for your vehicle!

Well, that's what you get when you combine the very best of RKC with the very best of FMS:

a "Movement-GPS System" that kills ten birds with one stone—spotting the deficiencies, fixing them and fast-tracking you forward—so you can leap into action and perform at the very highest level, NOW...

So say hello to your new "little friend"—Gray Cook and Brett Jones's Certified Kettlebell-Functional Movement Specialist (CK-FMS) Home Study Course—the shoot-

first, take-no-prisoners battle-pack for the ultimate in enhanced performance systems.

The FMS protocols are considered an essential part of training in many of the NFL's best teams, including four out of the last five Super Bowl champions. Numerous other competitive athletes and their coaches swear in similar fashion to the power of FMS for not only keeping them at play, but performing at the highest possible level—safely. Branches of the military, including many elite units have welcomed FMS as a superb addition to their combat-readiness training procedures.

Pavel's HardStyle RKC protocols have received similar acclaim from an equally broad range of athletes, martial artists and military personnel.

Gray Cook has strongly endorsed HardStyle RKC. Pavel has strongly endorsed FMS... Only natural then that Pavel and Gray Cook should join forces to offer RKC's a special program that integrates the best of RKC with the best of FMS.

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Praise for Pavel's *Enter the Kettlebell!* book and DVD

At age 53 I have regained Strength and Confidence

Rated 10 out of 10

Over the years I have tried many types of programs for attaining my fitness goals. Some of the programs did deliver results to an extent, but I never did attain my ideal for REAL STRENGTH. My weight lifting usually consisted of complicated set/rep schemes with more exercises than I could keep track of, and I would often run for miles. As a result I would find myself injured through overtraining and become frustrated and quit. Injuries included shin splints, extremely sore muscles and a herniated disk.

At age 53 I have finally regained Strength and Confidence. *Enter The Kettlebell!* has exceeded all my expectations with regards to becoming strong again. ETK is direct and simple –just follow instructions and within weeks you will be transformed –as I was. Eight weeks ago when I started the ETK program, my waist was 38 inch and I weighed 216 lbs. I now can squeeze into a size 34 inch trousers which I have not been able to do since I left the Marine Corps over 30 years ago, and I have lost 6lbs. of fat. I have much more muscle definition in my arms, chest and shoulders, and my love handles have disappeared. My 8 weeks of progress with ETK have inspired me toward greater effort and although I have not yet achieved my strength/fitness goals, for the first time I feel that those are now attainable. A truly Stand Alone Program for Strength.
—Dennis Vavra, Edmond, OK

Best fitness purchase I've made in years!

Rated 10 out of 10

I've been in the Army for 15 years and have suffered some injuries, plus just normal wear and tear. I was looking for something different, something simple, and something effective. *Enter The Kettlebell!* meets all three requirements. I could see results within a few

weeks, but the real eye opener was my semi-annual PT test. I had not done pushups or situps in the six months since my last PT test, yet I managed to pump out 73 pushups and 70 situps. My total score was my highest in over 10 years. In addition to that, I feel physically better than I have in years. If you put the honest work into the program, I guarantee you'll be blown away by the results. —Bryan Shew, Carlisle, PA

Great guidance for amazing progress

Rated 10 out of 10

I am 55 and wanted something to help me build more strength and endurance. I found Dragon Door and Pavel. In 13 weeks, following the instructions given in the ETK book and DVD I learned to do all of the basic moves. I dropped from roughly 19% body fat to 9.8 % during this period and gained 1 lb. Doing it, I have had a great time. This came from studying and applying the materials in ETK. If you want to grow stronger and feel better, this is the most effective way I have found to do so in a short time. What are you waiting for? Come join the Party! —Jon Kasik, Atlanta, GA

Where Were You 35 Years Ago?

Rated 10 out of 10

It took me 54 years to find what I was looking for –a book and a method to get in shape, lose fat, and have the body and strength I always wanted. Thank you, Pavel and Enter the Kettlebell! Direct, to the point, all I had to add was willpower and commitment. I just started my 10th week with Enter the Kettlebell!, and my, oh, my, has it completely trashed all I thought I knew about "being in shape". I was a D1 baseball player in college in the 70's, and now realize that if I had the secrets of this book back then, I might have ended up in the Hall of Fame. I now realize that I have never been in as good a physical condition as I am now, thanks to this book and the methods within –all within the past ten weeks. I can't wait to see what I am

like after a year. Do yourself a favor, get the book, and follow it's simple path –you will not be disappointed. —Wayne Rueger, Mount Vernon, IN USA

ETK is awesome!!!

Rated 10 out of 10

I have lost 45lbs, my chronic back pain is gone, and the days of me being injured EVERY SINGLE TIME I GET THROWN TO THE MAT are gone! I have gotten more raw strength and cardio conditioning out of one year of kettlebell training, than ten years of martial arts training. Thank you, Pavel!
—Shane Grubbs, Madison, MS

Pavel Still the Kettlebell King!

Rated 10 out of 10

Enter the Kettlebell! is fantastic! ...Clearly written and exceptionally well illustrated, it brought everything together for me. I have been using it for a month, and my gains have already been through the roof! I have lost 18 lbs of bodyfat, went down two pants sizes, and am still going strong! *Enter The Kettlebell!* brought together everything I had previously read on kettlebell lifting, and gave it all a brand new relevance and usability. I am trying lifts with kettlebells that I have never tried before and doing them with confidence. Thanks, Pavel!
—Kory Dykstra, Gwinn, Michigan

A MUST HAVE FOR ANY KETTLEBELL BEGINNER

Rated 10 out of 10

In one word, outstanding. The elementary kettlebell routines with a single kettlebell. I lost 20 pounds in a single month just with this basic set of exercises. Best DVD I have ever purchased.
—Keith "Pappy" Iseley, Snellville, Georgia



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

—Federal Counterterrorist Operator

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

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

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

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

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

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

Enter the kettlebell! and follow the plan:

1. The New RKC Program Minimum

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

2. The RKC Rite of Passage

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

3. Become a Man Among Men

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

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



Enter the Kettlebell! Strength Secret of The Soviet Supermen

by Pavel #B33 \$34.95

Paperback 200 pages 8.5" x 11"

246 full color photos, charts, and workouts



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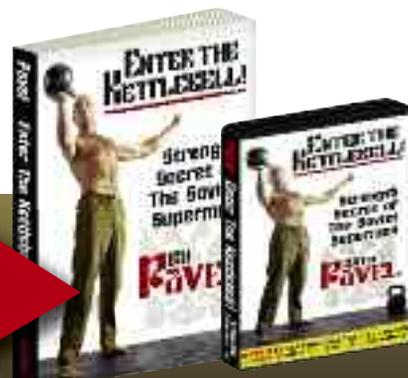
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DVD with Pavel

#DV036 \$29.95

DVD Running time: 46 minutes



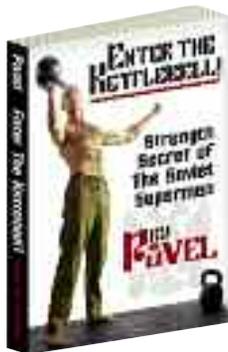
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“Pavel’s *Enter the Kettlebell!* helps you weed out weakness... **develop explosive power, strength and never-quit endurance**—with his **PROVEN** system for rapid, spectacular and across-the-board gains in physical performance”

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

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

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

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

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

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

Lift Your Kettlebell Like a Pro...

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

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

- An unexpected assistance exercise for achieving a one-arm pull up
- Smoke your abs and obliques the old fashioned way
- A foolproof method for accelerating the curve on snatch mastery
- The snatch is a three-stage rocket—how to finesse the stages
- How to avoid bruising the forearm when snatching
- A crucial warning about shoulders and elbows in your first year of snatches
- How to accomplish the 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**



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!

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#P10HA Two 44lb	\$165.95	S/H \$81.00	\$245.00	\$160.00
#P10BA Two 53lb	\$179.95	S/H \$89.00	\$279.00	\$184.00
#P10JA Two 62lb	\$209.95	S/H \$95.00	\$315.00	\$202.00
#P10CA Two 70lb	\$226.95	S/H \$97.00	\$351.00	\$222.00



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- **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, *Grapppling* 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



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#P10M	18 lb	\$63.00	S/H \$20.50	\$73.50	\$46.00
#P10G	12 kg (approx. 26 lb)	\$73.00	S/H \$28.50	\$88.50	\$56.00
#P10A	16 kg (approx. 35 lb)	\$79.95	S/H \$33.50	\$104.50	\$68.00
#P10H	20 kg (approx. 44 lb)	\$87.95	S/H \$40.50	\$122.50	\$80.00
#P10B	24 kg (approx. 53 lb)	\$96.95	S/H \$44.50	\$139.50	\$92.00
#P10J	28 kg (approx. 62 lb)	\$114.95	S/H \$47.50	\$157.50	\$101.00
#P10C	32 kg (approx. 70 lb)	\$123.95	S/H \$48.50	\$175.50	\$111.00
#P10Q	36 kg (approx. 79 lb)	\$140.95	S/H \$53.50	\$193.50	\$125.00
#P10F	40 kg (approx. 88 lb)	\$158.95	S/H \$58.50	\$211.50	\$138.00
#P10R	44 kg (approx. 97 lb)	\$199.95	S/H \$64.50	\$229.50	\$153.00
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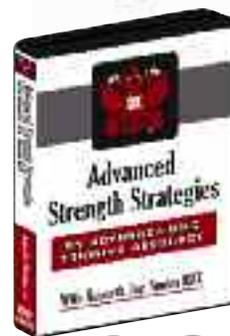
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- Advanced Strength Strategies** By Kenneth Jay, Senior RKC

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.

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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.

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—David Whitley, Senior RKC, Nashville, TN

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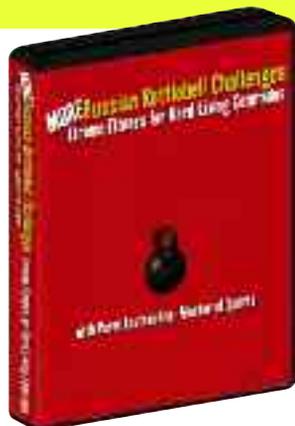
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 —Pete Diaz, RKC, Sacramento, CA.

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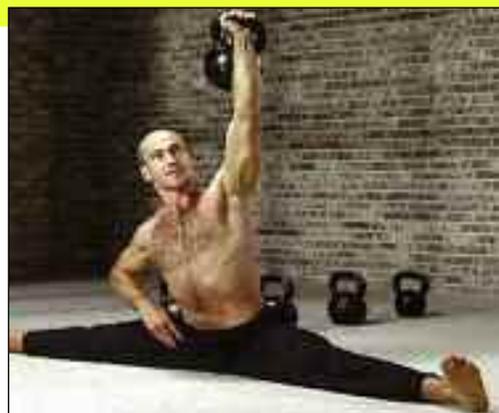
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The key success secret for safety, strength and optimal performance—and one vital warning: How to avoid tearing your groin muscles.

“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



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

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



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

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

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

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

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

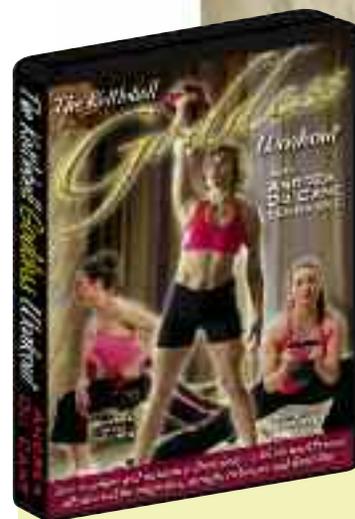
Or simply follow along with one of the six **Goddess Workouts** for a complete, carefully targeted session designed to carve away the fat and sculpt lean, toned muscles—ready and willing to take on the world and win it all. Just like Athena... Just like Nike...

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

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

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

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



The Kettlebell Goddess Workout

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

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

1
Beginner

2
Mid-Level

To order NOW call **1-800-899-5111**
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DID YOU GET YO

Reader reviews of Andrea Du Cane's *The Kettlebell Goddess Workout* DVD—Average Rating: 9.4 out of 10, in 103 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 loong 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 Staunth, RKC - Bayonne, NJ

The Complete Package - Astonishing

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

Hard Core Workout!

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

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

—Mary - Saratoga, CA

Become the Goddess!!

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

—Rae Chitwood, RKC - Mansfield, OH

Excellent!

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

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

The Kettlebell Goddess Workout is the Best!

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



Nothing but positive feedback!!!

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

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

Outstanding DVD!

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

Save Money with the ULTIMATE KETTLEBELL WORKOUT Kits



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Mid-Level

Women's 18-lb Ultimate Kettlebell Workout Kit
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Women's 26-lb Ultimate Kettlebell Workout Kit
Item #KKB011 \$92.95 plus \$34.50 SH-A*

Women's 35-lb Ultimate Kettlebell Workout Kit
Item #KKB012 \$99.95 plus \$39.50 SH-A*



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UR GODDESS YET?

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



This video is GREAT!!

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

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

This is perfect for what I was looking for!

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



Works for the Gods too

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

great training. The real bonus for me was the build your own workout section at the end. Any 'God' can reap tremendous benefits from the Goddess workout.

—Steve Gould, RKC - Morton, IL

This is motivating

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

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

This DVD is awesome.

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



Awesome DVD and well worth the investment!

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

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

Absolutely AWESOME!!!!

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

Superior than any other workout tape I've purchased

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

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



Skip the health club membership and do this instead!

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

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

A must have when working with kettlebells

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

What an awesome DVD

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

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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.

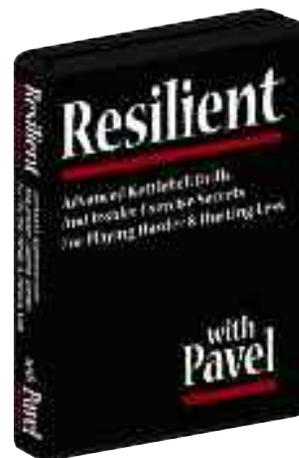
You get sidelined! You can't do what you want to do anymore. People don't want you on their team anymore. You can't compete anymore. You're... let's face it...washed up, as a card-carrying member of the active elite. Sometimes all it takes is one sudden injury to that one weak spot you neglected to strengthen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



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

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

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



Praise for Pavel's *Resilient*

Best thing to happen to me in years

"Pavel, I'm an old Infantry Marine. I've had back surgery and more aches and pains than you could imagine. I got *Resilient* and started seeing results immediately. Without the Kettlebell I can hardly walk. When I practice on a regular basis, I feel like I'm in my twenties again. I own several of your products and I have never been disappointed. I will continue to come to you for my fitness and flexibility needs. Semper Fi."—Martin J. Knott, Robesonia, PA

Bad shoulders? These RKC drills work

"After years of damage my left shoulder was so tight and painful I could not reach a wallet in my back pocket. I had to constantly reposition my arm at night so I could keep the pain at bay. I have tried many things and spent over \$300 on bands, manuals, and devices to open up my shoulder. The RKC shoulder rotator and arm bar are truly amazing movements that deliver on the promise of immediate improvement.

After just a few days of working the movements my range of motion has improved and the shoulder sits much more comfortably and tightly in the socket. I feel more confident extending my arm overhead in a press and believe that with continued application, this drill is going to restore function that has been gone for years. Thankfully I have no other major injuries and plan to stay that way! Another great product."
—Shawn Michael, Rancho Palos Verdes, California



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

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

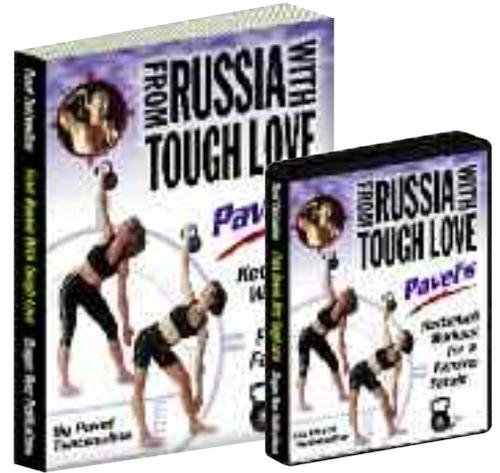
But until now, the astonishing benefits of the Russian kettlebell have been unavailable to all but a few women. Kettlebells have mostly been the sacred preserve of the male professional athlete, the military and other hardcore types. That's about to change, as Russian fitness expert and best selling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

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

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

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

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



From Russia with Tough Love

Pavel's Kettlebell Workout for a Femme Fatale

With Pavel Tsatsouline

Running Time: 1hr 12 minutes

DVD **#DV002 \$29.95**



Beginner



Mid-Level

By Pavel Tsatsouline

Paperback 184 pages 8.5" x 11"

Book **#B22 \$34.95**

From Russia with Tough Love Book and DVD Set



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#DVS005
\$59.90**

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

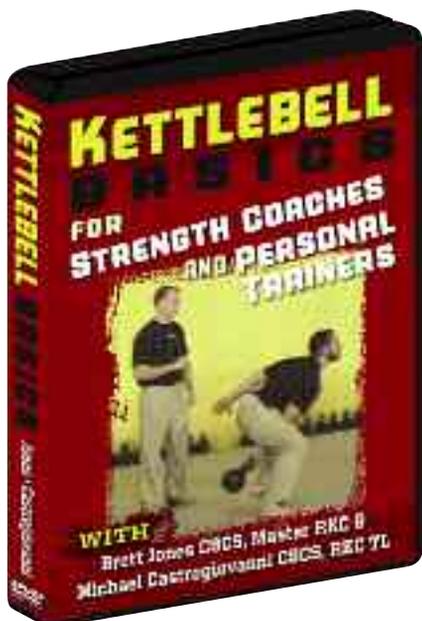
—Pavel Tsatsouline, Chief Instructor, Russian Kettlebell Challenge

KETTLEBELL BASICS

FOR STRENGTH COACHES AND PERSONAL TRAINERS

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

- How and why kettlebells can improve your athletes' performance
- Little-known drills to transform the Kettlebell Swing into a dynamic power-generator for superior performance
- How to optimize the Kettlebell Clean to extract maximum performance-value
- The critical do's and don'ts that change your Kettlebell Jerk from average to extraordinary
- Why the Kettlebell Snatch is the single best exercise for overall body development — and how to make sure you extract maximum advantage for your clients and athletes
- How to breathe for optimal power
- The secrets of the Kettlebell Windmill — for flexible strength
- How to optimize the extraordinary benefits of the Turkish Get Up
- How to correctly perform the Military Press
- Building stronger legs and a tougher torso — with the Front Squat
- The athletic advantages of a well-executed Single Leg Dead Lift
- Discover the Bear Crawl — a little known, brutal and highly effective routine for strength and conditioning
- Crucial safety tips for avoiding injury



Kettlebell Basics for Strength Coaches and Personal Trainers

with Brett Jones, Master RKC and Michael Castrogiovanni, CSCS, RKC Team Leader

Running Time: approx two hours

DVD #DV026

\$59.95



Beginner



Mid-Level

It doesn't get much better than this.

"Brett Jones breaks down not only the Kettlebell exercises as well as they can be, but really teaches you how to teach the techniques to others. Brett also helps you with how to explain WHY someone would want to use Kettlebells to get in better shape. Even the most ardent Kettlebell practitioner needs to review this DVD. I guarantee you by the time you are done you will catch something you need to improve on and will know how to do so. Hands down, a must have DVD. You just can't ask for better than this."—Brian Randell, Tulsa, Oklahoma

They walk the talk while talking the walk

"This DVD was a cornerstone to my training for the 2008 May Budapest Certification. Brett Jones and Michael Castrogiovanni make a perfect team to show, break down and explain the basic kettlebell exercises. They deliver quality information presented in a simple, easily comprehensible way and demonstrate the movements from different angles. This alone can mean an instant improvement of your own performance. But there's more to it. Not only do they also point out and show typical mistakes, offer simple drills to correct them effectively, but they really teach you how to teach the movements to clients/athletes, with maximum safety for best gains. A must have."—Gabi Katschthaler, RKC, CK-FMS, Debrecen, Hungary



Unleashing a Powerful Force:



Become a Leader in The World's Most Dynamic Exercise Method

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

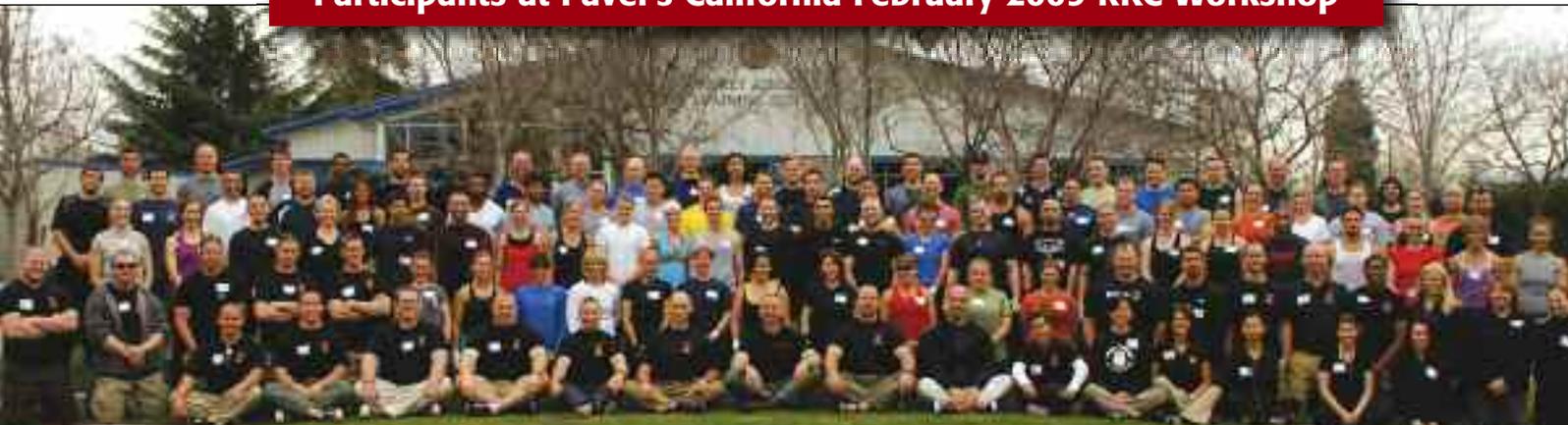
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Participants at Pavel's St. Paul April 2009 RKC Workshop



Participants at Pavel's California February 2009 RKC Workshop



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



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. 18-20, 2009. For more information visit our website at: <http://www.dragondoor.com/wpkb44.html> To register today call: 1-800-899-5111

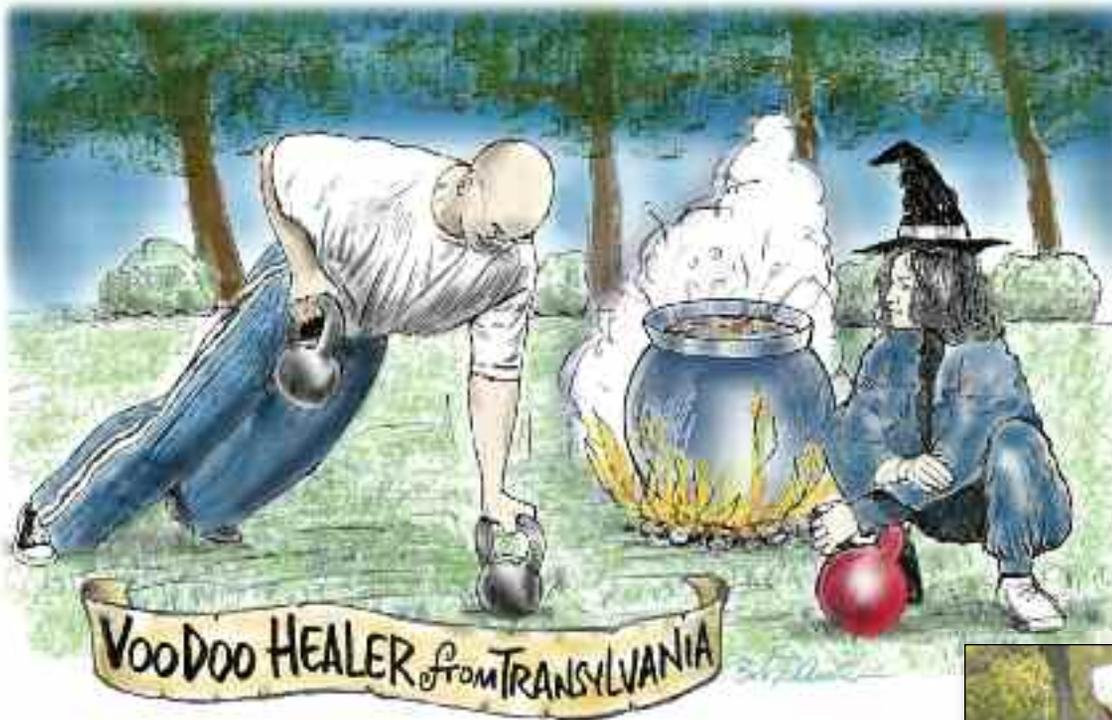


Voodoo Witch from Transsylvania

BY GABRIELLA KATSCHHALER, RKC, CK-FMS

Using kettlebells and CK-FMS to work scary magic on unsuspecting clients

Voodoo Witch — there are actually clients that call me that, and they mean it :) (Sure, the idea of me never touching their 'problematic' shoulder but messing around with their legs, having them just breathe or squirm around on the floor instead, and still improving their reach in a matter of minutes might very well create an illusion of some kind of suspicious magic going on.) Okay, I'm not exactly from Transsylvania, but, as John Du Cane pointed out, it does make a fun element and it's a small lie of less than 20 miles so I can live with this deal.



A phone call, inquiring about rumours of massive gains through kettlebell conditioning. Oh, you bet! An appointment is made in seconds. So there's this big bear of a guy walking in and telling you he had meniscus surgery on both knees 2006 and 2007 and an inborn rotator cuff weakness that keeps his shoulder popping in and out and gives him a hard time keeping the head of the humerus in the socket during punches. Punches? Yes, he is an internationally competing karateka. (And a dentist, to add insult to injury.) And this is why he came to me in the first place, he adds, he wants me to teach him kettlebell

ballistics to up his conditioning. Quickly. Next comp is in less than 5 weeks and there's a lot at stake. Did I say stake? Aaaarghhh...

Remember? **Don't panic!!**

Does this mean you shouldn't be concerned? For God's sake, no. Being concerned is good, it will keep you humble. It will keep you from wanting to be oh-so-clever. It will make you want to stick to whatever you know is proven to work while being safe. Which, for me, is the Screen and the CK-FMS algorithm of



interweaving corrections and S&C — and without which tool I might have considered sending him to sign up for any medical examination that has crazy long waiting times to more or less cover my trying to somehow back out of this...

At the FMS course Brett Jones did recently here in Hungary he told us that Gray Cook, if he could go back in time, would change the name *Functional Movement Screen* to *Fundamental Movement Screen*. Well, if I was in the position to change the title of the CK-FMS Manual, I would call it *An RKC Instructor's Guide To the Galaxy*, and would have Don't Panic!! printed all caps right on the first page. (The towel is already dealt with in the RKC Manual.)

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So you're a bit concerned but you don't panic, you simply rely on your tool and in secret you're grateful that it takes you out of the equation. You know you can't mess it up as long as you don't mess with it.

The screen says all symmetrical movements are fine, you see some compensations when stance changes to asymmetrical. Leg raise and trunk stability are excellent, rotational stability has room for improvement. But the weakest link at the moment, as was to be expected: Shoulder mobility is severely restricted; he also shows signs of impingement on both sides.

Looking at his general posture I could see his scapulae sticking out, his upper back rounding and his shoulders rolling forward. Position of scapulae changed for the worse in the upper pushup position. Crocodile breath showed he used abdominal breathing and his grip was strong and approx. equal on both sides, but he showed restrictions when testing T-spine mobility. Any activity above horizontal was out of question due to the active impingement, so we decided to start with work on T-spine mobility and scapular position stabilization in the horizontal plane.

As I teach him a modified (standing) version of Reach, Roll and Lift followed by the leg lowering drill in T-position for stabilization activation from the *Secrets* series along with the RKC shoulder packing drill in lying, he mumbles something like: *I was born with a shoulder like that and had to struggle with it all my life... Nobody in those almost 40 years had a freakin' idea what to do about it, this is the first time someone could actually show me what it feels like when my shoulder blades are where they're supposed to be. Now I can reproduce it any time I need to.*

A few days later he calls me to say his overall posture has remarkably changed, he even had to readjust his car seat, and shoulder pains were reduced to a slight discomfort. We locked this in with the arm bar, rack walks and farmer's walks. I had no hardship teaching him the swing after some deadlift patterning so I could cut him loose on them pretty soon to meet his conditioning goals.

As soon as impingement was no longer an issue, we started working on shoulder mobility including overhead positions. I taught him the Brettzel, the RKC Pump and the Sweep from the *Secrets*. We started doing double KB front squats

in training sessions to reinforce scapular position, rack walk and farmer's walk (and a combination of both) stayed in the program, and of course swings and more swings.

The next screening revealed a pretty good and symmetrical shoulder mobility so it was time to build stability over new ROM. Lots of possibilities here, like the Reach, Roll and Lift in bent forward position, the RKC shoulder packing drill in sitting, static press against doorframe / hanging from pullup bar with shoulders retracted; KB OH support, rotation and walk, combination of OH+farmer's walk, the half get-up, single arm military press and its variations (BU, waiter's press) and snatches to lock it in.

As you can predict, these exercises had quite an effect on his overall stability, too, especially regarding knees, low back and pelvis. Oh yes, those Hard Style lockouts work wonders. Gripping the ground helped his collapsing arches a lot and I also showed him a shortfoot exercise he could practice throughout the day in sitting, too. It was interesting to see how his performance in the asymmetrical standing tests was meanwhile improving, as a side effect, so to say, at some points even the scores changed, **all by themselves...** Voodoo magic, indeed... :)

Anyway, this was the point where we could start combining shoulder function maintenance, overhead strength work and rotational stability corrections. Some rolling from *Primitive Patterns*. Single leg bridges showed the same hip external and foot medial rotation of the supporting leg that was apparent at the step leg in the Hurdle Step tests earlier, too, so we used tubing RNT and he practiced leg lock bridges at home in a door frame (reference of vertical). Full tactical TGU, half kneeling presses (later also BU and waiter's), heavy single KB cleans and presses, snatches, single KB front squats, see-saw presses, renegade rows (also with symmetrical and single leg pushups) and bear crawl — I'm pretty much sure he had no idea he was also being 'corrected' by them at all :) All the more was he surprised at his own first —although still a bit wobbly — unilateral reps at the next screening. Dangerously close to a 3... 19 points anyway. We have come a long way.

Now we are at **SLDL patterning** with the dowel behind his back, but he has difficulties carrying over his achieved static stability to dynamic tasks. Additionally, even if his operated knees cause no restriction in symmetrical,

scissored or unloaded positions, being left to their own devices in the single leg stance seems to sort of frighten his nervous system, so we started over a decreased ROM. We use Pavel's knee stabilization technique of hip internal rotation and abduction (originally for pistols — if you have access to the RKC forum and don't use it, you're missing something) along with tubing RNT.

As for his S&C gains, 5 months after having struck up an acquaintance with a 16kg kettlebell, he can now press double 32s, snatch the Monster, and he is at 60 sets of 7 using 24kg for VO2Max. He did 5 sets of 100 24kg snatches the other day, just to make sure he has his snatch test numbers in for the RKC he is now preparing for. (Oh, I almost forgot, he brought a medal home from that competition, and that got him back into the National Team he fell out of due to his knee injury.)

We'll keep SLDL patterning in program and might even advance to pistols some time. Explosiveness and work capacity will be assured by VO2Max twice a week, all other maintenance work will be taken good care of by the **Brett Jones RKC Prep Program** I've just put him on.

His 15-year-old daughter has a double 30+ degree thoracolumbar scoliosis. She actually got cleared to play basketball(!) a few years ago, provided she'd wear a brace... Go figure. I screened her. No pain. No core stability either. (No wonder.) I directed her to an orthopedic professional familiar with FMS and KB, for all cases. She has an appointment this Friday. I'm looking forward to working with her if she gets cleared.

I don't panic. Voodoo witches don't need to. Just don't mention stakes, okay?



FOR SPOOKY-GOOD KETTLEBELL INSTRUCTION CONTACT GABRIELLA
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"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." —James Doolen, Joplin, Missouri

How to Dramatically Improve Your Athletic Performance and Safely Extend Your Career

What the PROFESSIONALS use to identify and FIX imbalances in their body—and avoid potentially catastrophic injury...

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

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

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

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

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

Well, if the World Champion *Indianapolis Colts* insisted their players be screened before being cleared to play, we figured our Level 11 RKC's deserved training in this same cutting-edge process.

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



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



Buy it now

"This information has made an immediate impact on myself, and the athletes that I train. I've been at this stuff for a quarter of a century and like to consider myself fairly well informed on how to help someone become stronger and more mobile. Well, once again Brett proves that he's on a whole other level. The things I learned about my own body's compensations kick started my training with gains that I hadn't seen in years.

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.

If you train others, you owe it to them to get this DVD." —Jeff O'Connor, Senior RKC, Talala, OK

Best investment I acquired since the kettlebell

"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



Mid-Level Advanced

Corrective Strategies and Movement Screening

An Advanced RKC Training Resource

By Brett Jones, Master RKC

Running Time: 3 hours 2 minutes

2-DVD set #DV047 \$77.00

Contents include:

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

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Why “Acting Like a Baby” Might Be Your Quickest Ticket to Surprising New Gains in Strength and Power

How to Recapture the Perfect Mobility and Effortless Ease You Had as a Kid—For an Immediate Improvement in Your Current Athletic Abilities

Do you remember when you were a kid?

Do you remember how easily you used to roll, squat, leap, crawl and run?

Then along came life with a capital L...

You got banged up and beaten down. Baked, broken, burnt and bruised.

Yeah, you developed your strength, speed and power. But at a hidden cost, as you scrambled to survive the many insults life threw at you. You started to lose that easy mobility and stability you had as a kid... You tightened up and started to compensate for your injuries and imbalances.

And perhaps you thought it natural—just part of the aging process—that you could no longer squat, roll and run with effortless ease... Perhaps you thought you'd just have to live with nagging pain, cramped movement and frustrating performance restrictions. And never be quite the athlete you were or thought you had the potential to be...

Well, there's good news, because you can not only reverse this slide into dysfunction, you can experience dramatic new gains in your performance, when you take advantage of the *Secrets of Primitive Patterns*.

Discover How to Spot—and Quickly Fix—the Once-Helpful but Now Suspect Survival Strategies that May Secretly Be Sapping Your Strength and Power

In this groundbreaking program Gray Cook and Lee Burton reveal the concept of *neuro-*

developmental patterns and show you its vital importance in exercise prescription.

These “Primitive Patterns” represent the little-known key to understanding what can truly help or hinder mobility, stability, coordination, and the functions of the core. Gray and Lee introduce basic screening and corrective strategies as well as in-depth, advanced assessments. This unique information will help you break down movement with greater precision and clarity—allowing you to finally take the guesswork out of your training.

The last two tests in the Functional Movement Screen are the trunk

stability pushup test, and rotary stability test. Imbalances and asymmetries in these tests betray dysfunction in your primitive patterns. Discover how to screen for these deficiencies and learn the appropriate corrective strategies to end the dysfunction and enhance performance.

Gray and Lee then teach Assessments to further enhance the information gathered in the original screening process. Go deeper—and be all the more effective—when you learn the Rolling and Side Plank assessments, with their corresponding corrective strategies.

Many trainers and trainees use floor-based exercises, but few understand the scientific complexity and proper progressions of these basic patterns. In early development, children roll and crawl effortlessly in their attempts to walk. Revisiting some of these primitive developmental patterns can be an eye opening experience for clients, athletes, and those involved in rehabilitation.

“I've long been of the opinion that people spend way too much time trying to fix advanced movements when they should be going back to the building blocks and finding out what is cracked in the foundation to begin with. This DVD does just that. Gray and Lee present the information in an easy to understand manner and give you several options that will fit anyone's training style. Highly recommended.”
—Jordan Vezina RKC - Palo Alto, CA



Secrets of Primitive Patterns

2 3
Mid-Level Advanced

By Gray Cook and Lee Burton
DVD #DV059 \$69.95
2-DVD Set



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

Worth 10 times what it costs— at least!

"I am a trainer and an RKC, currently recovering from an overuse injury in my shoulder— put simply, I set a bunch of new personal bests but didn't back off afterwards, and I've since been paying the price.

I cannot state strongly enough how valuable this DVD set has been to me. Literally every section has included something I simply didn't know before—and all these tips and tricks really work. I do the drills on the DVD, and I can move my shoulder, pain-free, in ways I couldn't just a few minutes earlier. There is nothing quite like instant results to convince you of the value of an approach to training and rehab.

Any one of the tips I learned here would have made this DVD, which costs less than a single visit to my orthopedist, a worthwhile purchase. I will be incorporating what I've learned not only in my own training, but in helping those clients who come to me with shoulder problems. I am now armed with a battery of screening procedures and curative measures that I didn't have before - again, to me, this sort of information, presented in a clear, no-nonsense manner by Grey and Brett, is priceless. If you have long-standing shoulder problems or work with those who do, you owe it to yourself to purchase *Secrets of the Shoulder*."

— Steve Freides, RKC II, NSCA-CPT - Ridgewood, NJ

Two top authorities— Two top rate DVDs!

"Any collaboration between PT Gray Cook and Strength and Conditioning Specialist Brett Jones would have to be good; this one is immediately useful! From the get go this DVD explains in simple language the whys and how to do for the shoulder from a current understanding of the structure. Not just a how to build the delts and traps plus some rotator cuff band work that is so typical of current fitness journalism but an representation of the shoulder as a complex: the humerus, the shoulder girdle and the scapula. And it doesn't stop there! It flows down to the hip and out to the grip. Given my years of study and work with shoulders issues from athletes to the every person this work shows not just exercises but detection and progression.

While I knew much of the material presented it is the application that makes this product go to work. Too often good data in fitness is akin to a list of ingredients posing as a recipe: good contents but no real direction. *Secrets of the Shoulder* delivers a plan to improve whether you are among the veterans of fitness or to protect your healthy shoulders if they haven't gone south...yet. For the price of a single session of Corrective Exercise you can begin to repair or protect the future of your shoulders!"

—Zachariah Salazar RKC, CES, CPT - Colorado Springs, CO



Secrets of the Hip and Knee

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Secrets of Core Training: "The Backside"

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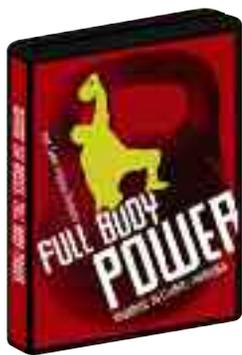


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"Comrade, if you liked *More Russian Kettlebell Challenges*, you will enjoy *Full Body Kettlebell Power: Beyond the Basics* by David Whitley, Senior RKC. A strong presentation of advanced kettlebell exercises, which seamlessly blends strength, conditioning and flexibility. The 'Hold My Beer and Watch This' section alone is worth the price of admission. Dave's truck-like strength and size blends with a kid-like flexibility that is rare and inspiring." —Pavel Tsatsouline, author of *Enter the Kettlebell!*

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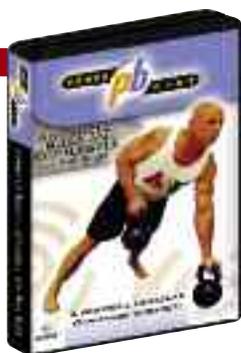
Full Body Power: Kettlebells Beyond The Basics

With David Whitley,
Senior RKC

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DVD #DV056

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Advanced Russian Kettlebell

With Phil Ross

Running Time: 60 min

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- **Blast** your conditioning to mutant status and boost your explosive power with a half dozen Clean & Squat variations in the Thruster series
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"This dvd could not be more appropriately named. David is remarkably inventive and his application of the 'same but different' philosophy will help you take your training to new levels. The format gives you the added bonus of seeing David in a workshop setting actually making corrections of common mistakes. That alone is worth the price of the dvd. It belongs in the library of any trainee who has mastered the basics."

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

"*Full Body Power* is an excellent resource for anyone looking to use Kettlebells to improve their strength, flexibility and coordination. David Whitley's reputation as a top notch instructor is well-deserved. He uses thorough explanation and demonstration, bringing unparalleled clarity to the complex, full body movements included in this DVD. David is both an expert lifter and teacher—his unrivaled mastery of the Two Hands Anyhow makes this particularly evident. Whatever your current ability level, Full Body Power is sure to help make you better."

—Name withheld, Army SF Captain - Ft Bragg, NC

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"*Advanced Russian Kettlebell* DVD opens with an excellent, innovative, yet rooted in traditional martial arts, joint mobility section. Then Phil Ross delivers a tough conditioning workout with a strong emphasis on 'rotational power'. Enjoy the pain!"

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

Advanced Russian Kettlebell rewards you with dynamic training sequences that FORCE muscular growth, enhance your cardiovascular endurance, develop new levels of critical "reflexive" strength, and strip your body to a harder-than-ever leanness. And yes, expect your beloved "core" to get the brutal attention it eagerly craves...

Within the four workout segments, as well as the burnout portion, you'll see Phil demonstrate moves such as the Kettlebell Swing, Figure 8, Low-, Mid-, and Hi-Halos, Hand-to-Hand Swing, Kettlebell Push-ups, Cross Renegade Rows, Renegade Side Lunges, and much more.

"*Advanced Russian Kettlebell* with Phil Ross is incredible. I was blown away by his endurance. After I went from the short and informative tutorial to the four

combinations Ross puts together, I could not wait to add these routines to my arsenal. But it does not stop there. I clicked on "Warm-up" and Ross takes you through an awesome routine. This information alone is worth the value of the DVD. Double 24kg Quarter Turn Hop-Squats?! What?, my glutes are still sore and I did not even come close to 24kg."

—James - Richmond, VA

"Having spent the past 20 years training as a fighter, this DVD has had an enormous impact on my preparation. I wish I would have had this when I started out in the fight game."

—Russ Knights - Grand Rapids, MI



KIDS, KETTLEBELLS, AND ATHLETIC DEVELOPMENT

By Jeff O'Connor, Senior RKC

When training young athletes there is always a problem of “fitting it all in”. Most of the middle and high school (off season) programs in my area have weight room time and footwork/running/jumping time, usually on separate days. Most of the coaches in charge of these programs are well intentioned, but unfortunately have very little knowledge on teaching basic movement, strength and athletic development skills. Even those that do know what and how to teach still face the problem of limited time.

Something that I have consistently seen is that during high school a kid's biomechanical indicators *and* injuries increase together. This tends to coincide with a decrease in performance. It's not necessarily something that happens 100% of the time. But is an alarming trend I've observed. There is so much focus on 40 times, vertical leap, bench, etc. that testing has become a sport of its' own. We spend too much time preparing to pass the test, and not enough learning the subject. It frustrates me to see the amount of concern there is on how much a kid squats rather than whether or not he or she can squat properly. Telling a kid to squat more and

squat lower without teaching them how is like telling them to solve an algebra problem before they've learned to add and subtract.

There is too much emphasis on weight and reps and not enough on mechanics. Too much time is spent teaching how to generate force without ever teaching how to absorb it. When do we see most injuries occur, when someone takes off running, or when they stop and change direction? How does a kid get better at their sport? Usually they get better by playing it, not by sitting on the bench because of a preventable, non-contact injury.

Now, I don't want to give you the impression that the kids I train don't perform barbell lifts. They do, and they lift heavy and hard. But not just for the sake of lifting heavy and hard. It's done as a part of their overall athletic development, not just because it's a “weight day”.

So, how do we fit it all in? We probably can't, but we can consistently try to work on all aspects of athletic development. Strength is an important part, but it is not everything. Ultimately, it's coordination that will determine an athlete's performance. From my own standpoint as a trainer the reason I have kids squat is to reduce injuries and play better. I'm far more concerned with that than actual poundage because in my experience the guy with the highest lifts is seldom the best player.

You may have seen this coming, but my answer to this problem is the kettlebell and the RKC hardstyle training method. Why, because it is quite simply the best teacher of body

mechanics and the best tool for filling in the gaps left by most strength and conditioning programs. Also, the portability and diversity of the kettlebell make it perfect for putting strength and athletic skills together in the same training session.

The question always comes up, “When do you start kids with kettlebells and where do they fit into a program?” The answer is when the kid is ready and the right teacher is available. It is not when a kettlebell is handy. Keep in mind we're talking about kids here. Whether it's a second grader or a high school All-State player they are not elite athletes and cannot be trained as such. We have to keep their ability to focus consistently in mind. Semi-sumo deadlifts with a kettlebell are appropriate for almost any age. Bent press and snatches are not. At this level we need to focus on the development of skills and preparation for the next level of play. Obviously different ages, skill levels and what that next level of play may be will determine the direction and intensity of training.

Another answer to the “when” question is, “as soon as possible”. By this statement, I don't mean that swings are a good thing to start a 5 year old with. **The reason I want an athlete to train swings is that a properly performed, hardstyle swing will do more for strength, endurance, and movement efficiency than almost everything else put together.** The Turkish get-up will handle most of the rest. Please take note that a “properly performed hardstyle swing” is not the same as mindlessly letting a kettlebell go back and forth between the legs. Don't teach it if you don't understand

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it. If you're not an RKC or at least trained by one, you probably don't. I didn't, and I'd done thousands of what I thought were swings before attending the RKC.

Athleticism is a combination of multiple skills, of which strength is one very important component. The goal of this article is to help you integrate movement (not sport) specific strength training into an athletic skill set sequence. It begins with seemingly different drills in a static setting that are gradually "layered" into a game speed training complex. Depending on the age, physical and mental development of the athlete this progression could take five sessions or five years. The sequence would be very much the same for a division 1 athlete as it would be for an eight year old. It just takes longer for the eight year old. The most important thing to remember when training kids is that they're not just short adults. Developmentally two thirteen year olds can be light years apart. Let them advance at their pace not yours.

Here is an example of how I might take an athlete through a progression of strength and movement drills that teach and improve lateral deceleration, a change of direction, and re-acceleration. These are important skills for most athletes.

Skill 1: Athletic Stance

Verbal Cues – Feet shoulder width

- Off your insteps (for an eight year old it's "tickle part")
- Hips back/ knees out
- Long spine/ eyes up



Skill 2a: Static Strength Skill

Deadlift – Same verbal cues

This teaches athletic stance, torso stabilization and force generated from the hips applied through the feet to the ground.



Skill 2b: Static Movement Skill

Lateral Deceleration Stance –

Same verbal cues

Learn the position in a static environment. In this case it's "to the right" on the verbal command.



The teaching points are foot outside the box, weight inside the box, whole foot contacts ground, toes forward, chop the hips back, make postural and alignment corrections and drive back to center (athletic stance).

Now here's the important part, this is skill mastery not a "work-out". Moving an athlete into dynamic skills before they have mastered the beginning skills is doing them a disservice. Remember, the difference between good and great is that the great ones always seem to be just a little better at the basics.

Skill 3a: Dynamic Strength Skill

1. Swing – teaches force absorption and generation and reinforces everything learned from the deadlift.



2. Medicine Ball Granny Toss – Swings are not appropriate if the trainee lacks the physical and mental development. This is an alternative.



If you're unsure about whether they're ready it means they're not. This is where your abilities as a coach are put to the test. I have worked with

seven year olds that consistently demonstrate picture perfect swings and thirteen year olds that are not mentally focused enough for this exercise. Err on the side of caution.

Skill 3b: Dynamic Movement Skill

Shuffle to deceleration. Same as 2b but begins with a shuffle step.

Integration of Skills 3a & b:

- The athlete performs a set of swings, drops the kettlebell and steps forward assuming the athletic stance. A verbal cue of "right" or, "left" is given and the athlete shuffles, plants, makes corrections and drives back to center.

Skill 4a: Dynamic Strength Skill

Side Stepping Swing – At the top of the swing, as the kettlebell becomes "weightless" the athlete steps to the side. The athlete plants his/her foot and executes a swing in the lateral deceleration

position, driving back to center. It's the same position as the lateral deceleration but now the kettlebell reinforces proper mechanics. More specifically it reinforces a

proper breathing pattern and absorbing and re-directing force through the hips. It reminds the athlete of proper hip, knee and foot position, spinal alignment and eye position. The athlete on the left is demonstrating an advanced version of this drill.



Skill 4b: Dynamic Movement Skill

Same as 3b but with a visual cue for direction:

This is critical because in sport (and life) we need to be able to react to signals that are verbal, visual and kinesthetic. This example only addresses the first two. However, this is where I might add an element of confusion by giving the athlete contradictory cues i.e. pointing one way and saying the other. Of course I tell the athlete which cue to respond to. To put this into a sport perspective, in football the offense starts on a verbal command (hut) and the defense on a visual (the snap). Very often the same kids will play both offense and defense and need to be able to separate the two. To me, it just makes sense to treat it like the skill it is and train it.



Integration – Same as the integration of skills 3 a & b



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Skill 5a: Dynamic Strength Skill

Side Stepping DARC Swings. – Teaching the DARC (switching hands) swing is a pre-requisite. This adds an element spatial awareness and kinesthetic differentiation. The shoulder gets the added benefit of having the cuff muscles react in real world time and “suck” the shoulder into its socket.



Skill 5b: Dynamic Movement Skill

Walking/Jogging (Progressing to a sprint)

– Forward, laterally decelerating and changing directions with a visual or verbal cue.



Integration-Strength followed by movement skill

PUTTING IT ALL TOGETHER:

When an athlete is proficient in all of the skills here is how I might put it all together in a training complex that approaches game speed.

The athlete performs side stepping DARC swings, drops the kettlebell and sprints forward. A verbal miscue and a visual cue are given for the athlete to decelerate, change directions, and re-accelerate. A ball is then thrown in a way that causes the athlete to change speed and/or direction to catch it.

That’s a lot of athletic skills, practiced at near game speed in about ten seconds. By the time an athlete is at this level, training time becomes even more valuable. Being able to practice this many skills together leaves a lot of time for the development of others (like absolute strength).

These skills won’t usually develop in a linear fashion. Mix and match based on the

athlete’s needs. For example, the 3rd grader pictured here performs excellent swings and does well with all of the advanced movement drills, but is certainly not ready for side-stepping DARC swings. For him we might use a sequence of strength skill 3 and movement skill 5. This mixing and matching of the drills allows you to train athletes of different abilities and ages together if necessary.

The intent of this article is not to give you an exact template that you must follow, but to inspire thought about maximizing the time spent with young athletes. You can use these types of kettlebell and movement sequences to train many movement skills. You are limited only by knowledge and imagination.

Jeff O’Connor is a Senior RKC, CK-FMS, and IYCA- Youth Fitness Specialist in Talala, OK where he runs Outlaw Strength Systems with a focus on youth athletic development. He can be reached by email at: jeffoconnor@totalcsi.com

“Comrades O’Connor and Jones have made a great DVD. *Kettlebells for Power Athletes* offers a variety of unique kettlebell exercises every power athlete will find invaluable, innovative strength stretching drills, a wealth of hardstyle training subtleties, and interviews and training footage of strongman and powerlifting champs revealing their kettlebells for power secrets.”—Pavel Tsatsouline, author of *Enter the Kettlebell!*

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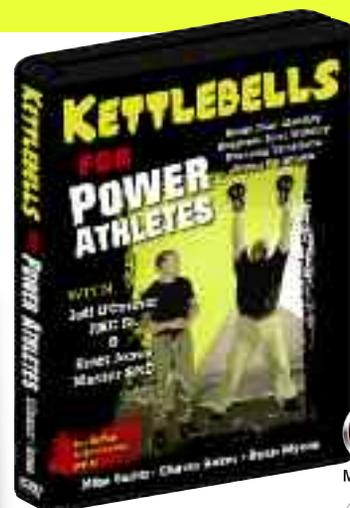
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—Adam T Glass, RKC and Professional Performing Strongman, Minot, ND



2
Mid-Level

3
Advanced

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With Jeff O’Connor, Senior RKC and Brett Jones, Master RKC

Running time: 54 minutes

DVD **#DV063 \$39.95**

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Get Rid of Your Fat Forever — In as Little as 12 Minutes a Day!

Lauren Brooks has recently had two babies—yet owns the kind of sleek, firm, perfectly toned body that would make even a competitive female athlete green with envy...

How did Lauren do it? Well—more than anything else—by her VERY savvy use of the kettlebell's almost magical power to strip away body fat and sculpt a lean, perfectly toned look.

If there is anyone out there who knows how to help you through the frustrations of unsightly extra body fat, it's got to be Lauren—a real woman with a real life, just like you—who has the skills and knowledge AND personal experience to help you forever lose those final unsightly pounds!

Ready to strengthen and sculpt your entire body? It's time to learn how to use kettlebells and to incorporate them in to your lifestyle—the Lauren Brooks way. Lauren Brooks shows you how kettlebells and bodyweight exercises can get you the body and conditioning you always dreamed of—and can now finally attain, in a quick and realistic fashion.

You get:

A **Fast-Start Course** in 15 crucial fat-burning, body-strengthening kettlebell and bodyweight exercises—so even a complete beginner can rapidly achieve the weight loss and toning she is looking for.

Discover powerful classics like:

1. The Two Handed Swing
2. The Overhead Swing
3. The Suitcase Deadlift
4. The Squat Thrust
5. The One Arm Clean
6. The Front Squat
7. The High Pull Catch, and Squat
8. The Russian Twist and a whole lot more...!

Then you get:

Lauren's **Follow-along Fat Blast Workout**, Low to Medium Intensity, 12-15 minutes long and can be repeated twice if you want to really shed those unsightly extra pounds in a hurry.

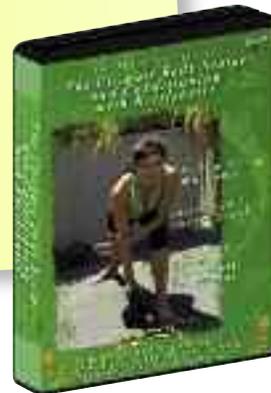
Plus: Lauren's terrific **Follow-along Sculpt and Conditioning Workout**, Medium to High Intensity, 40 minutes. And finally: Lauren's **Joint Mobility** section for warm up and cool down.

The Ultimate Body Sculpt and Conditioning with Kettlebells will get you in **tip top shape** no matter what your fitness background is. And, of course, it's especially **great for moms** trying to shed that baby weight and get in better shape than before their pregnancy

"Your instruction is by far the most straightforward and easy to follow than any of the other DVDs out there. I've tried for years to master some of the basic techniques and have struggled. So thank you! You really make this workout much more accessible than ever!"
—Maya Shackley, Washington, DC

"I am a 48 year old mom with 4 girls ranging from 4th – 9th grade. I have been doing home workouts since the mid 1980's. Two weeks ago I picked up a kettlebell and DVD and quickly got hooked. I have been searching the internet for more and found your DVD which I promptly ordered. I received it yesterday and am very excited to have it – it is the best workout DVD I've ever seen and I have had over a hundred!"
—J Bonnie, Palos Verdes

Order **Ultimate Body Sculpt** online:
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The Ultimate Body Sculpt and Conditioning with Kettlebells

With Lauren Brooks, RKC II
Running Time: 80 min
DVD #DV058
\$39.99



Busy Beyond Belief? Then Gulp Down This "Exercise Power-Snack"—for a Fast, Fun and Above All SATISFYING Workout Experience!

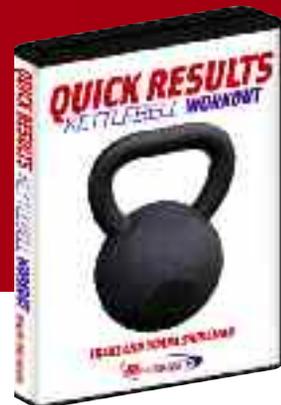
Franz and Yoana Snideman are two of Dragon Door's most dynamic and skilled RKC trainers. Talk about a Power Couple! Nothing like getting two top RKC Team Leaders to inspire you through the perfect "exercise power-snack" when you feel like you barely have time to breathe...

As longtime owners of one of California's most successful kettlebell facilities, Franz and Yoana know exactly what their clients need, when it comes to very fast results in the quickest possible time. Their **Quick Results Kettlebell Workout** is the **Snideman Solution** for the modern man and woman who—frankly—wants to eat their cake and have it too.

Franz and Yoana lead you through a well-structured, fun, friendly, technically proficient workout that is perfect when you have just a few minutes but still want to scorch yourself into amazing shape!

Quick Results Kettlebell Workout is a breeze to follow along with—and will amp up both your endurance, strength AND cardio conditioning in one cool package. Enjoy!

"I think the video is great! It's def an advanced video. Quick results for fit people. 2 mins per exercise for the average kettlebeller is killer. I love the format and the different views are the best editing I've seen out of any kettlebell videos. The examples are fantastic. Fast and to the point! Well Done and thanks!"
—Victoria Behr, RKC



Quick Results Kettlebell Workout

Franz and Yoana Snideman, RKC Team Leaders
Running Time: 39 min
DVD #DV060
\$29.95

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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 3
Mid-Level 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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"These are possibly the best fitness/performance related DVDs that I have come across. Rif presents some vital concepts which have never before been brought together and explains how you can identify and treat the postural causes of many aches and pains." — Chris H., Edinburgh, Scotland

Have You Thrown in the Towel Because You Hurt Too Much?

"Battle-tested" system by a **NATURAL BORN WARRIOR** has you snarling in disdain at your old injuries...

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

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

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

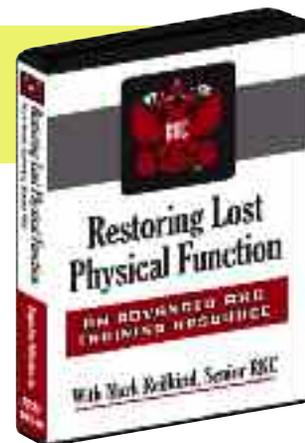
Mark's secrets for restoring physical function would clearly be of immense value to our RKC's, for themselves, but more importantly for their clients.

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

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

Contents include:

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



Restoring Lost Physical Function

An Advanced RKC Training Resource
With Mark Reifkind, Senior RKC
Running Time: 117 minutes

2-DVD set #DV048 **\$77.00**



Mid-Level Advanced

Unique information and accessible presentation

"These are possibly the best fitness/performance related DVDs that I have come across. Rif presents some vital concepts which have never before been brought together and explains how you can identify and treat the postural causes of many aches and pains.

Building on the work of Chek and Janda he explains how the muscles need to be balanced to maintain function and how you must stretch what is tight and strengthen what is

weak. The tools presented here will allow you to identify what you need to work on and equip you to start to put things right. I would recommend these DVDs to anyone."
—Chris H., Edinburgh, Scotland

Learn from Rif's mistakes!

"The tools for assessment are excellent, well worth the price of admission. When a guy like Rif, who has been there, done that, got the Doctor bill speaks on injury prevention and repair, I listen. The info on this DVD was earned through a LOT of mileage." —David Whitley, Senior RKC, TN



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.

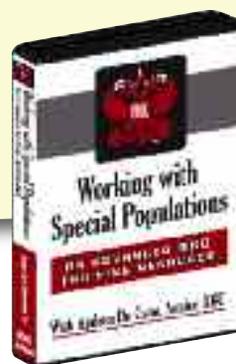
The **Level II RKC** certification teaches our instructors a multitude of methods to address corrective, preventive and restorative issues for their clients. Andrea Du Cane’s thorough and broad-ranging presentation on *Working with Special Populations* was extremely well received—and, as with the other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

3
Advanced

Contents include:

- ▶ **Sizing Up Your Clients**
- ▶ **Ain’t Got No Swing if Your Joints Got No Zing: Joint Mobility**
- ▶ **Building a Foundation: Lower Body Drills**
Rocking Deadlift
Box Squats
Figure Eights
Step Back Lunges with Kettlebell
- ▶ **Contemplate Your Center: Abs and Core Drills**
Neutral Spine Exercise
Power Breathing with Knee Squeeze
Suitcase Deadlift
Abs and Core Drills: The Slingshot
- ▶ **Reach for the Stars: Shoulder Strength and Stability**
Shoulder Exercises with Balls or Light Kettlebells
Bandwork for the Back and Lats
Farmers’ Walks
Walk Around in Clean Position
Walk Around with Kettlebell
Overhead
Corkscrew Windmill

Working with Special Populations

An Advanced RKC Training Resource With Andrea Du Cane, Master RKC

Running Time: Two hours 57 minutes
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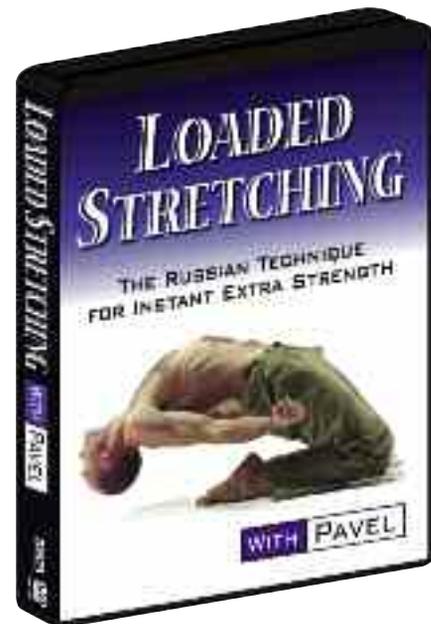
Instantly Amplify Your Power and Strength!

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.



Loaded Stretching

The Russian Technique for Instant Extra Strength with Pavel

#DV023

\$24.95



DVD Running time: 20 minutes

Instant Results

"The dvd presents thought provoking material concerning preloading muscles prior to performance of a lift. I immediately began to practice a few of the stretches prior to my squats, deadlifts and overhead presses with spectacular results. The performance of each lift was enhanced significantly along with an increase of control. I wish Pavel was in our country years ago to re-introduce strength training to America."

—**TOM GELVELES** Brightwaters, NY

It's gonna hurt, deal with it

"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**

LOADED STRETCHING

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

"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**



"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.

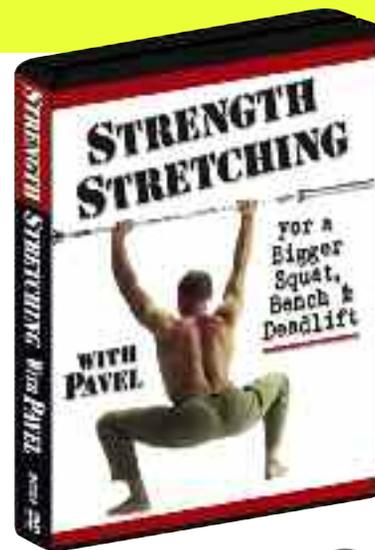
One thing I really liked about the DVD is the clarity provided by not only Pavel's explanations but the simple graphics that accompanied the points. I kept having that "Oh" moment where you are convinced you know

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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24 hours a day



Order *Strength Stretching* online:
www.dragondoor.com/DV024

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Pavel continues to amaze!

"I've been a practicing martial artist for 30 years. I ordered this seminar hoping that it would facilitate my recovery from injury and help restore my lost flexibility. It taught me safe and mechanically correct assessment and training methods that none of my six previous martial arts teachers ever touched on. I experienced immediate improvement from my first training session. Now I can pass on this information to my students and hopefully they won't have to suffer like I have. I give this seminar my highest recommendation."

—Scott A. Dollinger Psy.D. - Glen Ellyn, IL

stretch, or watch forced relaxation, but to see Pavel trouble shoot people who are having the same problems you are having, and fix them in minutes, is amazing. It really is like you are there. If you put this on, and just go along with the seminar, you will truly get the "next best thing to being there". I have been overseas for the last 4 years, but with a product this good, it brings Unlock to me. This is not just for the person trying to get a Russian split either, this is for you, your wife, your mom and dad, your co workers who complain of sore backs and necks all day, and your buddy who quit playing soft ball because his knee and hip are killing him. It's that good. My highest recommendations!"

—Adam T Glass, SSgt, USAF - Okinawa, Japan

What a rip off!!

"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

"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

"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

"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

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

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

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

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

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

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

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

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

➔ Pavel's fifth master principle of stretching is to PRY. Again, the other experts will be shaking their head and

asking "Why didn't I think of that?"—as you and they both discover this technique's power to blow through even the most stubborn stretch-block.

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

Beyond Stretching: The Seminar

Instant Flexibility and The Master Principles of Stretching with Pavel

#DVS012 \$187.00

5-DVD Set Running time: 4 hours 48 minutes

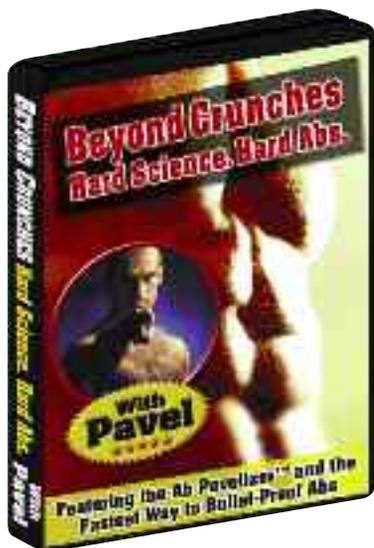


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“An IRON CURTAIN Has Descended Across MY Abs”



1

Beginner

2

Mid-Level

3

Advanced

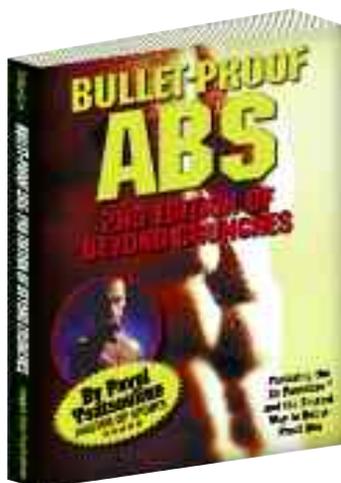
Beyond Crunches

Hard Science. Hard Abs.

With Pavel Tsatsouline

DVD Running Time 37 Min

Item #DV042 \$29.95



1

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2

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3

Advanced

Bullet-Proof Abs

2nd Edition of
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119 Photos and 112 Illustrations

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

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

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

- Russian fighters used this drill, *The Full-Contact Twist*, to increase their striking power and toughen their midsections against blows. An awesome exercise for iron-clad obliques.
- Fry your abs without the spine-wrecking, neck-jerking stress of traditional crunches.

- No one—but no one—has ever matched Bruce Lee's ripped-beyond-belief abs. What was his favorite exercise? Here it is. Now you can rip your own abs to eye-popping shreds and reclassify yourself as superhuman.
- Rapidly download extreme intensity into your situps—with explosive breathing secrets from Asian martial arts.
- Employ a little-known secret from East German research to radically strengthen your situp.
- Do the right thing with “the evil wheel”, hit the afterburners and rocket from half-baked to fully-fried abs.
- “How to smoke your obliques with the Saxon Side Bend.
- How to never do more than five reps per set — and replace your soft underbelly with body armor.
- A complete workout plan for optimizing your results from the Janda situp and other techniques.



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



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

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

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

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

—**Tony, Santa Monica, CA**

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



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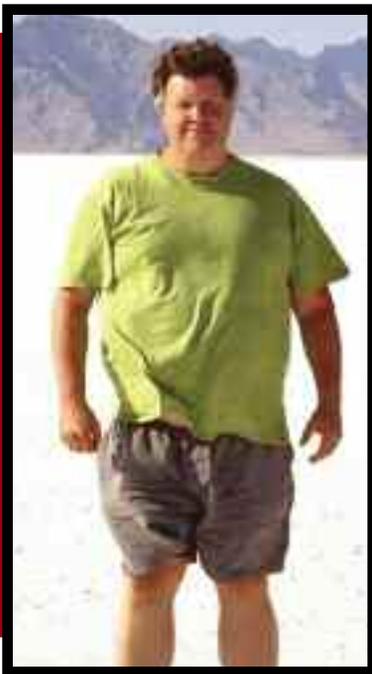
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An Integrated Approach to Fat Loss

By Ward Cinnamon

In our culture it is considered normal to put on excess weight as we begin to approach middle age. It is an extremely common phenomenon. It is so common, in fact, that it is fully accepted by most people, and when they see it happening to themselves they usually just write it off to aging along with the loss of physical function that inevitably accompanies it. It is just part of getting old. That is what I thought as I saw it happening to me.

WARD BEFORE @ 360



As I passed my mid thirties I saw my already cumbersome weight start to balloon. I am a large guy at 6'3", and I can carry a lot of weight and still marginally function. It is just age and genetics, and there is nothing that I can do. I just accepted that I was a fat guy...I was even starting to accept that I may even die young because of my poor "genetics".

When I was 36 I left my job as a corporate firefighter and security worker because my weight had made the physical demands of the job nearly impossible. At 320 pounds I returned to college to pursue studies in Information Technology. After all, I was getting too old and fat for such strenuous work. I needed a cushy job where I could sit. By the time this was a reality I had hit 360 pounds. At least that was my last weigh in before I quit weighing myself altogether.

It was during a July 2006 trip to Oregon for a family vacation that I first made an important connection. I saw that since I had moved into a less active job, my weight had increased and my functional abilities had significantly decreased. It occurred to me that age might not be related. It became obvious to me that as people age they take on more responsibilities that leave them less time for activities that maintain health. They become busier, but much less active. They tend to eat out more due to the convenience factors involved, and their diets suffer significantly.

After looking at a picture of myself in The Great Salt Desert I became overwhelmed. I could not believe that I had let my standards drop so low as to leave myself in such pitiful condition. It was then I vowed

to at least attempt to improve my situation.

I knew better than to try and attempt too much too soon. At first I sought to focus on things that were easy to control. While I consistently overate I knew that I was undernourished. By August 2006 I was ready to act. I decided that taking vitamin supplements would be an easy habit to form. This would be a good, but easy first step that would provide my body with the nutrients it needed.

So I read some good books on supplements and started taking vitamins accompanied with a few other supplements like green tea, Co Q10, and folic acid. I made a daily habit of it. My next step was to improve the quality of the food that I ate. I started to integrate more vegetables into my meals, and I started to track my calories using computer software. As I became aware of how much I was actually eating I found myself using the feedback to intelligently and gradually adjust my calories downward. By September I was starting to lose weight.

As a form of exercise I started walking for about 30 minutes a day. By Halloween I had lost about 30 pounds, and I decided to try running.

My wife, Jane, had also been suffering from a significant weight problem of similar proportions and had already lost a substantial amount of weight through walking when she started to follow the pattern that I was to set. Every morning we would get up at 5:00 AM and walk a half-mile down the hill outside our house. Then we would try to run back up it. At first we could only run about 50 yards without resting, but we increased this distance every





day. It took over a month to make the full half-mile running without rest. By Thanksgiving we were running 3 miles daily and 5 miles on the weekend days.

It was during this time that I first read *The Russian Kettlebell Challenge* and *The Naked Warrior*. I was inspired and intimidated by what I read within those pages. I set them aside, but my mind wandered to them frequently from time to time. I felt that I was not yet ready for the challenge that they extended.



Over the next 8 months I refined my diet through experimentation and reading while I continued running. I tried veganism, vegetarianism, high protein, and low carb diets to see what would be the best path. I educated myself about fitness and diet to the point of obsession. I tried to maintain just less than a 2-pound per week weight loss to prevent muscle loss. **By the beginning of March 2008 I had lost over 100 pounds, and Jane had lost an additional 50 pounds.**

It was in early March that I sustained a severe leg injury, which prevented me from running for nearly 6 weeks. I was desperate for a means of burning calories that would not injure the leg further. It was at this time

I remembered what I had read about kettlebells and how they could be used for rehabilitation, cardio, and strength building. I bought an adjustable kettlebell handle and started to experiment with the various exercises using *The Russian Kettlebell Challenge* as a guide. I was intrigued by the workload that could be achieved with it. The first time I tried to work out with it I was exhausted from a simple 30-minute workout. However, it was obvious that this was an inadequate tool for the task of kettlebell



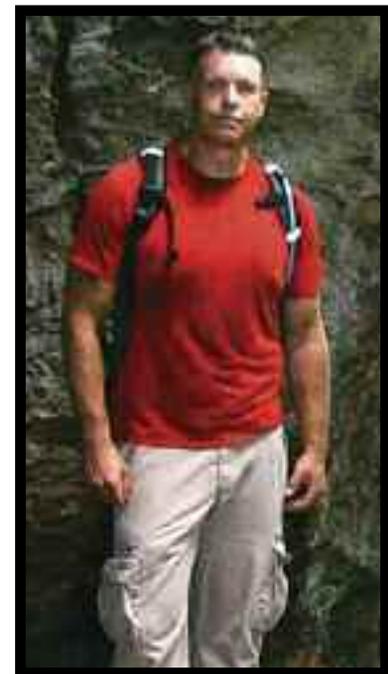
training. By the end of March my wife and I had procured some kettlebells and had started on the program minimum from *Enter the Kettlebell*. I was using a 16kg bell while Jane had started with a 12kg bell. We paid close attention to the book and watched the video many times. Around the middle of April we started *Rite of Passage*. I treated it like it was my religion. **Over the next few months I dropped an additional 30 pounds, and my body composition made a drastic turn around that seemed to appear almost overnight.** I was astounded at how quickly my strength and endurance increased. I moved through the 35 lb bell in just a few weeks. I easily mastered ROP with it and moved on to a 53 lb bell. By July I was working on a 32 kg bell. On my variety days I had started *Power to the People!* dead lifts and by the end of July I was pulling 330 pounds.

I still have a long path ahead of me in meeting my goals. This is a good thing in my view. My current goals are to do *Rite of Passage* with the BEAST and achieve a body fat ratio of 10%. Currently I am still doing *Rite of Passage* with a 32 kg bell. I am trying to remove all hints of momentum

from my presses while waiting to buy a Bulldog for my next phase of the program. I am also doing *Kenneth Jay's Advanced Strength Strategies* on my variety days. Jane is also following these same programs and is currently having just as much success with it as I am.

This whole experience has taught me a couple of simple

truths. Health and weight control are not the result of diet or exercise in isolation. It is a total package. Cardiovascular conditioning and strength work are crucial to complementing a balanced and clean diet. I also learned the value of having an equally determined training partner. Having someone who will help you to keep your motivational levels high and maintain a positive mental attitude is a priceless gift. However, the most important component to the process is a positive and determined mindset free of self-judgment.



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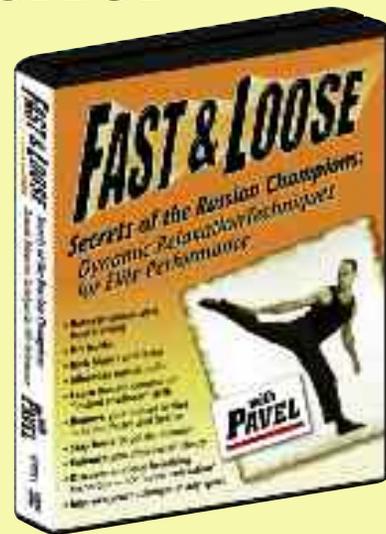
Discover New Keys to Superior Athletic Achievement

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

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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.



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DVD Running time:
27 minutes

2

Mid-Level

3

Advanced

Mandatory for the serious fighter "I've spent the last couple of years desperately trying to recover the speed I've been losing by inches. Before I'd even finished watching this DVD, it became clear what I'd really lost. Years ago, I used to 'snap' strikes in. As I've become a more serious fighter, I've succumbed to trying to 'drive' them in (karateka can read this as misunderstanding what it really means to train "with kime"). It's ironic that the fact that I'm trying so much harder is what has been slowing me down all along. I credit Pavel for explaining this so clearly & demonstrating drills that deliver rapid results. If you're a serious competitor looking for that extra edge, you *must* add these drills to your routine. Thank you, Pavel, for another excellent product. OSU!!" —B, Boston – MA

Fast and Loose + Rough and Tough = Deadly Force

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

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- **Recover** sooner after hard training
- **Kick** higher and faster
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- **Remove** your hidden brakes — to run faster and further
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- **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.

Order *Fast and Loose* online:
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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."

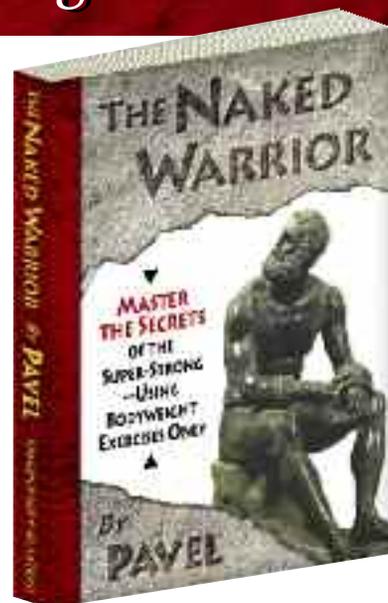
"I could do one wobbly one-legged squat... [Two weeks later] I did 5 clean, butt-to-ground pistols."

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!"

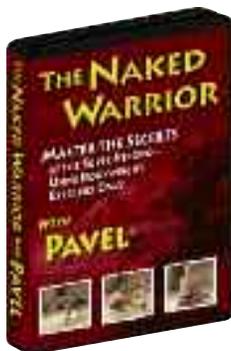
You just thought you knew about bodyweight exercises!

"Pavel's DVD is a treasure trove of information for any beginner or expert strength trainer. I was trained by Bill Starr in Power Lifting and Weight Lifting (Olympic Lifting to the ignorant.) and was a personal trainer/instructor 26 years, Military Police/Correctional Officer for 11 years and coaching/instructing Judo and Ju-jitsu for the last 8 years, and I was in the Marine Corps, Navy, and the Guard for giggles and grins, so I have some knowledge on the subject matter. I can honestly say that Pavel is 100% correct! Give his DVD or book a shot (hell, I bought both!) and you'll see that you don't need hundreds of reps or dozens of different exercises to **become rock hard and strong as coiled steel.**"

—James Copelin, Texoma Judo-Jujitsu - Wichita Falls, TX

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

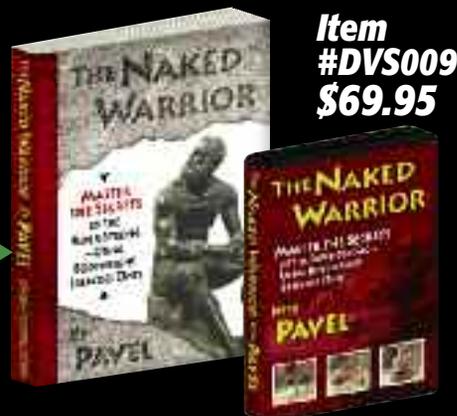
2

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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www.dragondoor.com/DV015

53

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

An excerpt from *The Naked Warrior* by Pavel

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.

41 yr old mom using GTG to do something she has never done

"My wife has been using GTG (greasing the groove) for a couple of weeks to learn how to do chin ups. She started with 2 assisted chins 3 or four times a day four a week then doing 1 unassisted chin then one more a few minutes later 4 or 5 times a day. 2 weeks later she is doing 3 unassisted chins without leaving the bar and yesterday's total was 15 unassisted chins for the day. This stuff really works, it is pure science for pure results!!!"
—Rick Giese - Casper, WY

Pavel has done a fantastic job on this book, a must read for all

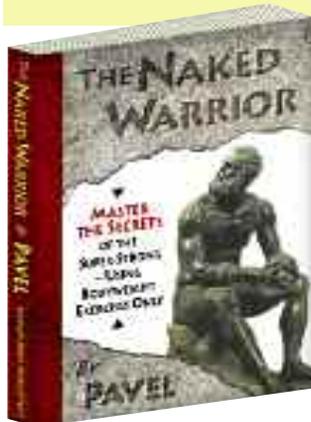
"I briefly want to say that I will be forever grateful to Pavel and his real world views and knowledge of the body and what it takes to really get in shape. I'm a 53 year old two tour former Marine Sgt. Listen, I had knee surgery a little over a year ago and have tried everything to get my strength back and nothing has worked -- until now! Pavel, man you have blown me away with this program. Not just my knees but my whole body are stronger by the week -- and the side effect for me, from reading this book and following the program as it is written is; I know I am going to lose some weight and get back

Note: "GTG" or "grease the groove" is the Naked Warrior training program

into fighting shape again. If you are ready to suck it up, forget the health clubs, do like I did, order a appropriate size kettlebell& DVD and get busy!! Pavel can put you back in the game!"
—Gene Simmons - New Jersey

Any time, any place

"When I first purchased Naked Warrior and began using GTG, I saw immediate results. I GTG'd military presses with a 65 lb. dumbbell and when I first got my 70 lb. KB, I was able to press it 13 times at a bodyweight of 175 lbs. When I demonstrate the one arm, one leg pushup, people look at me in amazement. I am convinced that anyone using the techniques outlined in this book will be able to perform them in time. Being a law enforcement officer, I am often in need of strength training, but have little time or equipment. I am able to maintain or build strength, flexibility and balance with only my body. When I finish a GTG set, I feel powerful and energized. The secondary effects of hypertrophy are an added bonus. For those of you who are concerned that there are few exercises outlined here, you should know that the principles in this book can be applied to any lift and to many athletic endeavors. It is a powerful system for physical culture. Get this book."
—Douglas Moore - Bangor, Maine



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

#B28 \$39.95

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

1

Beginner

2

Mid-Level

3

Advanced



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

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



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

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

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.

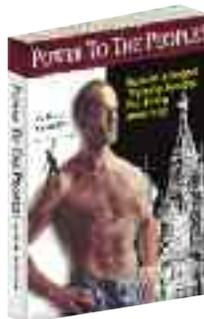
Rest for five minutes and do another set of curls with the same weight, but employ the new trick. Instead of lowering the barbell with the braking strength of your biceps, try to “push” the weight down and away from you with your triceps. Imagine that you are doing a triceps cable pushdown with a reverse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



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.

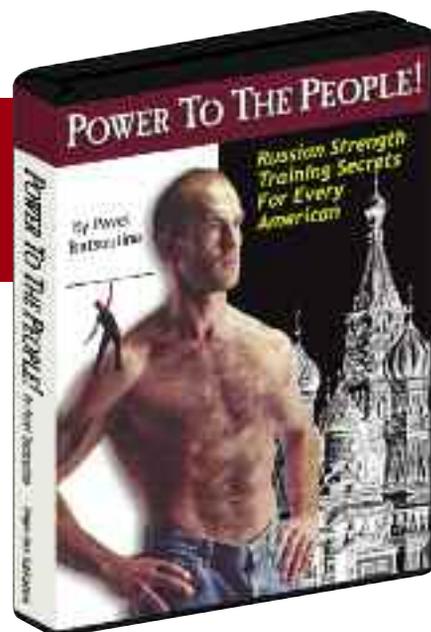
What else? – 'Instant strength techniques.'

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

1

Beginner

2

Mid-Level

3

Advanced



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



Praise for Pavel's *Power to the People!*

The Holy Grail of strength training for the everyday gym rat

"This is what I sought for 20+ years. As simple and concise as a strength training program can be, it is the complete antithesis of what you read in the glossy muscle mags. You have access to a barbell and plates and want strength? After laying off the bench for almost 5 years I am benching 275 for reps after 2 1/2 months on *Power to the People*. After laying off the deadlift for almost 5 years I just pulled 505 after the same 2 1/2 months.

You want size? My wife has forbidden me from doing Pavel's "Russian Bear" since my XL shirts no longer fit my back and my legs won't fit my pants anymore. Sick of all those nagging little injuries that come with overtraining? Follow Pavel's protocol and those days are over. You'll leave the gym feeling just as energetic as you did coming in.

Don't hesitate in buying *Power to the People*. It costs as much as five of those glossy muscle mags that usually reprint the same complicated routines in so many different words. The difference is that *Power to the People*'s extremely simple program delivers every bit of what it promises. Not only will you not be disappointed, you will be thrilled."

—John Fox "WxHerk" - Ocean Springs, Mississippi



Fantastic, Immediate Results!

"I'm an Infantryman with the Texas Army National Guard deployed to Iraq. Another Soldier and I have used the *Power To The People* method to make fantastic gains in strength. My training partner is preparing for Airborne and Ranger Schools and needed a solid foundation of strength. In an eight week period, He's gained 100lbs. on his deadlift

and 75lbs. on his bench press. Great results in a short time!"

—Scott McCoy - Baghdad, Iraq



Secrets are physiologic principles often ignored

"This book sets out training protocols and guidelines that are based on sound physiologic principles. It is safe and effective. I have trained for athletic competition for 30 years and tried most training strategies. I have had just about every overuse injury you can imagine. My gains over the years have been good, but with peaks and troughs due to intermittent injuries. The principles in *Power to the People* will lead to steady gains with no overuse injuries.

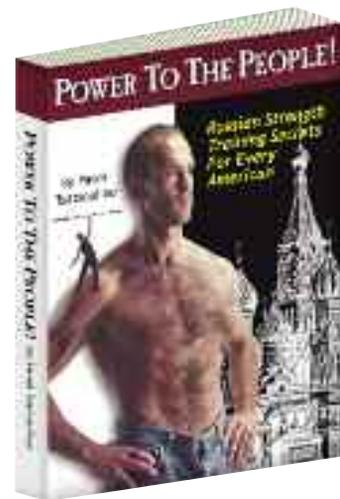
I believe that the principles put forth by Pavel have made me a better triathlete and enable me to out score most young Sailors and Marines on the Physical Fitness Test. I have never scored less than High outstanding or first class and still max out on pushups, situps and pullups. My 17-year old water polo playing son follows the principles of *Power to the People* in his training and no one at his high school can touch him in pushups, pullups and situps. *Power to the People* works--PERIOD."

—Dr. John LaBanc CAPT, USN - San Diego, CA



Words cannot express my gratitude and satisfaction with *Power to the People*.

"This stuff really works. I am 57 years old and have been actively working out most of my life. I have also done a lot of reading about building strength. I have a strong background in research and have never been satisfied with "the junk" I have read in



Power to the People!

Russian Strength Secrets for Every American Book By Pavel Tsatsouline

Paperback 124 pages 8.5" x 11"

#B10 \$34.95

books and journals. That all changed when I started reading Pavel's work. I knew right away that I was on to something good and he is fun to read.

My experience in industrial research told me that Pavel uses good theory and he always has immediate ways to demonstrate the value of the theory. His discussion and application of "The Law of Irradiation" validated my gut feeling that Pavel knows his stuff. Strength gains and progress have never been so fast. In the last two months I have added 100 pounds to my dead lift and 150 pounds to my health lift and I have been adding weight very slowly keeping a focus on "safety first," "greasing the groove," and "practice not workout."

Over the 4th of July weekend, I found an unexpected pay off. We went canoeing and swimming in a reservoir. Past experience told me I would be tired because I have not been swimming for months and haven't been in a canoe for almost a year. I never got tired nor sore and I took my 10-year old son on a three to four mile canoe ride. Instead of getting tired, history!!! Fun and Power are the future. I see people on the street and they say, "You look great, what are you doing?" My 10-year old son told his mom after our canoe ride, "Mom, look at Dad, he looks like the Russian." What a complement and testimony that "*Power to the People!*" delivers."

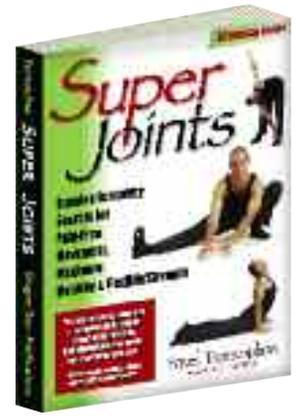
—Gary N. Kitchen - Spanish Fork, Utah

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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

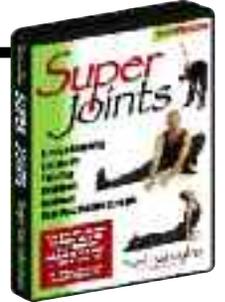
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Super Joints DVD

With Pavel Tsatsouline
Running Time 33 minutes

DVD **#DV003 \$24.95**



Discover:

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

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

**Item #DVS006
\$54.90**



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24 hours a day



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

Super Joints

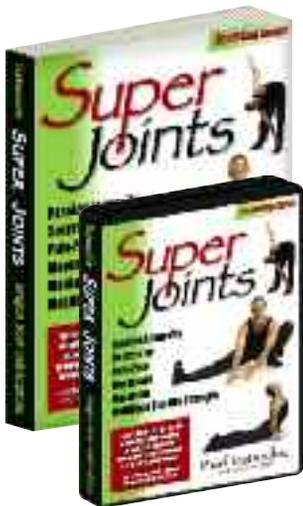
"The "Super Joints" by Pavel Tsatsouline was excellent. After 30 years of practicing and teaching martial arts (Uechi/Shohei Ryu, and Ju Jitsu), and the natural "break down" of the joints with age, the "Super Joints" has helped to restore the flexibility and strength of my joints especially an arthritic shoulder. I have incorporated the "Super Joints" into my Russian kettlebell and functional training workouts."

—Dr. Dan Rinchuse, DMD, MS, MDS, PhD, 6th Degree Black Belt-Uechi/Shohei Ryu, 2n Degree Black Belt - Ju Jitsu-Greensburg, PA

Joints of a teen again...

"At 37 years of age, my joints had already been cracking and hurting in the morning. I sustained an injury parachuting in the Air Force in 1989 and since, have had many back pains. I ordered Super Joints figuring it would be good, as all of Pavel's dvd's and books have been excellent. The first day I went through the dvd and did all the joint mobility drills. I felt better that day and over the course of the following week noticed that in the morning, my back wasn't as stiff and my elbows didn't hurt. I would highly recommend this dvd to anyone that cares about their joints."

—Jim Lavelle - NY



DON'T BE A FOOL

"There are two reasons for not doing Super Joints. #1 You don't know about it. #2 You are a damn FOOL. I'm 49 and have had knee trouble all my life. I have done those big squats in my 20's and 30's (500lb+). I gave up squatting at 39 and for the last 9 years I suffered with aching knees and was afraid to squat. I have been doing Super Joints for the last 6 months (have not missed a day). **No more pain, no discomfort.** This is my second copy. I love the way it makes all my joints feel. Thanks Pavel." —Scott G. - cedar point , NC

An Owners Manual for Your Aging Joints

"If you're over 40, this is must-read material. If you ever wondered how to warmup before strenuous exercise, the routines you need are right here. My body works better than it did 20 years ago and I thank Pavel and Super Joints for that. The older we get, the more important preventative maintenance of our bodies becomes. Performing the movements in Super Joints is like giving your engine an oil change - if you do it right, you won't notice, but neglect it and it might cause serious damage.

Super Joints is vintage Pavel - enough explanation to let you understand the thinking behind the exercises, but mostly short, to the point, no-nonsense instructions that you know will work for you. I cannot recommend Super Joints highly enough ."

—Steve Freides - New Jersey

"As an older guy, I don't really care whether I can do the splits. I just want to walk around pain free all day. *Super Joints* does that job for me." —Tim Cahill, travel adventure writer and founding editor of *Outside*

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.

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



Order *Super Joints* DVD online:
www.dragondoor.com/DV003

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

—Larry Scott, first Mr. Olympia

By **PAVEL!**

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

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

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

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

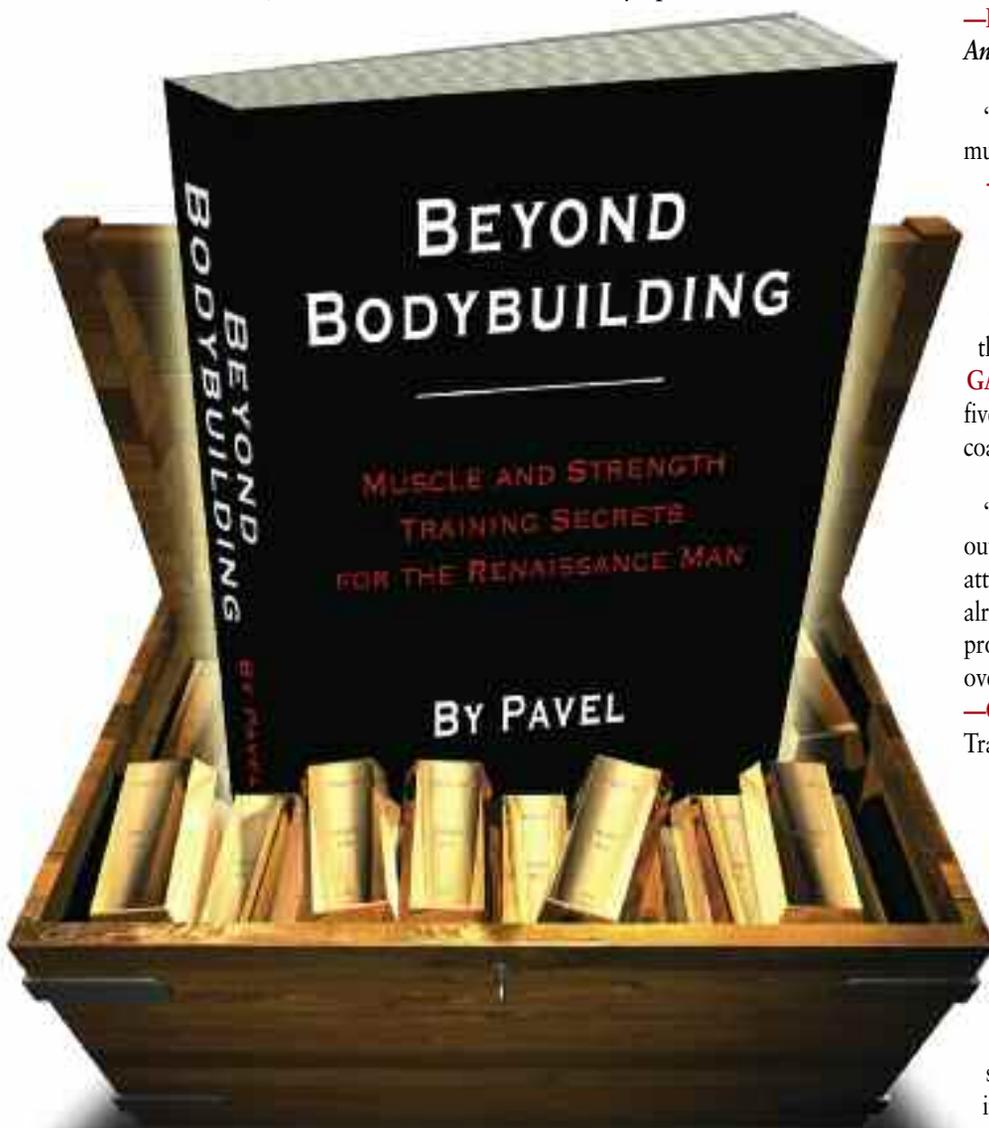
—**DAVE DRAPER**, Author *Brother Iron*, *Sister Steel*, former Mr. America, Mr. Universe and Mr. World

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

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

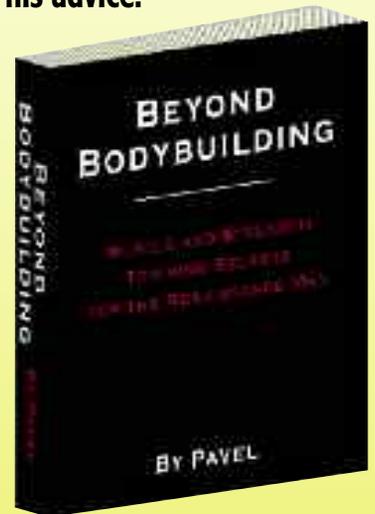
Now, with *Beyond Bodybuilding*, there are simply no more excuses for not excelling in strength, continuing to gain, continuing to reach new heights in your performance.

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.



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

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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*

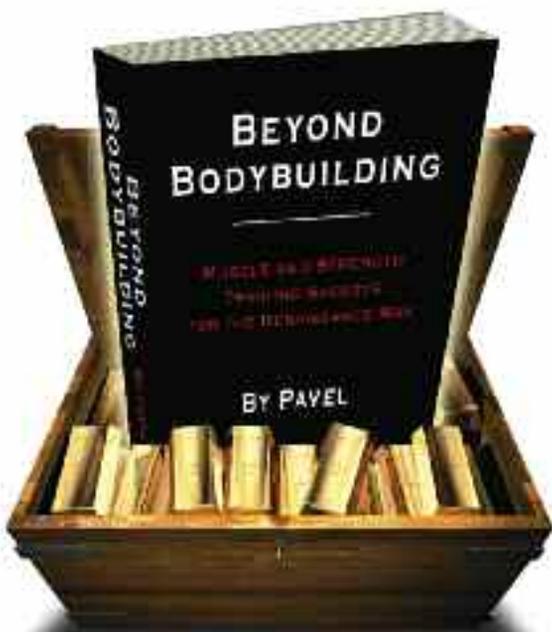
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1
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2
Mid-Level

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Beyond Bodybuilding— A Treasure chest of strength training secrets

continued from previous page...

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

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

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

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

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

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

Trouble is, the rules keep changing on you...When's it time to give the body a good smacking and when's it the time to lighten up? Pavel steers a path for you through the minefield...

Now, you can stop butting your head against the wall and stride through the door Pavel has opened for you...The already highly skilled amongst you will find a treasure trove of new strategies for elevating your game. After all, give a consummate professional the correct adjustments at the correct time and they can surge forward in their gains... give a championship caliber team the right coaching tips and they can win it all...

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

Fight these crimes against the body

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

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

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

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

Section One: Power Training

- The real secret to spectacular strength gains.
- The two strength skills you **must** have to fortify your power.
- The best breathing technique to ensure you get stronger in every lift. Find it in your sound system!
- The basic laws of successful practice -- follow these and you can't help but gain and gain and gain. Page 2
- Why practice alone won't help you make maniacal strength gains -- and what will! Page 2
- The perfect number of reps for greater strength.
- How to finish a workout feeling stronger than when you started! Page 2
- Plateaued? Burnt out? Try this simple remedy and watch your strength gains explode. Page 3
- The method that did more for a SWAT instructor's strength in a week -- than conventional training in ten previous years! Page 4
- A powerlifting champion's mathematical formula for real intensity in strength training. Page 6
- 'Neurological carry-over training' -- the secret technique that resulted in a 1,200 pound squat.



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

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

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

More details next page...

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

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

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

Section Two: Training Planning

- Are you confused about when and how often to hit each bodypart? Discover how to customize your iron schedule for greater gains in strength and muscle.
- Understand the pros and cons of full body workouts versus split routines. Page 99
- **The most foolproof training schedule for high-yield results.**
- The perfect training schedule... if strength is more important to you than size.
- How and why you must cycle your loads to keep succeeding in the iron game.
- Why sharp changes in training volume and intensity are more effective than smooth ones.
- **The best training conditions for high-level anabolism in the body.**
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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
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- **How a used phone book could help you add 15 lbs to your bench in just one month.**

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- How to add righteous beef to your traps and neck... with the Hise shrug. Page 130

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

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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
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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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- **Worried about your weak neck?** You should be! This unique old-timer's version of the back bridge will give you a resilient, powerful neck -- and perhaps keep you out of the hospital. Page 199
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- **On the road again?** How to give yourself an extreme shoulder workout with even a relatively light weight. Page 205
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- It's the hallmark of an elite athlete! -- How to own a magnificent neck and traps.
- The safe solution to sore shoulders. Page 213
- A safer alternative to the press behind the neck. Page 215

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

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

Section Seven: Chest

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

Section Eight: Naked Warrior

- **How many times do I have to repeat myself? THIS is the surest ticket to muscles and might.** Page 279
- Discover the Russian Special Forces ladder to power -- it's common for veteran soldiers to add many reps, in short order, to their pullup max...
- How to develop your muscles' 'vascular network' -- for consistent, long-term strength gains. Page 282
- **Get them here!** The secrets of proper pushup form to amplify your strength gains. Page 284.
- **Failing to do this during an endurance feat can mean the kiss of death.**
- Discover how to take advantage of the 'central pattern generators' in your nervous system -- for longer-lasting energy.

- **How to add one inch to your chest in ten days with pushups.**
- The NASA Pushup Program -- simple, effective and soundly rooted in science -- good for any and everyone! Page 287
- Now you can smoke your forearms and reinforce your finger strength, anywhere, anyhow -- thanks to this drill from Russian Coach Bogdarsov.
- 2 ultimate hand strengtheners from the 'ingenious fanatic of bodyweight strength training', Brad Johnson. Page 291
- Steel claws, anyone? How to practice your pinch grip without plates. Page 292
- **How to develop cut and muscular legs with the Dragon Walk.** Page 295
- The Lizard, an explicitly evil Soviet Spec Ops drill... delivers driving leg power and a ripped, mean, upper body. Page 298

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



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

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Reader Praise for Pavel's *Beyond Bodybuilding*



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

All Other Authors Should Just Give Up!

"This book is absolutely amazing. As far as strength training goes, since I got this book (over eighteen months ago), I have not done a routine I found anywhere else. The principles, programs, and advice given in it are the absolute top available. As a personal trainer, this has also been an invaluable resource. With this book, I have:

- increased my bench press over 100lbs... and finally learnt how to perform this movement properly
- increased my squat and deadlift over 200lbs each
- increased my push-up max from a lame 25 to 76 in just six weeks
- gained approximately 20lbs of lean body mass (note that this was not my goal for the full eighteen months)
- ... among many other things

The push-up program was what I found most impressive. After adding 26 reps to my push-up max in just two weeks on the program, I was of course going to keep the program up... and so when college came

are worth putting that sort of effort in to!

Thank you once again, Com. Pavel, for an excellent product."

—Felix Niland ("Bleedthrough" on the forums) - Sydney, Australia

My 2nd copy

"I lent my dog-eared copy to a friend realizing I'd probably never get it back, so I bought a second for myself. This book helped me understand how to build strength. The first regimen I took from the book to build a base was the "Russian Bodybuilding Underground Base Level Pullup Program. It was the first time I experienced significant growth in my biceps, simply through body weight only exercises. I'd spent years struggling with curls for years with lackluster success. Additionally, the squat routines have resulted in gains as well. I highly recommend this book to anyone who wants to pursue routines that deliver results."

—John Bergstresser - Los Angeles, CA

If you buy 1 of Pavel's books make it this one!

"Using the Modified Delorme Method I gained 40# on my DL and 10# on my bench press over the

8 weeks. I also gained 7 pounds of lbm. My training partner saw similar gains with a 40# gain on his DL and 15# gain on his bench press. It doesn't matter if you are a bodybuilder or powerlifter, this book has something that will benefit anyone wanting to make progress."

—Greg Gonzales - Albuquerque, NM

This is a must have for people interested in strength and getting bigger

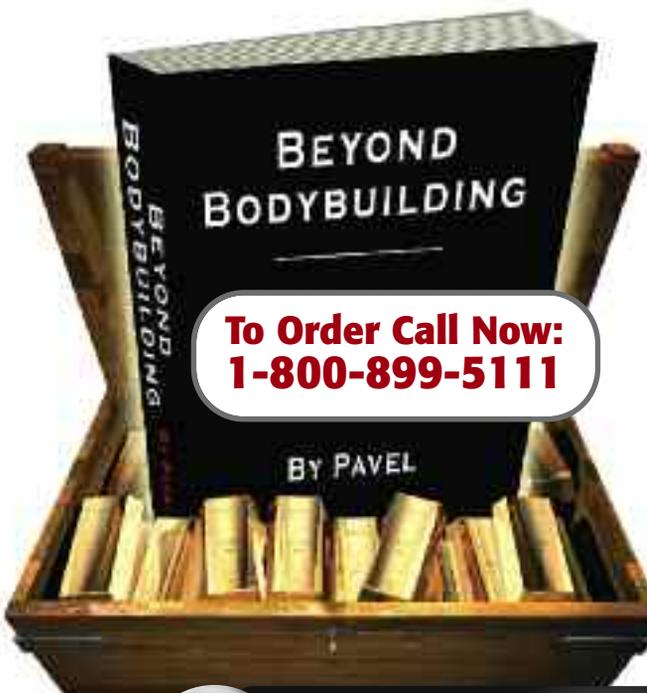
"I keep reading this book again and again, there's so much in it. With the Hit The Deck Program I added about 25 pushups to my max in 2 weeks, and before I knew it I could do 100. There are lots of routines in this book, they will keep you busy for a long time. If you want to get strong, or big and strong than this book is your choice."

—Yoeri - Bocholtz, Netherlands

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—Master David Cogswell - Shoreacres, Texas



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Stretching is NOT the best way to become flexible

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

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

Proprioceptive Neuromuscular Facilitation

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

Isometric stretching rules!

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

Extreme flexibility through Contrast Breathing

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



Forced Relaxation—the Russian spirit of stretching

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

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

How to cancel out the *stretch reflex* • taking advantage of the *inverse stretch reflex* • the last line of defense against injuries • shutdown threshold isometrics • mastering the Golgi tendon reflex.

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

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

Stretching when injured

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



The demographics of stretching

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

The details, the schedule

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

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How much flexibility do you really need?

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

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

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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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“Relax Into Stretch will teach you how to be as flexible as a yoga student while being as strong as you wish, all from a few minutes per day two or three times per week. Relax Into Stretch is for people who want to be both flexible and strong, and the principles it will teach you can help you stay strong and injury-free in all the activities of your daily life, not just stretching.

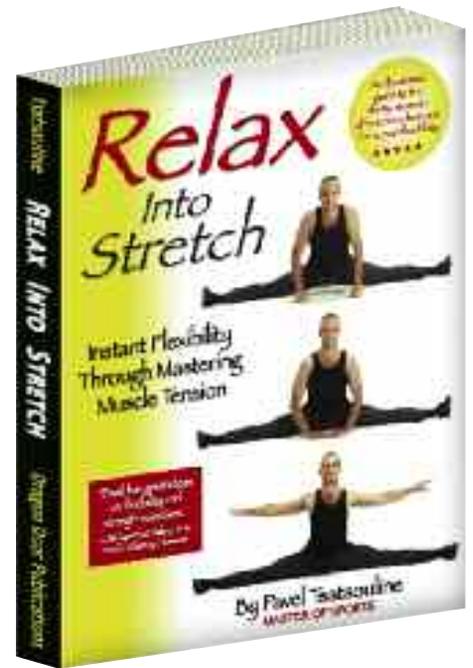


Picture of me in a split - that says it all, and I owe it all to **Relax Into Stretch**. —Steve

I had a severely herniated lumbar disc a few years back; Pavel's "Power To The People!" was the beginning of my salvation, his "Russian Kettlebell Challenge" taught me to add endurance and some flexibility to my strength, and "Relax Into Stretch" was the icing on the cake, teaching me how to go **from not being able to touch my toes to being able to do splits within the space of 6 months while almost 50 years old!**

— Steve Freides - Ridgewood, New Jersey

- Own an illustrated guide to the thirty-six most effective techniques for super-flexibility
- How the secret of mastering your emotions can **add immediate inches to your stretch**
- How to wait out your tension—the surprising key to greater mobility and a better stretch
- How to fool your reflexes into giving you all the stretch you want
- Why *contract-relax stretching* is 267% more effective than conventional relaxed stretching
- How to breathe your way to greater flexibility
- Using the Russian technique of *Forced Relaxation* as your **ultimate stretching weapon**
- How to stretch when injured—faster, safer ways to heal
- Young, old, male, female—learn what stretches are best for you and what stretches to avoid
- Why excessive flexibility can be detrimental to athletic performance—and how to determine your real flexibility needs
- Plateau-busting strategies for the chronically inflexible.



Relax into Stretch Instant Flexibility Through Mastering Muscle Tension

Book By Pavel Tsatsouline
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Over 100 photos and illustrations

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1

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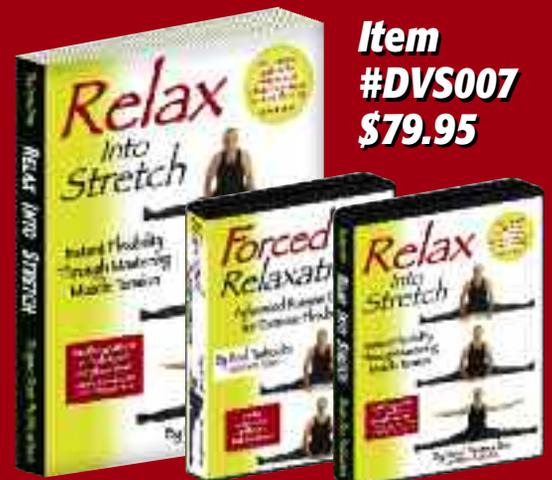
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Mastering Muscle Tension
By Pavel Tsatsouline
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Advanced Russian Drills
for Extreme Flexibility
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Praise for Marty Gallagher's **THE PURPOSEFUL PRIMITIVE**

"I would venture to say that I have read every book pertaining to weightlifting over the last three decades, and I have probably read the majority of the articles in this area. There are two things I can say unequivocally about what I have read. One, Marty Gallagher is the best writer in the world of physical fitness and strength, bar none, and two, Gallagher's newest book *The Purposeful Primitive* is the best manuscript ever produced in this field.

Teeming with esoteric information on training, biomechanics, nutrition, and sport psychology, *The Purposeful Primitive* is a wealth of information that every serious lifter needs to read. You are going to like this book. NO! You are going to LOVE it. I promise you that. It's Gallagher's best work, and that means it is strictly world class."

—Dr. Judd Biasiotto, author of 46 fitness and health-related books, world powerlifting champion

"I really only have two things to say about Marty Gallagher that bear on his new book, *The Purposeful Primitive*. The first is that there are two classes of writers in powerlifting: 1) Marty Gallagher and 2) all others. The second is that one day, ten years ago, Marty called to say he knew a Russian guy who he thought might be a good writer for MILO, so we invited the guy to submit an article: It was called *Vodka, Pickle Juice, Kettlebell Lifting and other Russian Pastimes*, the author was Pavel Tsatsouline, and rest, as they say, is history."

—Randall J. Strossen, Ph.D, Publisher and Editor-in-chief, Milo Magazine

"As a student, athlete, teacher, researcher, professional coach, and businessman I have spent over 60 years in health, fitness and sport, devoted to 'how to become the best

you can be'. *The Purposeful Primitive* has been a very interesting journey for me... back-to-the-future...

Marty does a wonderful job bringing out the art and science of training, extracting many of the critical universal and specific principles (guiding rules to action—social, emotional, mental, physical and spiritual) that are applicable to living a productive life in general, and in training for health, fitness and sport, specifically. In addition, I like the way Marty personalizes the lives of outstanding athletes and shows how they applied these fundamental, can't-miss principles in their training to help them become the best they could be in their sport. My recommendation: if you want to achieve something 'great in your life', add *The Purposeful Primitive* to your training library... yesterday."

—Dr. Bob Ward, Sports Science Network, former head strength and conditioning coach, Dallas Cowboys

"For the intellectual athlete who actually thirsts for knowledge and sees content as King, you will get 30 years of genius and experience in the Iron Game mixed with the passion and ability of Hemmingway all wrapped up in one book and the result is *The Purposeful Primitive*. From me to you—Go buy the book and enjoy!!"

—Rickey Dale Crain, IPF/WPC/AAU World Champion, 2000 Powerlifting Hall of Fame Inductee

"Marty Gallagher is a brilliant writer who thinks deeply about subjects he knows and loves. His manifesto/encyclopedia contains a ton of wisdom, one-of-a-kind role models, awesome color photos... a truly fascinating read."

—Clarence Bass, author of the Ripped series, *Lean For Life*, *Challenge Yourself*, and *Great Expectations*

"From Olympic lifting to power lifting and bodybuilding, whether muscle gain or fat loss, from cooking to supplements, from changing exercise and eating habits to molding the psychology of a champion (whether one is even remotely interested in competition or not), Marty has covered it all. I only wish I had had a book like this when I was growing up and trying my best to get bigger and stronger. Marty has demonstrated, without question, that he is the current and undeniably best 'trainer of champions' and 'ultimate guide to physical—and mental—transformation.' This book not only provides the simplest instructions and cheapest financial and lifestyle requirements, it is absolutely the single best book ever written on being the best you can be physically and otherwise."

—James E. Wright, Ph.D, former Director of Sports Science, U.S. Army Physical Fitness School; former Health and Science Editor, Flex Magazine

"Absolutely magnificent. What a breathtaking book on a life with iron. Marty Gallagher delivers an outstanding, comprehensive book with a writing style worthy of Hemingway himself. This book takes you on a journey through the iron-history of the great ones and in the most sophisticated way Marty presents probably the best ever written material on life, iron and mental fortitude.

This book is impossible to put down once you start reading it. It should be the first read of any who aspire to lift weights and be healthy. There are not enough words in the English language (or Danish for that matter) to describe how excellent this book is. It is an absolute must to any Strength & Health enthusiast. I give it my highest recommendation!!"

—Kenneth "the Dane of Pain" Jay, MSc, Sr. RKC

More details next page...

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"Marty Gallagher has written the Great American Novel of Strength." —*Pavel Tsatsouline*

"Marty Gallagher has produced an absolute classic! I couldn't put it down... packed with real no b.s info from real ironmen. I am proud to be included with the outstanding athletes and their stories..."

A breath of fresh air!" —*Dorian Yates, 6-time IFBB Mr. Olympia*

THE PURPOSEFUL PRIMITIVE

From Fat and Flaccid to Lean and Powerful—Using the Primordial Laws of Fitness to Trigger Inevitable, Lasting and Dramatic Physical Change

Since the birth of the Olympics in 776 BC, humanity has celebrated the struggle for physical transformation—and exalted to almost godlike status those men and women who have succeeded in transcending their "common mortal frames" through a combination of supreme effort and dedicated will.

In the 21st century, this drive, this search for the Holy Grail of physical perfection has climbed to ever-greater heights—but has also plunged us to unforeseen depths.

Elite athletes worldwide continue to shatter records that would have been considered inconceivable only decades earlier. Our current stars are unimaginably bigger, stronger and faster than their earlier counterparts. And yet, for the general populace the story is quite different. Obesity and abject weakness have exploded across our land like an all-consuming virus. And the gap between the super-fit and the obscenely unfit widens by the day.

While an elite minority seems to possess the secret to supreme physical transformation, our fitness landscape is littered with the road kill of those who failed to make genuine progress in their quest for change.

According to leading fitness author, world powerlifting champion and coach extraordinaire, Marty Gallagher, the reasons for this sorry state of affairs are clear and the solution obvious. In *The Purposeful Primitive*, Gallagher exposes the flaws and myths rampant in the modern fitness community, then reveals what could be termed "The Way of the Masters"—his foolproof program for guaranteeing physical transformation,

based on the received wisdom of the greats who have gone before us.

As someone who has trained with some of the greatest strength athletes of the century, as someone who has coached numerous world champions to ever more impressive records and as someone who has had spectacular results applying these same methods to average folk, Marty Gallagher knows whereof he speaks. His inspirational message: simply follow The Way of the Masters—with the necessary drive and desire—and you CANNOT fail, you WILL transform physically. Change—change for the better—is inevitable.

The problem with modern day fitness, says Gallagher, lies in the sheer plethora and over-complexity of methods, the fragmented partiality of specialized systems and the general confusion about what really works to gain and retain muscle while losing significant body fat.

The great masters of fitness became masters by following a four-fold path: right weight training, right cardio, right eating and right mind-training. All four modes have to be practiced together as a synergistic whole. Then 1+1+1+1=16, or even more... For those who are up to the challenge, Gallagher lays out every detail of this four-fold path to supreme physical greatness—teaching only the methods that worked for his masters, for himself, for his champions and last—but far from least—his every day clients.

The purposefully primitive Way of the Masters is deliberately and potently stripped down to the core essentials of truly effective training methods. Cutting-edge science combines with Old School basics—forcing the body to transform, whether it likes it or not.

Discover:

- ▶ How to completely transform your body—in 90 days or less
- ▶ How to train for only five hours a week—yet be superbly lean and strong
- ▶ The two best eating plans to optimize your fat loss while gaining muscle
- ▶ Training protocols favored by the legends of champion-level strength
- ▶ How combining an Eastern mystic's mind secrets with a Western scientist's brain train methods can lead to massive leaps in your performance
- ▶ What foods will certainly sabotage your progress and what foods put you on the fast track for glory
- ▶ The very best cardio methods to complement rather than hinder your weight training



The Purposeful Primitive

From Fat and Flaccid to Lean and Powerful
By Marty Gallagher

#B37 \$39.95

Paperback 8.5 x 11 480 pages
198 photos, charts and illustrations

Original drawing of *The Purposeful Primitive* by Ori Hofmekler



Beginner Mid-Level Advanced

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"Stephan Berwick's True Strength Yang regimen is inspired by the fundamental training processes of traditional Chinese martial arts. The result is a remarkable testimony to his decades of systemic study and practice of Chinese martial arts. Different from many other training approaches, the body toughening regimen presented here does not only strengthen muscles, skin and joints, but also effectively builds body flexibility and the ability to withstand contact-injuries. Having been a Chinese martial arts master and professional Kung Fu team head coach for over forty years in China, I truly appreciate this body conditioning method, which is well structured and instructed to be followed easily by the audience."

—BAI WENXIANG, China Senior National Wushu Coach, Deputy Chairman of China Wushu Federation of Shaanxi Chapter and former Head Coach of Shaanxi Provincial Wushu Team



Remarkable self-hitting system invigorates, strengthens and "weaponizes"—let's you repel strikes with effortless ease while dishing it out with formidable power...

Stephan Berwick's True Strength™ regimen draws on ancient Chinese warrior secrets to present a sophisticated and highly effective program for developing formidable internal power—without the help of any devices, medicines, or forced breathing.

Most Western-based strength training programs concentrate on building "external" muscular strength. But that is only one link in the true strength chain—which according to Chinese internal martial arts should also include strengthening your fascia/tendons/ligaments, your joints, your internal organs, your internal energy system and even your skin.

Is your strength package complete?

Without strengthening all the links in your strength-chain simultaneously, you remain as vulnerable as the weakest links in that chain. We've all see relatively small internal martial arts masters throw apparently way stronger men around like they were rag dolls. Some of this power comes from martial skill, but much, much more it's coming from the uncanny strength-package the master has developed from a truly all-around approach to strength cultivation.

Many of these internal masters demonstrate this astonishing strength well into their sixties, seventies—even eighties. How do they do it?

Stephan Berwick likes to call this quality "Tangible, True Strength". The kind of strength you really need to survive not only a worst-case scenario in combat or years of full-contact sport, but the rigors and stresses of daily life. Tangible strength is the power to survive.



Stephan Berwick is a Western pioneer in the mastery and promotion of classical martial arts from Mainland China. A martial arts mentor to a wide range of client, from the physically challenged to the most seasoned defense professional, Berwick's deep expertise spans Chen Taijiquan, traditional North China martial arts, and Chinese swordsmanship—culminating in his unique approach to body conditioning inspired by ancient warrior practices.

Tangible, true strength helps you ward off illness and injury and allows you to rebound from adversity with supreme resilience.

The kind of strength cultivation where you only seem to get stronger as you get older—rather starting to fall apart at the seams as early as your late thirties or early forties...

Ancient warriors needed to handle blows, wield heavy weapons, and survive on meager rations, while maintaining their victor's edge. Their strength was of the hands, feet, torso, neck, and legs—a total body power designed to meet any challenge thrown at it.

Gain a warrior's formidable toughness with this unique program

For the first time on DVD, Stephan Berwick reveals his regimen for healthy body toughening derived from his unique expertise in secret Chinese martial art body toughening methods. Combining hard and soft forms of conditioning inspired from his intimate knowledge of ancient military-origin Chinese martial arts, Berwick's True Strength Yang™ program offers quick results—conditioning your body to withstand blows, falls, and twists, in an easy to digest, highly intense regimen of warrior conditioning, reminiscent of the best classical martial body practices.

DVD 1: True Strength Yang

presents essential body-hitting exercises, in a unique training approach that stimulates and toughens the skin, muscles, and joints using only relaxed, flexible limb movement. Discover how to first toughen your upper body, moving to the mid-section, then the lower, followed by total body, structural toughening executed with a partner.

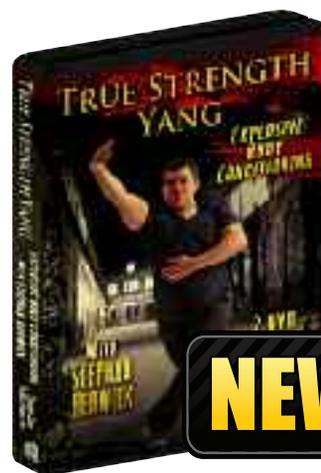
Body toughening is a key part of building True Strength. The ability to withstand and recover from blows and other related contact-injuries is crucial for any combat style. While many martial disciplines use a variety of sometimes debilitating exercises to toughen the body, True Strength Yang is inspired by the fluid, relaxed body conditioning and power striking concepts of Tong Bei (Back Striking) and Fanzi (Catch & Hold) boxing to produce extremely quick results for any body type.

After mastering the instructional component, take advantage of three follow-along True Strength Yang Workouts to rapidly "weaponize", strengthen and energize your body in just minutes a day.

DVD 2: True Strength Base: Primers for Natural Strength

provides an easy to learn series of mainly lower body exercises to quickly develop overall body control. The goal in True Strength Base is to strengthen the legs, increasing the trainee's ability to shift the body weight

efficiently—all towards the ability to relax while the body exerts. You'll first strengthen your base, learn to better support your weight, gain control of your waist, and then enhance the control of your limbs.



NEW Dragon Door

True Strength Yang

Explosive Body Toughening With Stephan Berwick

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2-DVD set

Running time: 106 minutes



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24 hours a day



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www.dragondoor.com/DV061

True Strength Yang Creator Emerges Unscathed from a Devastating Auto Accident

By Stephan Berwick

On a recent sunny Friday afternoon, I escaped chronic injury and possibly death. I did so, not by running, hiding, or avoidance. I walked away from a calamitous auto accident probably because of the body-toughening regimen I created—**True Strength Yang™**.

It's true. My very solid, almost new, mid-size Japanese automobile was hit on the passenger side by a truck that ran a red light going at least 50-60 mph. The driver hit me squarely like a missile, demolishing my car. The violent hit caused my vehicle to spin 360 degrees, hitting a third car. Even the truck that hit me was seriously damaged.

The suddenness of the crash was like an explosion. When my car hit the other vehicle, coming to a stop, witnesses ran over asking if I was okay. I was coherent, but remained in the vehicle knowing that if I had been hurt, it would be best for paramedics to get me out of the vehicle. But after a few moments I realized that I was not hurt. I almost could not believe it. My body felt relaxed, settled, seemingly prepared for such a shock. People generally don't walk away from accidents like this.



Stephan's car, after a truck hit him at 60 m.p.h.

A witness opened my door. I easily climbed out, still flabbergasted about the accident. I then walked, squatted and looked at myself. I felt fine, miraculously, with only one visible bruise that others saw on my right arm. When the paramedics arrived, they quickly looked at me and asked if I was okay. I responded, "I think so. But what do you think? Do I look okay?" They didn't know what to say, other than, "If you feel like you need to go to the hospital, we'll take you." I didn't feel a need to.

After the cars were removed and the police issued the report and a violation to the offending driver, I asked my wife to drive me to a special Chinese sword class I was scheduled to teach that night. Everyone thought I was crazy at class. Students said: "You really have to get checked out." "What if you have internal bleeding or a concussion?" After the 2+ hour class, I still felt that my body was not damaged from the accident, but I agreed to go to the hospital. To the surprise of many, the hospital cleared me completely—after a full night of CAT scans, x-rays, blood tests, and manual examinations by the emergency room doctor and a surgeon. Repeatedly I was told how lucky I was.

I'll never take good luck for granted. But when I look at the irreparable damage of my car and recall the sheer intensity and shock of the truck hitting me, I wondered if something more than luck saved me. The more I thought about it, the more I recognized how my body (with little sleep for months) was able to withstand such an impact. It was most likely due to my body-toughening regimen I call True Strength Yang™.

True Strength Yang™ is a self-hitting regimen I conceived for fighters and soldiers looking for an extra training edge to help them withstand the rigors of combat

healthfully. Combining hard and soft forms of conditioning inspired from my intimate knowledge of ancient military-origin, Chinese martial arts; the True Strength Yang™ program offers quick results—conditioning the body to withstand and recover quicker from blows, falls, and twists, in an easy to digest, intense program of warrior conditioning, reminiscent of the best martial body methods.

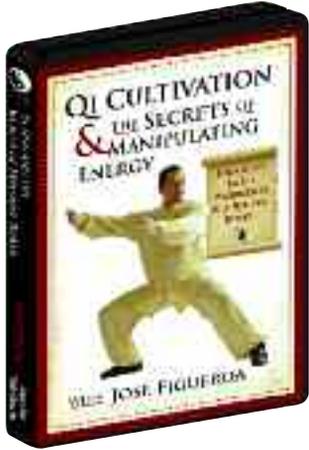
Like ancient Maori warriors and even Western boxers, self-slapping/hitting has always been used as a way to condition the skin, muscles, etc to handle punishment in a healthy, lasting manner. Over time, controlled self-hitting conditions the body in a very direct way. Essentially, properly slapping the body at important areas and in a relaxed, flexible manner enhances the body's ability to heal from many types of external strikes and gives you the ability to handle pain. It is very much like a stimulative, percussive self-massage, which can be deeply conditioning.

With focused self-hitting, **True Strength Yang™** wakes-up the hormonal system, 'kneading' the skin and muscles and stimulating the internal organs, while causing the skeletal structure to respond to contact as one, unified structure—all fundamental to any fighter's ability to withstand punishment and especially important as one ages and as I just experienced, for dangerous accidents.

This is a very important aspect of strength training and often overlooked by athletes. While certain types of self-hitting and partner hitting can be seen in contact sports, (such as medicine ball training in western boxing and muay thai—partner hitting in football and rugby—and body falling and rolling in jiu jitsu, judo, aikido, and wrestling), it is often not viewed as a stand-alone discipline, which **True Strength Yang™** offers, without the use of any apparatus and/or medicines.



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

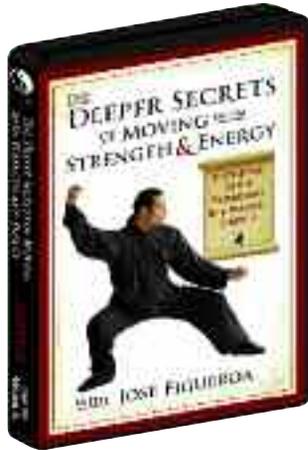
DVD w/Jose Figueroa

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

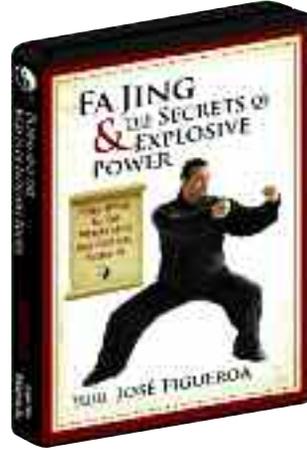
DVD w/Jose Figueroa

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.

“Revered Internal System Offers the Gift of Enhanced Energy, Rooted Strength and a Cat-Like Grace of Movement—Regardless of Your Chosen Martial Art”

Diligent practice of *Chen Style Silk Reeling* can reward you with:

- Formidable leg strength and an unshakeable root
- The ability to move with a seemingly effortless, yet internally powerful grace
- A significantly enhanced overall coordination of your body
- A heightened sense of well-being
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COULD THIS POWERFUL TURKISH WRESTLING EXERCISE BE THE **SINGLE BEST SECRET** FOR THE CULTIVATION OF "BEAUTIFUL" STRENGTH?

Modern-day athletic performance experts hail rewards of the ancient "Turkish Get-Up"—reveal cutting edge program for both correcting and radically enhancing your physical movement

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

Can one exercise sequence do it all? Can one exercise provide insight into how you move? Could one exercise be the key to achieving a balanced and strong body?

Well, according to the two of the most highly regarded "Engineers of Movement Mastery", Gray Cook and Brett Jones, the answer is a resounding Yes!

When past Super Bowl champion teams have wanted to ensure their athletes are moving at full potential, Gray Cook has been their go-to guy. When Pavel and Dragon Door wanted similar results with their certified RKC instructors, they invited Gray Cook and Brett Jones to design the **CK-FMS certification program** to fill that need.

Turns out, one of the absolute cornerstones, one of the greatest success breakthroughs Gray and Brett contributed was an astonishingly thorough re-engineering of the revered Turkish Get Up.

Although the Turkish Get Up has always been a staple, core exercise taught at the RKC, Gray and Jones consider it a vastly under-appreciated and under-used method. A fundamental drill, as important to high-level performance as the classic kettlebell Swing.

So Gray and Brett, with additional masterly contributions from Dr. Mark Cheng, have created a brilliantly comprehensive instructional guide that every RKC and every serious athlete will want to watch and learn from many, many times.

Kettlebells From the Ground Up not only introduces you to the basics of the Turkish Get Up, but provides you with all the tools you need to master this movement. In a carefully progressive, 7-step process Gray and Brett help you toward Get Up perfection.

And as you would expect of these Masters of Movement Engineering, they don't just stop at showing you how to perform the exercise. Discover why the Turkish Get Up is simultaneously a

profound and broad-ranging assessment tool, a tremendously effective corrective strategy and a formidable workout where the sky's the limit for athletic accomplishment.

For lay comrades, the language is kept simple and clear. But for the pros who need the extra background, each of the 7 Steps has a "tips for Pros" section that alone is worth the price of admission.

The old time strongmen used the Get Up as an "entrance exam" requiring a 100-pound Get Up on each side before beginning any other training. The Turkish Wrestlers used the Get Up to train for combat and grappling. And today the Get Up represents an opportunity for everyone to regain the "beautiful strength" and symmetry that our so-called fitness routines should bring us—but invariably don't!

AN ASSESSMENT AND AN EXERCISE...

As Gray Cook has so eloquently stated: "modern fitness techniques can actually allow us to stack fitness on dysfunction." Meaning that we can actually take a "bent frame" and put a bigger engine in that car. Not a great idea...

To perform safely at our peak, year-in, year-out, we need to cultivate a "symmetry of strength and movement". Enter the Get Up!

Because the Get Up can provide us with that crucial Left to Right assessment of movement and strength... At each of the 7 steps on the *Kettlebells from the Ground Up* DVD you will know if the movement, stability and strength is equal. The exercise actually becomes an assessment.

SHOULDERS AND HIPS

"Some schools of Chinese medicine...refer to the shoulder and hip joints as the Four Knots and where there is an imbalance of tension or strength in any of the Four Knots problems...can occur..." Dr. Mark Cheng brings us this excellent description of the interplay between

shoulders and the hips. Modern reductionist fitness philosophy has people attempting to isolate pieces and parts of the body into something called "fitness". But this is simply not how the body works. Movement is an incredibly complicated concert of agonist/antagonist muscle action coordinated by a web of neurological input.

So how about simply cutting to the chase—while maintaining this exquisite integrity—by performing an exercise that requires us to move our body around a stable shoulder coordinated through mobile hips? Sounds like the Get Up doesn't it? Correct. Correct...

GETTING PRIMITIVE...

The beginning for the Get Up represents a very primitive rolling pattern. Many of us actually lose this rolling pattern as we age. But loss of this fundamental pattern can—and usually does—create a cascade effect through the body of dysfunction and compensation.

If an individual is having issues with the beginning of the Get Up it could be because of a defective rolling pattern—and working on the first part of the exercise can "bring back" this primitive movement pattern. With a welcome upgrade to your overall athletic performance.

When you progress through each step of *Kettlebells from the Ground Up*, you'll be self-engineering a whole series of similar athletic performance breakthroughs, one building on the next for an ever more elegant and powerful overall result.

If you're currently dissatisfied in ANY WAY, by the quality of your movement, then you owe it to yourself to grab a copy of *Kettlebells from the Ground Up* NOW—and fix what needs to be fixed.

If you don't oil your vehicle or don't put air in a flat tire, you're heading for serious trouble. It's not a case of if, it's a case of when. Our bodies are no different.

Unfortunately, we often scrimp and shortchange our bodies by neglecting or procrastinating on this crucial self-maintenance. Ironically, often the more skilled we are as athletes the more procrastinate on fixing our dysfunctions. Bad idea!

The *Kettlebells from the Ground Up* program—designed by two absolute masters of the game—could just be a life-saver for your athletic performance. Go for it!



Mid-Level Advanced



Kettlebells from the Ground Up

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Our Top 20 Books and DVDs by Review Ranking



Rank and Title	Type	Reviews	Average
1 Enter the Kettlebell!	Book	164	9.79
2 Enter the Kettlebell!	DVD	115	8.95
3 The Kettlebell Goddess Workout	DVD	111	9.15
4 Beyond Bodybuilding	Book	88	9.67
5 The Naked Warrior	Book	72	9.64
6 The Purposeful Primitive	Book	72	9.40
7 Viking Warrior Conditioning	Book	68	9.50
8 Power to the People!	Book	52	9.69
9 The Extreme Kettlebell Cardio Workout	DVD	43	9.65
10 From Russia With Tough Love	DVD	36	8.72
11 Super Joints	DVD	32	8.81
12 Resilient	DVD	30	9.30
13 Power To The People!	DVD	27	9.56
14 The Russian Kettlebell Challenge	DVD	27	9.26
15 Relax into Stretch	DVD	25	9.76
16 Full Body Power: Kettlebells Beyond The Basics	DVD	20	9.60
17 The Naked Warrior	DVD	21	8.67
18 Kettlebell Basics for Strength Coaches and Personal Trainers	DVD	18	10.00
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