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Conspiracy Conviction Upheld— John Du Cane Guilty As Charged!

Defiant publisher gets life sentence without parole—judge cites willful obstruction of obesity, serial demolition of sacred fitness myths, remorseless insider trading of classified strength secrets, soliciting minors to engage in hard core exercise—and conspiracy to reduce nation's health-care costs, cripple drug industry...

One wintry afternoon in 1999, an Englishman and a Russian hunched over their espressos at a Dunn Brothers coffee shop in Roseville, Minnesota.

At their feet: a brutish, beaten, rusted cannonball with a handle—the Russian's treasured import from his Motherland. He called it a kettlebell and he was asking his English friend, "Do you think this kettlebell thing can fly in the US?"



So began a conspiracy that endures to this day, in ever more dramatic fashion:

Convicted of conspiracy to change the world... one kettlebell at a time—Pavel and John at their historic meeting in the Winter of 1999

You can read the full story on **Page 14...**

And you know what's bizarre about my tongue-in-cheek headline above? The real conspiracy we battle is the conspiracy of greed, ignorance and gullibility that perpetuates sky-high obesity rates, half-baked diets, dubious supplements, spurious exercise advice and the pill-pushing drug companies.

What's heartening is to see the inroads our counter-conspiracy has made against this slide into mediocrity and disease—thanks to the unflagging efforts of authors like **Pavel, Marty Gallagher** and, more recently, **Paul Wade**.

Our authors of course are finally just the flag bearers of a far greater movement—the **HardStyle** movement of hard-driving, hard-charging **RKCs** and **HKCs** who are pounding the message in the trenches. What has made HardStyle so radically effective? No one better to answer that than the great **Master RKC, Brett Jones**—one of the true leaders in our community. See his excellent article on the subject on **Pages 44—45...**

Pavel's writing never ceases to amaze me. He's collaborating right now on a book with Senior RKC, Dan John. Read a brilliant excerpt from this upcoming title on **Pages 70—71...**

New Indian Clubs Certification a Great Success

Brett Jones, Gray Cook and **Dr. Ed Thomas** teamed up to create a legacy program: **Club Swing Essentials**. Dragon Door was honored to launch a new Indian Club Specialist certification, based on Dr. Thomas's pioneering work. The new program was a dramatic success. See **Pages 41—43** for full details.

The HKC explodes worldwide...

What has, of course, been particularly wonderful is Dragon Door's growth as the world's premier resource for all things kettlebell. We have dramatically expanded our kettlebell offerings with our new **HKC, one-day kettlebell instructor certification**. Over 73 HKC workshops have now been delivered or our scheduled worldwide just in the first year of its launch. The response has been universally ecstatic. For more details see **Page 29...**

New development: official Dragon Door RKC kettlebell distributors in your city?

We expect to eventually have an official Dragon Door RKC kettlebell distributor for every major urban area in the United States. Now you will be able to pick up your RKC kettlebells at a convenient outlet near you—and avoid shipping charges. As of this writing, five are already active, many more in the wings. See **Page 47** for the current list of our active distributors.

We look forward to you joining our conspiracy!

All the best in your training,

John Du Cane

John Du Cane



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2 Convict Conditioning 	Book	195	9.58	See Pages 64-67
3 The Kettlebell Goddess Workout 	DVD	146	9.11	See Pages 24-25
4 Enter the Kettlebell! 	DVD	131	9.01	See Pages 16-17
5 Viking Warrior Conditioning 	Book	116	9.46	See Pages 12-13
6 Beyond Bodybuilding 	Book	97	9.67	See Pages 52-55
7 The Naked Warrior 	Book	84	9.67	See Pages 72-73
8 The Purposeful Primitive 	Book	80	9.35	See Pages 56-57
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15 Power To The People! 	DVD	31	9.61	See Page 61
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What the early-adopters have to say about their results with **Geoff Neupert's Kettlebell Muscle** protocols:

"Geoff Neupert asked me if I would be interested in gaining muscle mass by trying a program that he designed. I said, 'Sure', who wouldn't right? Geoff's double kettlebell complexes are amazing. On January 25th I weighed 173 lbs and had 11.1% body fat. I started Geoff's program the first week of February. By the end of March I weighed 179 lbs and had 8.3% body fat.

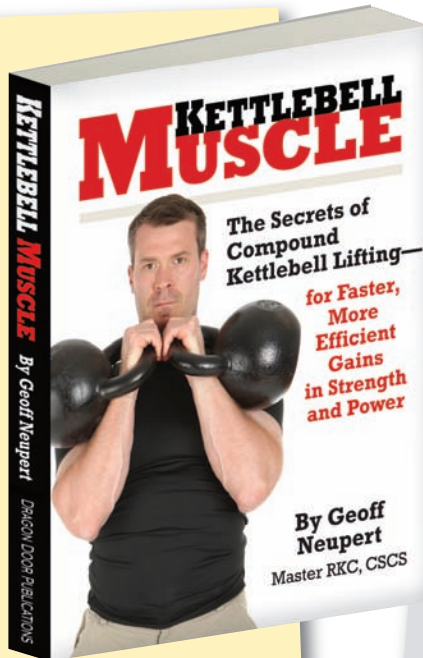
Not only had I gained 5 lbs, I lost almost 3% body fat. But it gets better: Those numbers mean I lost almost 5lbs of fat AND GAINED over 10lbs of muscle! That was cool, but even better for me is that I was stronger and better conditioned. I noticed while working at the fire station and on fire calls, I wasn't getting tired. Very cool when you consider all my fire gear weighs close to 70lbs. Also, when I renewed my RKC cert in April, the new snatch test was a breeze. The only snatches I had done prior to that were the ones in Geoff's program. This is crazy when you consider I only spent 45 min to an hour **per week** training. Many of my sessions lasted fewer than 15 minutes; 15 intense minutes... Double kettlebell complexes rock!

I would recommend Geoff's program to anyone who wants to lose body fat while gaining muscle. It's also perfect for the person who doesn't have a lot of time. Throw in the added benefit of the excellent conditioning this program yields and you've got a perfect program!

Thanks Geoff!"—**Tim Anderson, RKC II, Professional Fire Fighter, Co-owner of Outstanding Personal Training**

"I am extremely pleased with my results using your kettlebell complex [*Kettlebell Muscle*] workout. With your program working out 3 times per week I was able to shed 6% bodyfat and add 7.5 lbs of lean muscle in only 4 weeks."

—**Kevin Hammons, Owner of Xpert Nutrition, Inc., Durham, NC**



"Geoff asked me if I'd be willing to test drive a program for his upcoming book *Kettlebell Muscle*. Thinking he was my friend, I agreed. The workouts were tough, especially at first, but over time they got more bearable (notice I didn't say easier).

5 weeks later I had dropped 6.4lb of fat and added 1.7lb of lean muscle. I am an experienced kettlebell lifter, with several years of training. Imagine what this program could do for someone with less time under the bells and a full twelve weeks!

It is pretty simple: If you want to add muscle with your kettlebells, follow Geoff's program, eat a lot and **GROW.**"

—**David Whitley, Master RKC**

"Finished up the 18 weeks at 191 pounds, solid and hard, much leaner than when I started. I started at 180 pounds and lost 5 pounds of fat while on this program. That's a net gain of 16 pounds of muscle!

If you are looking for kettlebell program to add size and strength this is the one for you. I had the pleasure/pain of test driving this workout for Geoff. I like him just a little less than when I started. This is a challenging and entertaining workout that will give you back everything you put into it!"

—**Doug Nepodal, Senior RKC**



How to Open the Door to INTELLIGENT Hypertrophy Training— And Build Muscle Mass Fast

"In the strength and conditioning world, very few people have the depth and breadth of **Geoff Neupert**. He's been there, done that in practically every area of the gym world. If you want a long discussion of rehab work for busted up athletes, Geoff has the certificate, the hands on work and the happy list of successful clients. You want to talk about doing it on the platform, Geoff has the pictures, the trophies and the singlet. You want to swing a kettlebell? See Geoff.

He's been with the 'big kids' as a Division One Strength Coach and has hands on experience with thousands and thousands of hours of personal training. He has hoisted the big iron and rubbed out cramps on ailing athletes. From entry level athletes to the top end, Geoff has taught, trained and tutored athletes, grandmothers and ancient warriors.

Finally, Geoff is going to be exposed to the wider world with his book, **Kettlebell Muscle**. Geoff takes the best and brightest ideas from the dungeons, dojos and gyms and puts them all together in one convenient package—for anyone who wants the advanced course in bodybuilding.

For the normal lifter, the act of combining all the loads and volumes and moves and sequences and the rest of the components that add up to a program worthy of the term 'intelligent', takes years of hard living in the gym. Geoff's book will save you this effort.

Kettlebell Muscle is the doorway to intelligent hypertrophy training. It's a book about building muscle mass fast. Geoff's clever use of time is the factor for stunning muscle gains. The tools are simple, the moves are simple, the schemes are simple and the results are amazing.

In other words, stop looking for the next wave and jump into Geoff's methods. You have the answers in your hands. Now, move some iron." —**Dan John**, RKC Team leader, author, **Never Let Go**, American Record Holder in the Weight Pentathlon, Masters National Champion in discus and Olympic Lifting

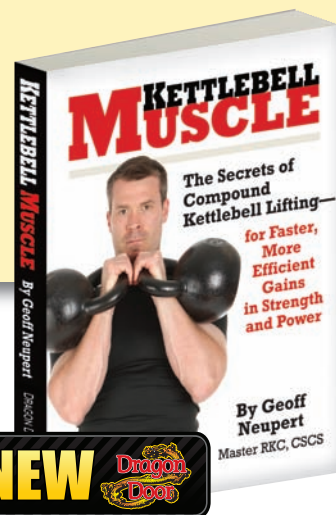


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5

How To Transform Your Kettlebell Training—*And Your Body*—In Less Than 60 Minutes Per WEEK

By Geoff Neupert, Master RKC

Imagine changing the lens through which you view your kettlebell training for the better. Why spend three to five hours a week training or working out when you get the same or better results in 20% of the time?

Speaking of time, isn't that one of the reasons you started training with kettlebells in the first place—because they are time efficient? I know that's one of the reasons I train with them.

If you're in a pinch for time, there are a couple of great ways to maximize your time while kettlebell training. Here are three of the most popular methods. You may or may not be familiar with them.

1. Superset two compound exercises and decrease the rest between them.

For example: Front Squat and Presses. Normally a traditional muscle building protocol would

dictate two minutes between sets. If using the "5x5" Method for muscle building so you'd perform a set of 5 reps in the squat, which would normally take approximately 30 seconds. Then you'd rest two minutes.

After performing five sets you would've spent 3 ½ minutes actually lifting and 10 minutes resting before moving on to your next exercise, the Press. Performing the same routine for the Press, you would then face another 13 ½ minutes before reaching your next exercise. Both the Front Squat and the Press took 27 minutes to perform.

If you super-setted the exercise—performing them back to back with only one minute of rest between them, it would only be 1 ½ minutes between the start of one exercise and the start of another, saving you a valuable 60 seconds. All ten sets would take you a total of 15 minutes saving you 12 minutes.

In that 12 minutes you could perform 4x5 with two more exercises thus increasing the amount of work accomplished in the same time period it would normally take you to perform two exercises. Not only that, but it would be three minutes between sets of Front Squats instead of two in the original plan, thereby giving the legs more recovery (and also the back for the Presses).

2. Superset two compound exercises and eliminate the rest between them.

Take your same two exercises

and perform them back-to-back with no rest. Then rest one minute before returning to the first exercise. If both exercises take 30 seconds to perform, then you have 1 ½ minutes before you perform the first exercise in the pairing again.

This will take approximately 10 minutes to complete which allows you to put another 5x5 pairing together and even a 3x5 pairing together in the same amount of time it took you to complete your original exercise program for only two exercises.

3. Circuit Training.

Perform multiple exercises in a format that allows the most amount of rest between sets of each individual exercise. (This is also known as "Vertical Loading."). These can be manipulated to elicit any outcome: strength, muscle gain, fat loss, etc.

Using our previous examples, you want to perform the Front Squat, the Press, and now have time to perform additional exercises like the Double Snatch and the Push Press.

You set your program up in the following order:

- Front Squat, rest 60s, then
- Press, rest 60s, then
- Double Snatch, rest 60s, then
- Push Press, rest 60s, then
- Repeat the circuit for desired number of times.

As you can see, if each exercise takes 30 seconds to perform, then you would have five-and-a-half

minutes before repeating sets of the same exercise. Three rounds of this circuit would take you 18 minutes. Pretty time efficient as you can see.

But what if it got even better? What if you could make your training even more time-efficient and still got the results you wanted?

Well you can.

You can perform a *whole* lot more work in a very, very short period of time. Not only that, it can be very productive work, not just work-for-work's sake.

But first, let me give you a little background about how I arrived at this point.

I used to be an underpaid Division 1 Strength and Conditioning Coach. I figure I was underpaid because all the money had been blown on Nautilus equipment and "all" the previous coaching staff had to do was "HIT" the athletes with their non-effective, fatigue-inducing, injury-increasing, time-wasting, machine-dominant, "strength training program." One set to failure was "all" the athletes needed. (I kid you not, the extent of the former Head Strength Coach's interaction with the athletes was to tell them to put the seat belt on when using the Hammer Strength machines—but I digress.) So with limited equipment, limited space, and athletes with limited motivation, I was forced to improvise.

Ask, And You Shall Receive...

It's said you always find what you need when you need it most. Someone left a *Muscle and Fitness* (like you've never read one) in the weight room and I saw an article



by Romanian Coach Emeritus, Istvan "Steve" Javorek, about a system he'd developed to stimulate lean body mass, power-endurance, strength-endurance, and improved coordination in his Olympic lifters. Well since I was an Olympic lifter, I read the article. It was on Complexes. Complexes are a series of exercises performed in a sequence with the same weight without rest: all the reps for a given exercise are performed first before moving on to the next exercise. For example: Perform five Cleans followed immediately by five Front Squats and finally five Presses, using the same weight for each.

I used complexes with great success with some of the varsity wrestlers. They could get in the weight room and get out in less than 30 minutes. They had usable mat strength, mental toughness, and unlimited stamina. The wrestlers were pleased. Their coach was pleased. I had instant credibility.

Since then, I've used many, many variations of complexes with other athletes and my private clients. (Many authors have written briefly on them, but I thought I'd offer my own little twist since I've used them as a coach, a trainer, and a lifter for ten years now with great successes.)

Complex:

A series of compound exercises performed sequentially without rest in which all the reps for one exercise are completed before moving on to the next exercise in the sequence.

I believe the true power of Complexes is fully realized with the use of kettlebells. The shape of the kettlebell allows for more torque on the joints and therefore more stimulation of the affected joint musculatures.

Plus, when performing ballistic

exercises, there is a longer stroke when compared to traditional barbell, and even dumbbell variations. Therefore, since complexes were originally designed to improve multiple motor qualities using a barbell and/or dumbbells, it stands to reason that using kettlebells for complexes will only improve upon the original intent of complexes.

So what's your intent or purpose for training with kettlebells?

For most of us, it's to get as lean and strong as possible in as little time as possible. Kettlebell complexes, when structured correctly, allow you to do just that.

What Does A Complex Look Like?

Here's how we designate a complex:

List the exercises in the complex.

- Double Swing (DSW)
- Double High Pull (DHP)
- Double Military Press (DMP)
- Front Squat (FSQ)

Determine the reps.

- DSW x5
- DHP x5
- DMP x5
- FSQ x5

Then choose your sets and your rest period. The key factor to understanding what you see on the paper in front of you is to have it spelled out. For example:

Complex A:

- DSW x5
- DHP x5
- DMP x5

• FSQ x5

- Perform 5 sets.
- Rest 120 seconds between sets.

That's it in a nutshell.

And yes, this can be performed with a single kettlebell. But, for faster results, I recommend two kettlebells, assuming you are familiar with all the double kettlebell exercises and you can perform them quite well.

What's Next?

"So where do you go from there?" I can hear you asking.

Home, back to work, shopping, upstairs/downstairs to spend time with your family, wherever.

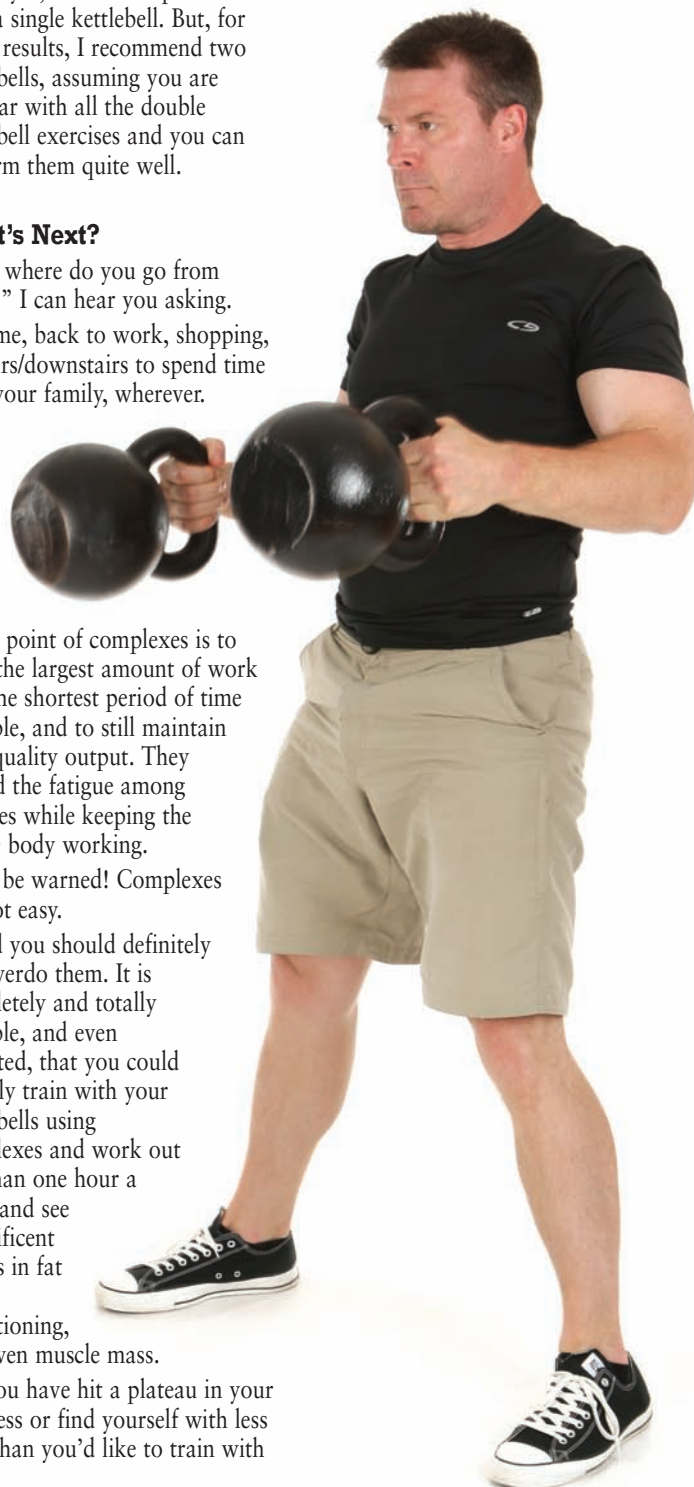
The point of complexes is to pack the largest amount of work into the shortest period of time possible, and to still maintain high quality output. They spread the fatigue among muscles while keeping the whole body working.

But be warned! Complexes are not easy.

And you should definitely not overdo them. It is completely and totally possible, and even expected, that you could literally train with your kettlebells using complexes and work out less than one hour a week and see magnificent results in fat loss, conditioning, and even muscle mass.

If you have hit a plateau in your progress or find yourself with less time than you'd like to train with

your kettlebells, commit to training with kettlebell complexes three times per week for the next six weeks and amaze yourself with renewed energy, saved time, and impressive results!



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RETURN OF THE KETTLEBELL TIME FOR ANOTHER CHANGE

by Dan Anderson, RKC

Oh, I had waited for this for quite sometime, heard rumors about it and small hints of things to come. Needless to say my anticipation was great. I have no embarrassment explaining how excited I was about *Return of the Kettlebell* because I am sure many of you felt the same way. My excitement was due to the success I had earned on *Enter the Kettlebell!* ETK had improved my abilities and physique exactly as promised. ETK changed me and I was ready for another change, hungry for more guidance.

At last it was here. The first day I got it, I read it from cover to cover. The second day I read it from cover to cover again, except this time I took notes. The third night, same thing, more notes. By the fourth night my wife thought I was crazy due to the amount of time I was spending with this book, but I had to get this right. I spent the next week simply practicing the lifts with another RKC to make sure I felt good about them before I began this new challenge.

When I started I weighed 185 and felt pretty strong. I could easily press the Beast and pass the Secret Service snatch test. I knew I had earned the right to begin a program like this. At first things felt a bit awkward on the grind block. I was not used to pressing different size bells, nor was I use to snatching them before the press. Still, every week I got noticeably stronger. Within three grind blocks on my heavy day using double 32s I had reduced my time by 10 minutes before making a jump in volume. I had the same type of early success on the explosive block as well. Within 4 blocks I had cut 18 minutes off of my heavy clean & jerk day using double 32s before making my next jump in volume. The best way to explain my gains thus far is,

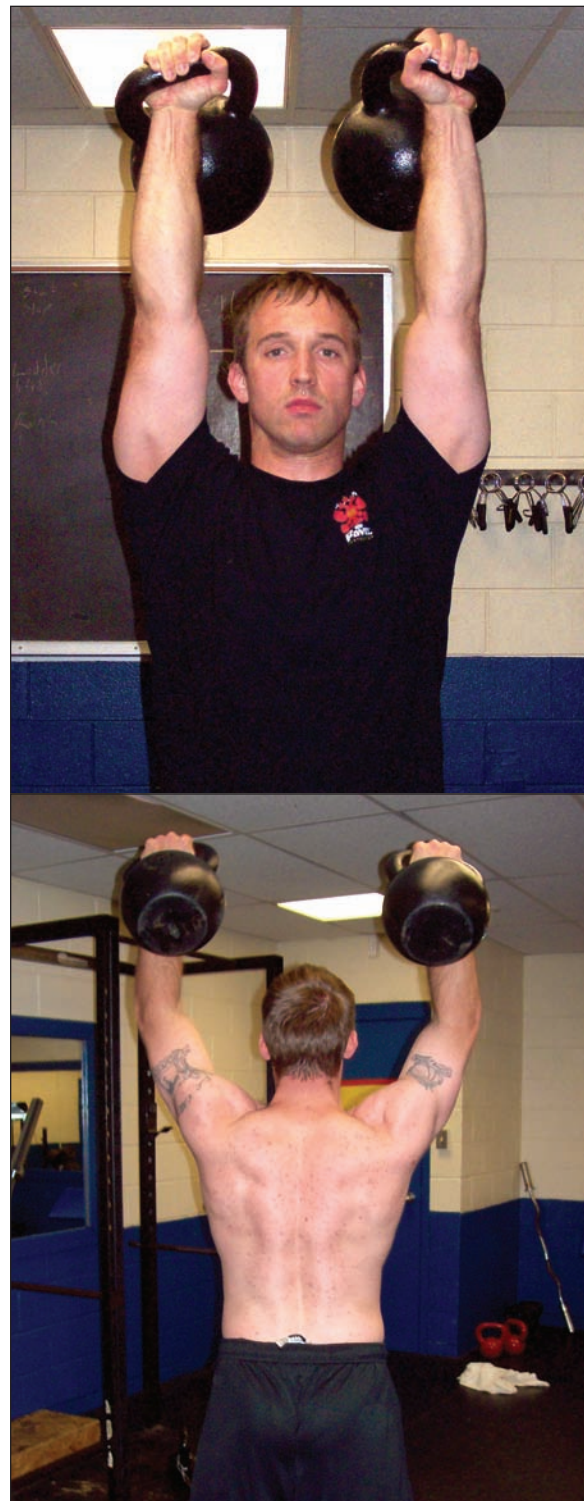
what initially was challenging, I now perceive as easy.

With *Return of the Kettlebell* I have enjoyed constant success. When I have squeezed all the gains I can out of one variable (volume), I then move on to a different variable (density) and continue to gain strength. It has been very fun looking back at my training log and seeing how rapidly I am gaining strength and how far I have come. Besides the strength I gained the amount of muscle I put on was also impressive. Within 3 months I gained 20 pounds and I was still pretty lean. My body also felt great, I think this is in large part due the block training. The block schedule has allowed me to work hard while not feeling worn down.

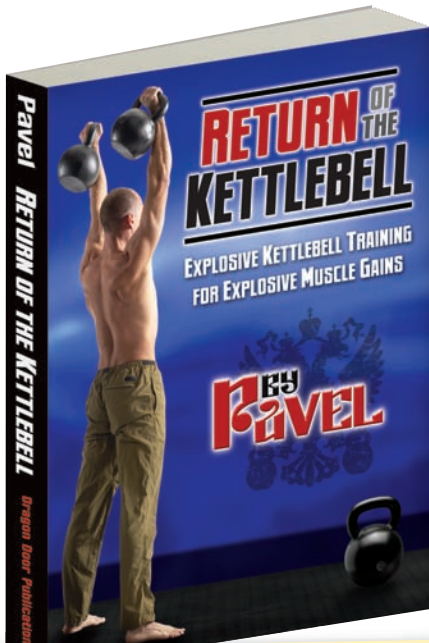
I am currently working on reducing my time on my grind block doing 5 ladders of 5 using double 32s, and on my explosive block reducing my time doing 5 ladders of 10 using double 32s. Since my first 3 months I have put on another 10 pounds, so total I have gained 30 pounds! RTK really is the complete package. One can improve their strength, size and conditioning as well as being able to test their mettle on the heavy clean and jerk days. This is important to me; I need that aspect of training in my life.

The goals I have set for myself are high and I will attain them. I simply have to follow the course that has been laid out before me! It is going to be a lot of fun seeing how far some people in this community take this. Good Luck.

Dan Anderson, RKC, is a former college basketball player. He has a degree in physical education and currently trains people out of the Lenoir/Boone in North Carolina. He offers group classes and individual training and can be reached at ironcruciblekb@yahoo.com



Dragon Door Customer Acclaim for *Return of the Kettlebell*



Well, here it is...the book I always wanted.

"There is not enough hyperbole in my body to express how much I like this book. To say that this work is 'amazing' is an understatement. Anyone who plays with kbells must use this book as a resource. Completing the program and goals set in this book is a worthy fight for any man."
—**Dan John, Senior RKC - Murray, UT**

Enter the Kettlebell sets the standard from boy to man

"Pavel sets the standard from man to monster in his absolutely magnificent book *Return of the Kettlebell*. Pavel has outdone himself and laid out the plan for explosive muscle gains and extraordinary strength—only one thing is required of you if you chose to follow the path.. you gotta have the heart to follow it through... just be careful you don't Incredibly HULK your shirt in the process :)"
—**Kenneth Jay, Master RKC - Slangerup, Denmark**

Greatest book/program around

"If size and strength are what you're after this is the program for you. Pavel is a genius. He has once again laid out the ground work and given you a program that is spot on and second to none. The program is very well explained and illustrated and if followed will get you the results you are looking for. When I started RTK I had a goal of putting on 15 lbs. in 4 months. Well I've already put on 10 lbs. in 4 weeks. And I have a long way to go with my volume. If you follow the template, eat and sleep you can't go wrong with this program. Can't wait to walk through walls. Thanks again Chief Instructor."
—**Scott Herman, RKC - Lenoir, N.C.**

Better than great!

"For the serious student of the Iron Game this book (like all of Pavel's) deserves multiple reads. The details and training gems contained in this book are numerous and invaluable. It's not about the sets and reps, it's about the technique and application. Using the lessons taught in this book will definitely pack dense athletic muscle on your frame. Don't cheat yourself, earn it with ETK and then apply RTK. You will get results."
—**Jeff O'Connor, Master RKC - Talala, OK**

Another Home Run!

"Using the key principles of the RKC Pavel teaches us how to 'muscle up' with double bell work, overload eccentrics and how to use explosive power as well as high tension to get the job done and build some serious muscle. When powerlifting squat god Donnie Thompson says double bell front squats make him work then ALL should listen!"

Bravo Pavel, again, for leading the charge of the bleeding edge of the state of the art. No matter what the training goal, Pavel has a kettlebell solution that WORKS. Get this book and DVD!"
—**Mark Reifkind, Master RKC Instructor - San Jose Ca**

If you want to build mass with kettlebells, this is IT!

"I ordered RTK and decided to start practicing the drills. I liked it so much that I started using them exclusively. In order to get the most from the program I did the progressions as specified for 12 weeks. In that time frame I quickly put on about 7 pounds of muscle. Mostly on my upper back and shoulders. All while eating at maintenance calories."
—**Matt Kinsell - San Diego, CA**

The Same High Standard And Attention To Detail

"In addition to what other people have said, this program is fun. Challenging, but fun as well. It is also elegant (in a vicious kind of way) and very time-efficient. I have found that only the heavy day takes a large space of time and eventually the aim is to compress it. The light and medium days are, relatively speaking, much easier than their ETK equivalent. During grind blocks, due to the asymmetric drop in weight as well as drop in volume. This left me really chewing at the bit and eager to tackle the next heavy day."

Other people have mentioned weight gain. I haven't noticed any but I don't know how much you would expect after 6 weeks. Subjectively however, my shoulders and upper back have exploded :)"
—**Suleiman Al-Sabah - Kuwait**

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

Chapter 1: The Science of Big

- **Heresy**, but it works! Maverick superstar **Vasily Alexeev** snuck this renegade method past the apparatchiks' noses—and packed serious pounds of beef on his grateful students in record time... Page 2
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HOW TO MASTER ADVANCED KETTLEBELL DRILLS—AND EXPLODE YOUR STRENGTH!

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.

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

"I have used kettlebells in my program for years with fantastic results. The combination of

movements provides the professional athlete with a unique challenge available from no other piece of equipment. I have followed Pavel's principles in designing my training systems. Now with *Return of the Kettlebell* you can take your training to the next level. The guidelines outlined in the DVD and companion book are ideal for athletes who must be strong and explosive. The book has excellent program design hints that allow you to adapt the training to the specific goals you seek. The book and DVD are a STRONG combination that everyone should have in their own personal strength and conditioning library."—Stan Kellers, Assistant Coach of Strength, Cleveland Cavaliers

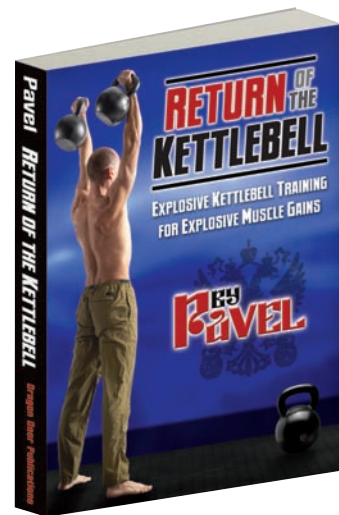
"Pavel is the reason I started using kettlebell exercises with all my clients so I was anxious to get my hands on *Return of the Kettlebell*. Pavel, as always, gets straight to the point with his concise, logical, and entertaining writing style. The pictures perfectly depict what you should and shouldn't 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*

"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*

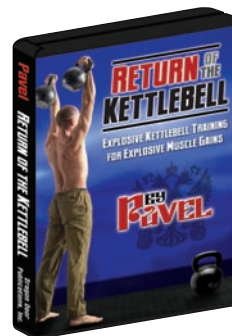


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2

Mid-Level

3

Advanced

DVD

by Pavel
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Praise for Kenneth Jay's Viking Warrior Conditioning

An Instant Classic

"KJ's really done it this time, a holy grail of conditioning. This is no doubt going down in history as a classic work in conditioning. KJ explains very complex subjects involving VO2max without dumbing it down, and yet it is relatively easy to comprehend. A true pleasure and a treasure trove of information and insight."—Matt Seki, LA

By far the best conditioning program I have ever used!

"The results speak for themselves. After completing the 15:15 protocol in about a month and a half my resting heart rate dropped from 54 to 45, my blood pressure dropped from 110/80 to 80 over 50 and I went from being able to hold my breath from 1 minute to easily over 2 minutes. My recovery rate, work capacity and resiliency are all as good if not better than they were 15 years ago. I highly recommend this book." —Asha Wagner, Firefighter, RKC II - Oakland, CA

A "Must Have" if you are serious about your conditioning

"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

Purchase this Book

"Sometimes, a book is good to borrow. Not this one. This is one to own. You will read it MANY times. I read VWC cover to cover the day it arrived, and I've read it three additional times since. I thought I had understood the basics of MVO2, and thought I had been practicing it - and was WAY wrong. This book lays it all out for you, and it makes sense. The protocol works. Progress is quick, and obvious. Improved performance, reduced body fat. Addicting. Brutal. Effective. Brilliant! VWC receives my highest recommendation."

—Niki Shlosser, RKC, Santa Monica, CA

Great Book... Well worth the price

"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



“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!*

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

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!”

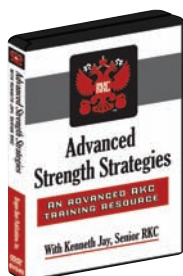
—Mark Cheng, L.Ac., Ph.D., RKC Team Leader, Contributing Editor:
Black Belt Magazine

“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.”

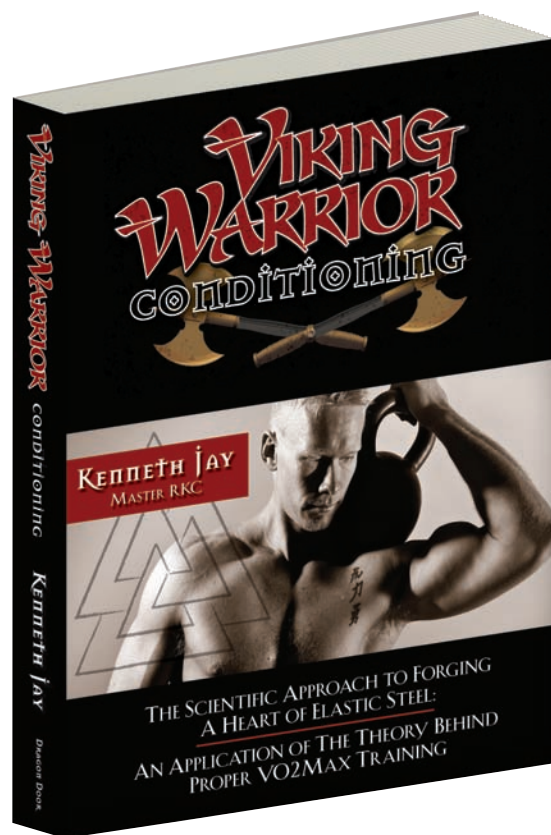
—Brett Jones, Master RKC, CSCS, CK-FMS

“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 27 for the companion 2-DVD to Viking Warrior Conditioning, Kenneth Jay's Advanced Strength Strategies



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By Kenneth Jay

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“Do You Think This Kettlebell Thing Can Fly in the US?”

The True Story of a Conspiracy That Changed the World

One wintry afternoon in 1999, an Englishman and a Russian hunched over their espressos at a Dunn Brothers coffee shop in Roseville, Minnesota.

At their feet: a brutish, beaten, rusted cannonball with a handle—the Russian's treasured import from his Motherland. He called it a kettlebell and he was asking his English friend, "Do you think this kettlebell thing can fly in the US?"

The Russian himself was skeptical. The kettlebell had become a forgotten tool in the West, gathering cobwebs in moldy basements and ancient, dusty gyms. And in his Motherland the kettlebell seemed to seek out only the roughest company: grizzled military, burly strongmen, surly comrades with tattoos in all the wrong places, scarred faces and broken noses.

The Russian and the Englishman downed a second round of espressos and planned their move:

Pavel would write the first-ever book in the West devoted purely to kettlebell training, would author and appear in a video on kettlebells and would offer the ever-first kettlebell instructor certification in the world.

John would promote this pioneering Russian Kettlebell Challenge to an unsuspecting public.

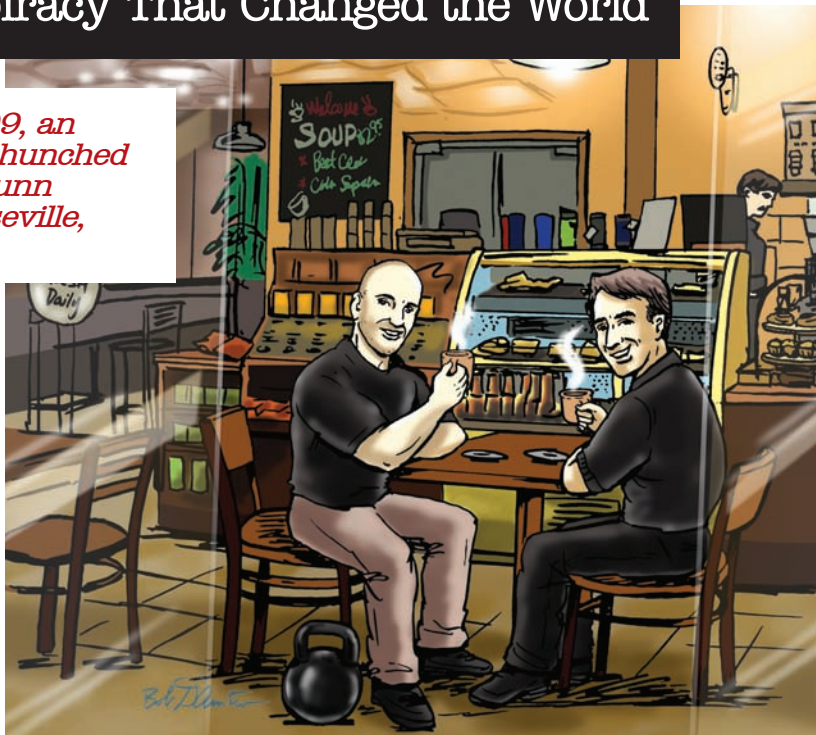
In 2001, the American and then the international fitness world was turned upside down—as Pavel's landmark **Russian Kettlebell Challenge** program sent shock waves through the S&C cognoscenti.

To Pavel and John's happy surprise, the RKC kettlebell training system became a huge hit, not only for the hardened military types, martial artists and professional athletes they had expected, but also for a growing legion of regular folk—won over by the remarkably fast gains in strength and performance.

And of course, the NEW KETTLEBELL BODY didn't hurt either—the rippling muscles, the chiseled frame, the lean hard look for men, the trim, firm physique for women. And nor did the new self-assurance—the confident posture, the vigor, the sense of regained power. A new sense of personal magnetism.

Now, nine years later, in 2010, kettlebells are entrenching themselves firmly into the national landscape as the ultimate tool and system for dramatic fitness gains. We are poised now at what Malcolm Gladwell described as the Tipping Point: when a product crosses over from being the cult favorite of the Few into the tidal wave of Mass Acclaim.

Claims that the kettlebell delivers superior fat loss to any other method are now being



Convicted of conspiracy to change the world... one kettlebell at a time—Pavel and John at their historic meeting in the Winter of 1999

supported by scientists, in research funded by the American Council on Exercise (ACE).

Funded by the **American Council of Exercise (ACE)**, research published in the January/February 2010 issue of **ACE FitnessMatters** proves that there's plenty of scientific truth to back up the cardio and fat loss claims.

The research team led by John Porcari and Chad Schnetter, M.S. at the University of Wisconsin, La Crosse Exercise and Health Program, used a **VO2max kettlebell snatch protocol** developed by Dragon Door author and Master RKC kettlebell instructor Kenneth Jay, in Jay's bestseller **Viking Warrior Conditioning**.

After only a 20-minute kettlebell workout, research subjects burned an average of 272 calories. However as, Dr. Porcari states in his research conclusions: "We also measured the blood lactate, so anaerobically they were burning another 6.6 calories per minute, which is off the charts. That's equivalent to running a 6-minute mile pace."

The scientists credit the startling level of calorie burn to the fact that the kettlebell workout is a total-body movement that is also done very quickly, due to the interval-training format. Added researcher Schettler, the kettlebell workout gives you "a big bang for your buck in a very short amount of time."



RKC: Premium Kettlebells for a Premium Body!

We Make It Easier for You to Work Hard—
With These 3 NEW Military-Grade RKC Kettlebells

By popular demand, we have introduced 3 new RKC kettlebells designed to help women, in particular—but also beginners and smaller men—achieve faster results without greater risk of injury.

Many women told us that the diameter of our traditional 16 kg (35 lb) kettlebell was unmanageable for their smaller hands. Meaning the grip gave out before they could get the results they otherwise deserved.

The solution? Dragon Door's new, smaller-handled 16 kg RKC kettlebell, which allows our female customers to work out longer and get even greater results.

Again many of our customers—and our instructors—begged us to introduce two new sizes to make it easier to work harder—adding new weight in smaller increments. The solution? Dragon Door's new 10 kg (22 lb) and 14 kg (31 lb) RKC kettlebells.

Your Kettlebell Should Last For Ever— And So Should You!

Our 3 new sizes guarantee you decades of solid progress in your strength and conditioning goals.

- **Unique, highly durable paint** prevents ugly rusting and scratching
- **Gorgeous, smooth finish** ensures minimal friction—saves your hands so you can kill your body!
- **Resilient casting job** guarantees a lifetime of hard use in the toughest of terrains
- **Perfect ergonomic design** ensures maximum challenge to the body, while minimizing the chance of injury



NEW Dragon Door

Be superior in your preference. Insist that your kettlebell displays the RKC badge of premium quality

10 kg (22 lb)
RKC Kettlebell
#P10T \$64.95

14 kg (31 lb)
RKC Kettlebell
#P10U \$79.95

16 kg (35lb)
RKC Kettlebell
#P10S \$87.95

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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.

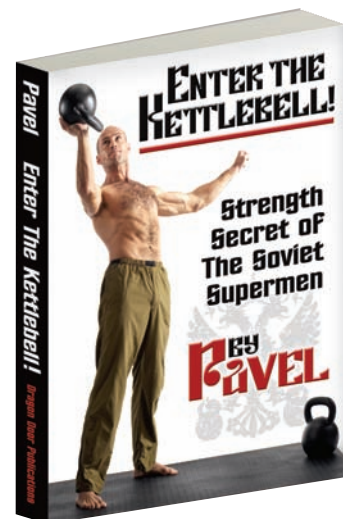
2. The RKC Rite of Passage

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.

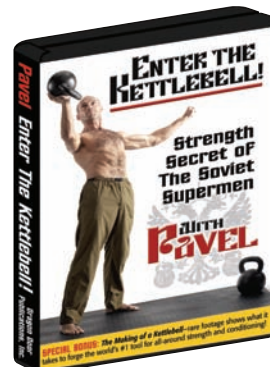
When you rise to the challenge—and *Enter the Kettlebell!*—there will be no more confusion, no more uncertainty and no more excuses—only raw power, never-quit conditioning and earned respect.



Enter the Kettlebell! Strength Secret of The Soviet Superman

by Pavel #B33 \$34.95

Paperback 200 pages 8.5" x 11"
246 full color photos,
charts, and workouts



DVD with Pavel

#DV036 \$29.95

DVD Running time: 46 minutes



Purchase Pavel's *Enter the Kettlebell!* book and
DVD as a set and **save...** Item #DVS011 \$59.90

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Use Kettlebells to:

- **Accelerate your all-purpose strength**—so you can readily handle the toughest demands
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- **Boost your physical resilience**—to repel the hardest hits
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- **Create a potent mix of strength-with-flexibility**—to always reach your target
- **Forge a fighter's physique**—so form matches function
- **Be independent**—world's #1 portable gym makes you as strong as you want to be, anywhere, anytime

Kettlebells Fly Air Force One!

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

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

Pavel's Kettlebell FAQ

What is a 'kettlebell'?

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

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

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

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

Why train with kettlebells?

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

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

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

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

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

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

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

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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 deadily effective as an AK-47. You can find Pavel's certified RKC instructors among Force Recon Marines, Department of Energy nuclear security teams, the FBI's Hostage Rescue Team, the Secret Service Counter Assault Team, etc.

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

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

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

Am I kettlebell material?

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

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

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

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

How do I learn to use the kettlebell?

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

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

—Kid Peligro, *Grappling* magazine

What is the right kettlebell size for me?

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

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

"Kettlebells are like weightlifting times ten."

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

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

Classic RKC Kettlebells (Cast Iron/E-Coated)

Item	Weight	Price	MAIN USA	PUERTO RICO	AK&HI	CAN
#P10N	10 lb	\$37.95	S/H \$14.00	\$47.00	\$53.00	\$35.00
#P10P	14 lb	\$49.95	S/H \$16.00	\$51.00	\$57.00	\$41.00
#P10M	18 lb	\$59.95	S/H \$22.00	\$65.00	\$71.00	\$46.00
#P10T	10 kg (22 lb)	\$64.95	S/H \$25.00	\$73.00	\$79.00	\$52.00
#P10G	12 kg (27 lb)	\$69.95	S/H \$28.00	\$80.00	\$86.00	\$58.00
#P10U	14 kg (31 lb)	\$79.95	S/H \$34.00	\$93.00	\$99.00	\$64.00
#P10A	16 kg (36 lb)	\$87.95	S/H \$38.00	\$104.00	\$110.00	\$72.00
#P10S (Women's)	16 kg (36 lb)	\$87.95	S/H \$38.00	\$104.00	\$110.00	\$72.00
#P10H	20 kg (45 lb)	\$97.95	S/H \$44.00	\$123.00	\$122.00	\$85.00
#P10B	24 kg (53 lb)	\$107.95	S/H \$49.00	\$141.00	\$139.00	\$94.00
#P10J	28 kg (62 lb)	\$129.95	S/H \$53.00	\$162.00	\$157.00	\$107.00
#P10C	32 kg (71 lb)	\$139.95	S/H \$55.00	\$186.00	\$193.00	\$121.00
#P10Q	36 kg (80 lb)	\$159.95	S/H \$58.00	\$203.00	\$209.00	\$134.00
#P10F	40 kg (89 lb)	\$179.95	S/H \$64.00	\$223.00	\$229.00	\$148.00
#P10R	44 kg (97 lb)	\$219.95	S/H \$69.00	\$241.00	\$247.00	\$160.00
#P10L	48 kg (106 lb)	\$239.95	S/H \$75.00	\$261.00	\$267.00	\$175.00

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

Save \$15.00	#SP10 Classic Set—35, 53 & 70 lb.	\$320.85	S/H \$142.00	\$431.00	\$450.00	\$287.00
Save \$15.00	#SP11 Women's Set—10, 14 & 18 lb.	\$132.85	S/H \$52.00	\$163.00	\$181.00	\$122.00

ALASKA/HAWAII KETTLEBELL ORDERING
Dragon Door now ships to all 50 states, including Alaska and Hawaii, via UPS Ground.

CANADIAN KETTLEBELL ORDERING
Dragon Door now accepts online, phone and mail orders for Kettlebells to Canada, using UPS Standard service. UPS Standard to Canada service is

guaranteed, fully tracked ground delivery, available to every address in all of Canada's ten provinces. Delivery time can vary between 3 to 10 days.

IMPORTANT — International shipping quotes & orders do not include customs clearance, duties, taxes or other non-routine customs brokerage charges, which are the responsibility of the customer.

- KETTLEBELLS ARE SHIPPED VIA UPS GROUND SERVICE, UNLESS OTHERWISE REQUESTED.
- KETTLEBELLS RANGING IN SIZE FROM 4KG TO 24KG CAN BE SHIPPED TO P.O. BOXES OR MILITARY ADDRESSES VIA THE U.S. POSTAL SERVICE, BUT WE REQUIRE PHYSICAL ADDRESSES FOR UPS DELIVERIES FOR THE 32KG AND 40KG KETTLEBELLS.
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Men, New to Kettlebells? Here's How to Get the Fastest and Most Effective Strength, Conditioning and Fat-Loss Results with Your Russian Kettlebell...

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

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

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

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

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

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

16kg or 35-pound kettlebell with Pavel's *Enter the Kettlebell!* book and DVD



Men's 35lb Russian Kettlebell Quick-Start Kit

Item #KKB009 \$129.95 plus \$43.50 SH

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

20kg or 44-pound kettlebell with Pavel's *Enter the Kettlebell!* book and DVD



Men's 44lb Russian Kettlebell Quick-Start Kit

Item #KKB014 \$139.95 plus \$50.50 SH

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

24kg or 53-pound kettlebell with Pavel's *Enter the Kettlebell!* book and DVD



Men's 53lb Russian Kettlebell Quick-Start Kit

Item #KKB015 \$149.95 plus \$54.50 SH

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

X2

CLASSIC KETTLEBELL PAIRS (SOLID CAST IRON/E-COATING)

ORDER A PAIR & SAVE \$10.00

			Price	MAIN USA	PUERTO RICO	AK&HI	CAN
#P10TA	Two	10 kg (22 lb)	\$119.90	S/H \$50.00	\$146.00	\$158.00	\$104.00
#P10GA	Two	12 kg (27 lb)	\$129.90	S/H \$56.00	\$160.00	\$172.00	\$116.00
#P10UA	Two	14 kg (31 lb)	\$149.90	S/H \$68.00	\$168.00	\$198.00	\$128.00
#P10AA	Two	16 kg (36 lb)	\$165.90	S/H \$76.00	\$208.00	\$220.00	\$144.00
#P10HA	Two	20 kg (45 lb)	\$185.90	S/H \$88.00	\$246.00	\$260.00	\$170.00
#P10BA	Two	24 kg (53 lb)	\$205.90	S/H \$98.00	\$282.00	\$294.00	\$188.00
#P10JA	Two	28 kg (62 lb)	\$249.90	S/H \$106.00	\$324.00	\$336.00	\$214.00
#P10CA	Two	32 kg (71 lb)	\$269.90	S/H \$110.00	\$372.00	\$386.00	\$242.00



20



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Which Kettlebells Should I Get?

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

—Louie Simmons, Westside Barbell Club

BY PAVEL

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

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

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

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

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

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

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

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

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

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

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

Poods and Kilograms to Pounds Approximate Conversion

Poods	kgs.	lbs.
0.25	4	9
0.375	6	13
0.5	8	18
0.75	12	26



The most popular sizes in Russia are shaded in red.

1	16	35	Male beginner’s weight
1.25	20	44	
1.5	24	53	Most popular in the military
1.75	28	62	
2	32	70	Advanced men
2.5	40	88	
3	48	106	

Start out with the Right Kettlebell!

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

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

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Words cannot describe...

"how magnificent this book and DVD is.

Here is a true testament to the power of beautiful strength. I coach some of the best swimmers Denmark has to offer. Swimmers are notorious known for having bad shoulders and I am constantly working on perfecting their movement patterns. One young female swimmer (16 yrs of age) was having severe lower back and shoulder pain. Her FMS score was an asymmetrical 11 with pain.

In 8 weeks the situation had greatly improved. For the first four weeks I worked with her TGU the Khalos Sthenos way and then added the KB swing after that. So basically she was doing the PM for her conditioning with an emphasis on the Khalos Sthenos progressions. Her FMS score is now a symmetrical 19 and she just set 7 Danish national records. All pain-free!"

—Kenneth Jay, Master RKC - Denmark

Worth every penny, and more

"I'm a newbie. In March, I couldn't even do 1 pull up. I started KB swings and TGU. After maybe 2 weeks, not only could I perform 1 pull up, I could do 2 without kipping. I noticed too that my shoulders were already getting stronger. I didn't think that just performing that static pressing the kb could make my shoulders strong so quick. I decided to look more into the TGU. I bought the KBFTGU. Was I shocked at how wrong I was doing the get up. This program teaches you the correct way to do a tgu, gives you exercises and stretches to do, to help you perform each stage of the movement correctly. Learning the Brettzel was worth the price of admission by itself.

Now after a month with the program, I can perform 8 TGU on each side (not alternating arms) with my 16k bell, and I can perform 10 pull ups. I think that the TGU is one of the best exercises that anyone can have in their toolbox. Get the dvds and manual, if you want to improve how you do the movement, and increase your overall strength."

—James Lippiatt - Miami, Florida

Thorough & knowledgeable

"Gray and Brett provide easy to follow, step by step, instruction on the seven positions for the TGU. I find that referring to both the DVD and the manual ensure refinement and mastery of the technical aspects of each position. I replay each chapter of the DVD as often as I need and I keep the manual by my side when I'm on the floor for easy reference. You won't find better instruction anywhere. These guys are experts. Presented in an engaging and friendly manner."—Tom Snow, KB user 2.5 years. - Montecito, CA

A "Real World" Review

"I admit it: I always hated the Get Up. I just didn't see the point. Yes, for wrestlers and fighters, I saw the point, but what about the rest of us?

Then, at the USMC Cert, Dr. Mark Cheng simply said to me: "It might take years to mine all the gems in the Program Minimum." The PM, as we all know, is simply mixing the Swings and the TGU. Well, anything Mark tells me is something I take to heart. Was I missing something?

When I first popped open Kettlebells from the Ground Up and started watching and taking notes, I was amazed. As a strength coach, this little series of 'moving moments' gave me a daily chance to assess my athletes (up to 65 at once!) without anything more technical than 'raise your right leg' or 'roll your head.' Folks, as a coach, you can have 30 assistant coaches running around but you never get the feedback that you need. With the KS system, the athlete 'knows' that this or that is stiff or weak and can instantly apply the fix.

It is a one stop assessment tool, a great workout and a magnificent book. I can't recommend it enough. Even if you don't coach a dozen athletes, use the tools in this work on yourself and amaze yourself with the simple insights about day to day issues that you instantly address in just a few minutes of 'testing.' Great, great stuff..."—Dan John, RKCTL - Murray, UT



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!



Kettlebells from the Ground Up

The Kalos Sthenos

With Gray Cook, RKC and Brett Jones, Master RKC • Manual co-authored with Dr. Mark Cheng, RKC Team Leader

**2-DVD set with 36 page spiral-bound manual
#DVS017 \$79.95**

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24 hours a day



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DID YOU GET YOUR *GODDESS* YET?

Reader reviews of Andrea Du Cane's *The Kettlebell Goddess Workout* DVD—Average Rating: 9.11 out of 10, in 123 reviews on dragondoor.com



Finally!!!

"I am so excited about this DVD! I have been training with KB's for three years now off and on, and I have to admit that my motivation has been running low in the past year, and this is just

what I needed! Someone to push me, something simple, something structured. I have been waiting for a DVD like this for a looong time and now it is finally here! What I like best with it is how it is laid out. It is a complete foolproof way to get your butt kicked a different way each and every day! I love it. And the PDF that came with the DVD shows different ways to schedule your workout or combine different exercises and it gives me absolutely no excuse not to swing that bell! Andrea, great job!" —Ulrika - Detroit, MI

WOW!

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

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

—Christine Stauch, 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!!!

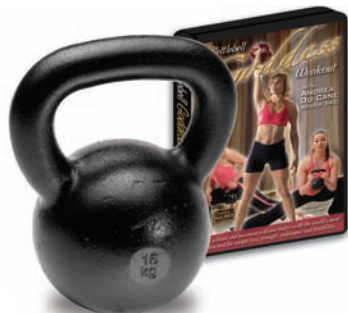
"This is a great DVD. I have been getting nothing but positive feedback from my clients. I tried a few of them myself and trust me guys, this DVD is not just for the Goddess' but the Gods' can also get worked on these programs as well. The different combinations and ways Andrea shows you how to come 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



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

Save Money with the ULTIMATE KETTLEBELL WORKOUT Kits



1

Beginner

2

Mid-Level

Women's 18-lb Ultimate Kettlebell Workout Kit
Item #KKB010 \$82.95 plus \$26.50 SH-A*

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*



"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—they 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...

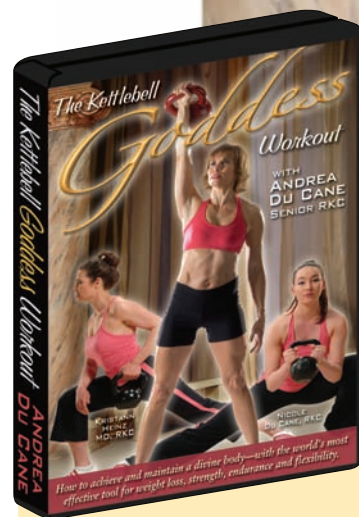
Or simply follow along with one of the six **Goddess Workouts** for a complete, carefully targeted session designed to carve away the fat and sculpt lean, toned muscles—ready and willing to take on the world and win it all. Just like Athena... Just like Nike...

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**

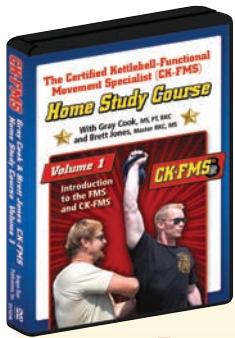


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24 hours a day



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

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

The Key 12 Advantages You'll Gain When You Master The Functional Movement Screen Fundamentals:

- ▶ **Mastery Advantage # 1:** Instantly cut through the clutter—and zero in with uncanny accuracy on what really works to enhance your own and your client's movement.
- ▶ **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.

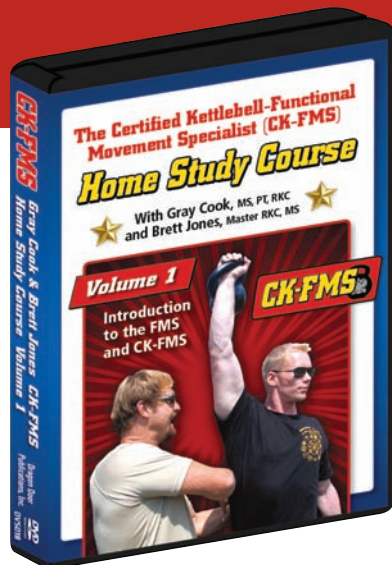


"FMS is an outstanding system for making an athlete resilient, a perfect complement for the RKC."

—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

How to Catapult Yourself into the Ranks of the Elite Athlete, Coach and Personal Trainer



The Certified Kettlebell-Functional Movement Specialist (CK-FMS) Home Study Course

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

Item # DVS018 \$577

15-DVD set



Mid-Level



Advanced

Plunder and Deploy: Get Complete Access to Historic, Secret-Laden, RKC-Only Training —And Take Home a Treasure Trove of Tips and Strategies for Moving with Unprecedented Speed, Strength, Grace and Power!

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.

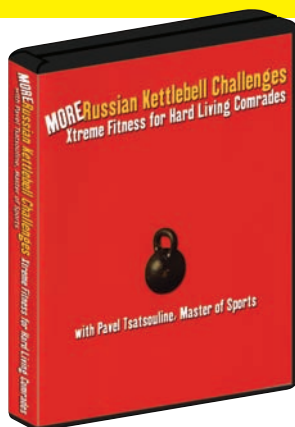
Gray Cook has strongly endorsed HardStyle RKC. Pavel has strongly endorsed FMS... Only natural then that Pavel and Gray Cook should join forces to offer RKCers a special program that integrates the best of RKC with the best of FMS.

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



Order CK-FMS DVDs online:
www.dragondoor.com/DVS018

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



More Russian Kettlebell Challenges

25 Evil Drills for Radical Strength and Old School Toughness

With Pavel Tsatsouline

DVD **#DV005 \$47.00**

Running Time: 40 min.



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

The Traditional Bent Press

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

The DARC Swing

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

The Reverse Floor Wrist Drill

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

The Front Squat

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

The Para Press

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



The Knee Supported Row

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

The One Legged Deadlift

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

The Seated Good Morning Stretch

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

The Floor Seated Press

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

The Split Press

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



Totally Awesome

"As Law Enforcement, I can tell you that if you are not in shape for a fight or have the toughness (physically and mentally) to keep fighting after being stabbed or shot by a suspect, one day you are going to die. I have been following along with the DVD and getting an awesome workout every time. Pavel's directions are easy to follow and very detailed. HIS ATTENTION TO DETAIL WILL SAVE YOU FROM INJURY.....IF YOU LISTEN!!!! These are awesome full body workouts that will put you in fighting trim building BOTH strength and endurance. Thanks to you Pavel and the people at Dragon Door for bringing a fantastic OLD SCHOOL tool back to the forefront of REAL fitness here in the U.S."—Greg T, Sheriff's Dept, CA

Best Kettlebell DVD

"All I can say is WOW. It helped me dominate the 53lb kettlebell just by following the techniques. I recommend it for tough guys looking for more challenges that this bell can offer. Thanks Dragon Door for existing and Pavel thanks for making me look bigger and stronger with the help of this DVD and Kettlebells."—Wilson Castillo, Leesburg, VA

A Real Treat!

"25 drills in this DVD. All of them are must haves in your KB lifting repertoire. All of them are tough. There are no namby-pamby exercises in this DVD. Pavel demonstrates the drills with the ease and grace normally reserved for an Olympic figure skater, only this guy, who looks like he was carved out of stone, and is hoisting kettlebells. I am very satisfied with the purchase of the DVD. I am glad I bought it. My kettlebell lifting which is always improving, has already improved from it."—Christian Rubio, RKC, Lake Mary, FL





"The HKC was a phenomenal experience! The training I received today was head and shoulders above other courses I have taken." —Roy Harris, Martial Arts, Fitness Instructor, 4th degree black belt Brazilian Jiu Jitsu, 3rd degree black belt Sho Shin Ti Karate, 3rd degree black belt Taihojutsu, Senior Instructor Bruce Lee's Jeet Kune Do, Former Police Officer, Former United States Air Force Medic.

Master the essentials of kettlebell lifting—and dramatically boost your power and effectiveness as a personal trainer or coach

Pavel and Dragon Door's one-day, entry-level kettlebell instructor certification workshop Hardstyle Kettlebell Certification™ (HKC™)

Taught by Dragon Door's Master and Senior RKC's



Instructors and HKC candidates had a lot to smile about at the first-ever HKC held in St. Paul Minnesota in September 2009



Since Pavel and Dragon Door launched the world's first-ever kettlebell instructor certification program in 2001, the classic RKC program has become the gold standard, now with over 1,500 certified instructors in over 43 countries.

The prized RKC certificate represents a "Black Belt" in kettlebell instruction that requires extensive pre-training to attain. A grueling, "experience of a lifetime", the RKC program is the **ONLY** current program which insists on stringent testing of multiple skills and strengths. Currently only an average of 70% of RKC candidates succeed in passing the requirements by which they can proudly hold themselves forth as "RKC-certified".

While qualified RKC's continue to graduate to ever-higher levels of expertise, through such groundbreaking graduate programs such as the CK-FMS and the RKC level II, it's clear that these individuals share a very special combination of drive, passion, skill, commitment and physical capability—without which the RKC would remain a distant dream.

In other words the RKC is not for everyone! Not everyone is ready to step up to that level of intensity and commitment. To pay that kind of price in blood, sweat, tears and money—whatever the final prize and future benefits, be it enhanced financial opportunity or dramatic physical gains.

But what about all of those otherwise-dedicated coaches, trainers and athletes who just can't commit to the full-bore RKC, but would still like to be certified in the most important essentials of kettlebell lifting?

Currently there is no entry-level kettlebell certification program that addresses these folk with the kind of quality and standards Dragon Door and Pavel have become famous for.

Time to change all that and provide this larger group of fine individuals the chance to "Enter the Kettlebell", as it were—and learn from the very best in the business.

So with that in mind, we present you the *HardStyle Kettlebell Certification*, the HKC—and your chance to join forces with the world's premier kettlebell instructor training system.

In creating the HKC, Pavel drew on his eight-plus years of developing the current Level I and Level II RKC programs, his authoring of the widely acclaimed *Enter the Kettlebell!* system and other kettlebell training resources, plus thousand of hours of personal discussion and research with high-level training experts of all kinds.

With his deep skill at identifying what is truly essential for effective kettlebell training, Pavel has created, with the HKC, an opportunity to build a superb and rock-solid foundation as a kettlebell professional.

Attend the HKC and leave with these major advantages:

- **Understand** the true benefits of kettlebell training—for both yourself and your clients
- **Be on top** of crucial kettlebell training safety procedures
- **Know how** to ensure your clients move with perfect form and avoid injury
- **Master the key** HardStyle skills and principles of strength
- **Competently** perform the three key kettlebell exercises (the Swing, the Get-Up, and the Goblet Squat)
- **Be confident** you can now correctly teach the three essential kettlebell exercises—and troubleshoot common technique problems
- **Know how** to write kettlebell training programs for athletes (GPP) and fitness clients in a private or class setting

"The HKC was absolutely the best, most comprehensive, and challenging one day course I have ever taken. This is the course to take to learn proper kettlebell techniques and instruction. I am certified in and have taken numerous fitness courses, and none compares with the breadth of bio mechanic knowledge or hands on training." — EJ Maiss, Personal Trainer / GM of Athletic Club, Reno, NV

To see all current HKC workshops in the U.S. and worldwide, visit: <http://www.dragondoor.com/hkc/workshops>

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



Find Info on HKC Workshops online:
[dragondoor.com/hkc/workshops](http://www.dragondoor.com/hkc/workshops)

“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.

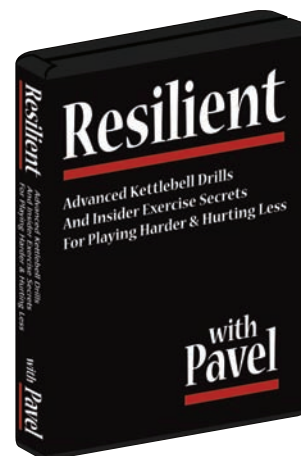
You get sidelined! You can't do what you want to do anymore. People don't want you on their team anymore. You can't compete anymore. You're... let's face it...washed up, as a card-carrying member of the active elite. Sometimes all it takes is one sudden injury to that one weak spot you neglected to strengthen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



Mid-Level Advanced

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

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www.dragondoor.com/DV017

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24 hours a day



THE DANE OF PAIN COMMANDS YOU TO FINALLY GET REAL:

ENOUGH IS ENOUGH!

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

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

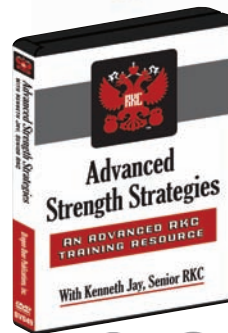
The Level II RKC's got a thorough schooling in *Cardiovascular Kettlebell Concepts* and how to massively enhance their all-important VO2Max.

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

Well, of course our kind Viking was not about to let his students off with a mere Powerpoint presentation of theory and research, however convincing. So, out to the playing field the RKC's all trooped—and were promptly subjected to one of the most blistering KB sessions of their lives: the VO2Max snatch protocol.

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

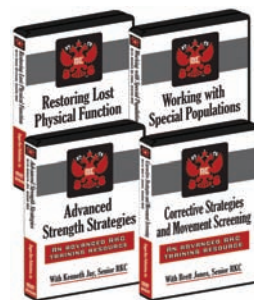
Absorb Kenneth's presentation, watch it through a few times so your mind can understand the full significance and power of what Kenneth is offering you. Follow along and "take heart" from the warrior-building workout that follows. Then prepare to kick some solid butt in the world at large.



2-DVD set
#DV049 **\$77.00**

Advanced Strength Strategies
An Advanced RKC Training Resource
With Kenneth Jay, Senior RKC
Running Time:
One hour 42 minutes

RKC Level II Advanced Training Super-Set



Get all four programs and **save \$31.00** if purchased individually!

#DVS015
\$277.00

Contains:

1. *Working with Special Populations* By Andrea Du Cane, Senior RKC
2. *Restoring Lost Physical Function* By Mark Reifkind, Senior RKC
3. *Corrective Strategies and Movement Screening* By Brett Jones, Senior RKC
4. *Advanced Strength Strategies* By Kenneth Jay, Senior RKC

Highly Recommended

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

Don't cheat yourself out of this

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

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

Order *Advanced Strength* online: www.dragondoor.com/DV049

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

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

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

Viking Cardio

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

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

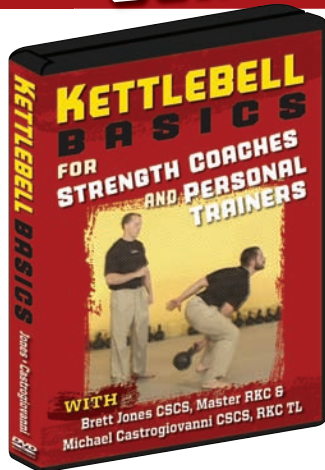
—David Whitley, Senior RKC, Nashville, TN

Order Kettlebells online:

www.kettlebellkettlebells.com

KETTLEBELL BASICS

FOR STRENGTH COACHES AND PERSONAL TRAINERS



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**

1
Beginner

2
Mid-Level

Order *Kettlebell Basics* online:

www.dragondoor.com/DV026

"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

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 Randall, 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

"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!*

KETTLEBELLS

FOR POWER ATHLETES

Discover how to:

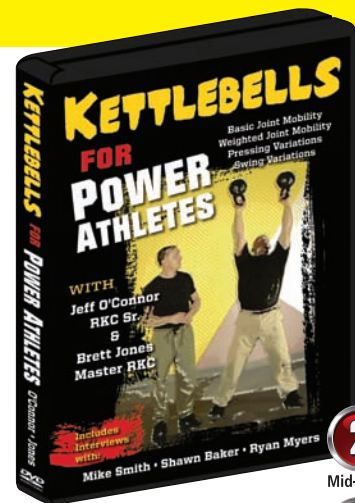
- ▶ Quickly increase your power output
- ▶ Boost your overall strength
- ▶ Safeguard the health of your joints—despite lifting heavier than ever
- ▶ Enhance your mobility
- ▶ Employ unique drills for *Shock Training*

Plus interviews with 3 Champions on the benefits and integration of KBs into their training:

- ▶ **Mike Smith**—World Record Holder in the Scottish (Highland) Games
- ▶ **Shawn Baker**—181 lb. 2003 WPC World PL Champ
- ▶ **Ryan Myers**—Pro Lightweight Strongman Competitor and World Record holder in the Log Press

"Brett Jones has created an outstanding tool for strongmen and heavy events athletes. I believe the missing component in many power athletes is mobility training. Very few people seriously train to move better. Brett has laid out a logical and effective mobility plan with this product that provides movement patterns that will increase your sports performance instantly through a combination of functional movement patterns and joint mobility. The Kettlebell drills are refreshing variations of key drills built to increase your hip and back mobility and strength. There are several drills I have added successfully to both my training and the S&C programs of my clients with excellent results."

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



2
Mid-Level

3
Advanced

Kettlebells for Power Athletes

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

Running time: 54 minutes

DVD **#DV063** **\$39.95**



Order *KBs for Power Athletes* online:
www.dragondoor.com/DV063

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



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



**Item
#DVS005
\$59.90**

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

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



Order *Russia w/ Tough Love* book online:
dragondoor.com/B22

Your Fast-Start Guide to Extraordinary Strength

The Staley/Tsatsouline Strength Seminar

By Charles Staley and Pavel Tsatsouline

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

Charles and Pavel have made it a life-long quest to wrestle free the real nuggets from the morass of half-truths masquerading out there



as "strength training". Each man makes actual results the bottom line in his quest for superior physical performance.

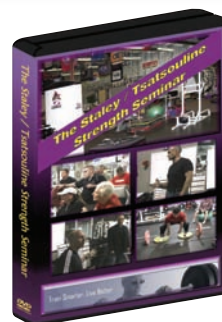
Put the two men's knowledge and experience base onto the same team—and you're guaranteed methods that have been proven over and over again where it really counts—in the trenches.



Discover:

- How to cultivate the skill of strength by applying the master principle of "linkage".
- Understand the finer points of *slow* and *explosive* strength.
- The best methods for developing *starting* and *absolute* strength.
- How to calculate the minimum personal velocity needed for optimal explosive lifts.
- How to accelerate correctly through a sticking point.
- How to build a winning momentum with your explosive strength.
- The importance and applications of absolute strength as a foundation for all your strength programs.
- What it really takes to generate and apply massive tension.
- How to build an impregnable foundation using the method of "easy strength".
- How to combine tension with relaxation drills to avoid injury and sub-par performance.
- When and why adding a dynamic component to your program can be pointless if not downright detrimental.
- When to employ the Russian secret of specialized variety, to get a dramatic edge over your competitors.
- How to significantly finesse the skills of your sport by practicing them isometrically.
- How to clean up your technique and jump in proficiency using *neurological erasure*.
- How to recruit your breath for even greater power—guaranteed.
- How to use the subtle but extremely important wedge method to enhance your strength and power.

- How to avoid "leaking away" your hard-earned strength—get this right and save yourself from a world of frustration and sub-par results.
- How to release the parking brake within your body that could be dooming your performance to constant failure.
- The single biggest obstacle to success in the weight room—and how to overcome it, every time!
- The worst possible formula for strength training—and why you want to always do the very opposite...
- The crucial distinction between principles and methods.
- The magic rep number that yields the greatest power output...
- How to correctly evaluate "success" in your workout.
- How to pack maximum strength benefits into minimum time.
- How to manipulate the variables in your training to trick your body into greater strength gains.
- The cornerstone principle in all strength training—and how to make it work even better for you.
- How to accomplish the most by using the least—or the lazy man's guide to extreme strength gains.
- How to dramatically reduce the chance of injury in your training—and radically extend your athletic career.
- Your limbic system can be your best friend—or betray you into mediocrity...learn what it takes to "manage" this potential monster.
- How to identify the "sweet spot" when activating your nervous system—for optimal gains in your workout.
- The real yardstick you need when measuring your recovery needs...
- How to properly use these "key indicators" to measure your real progress.
- How to achieve your desired strength outcome—while still safeguarding your health.
- It's one of the crucial differences between an elite and average athlete: understand what it really takes to engage your full physical capabilities—for true success on the court or field.
- How to eliminate redundancy from your workouts—and watch your effectiveness grow by leaps and bounds.
- Why it's so important and what it means to "preferentially train the higher qualities."
- How to control and manage your fatigue.
- Know when to push yourself and when it's crucial to back off...
- Understand and utilize the key principles of variability and specificity.
- Why extension-based exercises can be crucial for balance in your training program.
- How to utilize the principle of "conscientious participation" to enhance your workout results.
- How to cycle EDT and the 3-to-5 method, for a superlative surge in your athleticism.
- What can most build you up can also most tear you down—employ these strategies in your fitness program to avoid burnout, now and forever.
- What "percent of capacity" you need to operate at—for the best workouts of your life...
- "Auto-regulatory training"—a vital strategy for long term, significant strength gains...
- The magic power of "predetermined time-limits"—and how to become a wiz at manipulating time to your own advantage...



2
Mid-Level

3
Advanced

The Staley/Tsatsouline Strength Seminar

By Charles Staley and Pavel Tsatsouline

#DVS014 \$247.00

2-DVD set

Running time: 6 hours

Practical and Hands on course!

"Wonderful job on the Staley and Tsatsouline Strength seminar. Very practical and hands on for the trainer and coach. Learned new ways to use the "Same But Different" Principle. I love how you both approached training and program design in this series! Great!"

—Christian Lombardo, Huntington, NY

Serious Strength

"There is a staggering amount of information, not only in quantity, but also in QUALITY. I found myself taking notes while watching, which is something that rarely happens. An excellent product."

—David Whitley, Senior RKC, Nashville, TN

Two phenomenal Coaches in one DVD

"Both Charles and Pavel are great instructors; those of you who have seen him know what I mean. Seeing the two present their ideas on strength and conditioning is just great. This will be an excellent dvd to study and apply to my classes."

—Pete Diaz, RKC, Sacramento, CA.



Unleashing a Powerful Force:



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

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

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

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

Participants at Pavel's Philadelphia October 2009 RKC Workshop



Participants at Pavel's California August 2009 RKC Workshop

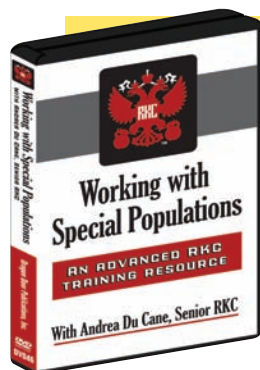


To order NOW call **1-800-899-5111**
24 hours a day



Register for June RKC cert online:
www.dragondoor.com/WPKB51

Be Flexible Like a Young Child—yet Move with Strength and Speed



Working with Special Populations

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

Running Time: 2 hours 57 minutes

2-DVD set #DV046 **\$77.00**



How to REGAIN Your Range-of-Motion, RESTORE Mobility and RENEW Your Energy...

Are you “broken”, suffering from high mileage or fighting unsuccessfully with some stubborn physical challenge?

Or do you have clients who are struggling with serious dysfunction?

As a Master RKC Andrea Du Cane has helped hundreds of her clients break through their particular physical challenges—and live more vigorous, accomplished lives.

Discover a multitude of methods to address corrective, preventive and restorative issues for your clients—or for yourself.

Can I give this a rating of 20 out of 10???

I am stunned by the amount of high quality information packed into these 2 DVDs. I got my first kettlebells about 5 years ago. I have lost 50 pounds in the process, but I am not satisfied with my fitness level. You have presented me with the tools to build my foundation. I am completely energized now to start hard—but safe—training.” —Cricket Deane, Knoxville, TN

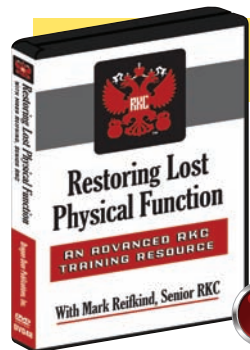
Killing with kindness

“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

Are You Quitting—Because You Hurt Too Much?



Restoring Lost Physical Function

An Advanced RKC Training Resource
With Mark Reifkind, Senior RKC

Running Time: 117 minutes

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



How to End the Pain and Spring Back into Action

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

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

In a brilliant, inspiring, impassioned, fascinating and highly practical seminar, Mark blows us away with his methods for understanding, pinpointing and then releasing blocks in the body.

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 Kettlebells.”

—Wilson Castillo, Leesburg, VA

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



Order *Restoring Lost Function* online:
www.dragondoor.com/DV048

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



Are You Injured or Out of Whack?— You Can Only Excel if You Get to Play!

“Now Legendary ‘**Secrets of**’ Treasure Chest Provides Ultimate Body Fixes for the Competitive Athlete, Weekend Warrior and Resident Tough Guy Alike...”

► How to recapture the perfect mobility and effortless ease you had as a kid—for an immediate improvement in your current athletic abilities.

► Discover how to spot—and quickly fix—the once-helpful but now suspect survival strategies that may secretly be sapping your strength and power.



Secrets of Primitive Patterns



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

“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. *Secrets of Primitive Patterns* 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

Worth 10 times what it costs—at least!



Secrets of the Shoulder

By Gray Cook, RKC and Brett Jones, Master RKC
#DV043 \$69.95

2-DVD Set
Running time: 82 minutes

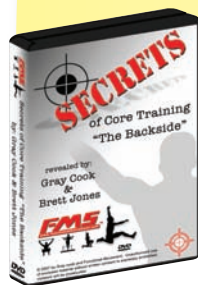
“I am a trainer and an RKC, currently recovering from an overuse injury in my shoulder—put simply, I set a bunch of new personal bests but didn’t back off afterwards, and I’ve since been paying the price.

I cannot state strongly enough how valuable *Secrets of the Shoulder* 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. This sort of information, presented in a clear, no-nonsense manner by Gray 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

Excellent, helpful DVD

“I got *Secrets of Core Training* because of back pain related with the deadlift. It is excellent and really has given me a clear set of instructions to tackle my core stability issues. Looking forward to a new PR in the Deadlift in the next few months.”—Michael Corrales, Bay Area, CA



Secrets of Core Training: “The Backside”

By Gray Cook, RKC and Brett Jones, Master RKC
DVD #DV045 \$39.95
Running time: 82 minutes



It just keeps getting better

“It seems impossible, but Gray and Brett have topped *Secrets of the Shoulder*. It’s full of fantastic information, laid out in an easy to follow manner. No matter what your background, you will learn from this DVD.”—Jeff O’Connor, Senior RKC, Talala, OK

Priceless

Let me tell you that as a clinician with a practice that is focused on orthopedics, sports medicine, and chronic pain, just Gray & Brett’s intro on the first DVD gives you so many immediately applicable tips that the INTRO ALONE is worth the price of the DVD set. If you teach any sort of movement science (from dance, to martial arts, to phys ed, to elite sports), GET THIS DVD SET & STUDY IT CAREFULLY!!!
— Mark Cheng, L.Ac., Ph.D., RKC Team Leader, Los Angeles, CA



Secrets of the Hip and Knee

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

Phenomenal DVD!!!

“Brett Jones and Gray Cook absolutely spill the beans on this two part DVD. Having been though many postural and biomechanics certifications, this DVD is more relevant and applicable. The principles they teach are based on anatomy, physiology and logic. Their is so much nonsense out there that is very refreshing to see Brett and Gray de-mystify the common physical therapy protocols based on research that just doesn’t work and has never worked. Watch this DVD and you will immediately increase your ability to help people today!!! I highly recommend this to any strength coach, therapist or person who wants to learn how the body actually works and how to fix it when it goes wrong! Great job guys!!!!—Franz Snideman RKC Team Leader, NMT, CHEK

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



Order *Secrets of the Shoulder* online:
www.dragondoor.com/DV043

"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!*

How to Use Advanced, **PROVEN** and **EXTREMELY** Effective Kettlebell Drills to Vastly Elevate Your Strength and Power—Guaranteed!



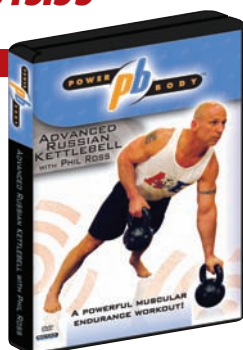
Full Body Power: Kettlebells Beyond The Basics

With David Whitley,
Senior RKC

Running Time: 98 min

DVD #DV056

\$49.99



Advanced Russian Kettlebell

With Phil Ross

Running Time: 60 min

DVD #DV057 \$19.99

Discover how to:

- **Train** your body to work as a single, powerful cohesive unit across multiple planes of motion with the Turkish Windmill
- **Dramatically increase** shoulder, arm and core strength with the Follow the Leader press
- **Forge** your body into a piece of iron when you master these fun and
- challenging variations on the standard Kettlebell Clean and Press
- **Blast** your conditioning to mutant status and boost your explosive power with a half dozen Clean & Squat variations in the Thruster series
- **Develop** the power of the old-time strongmen with the bent press and two hands anyhow

"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

Order *Full Body Power* online:
www.dragondoor.com/DV056

"*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



Order *Advanced Russian Kettlebell* online:
www.dragondoor.com/DV057

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



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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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.

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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

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- 1 Bonus Abs Workout
- Joint Mobility Warm Up
- Cool Down stretching section
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The Ultimate Body Sculpt and Conditioning with Kettlebells

With Lauren Brooks, RKC II
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DVD #DV058 \$39.99



Vol. II
Running Time:
88 min
DVD #DV065 \$39.99

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Exhilarating new ropes and kettlebell workouts challenge your body—in wild ways—to outshine your previous best!



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By Franz and Yoana Snideman, RKC Team Leaders

Running Time: 44 min
DVD #DV064 \$24.95

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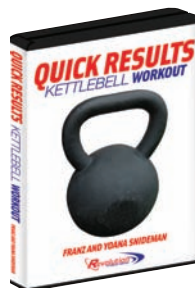
Discover:

- **How** to successfully integrate kettlebells and ropes for maximum fat loss.
- **How** to utilize kettlebells and ropes for power and speed athletes.
- **How** to perform the actual kettlebell/rope programs that Franz and Yoana use with their clients and in classes.
- **How** to effectively smoke your client in less than 5 minutes with one Rope/Kettlebell complex

"I highly recommend Combining Ropes & Kettlebells for Maximum Fitness & Fat Loss! The DVD is put together extremely well and goes over just about every exercise you can think of to do with heavy ropes. The combination of kettlebells and ropes in your program is like a good dry pile of firewood and tinder. Without a spark, the pile will just sit there. Franz and Yoana's DVD is the perfect spark for using these tools!"

Get this excellent guide to unleash the power those ropes have within them and start the fire in your program!"

—Jason Marshall, RKC II, Lone Star Kettlebell



Quick Results Kettlebell Workout

Franz and Yoana Snideman, RKC Team Leaders

Running Time: 39 min
DVD #DV060 \$29.95

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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 am a 48 year old mom with 4 girls ranging from 4th—9th grade. I have been doing home workouts since the mid 1980s. **This is the best workout DVD I've ever seen and I have had over a hundred!**"
—J Bonnie, Palos Verdes, CA

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Use Indian Clubs to enhance your sport—be it mixed martial arts, golf, tennis, wrestling, swimming, bowling, basketball, gymnastics, hockey, lacrosse, football, volleyball, archery, karate, boxing—or any other activity where physical efficiency is at a premium

Like the **Kettlebell**, the ancient **Indian Club** was a once-prized exercise tool that fell on hard times. Once a favored training device of royalty, military, elite athletes and enthusiastic amateurs alike, the club became relegated, by the 1930s, to dusty attics, damp basements and the moldy memories of old-school fitness diehards.

In its final, most refined incarnation, the Indian Club had been developed, in turn, by British, German and American military and civilian experts into a highly sophisticated system of restorative health drills. The unique circular weight lifting

movements of the Indian Club were considered to promote not only greater overall strength and flexibility but to act as a magnificent “neural tune-up” for the whole body. Sadly, as the exercise community changed its focus, the Indian Club—and its myriad of health benefits—all but disappeared. Just like the kettlebell.

Yet **Indian Club Swinging Exercises**—in just minutes a days—**WILL**:

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- **Enhance your shoulder efficiency, mobility, elbow and wrist flexibility—and range of motion**
- **Develop your grace, coordination, balance and agility**
- **Counteract the negative impact of too many hours sitting hunched at a computer keyboard**

For ultimate durability, hand feel and superb balance **Dragon Door** recommends the 21st century breakthrough in Indian Club design used by modern Indian Club master and pioneer, **Dr. Ed Thomas**. These beautiful black resin **Indian Clubs** are virtually impervious to the elements,

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(The **Indian Clubs** are made of reinforced, talc-filled polypropylene—a space age material providing maximum durability that won't crack, break, chip or fade/discolor over time. This polymer is comprised of specially formulated molecular properties and additives during its manufacture, which make these clubs virtually impervious to the elements: sun, water, heat and cold. That's why these Indian Clubs are the **Dragon Door** choice: they meet our love for toughness, hardness, tensile

strength—and superb craftsmanship!)

Which size Indian Club should you get?

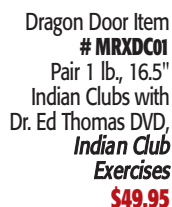
Begin with the **1lb Indian Club**, whatever your current strength, to ensure you perfect your technique. When you are ready to progress, the **2lb Indian Clubs** will help you develop additional strength and power. Both size clubs will not only increase shoulder and extreme range of motion strength but also enhance your grip, wrist, and forearm strength. Both sizes of Indian Clubs will help you reduce injuries due to the full circular movement patterns.

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The package for those who are most serious about their Indian Club training ▼



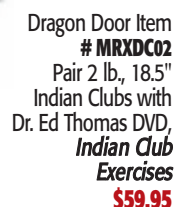
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Club Swinging Essentials



Few tools are more “elemental”, natural and enduring than the Club. Certainly primitive or developing humans picked up heavy sticks to crack open food or swung them for defense. Children pick up spoons and other objects and bang on whatever is available. As adults, the games we play can involve “clubs” in a variety of shapes and designs, including the golf club, baseball bat, and cricket bat.

A look at ancient Hindu texts reveals pictures of Hindu deities carrying clubs. These images indicate that the club has roughly a 5000-year history!

So-called “Indian Clubs” made the trip to the West as a result of British Colonialism. They eventually gained popularity in the United States in the late-1800s and were widely used in the German Gymnastics system called the Turnvereine. One of these, which became known as Turner Halls in the US, was still

active when Dr. Ed Thomas was growing up in Davenport, Iowa. Club swinging was highly developed and popular in Davenport for several generations when Dr. Thomas began training with them around the age of eight. He eventually began teaching the art to a few of his university students in the early 1980s, and continued searching for instructors. In 1988, he went to Burma as a Fulbright Scholar and studied under a classical club swinging instructor for nine months. Along the way, he has also found club swinging instruction in Korea, Germany and other places.

Despite its illustrious history as an Olympic sport in 1904 and 1932 and its presence in Army physical training doctrine from around 1885-1980, we currently find ourselves in the perplexing situation of it being reintroduced as a training implement. Add to this the fact that there are at best only a handful of

people alive today who are truly familiar with the art of classical club swinging, it is truly skill worth learning.

Club Swinging Essentials seeks to ground Club swinging as a restorative art and to bring Mindful Movement to the “extreme” fitness culture. This manual will reveal, and detail, an essential group of classical Club swinging movements and provide a bit of history and perspective.

This is an excerpt from the introduction of the *Club Swinging Essentials Manual*. Gray Cook and I have been extremely fortunate to work with Dr. Ed Thomas in taking his club swinging system to the public. A disappearing art, club swinging provides a high neural demand on movement and coordination. There are a couple of common questions that have been asked since word of the Club Swinging Essentials DVD and Manual was released.



Why Swing Clubs?

Not to answer a question with a question but allow me to ask you: “Do you have a restorative art as part of your fitness regime?”

And what is a restorative art?

The fact that you may have felt the need to follow my question answering the first question with a question means you probably don't have a restorative art in your fitness regime.

A restorative art seeks to bring the body back to an optimal state of balance. It is the balance to the heavy, “extreme” training common in today's gym. In the past there were three systems is physical education: Martial, Restorative and Pedagogical. Today we are heavily slanted toward the Pedagogical (games and sport) where the push to achieve what we call “fitness”. This push to run faster or farther or lift more weight pushes us out of balance. A restorative art like club swinging seeks to release the tension and stress of “extreme” fitness training.

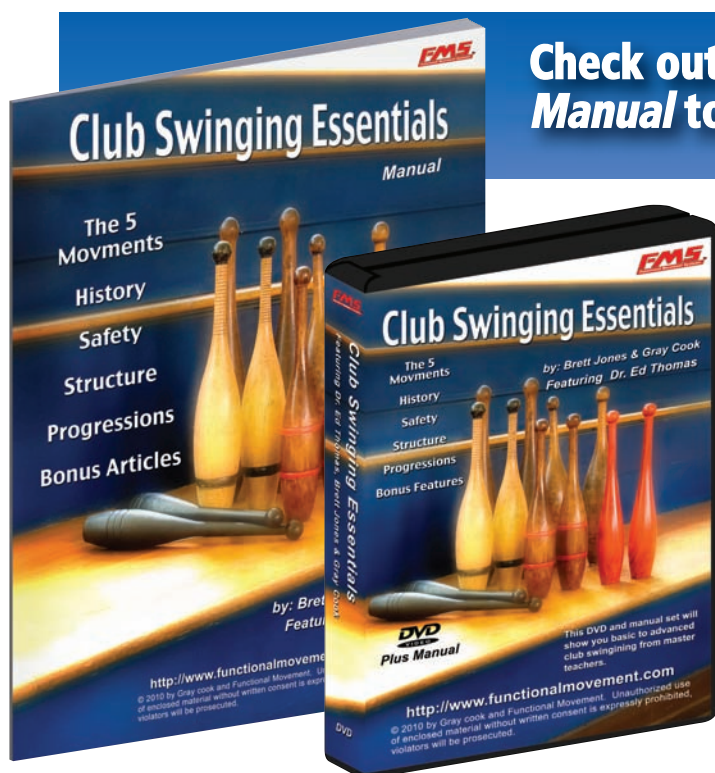
In addition to being a restorative art there are great benefits to upper body mobility and integrity, coordination and just plain fun of swinging clubs. So my final question is: Why not swing clubs?

Aren't they too light to be of benefit?

Clubs used as a restorative art are usually light (in the 1-3 lb range), and unfortunately some people consider these weights useless. In discussions with Dr. Thomas he has simply stated that while there are club swinging systems that use heavier clubs all of the classical systems begin with the lighter clubs. Grapplers and wrestlers would tend to move towards the heavier systems while boxers would move along with the lighter systems. But again everyone learned and got started with the lighter clubs.

If you are a kettlebell athlete, powerlifter or participate in sports or activities that place significant load on the body. (take running for example where roughly 6 times your bodyweight is moving through your body every step—nothing to sneeze at is it?) If this sounds like you, then you do enough “heavy” and light club swinging is again that restorative art that can help restore balance to your body.

Club swinging is a journey worth beginning. That simple phrase sums up my thoughts on classical club swinging. Awkward at first but eventually flowing and smooth, club swinging might just be the balance you need to achieve your best results.



Check out the **Club Swinging Essentials DVD and Manual** to begin your club swinging journey...

Club Swinging Essentials

With Gray Cook, RKC and Brett Jones, Master RKC, featuring Dr. Ed Thomas

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DVD, 1 hour 28 minutes, with 72 page spiral-bound manual



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WHAT IS "HARDSTYLE"?

The Art and Science of Optimizing Power Production— To Enhance Your Physical Performance

RKC is a "hard style" of kettlebell training born in the spec ops of the Soviet Union. In the 1970s select units adopted a karate-based style of hand-to-hand combat. The hard style of kettlebell training evolved in the 1980s to support the hard style of fighting. As in martial arts, the kettlebell hard style chooses power production over power conservation.

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

The statement above is from the **RKC manual** and provides a starting point for understanding what has become known as **HardStyle Kettlebell training**. The simplified goal of this style of kettlebell training is to reverse engineer what the best in the world do naturally or through years of practice.

Within this School of Strength there are many pieces that create a whole greater than itself. Some of those pieces are: Kettlebells (our preferred tool), High Tension Techniques, Relaxation Techniques, Flexibility Drills, Joint Mobility drills and a drive to continually evolve and progress. Unfortunately, the whole has been reduced in the public arena and by some RKC's, to being **ONLY** about the High Tension Techniques. This is simply not true.

Yes, as a School of Strength the high

tension techniques have a special place in the RKC system. There is no safer, or more effective technique I am aware of, for teaching people to not only be stronger right now, but to allow them to build strength for a lifetime. But it is only **ONE** part of the system.

For myself, I have been involved in the RKC from almost the very beginning. Attending the second ever RKC and becoming a Senior Instructor a year later, I have been teaching at the RKC for over 7 years. The evolution of the RKC, including the standardization of the RKC curriculum, is something I have been proud to be involved with, and I would like to take this opportunity to clarify and refine what is HardStyle, and how that applies to both the ballistic lifts (swings, snatches, etc...) and grinding lifts (presses, squats, etc...)

Pavel laid out the High Tension Techniques in **The Naked**

Warrior, if you are not an RKC and would like to learn more about them.

Within Martial Arts there are styles categorized as Soft Styles and Hard Styles. Soft Styles emphasize relaxation and looseness while the Hard Styles emphasize high tension. If the description stopped there you might walk away with the idea that tension tells the story. So hard style = tension.

But follow me a bit further...

In the Hard Style karate schools they **begin** with tensing all the muscles and then as skill improves the tension is "peeled" away to achieve perfect control of the muscles. There are those that have stopped the story of HardStyle Kettlebells at the "tense all the muscles" part have attempted to misrepresent the RKC system as a tension only system. But just as the Hard Style karate schools seek perfect muscle control and development of skill, the RKC continues from high tension to **HIGH SKILL**.

I wrote an article some time ago called **"Can You Adjust Your Volume"** that was all about finding not only the correct "volume" level for your tension but also the optimal "volume" level for your power production. And learning how to adjust your tension means you can chose the "volume" level at will thereby assisting you in achieving control of your muscles.

At the RKC we use a percentage drill asking the candidates to clean or swing a kettlebell applying a "percentage" of effort from 20% to 100%. This is also a drill used in boxing and martial arts to find the percentage of effort in a kick or punch that hits "hardest". In both the martial arts and kettlebell percentage drill people will find their best cleans or punches between the 65–80% effort range. Ball park it around 70% or so and you have a level of effort that results in powerful swings or punches that can be performed again and again. Note please that I said the percentage drill applied to effort or % of power production. You do not change the speed of the movement. So the punch or speed form and speed to



not change just the % of effort applied to that punch or swing.

This means for ballistic drills you should be able to find 100% or maximum power production or find 20% and the swing will “look” the same. Then when you find your optimal % or volume level it will be powerful, athletic and repeatable.

But if you just stop there, you don't have the whole story because we have to talk about the Grinding lifts, the military press for example. The current standards for the **Level Two RKC** include a half-bodyweight KB press, a standard worth achieving in my opinion. And to be able to hit that standard—of a near maximum overhead press—the high tension techniques need to be applied. Breathing, irradiation

tension', beginner's stiffness during skill practice. It makes you weaker. As you get better you will learn to channel the tension into strength as a gymnast or a lifter."

This means you apply **as much tension as possible without shifting focus from the lift**. Then as skill improves you will learn to “dial in” the right tension to maximize the lift. Just as Hard Style martial arts begin with high tension and peel away tension to more optimal levels, the RKC teaches high tension to begin then refining the skill of the lift to try to achieve optimal.

But let's delve deeper and examine how this goes awry and ends up what I have termed “UglyStyle”.

whole lot is better” kicks in and people use the off hand on every press no matter the weight. While you should and can press a light weight using all the tension techniques it is only one style of press you should be practicing. So keep the squeeze of the free hand for sticking points and max effort presses.

Once you are pressing for volume, such as your **Enter the Kettlebell** ladders, you focus on the press not on maximal effort. If you did try for maximal effort on every press: 1) the weight would always feel heavy, 2) you would never accumulate any volume before you fatigue. Now as you fatigue in volume press training you can begin to use **PIECES** of the high tension techniques to get in more

proper form or never practice a variety of snatches to balance out the effect on the body.

VWC is a speed based protocol so the lockout can become short and the tension of trying to go fast can alter normal smooth KB form. To counteract this you should:

- 1) try to be quick out of the bottom not out of the top and remember the pull down comes from the hips and lats not so much the arm
- 2) practice snatches with a long pause at top.

VWC snatches should still be athletic and fluid.

HardStyle Kettlebell is fluid, powerful and athletic. It is not stiff, tense and “ugly”. **HardStyle**

and other techniques are used to optimize strength and assist in the press. This is another area where certain groups have taken pains to stop the story at the high tension aspect.

Pavel recently posted the single best description of the use of tension I have read and I will use it here:

"our nervous system is guided by the 'dominanta', the single focus, in our case lifting a weight. Additional excitation (tension) feeds this dominanta and allows one to be stronger. Focusing on the tension and forgetting about lifting changes the dominanta, as it happens with a heavy gripper. So use as much tension as possible—without shifting your focus from lifting. This will take practice. In the beginning you will see a lot of 'coordination

One of the high tension techniques is Power Breathing, which involves controlled pressurization and use of the breath to amplify strength (see **The Naked Warrior** or **Power to the People!** for details). The pressure and effort should be centered in the abdomen or center. Most people however allow the pressure to rise up into the head and face resulting in red faces and lots of facial tension. This is not the idea or goal of this high tension technique and can be detrimental. Plus the facial contortions certainly help project the “UglyStyle” look.

Another high tension technique for the press is squeezing the free hand to activate the inter-limb response and get a “bump” through the sticking point or extra help on a max effort press. Here the mentality of “if a little is good a

presses but that is not how you approach every rep.

Overall in regards to pressing you could say that **you only use as much tension** as needed for the style press you are working on. It could be using high tension on a light weight. It might be a true max effort press but regardless you must keep the goal of pressing the weight as the primary consideration. When you do this your presses will look athletic not “uglystyle”.

Another area that can create a lot of “UglyStyle” moves is the inappropriate use of the **Viking Warrior Conditioning** protocol. While it is a protocol meant to elicit a high VO2 max response it is not meant to change your snatch and swing form. When people get overly concerned with the RPMs (reps per minute) and sacrifice

RKC includes flexibility, relaxation, strength, skill and athleticism and while tension is used as one of the techniques it is not the whole story. So in refining **HardStyle**, I would emphasize the skill development from high tension to optimal tension, and the skill of maintaining the speed of a movement while dialing in the level of effort to create an athletic powerful result. Hopefully this has assisted you in developing a better picture of **HardStyle RKC Kettlebell** training.

Brett Jones is a Pittsburgh, PA based Strength and Conditioning professional and Master Instructor with the RKC program. He holds the CSCS certification from the NSCA and is co-creator of the CK-FMS program combining the Functional Movement Screen and RKC. You can keep up with his blog at www.appliedstrength.com

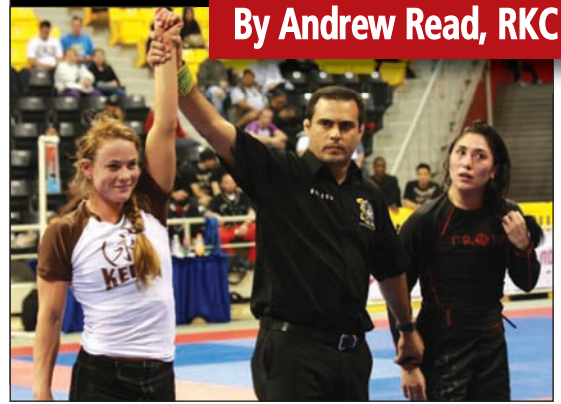
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Hardstyle to the Rescue!

By Andrew Read, RKC



How Some Head-Slappingly Simple—Yet Immensely Effective—Strategies Got This Brazilian Jiu Jitsu World Champion Back On Top of Her Game...

On the 8th of November, 2009, Sophia became the first Australian female to win a world championship in Brazilian Jiu Jitsu.

At 30, she has spent most of her life training to compete in a variety of sports—first was five years of ballet and tap dancing, just like any little girl. Then came her first love of gymnastics. Competing for ten years, both Sophia and her twin sister Elizabeth were top national level gymnasts. However, a separated shoulder finished off her gymnastics career and that was when her life changed completely.

She began training Brazilian Jiu Jitsu in Melbourne, Australia in 2000. Quickly becoming the top national level female she moved to the United States to train at **Rigan Machado's Academy** before being the only girl ever invited to train full-time at the **Rickson Gracie Academy**. Now training at **Robert Drysdale's school** in Las Vegas and as the reigning no Gi World Champ she has come a long way.

As a brown belt she is often less experienced than the women she competes against and has sought to make the difference up with conditioning. I have known Sophia for over ten years and had the chance to meet up with her in June 2009 after I completed the RKC. She had suffered another bad shoulder injury shortly before this at the World Championships.

After speaking with her for a while it became quickly apparent that what she needed to do was find a method of strength training that wouldn't tire her out much so she could continue her skills practice on the mat. With a standard week consisting of ten hours of BJJ plus another two hours of either wrestling or Judo this isn't as easy as it sounds. Skills pay the bills and already having a skill deficit means that she needs to

concentrate her efforts on BJJ training and not conditioning.

As much as you're all probably thinking that this is where I introduced her to the kettlebell and the rest just fell into place that would be wrong. In fact, I spent a lot of time giving her my reasons why she should stay away from any form of external resistance training.

For starters, she competes right at the top of her weight class and has to diet very strictly to get under weight to compete. Adding weight to her frame would just make this harder. Secondly, with a history of shoulder problems I had a good idea that while she was very strong, she wasn't using her body correctly. To me, there is little point in adding external resistance if the person isn't even able to hold their body correctly. So the start of our training would need to focus on rehab for the AC joint as well as strength in preparation for the Worlds.

In **Hardstyle** we are taught to pack the shoulders—to always work as if we are trying to stand with good posture, no matter the position we are in. This packing of the shoulders, or pulling the shoulder blades down and back creates space in the AC joint. With a history of shoulder impingement it was important that we work on ways to keep the shoulders healthy to withstand the stresses of daily training. This was going to be accomplished by creating better thoracic movement by integrating some Z drills into her warm ups plus getting her back to basics with her strength training.

Taking direction from *The Naked Warrior* I taught her how to hold a push up position while keeping her posture tight with shoulders packed in. She was quite surprised at the difference in feel for how it should feel versus what

she had been doing her whole life.

Once she had mastered the static hold we added in movement just as described in *Naked Warrior*—action in both directions, pulling down to the bottom of the push up and then pushing the floor away on the way up while maintaining the packed shoulder position. At this point I could see light bulbs clicking on and off in her head as she came to realizations about the way she created movement. Not only that but with her posture held correctly she was able to work pain free!

Once she had come to terms with only being able to do a few push ups at a time we went to work on full body tension. She has now gotten so good at these push ups she is able to do one arm push ups!

Her full training plan actually follows a template set out by **Kenneth Jay** in *Viking Warrior Conditioning*. She performs three main exercises—one arm push ups, pistols and chin ups. She performs

each of these twice per week over the course of three workouts. So workout one may be push ups and chins, workout two chins and pistols with the final workout being push ups and pistols. Sets and reps are kept low to minimize fatigue and muscle soreness. She performs three to five sets of 3-5 reps per exercise. The chin ups are performed explosively with a slow negative.

While I'm speaking of **VWC** I'll also add in that it's my secret weapon that I've used this year with many BJJ competitors. However, not many of them are able to use kettlebells well enough, and with my time limited when I work with them, we have replaced snatches with either sprawl/burpees or squat thrusts. In Sophia's case we used squat thrusts (and hill sprints on alternate workouts) as I didn't trust her to be able to keep good shoulder placement during such a fast movement. We followed the same interval sequence as in phase one of **VWC**—15:15 going for a

maximum of 20 minutes. With tournament BJJ matches for brown/black belts only lasting ten minutes this would give her adequate conditioning.

She was amazed at the level of conditioning she was able to attain with such a limited training plan. None of her workouts exceeded thirty-five minutes, including the conditioning part, and she was able to fight through all her matches with plenty of gas in the tank. Her bodyweight stayed low while retaining the strength necessary to move her opponents around. It may seem too simple to be effective, but then that's the sort of comment I've come to expect from using **Hardstyle** methods with my clients. The funny thing is, that while others may question the training, few can argue with the results!

Andrew Read, RKC, is head of Dragon Door Australia (www.dragondooraustralia.com) and can be contacted at andrewread@dragondooraustralia.com



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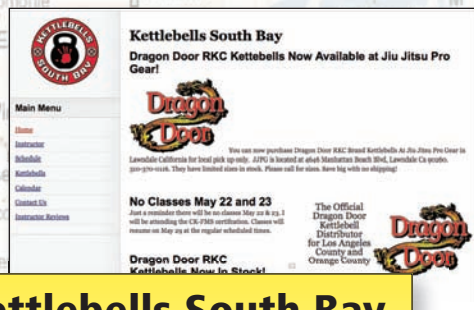
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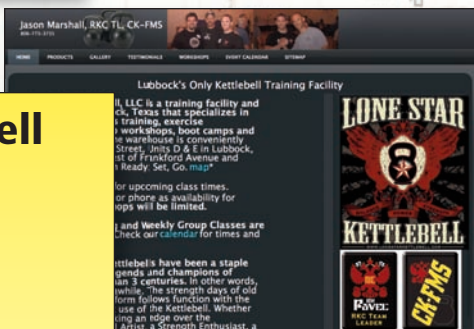
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DEBUG the Blocks That Are Secretly Sabotaging Your Flexibility, RESTORE Your Lost Freedom of Movement—and REWARD Yourself with Newfound Power, Strength and Speed

Our bodies are like computers...

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.

Life loves to beat us up, it's a bully...

And will treat as a punching bag—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 going to pay the price as you start to degrade into dysfunction, pain and frustration.

But fortunately, help is at hand...

You don't have to fear 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.

The brilliantly simple-yet-powerful, 5-step operating system for ultimate 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 legendary *Unlock!* Seminars 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 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—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!

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.)

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

What a rip off!!

"They sold me this for only \$187?! I had to watch this over a 2-week period, one disk per day, and then revisit each disk afterwards. There is so much information here. It's one thing to have read *Relax in to 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'.

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, RKC II, CK-FMS

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

Hands down the best flexibility product available

"I have purchased every book, DVD, machine, and gizmo to help me get more flexible. Since I found Pavel's first book, *Beyond Stretching*, the only books and dvd's I buy are from Dragon Door. The *Beyond Stretching* dvd set has so much information on it, and so much that was new to me, I was really surprised. There are many different techniques and exercises for all levels of ability, from someone just beginning to someone looking to complete a full split.

I believe if you are a personal trainer, coach, or a martial arts instructor (as I am) this DVD set is invaluable. I sincerely think this is as good as it gets when it comes to stretching and flexibility training. I am very happy with this product and in all honesty would have paid a lot more for all of the information that is on the DVDs."—Jon Frost, Naples, FL



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 Ford 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!



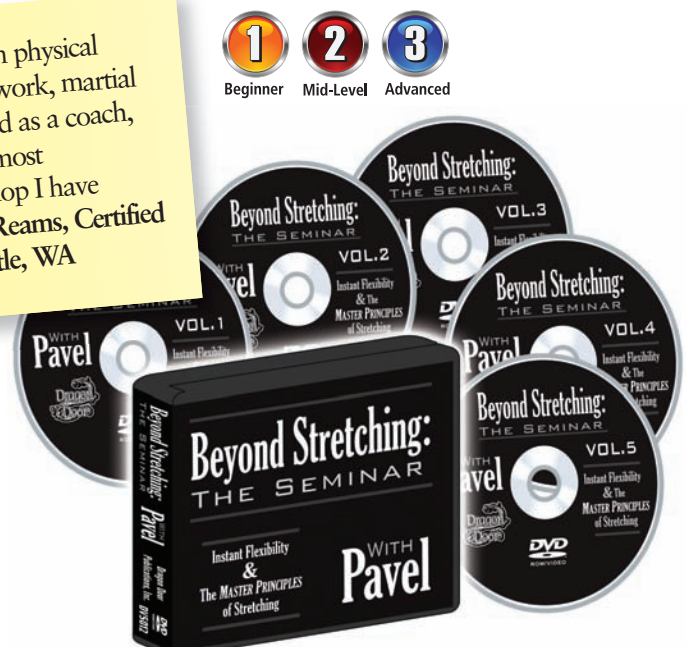
"With forty plus years in physical culture, (athletics, bodywork, martial arts) as a participant and as a coach, and teacher, this is the most comprehensive workshop I have attended."—Michael Reams, Certified Advanced Rolfer, Seattle, WA

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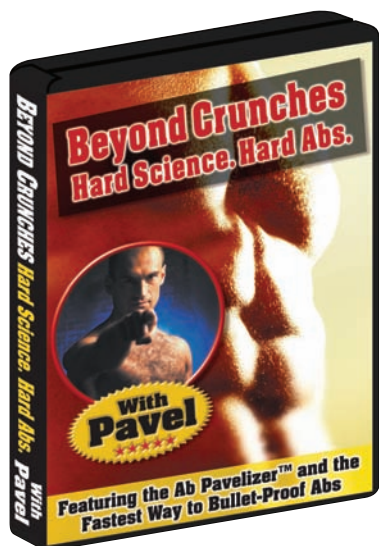


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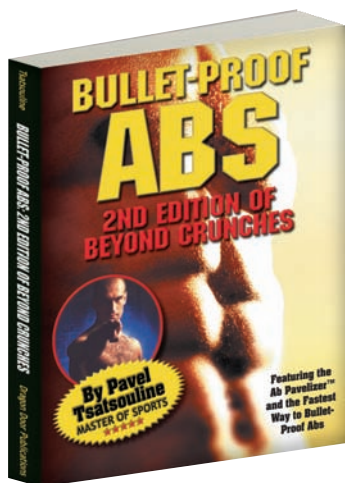


Beyond Crunches Hard Science. Hard Abs.

With Pavel Tsatsouline

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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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“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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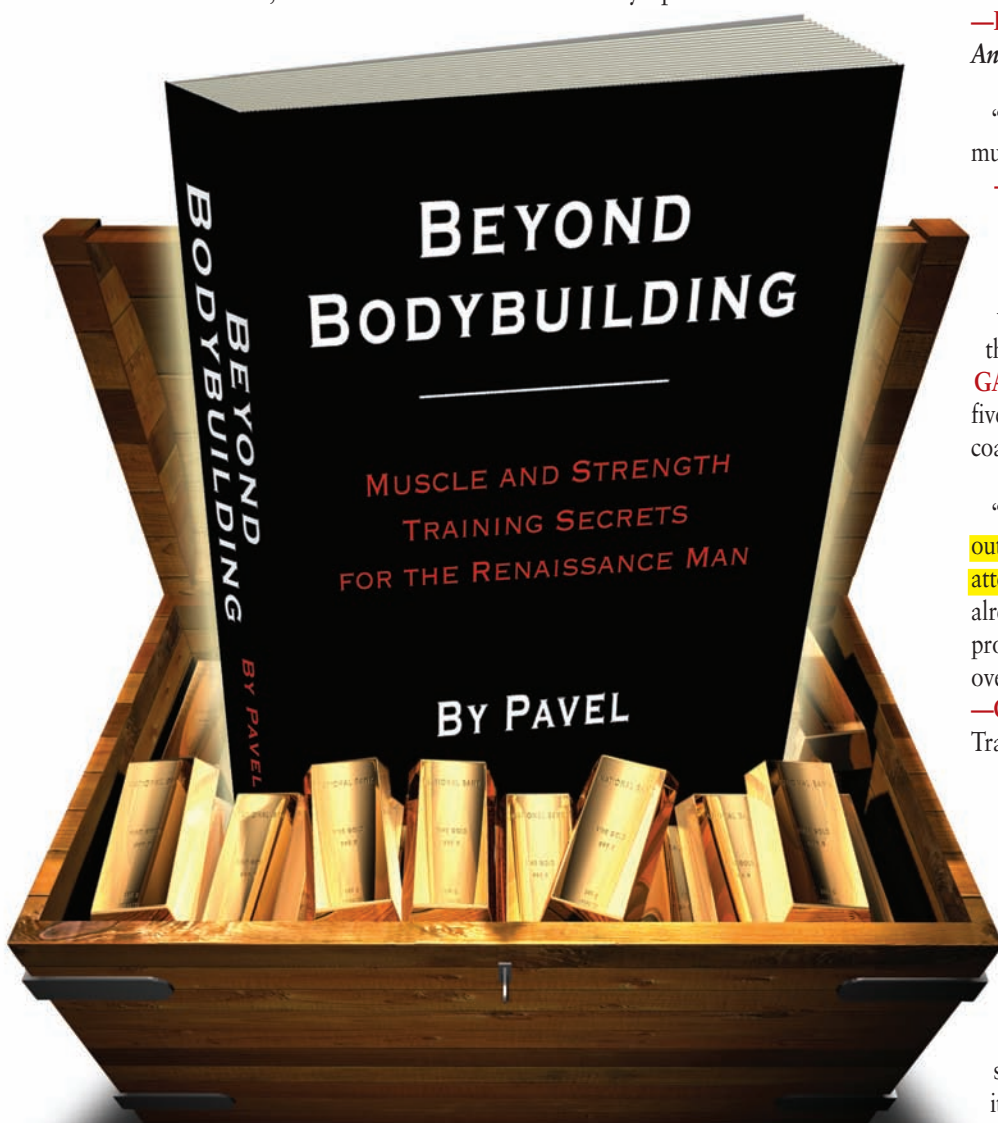


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“Beyond Bodybuilding is a treasure chest of strength training secrets.”

—Larry Scott, first Mr. Olympia

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



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

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

“Thanks for 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*.



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.

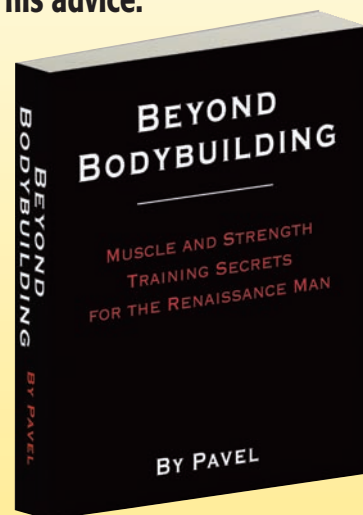
Defeat the enemies of progress

Now, as you'll quickly discover in *Beyond Bodybuilding*, a close ad-herece 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...

continued on next page...

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



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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. Page 2
- The basic laws of successful practice—follow these and you can't help but gain and gain and gain. Page 2
- The perfect number of reps for greater strength. Page 2
- How to finish a workout feeling stronger than when you started! Page 2
- The method that did more for a SWAT instructor's strength in a week -- than conventional training in ten previous years! Page 4
- 'Neurological carry-over training' -- the secret technique that resulted in a 1,200 pound squat. Page 4
- Stuck on your bench press? How the surprising addition of a piece of wood can help you blow through your current plateau. Page 12
- 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.
- 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. Page 21
- Discover why the Smolov routine has achieved a cult status. Page 21
- The little-known secret of extensor reflex training can give you a championship edge. Page 21
- Be as strong as an ox! How to use 'after-effect' overloads to make you stronger. Page 21
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- Russian champions consider this the critical component of any strength training. Page 31
- Build greater strength by employing these three fundamental principles of motor learning. Page 31
- The critical secrets for super-strength. Page 31
- 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. Page 41
- Worried you are wasting your time with obsolete routines? Find out which ones work the best, now. Page 41
- 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. Page 44
- Build might and muscle with this classic 'countdown to power.' Page 46
- 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
- How even the busiest person can still make surprising gains thanks to the Setchinov principle. Page 49
- 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. Page 58
- 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
- How to train your connective tissues to be maximally tough. Page 59
- How and why integration, not isolation, is the key to elite performance. Page 64.
- How to use 'active negatives' for power, muscle and safety. Page 64.
- The three major benefits of active negatives. Page 64.
- Are your joints in agony from so much heavy lifting? Protect them better, reduce pain, with 'virtual tissue leverage.' Page 64.
- Try the 'dead squat' program -- two fortysomething guys added at least five pounds a week for a year with this. Page 76
- The seven fundamentals you must know to succeed in the iron game. Page 76
- How to sculpt a classical physique with 'retro' lifts. Page 81
- 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. Page 81

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. Page 81
- Understand the pros and cons of full body workouts versus split routines. Page 99
- The most foolproof training schedule for high-yield results. Page 104
- How and why you must cycle your loads to keep succeeding in the iron game. Page 104
- What is the optimal volume/intensity ratio for strength gains? Page 104
- How to take advantage of the



'adaptation lag' -- and its tremendous impact on your strength and muscle training. Page 107

- Want this too? Many bodybuilders have reported sensational gains after using this particular workout. Page 108
- Confused about whether it's okay to train twice a day? Page 112
- How 'controlled overtraining' can be gain-superior to 'total recovery training.' Page 115
- Are you a dissatisfied bodybuilder? This approach could breathe new life, vitality and progress in to your strength and mass program. Page 117
- How a used phone book could help you add 15 lbs to your bench in just one month.

Section Three: Back

- Nothing on the planet beats this exercise for all-around back development! Page 125
- 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

- 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 take carefully measured doses of 'poisonous' exercises to prevent injury and raise your tolerance levels.

Section Four: Legs

- How to forge truly powerful, traffic-stopping legs.
- Try this little-known, killer squat-deadlift combo for greater flexibility, better form and surprising gains. Page 165
- Do you really know how to squat correctly? Precious few do! Here are the fine points you must know to safely make huge gains. Page 175

- Do you have aching, creaky knees? These two tips alone might save you from a fatal date with the surgeon's knife. Page 195

Section Five: Neck and Shoulders

- Worried about your weak neck? You should be! This unique old-timer's version of the back bridge will give you a resilient, powerful neck--and perhaps keep you out of the hospital. Page 199
- The ONE secret to real success in pressing.
- How to be hard on your muscles, but easy on your joints.
- It's the hallmark of an elite athlete! -- How to own a magnificent neck and traps.

Section Six: Arms

- Cheaters will lose! How to stay honest and build truly huge biceps. Page 225
- The elite Soviet climber secret to bulging forearms and uncanny finger strength. Page 226
- 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

- Blast your muscles--not your tendons--with this unusual 'control' technique. Page 234
- 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

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.

- 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
- This dirty little secret of bodybuilding not only blasts your pecs but builds bigger pipes better than curls. Page 276

Section Eight: Naked Warrior

- 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...
- 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.
- 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
- How to assault your body with a brutal workout--yet save your knees to fight another day. Page 301
- Learn the key mechanics for max body strength.
- 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.'

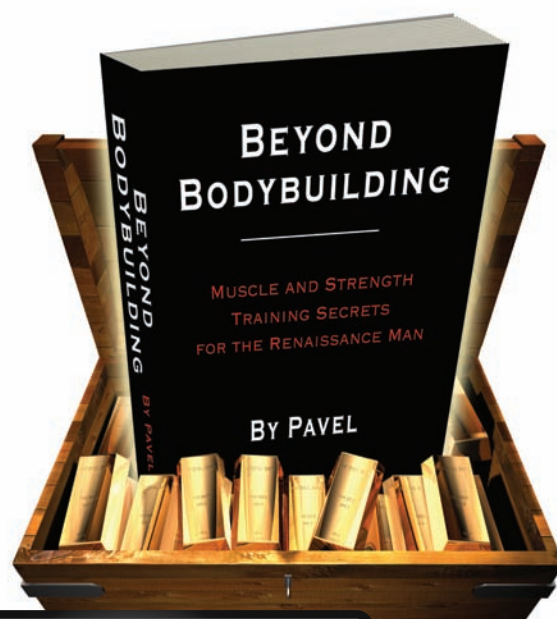
"I wholeheartedly recommend *Beyond Bodybuilding*. I view it as a summation of the accumulated knowledge Pavel Tsatsouline has gathered to this point in his career. Every body part is covered and a blueprint provided for how to build and strengthen every conceivable muscular target. The detail and description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

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



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

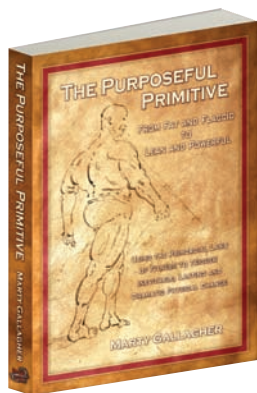
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Praise for Marty Gallagher's ***THE PURPOSEFUL PRIMITIVE***

"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



"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.

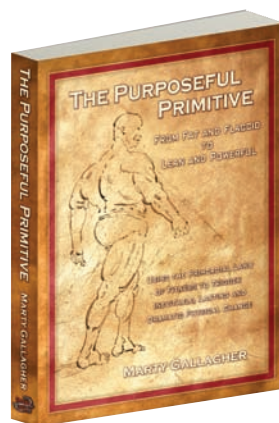
The problem with modern day fitness, says Gallagher, lies in the sheer plethora and over-complexity of methods, the fragmented partiality of specialized systems and the general confusion about what really works to gain and retain muscle while losing significant body fat.

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:

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- ▶ 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

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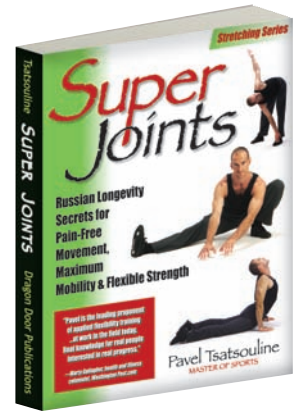
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Book By Pavel Tsatsouline

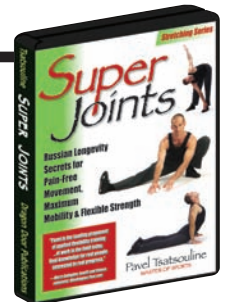
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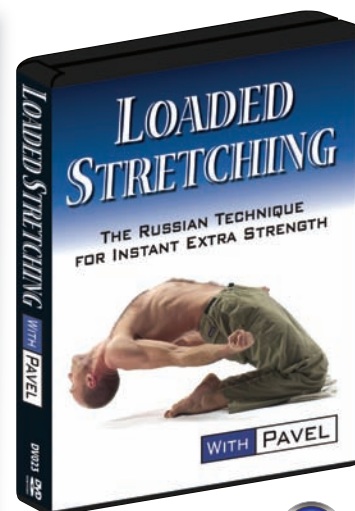
“Loaded Stretching presents thought provoking material concerning preloading muscles prior to performance of a lift. I immediately began to practice a few of the stretches prior to my squats, deadlifts and overhead presses with spectacular results. The performance of each lift was enhanced significantly 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

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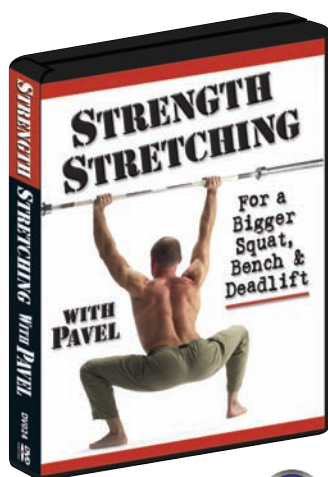
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"Pavel is a fitness visionary. He has been teaching people about whole body functional training when sports scientists and exercise leaders were emphasizing aerobics and muscle isolation bodybuilding techniques. He formulated his methods by combining 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

Strength Stretching is well worth the money.

*"I recently received the *Strength Stretching* DVD. This is another quality product from DD. I was surprised at how much information was on the video, considering the price it is a great bargain. This is a must for people who squat, bench, or deadlift. And I believe it's worth owning for anyone who lifts weights, or kettlebells. I don't do any of the powerlifts, I only train with kettlebells but I believe that using the information will definitely improve my kettlebell lifting. I really like that DD is putting out products now for specific athletes, i.e. powerlifters. A great product."*—**Jonathan Frost** - Naples, FL

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- How to get brutally strong all over — with only two old-school exercises

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

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“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.

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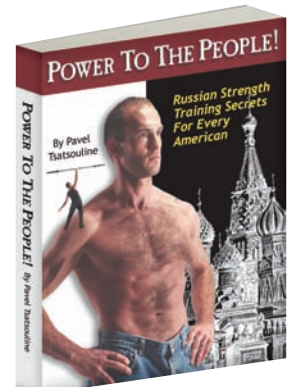
“I’m an Infantryman with the Texas Army National Guard deployed to Iraq. Another Soldier and I have used the *Power To The People!* method to make fantastic gains in strength. My training partner is preparing for Airborne and Ranger Schools and needed a solid foundation of strength. In an 8-week period, he’s gained 100lbs. on his deadlift and 75lbs. on his bench press. Great results in a short time!”—Scott McCoy, Baghdad, Iraq

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 books and journals. That all changed when I started reading Pavel’s work.

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.’

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 compliment and testimony that “*Power to the People!*” delivers.”
—Gary N. Kitchen, Spanish Fork, Utah

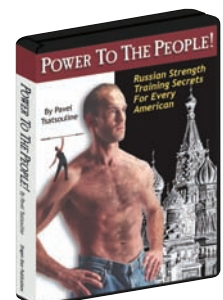


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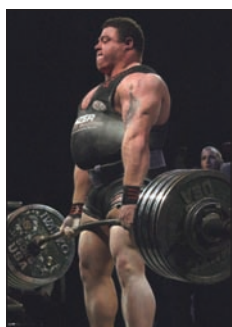
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Praise for Pavel's *Power to the People Professional*



"*Power to the People Professional* is another excellent publication from Pavel. The book contains a wealth of information that will help lifters improve their Squat, Bench, Deadlift and Total. What is refreshing is the no frills approach: everything is written to the point and with no fluff. Advanced lifters must read this book."—Andy Bolton, 6-time world powerlifting champion, official world record holder in the squat, deadlift and total

"A marvelous collection of thoughts ideas and theories by some of the top strength coaches in the world. The book is full of great information."

—Louie Simmons, Westside Barbell



"I am thoroughly enthralled with *Power to the People Professional*. There is real passion in this book and it shines through in the characters that populate PPP: these men come alive as Pavel breathes life into their unique lives and diverse methods. Per usual, Pavel's impassioned pursuit of various strength methodologies is peerless; his gathering of tactical techniques

makes this book a strength and power wellspring.

There is enough substance and meat and grit between the covers of this book to keep the serious power man busy for the next five years.

Highest marks. Excellent on a multitude of levels. This book is a goldmine of tactics and techniques."

—Marty Gallagher, author of *The Purposeful Primitive*



This is a graduate program in getting strong. If the RKC is the "School of Strength," this is the special ops class. Honestly, just pick the book up and pop open a chapter. Here are the programs, the thought process, and the actual systems used to produce stunning lifts in the three powerlifts.

I cannot recommend this book highly enough. As my "Must Have" collection of books spirals higher each year, I am comfortable in saying that this book will quietly show the door to one or two of the books on my previous lists. It is that good."—Dan John, author of *Never Let Go*



Power to the People Professional. Top notch Russian powerlifters, exacting coaches, and meticulous research studies point to strength building schemes that absolutely PRODUCE!

Since an original Russian all-rounder, George "the Lion" Hackenschmidt, established long-standing weightlifting records at the turn of LAST century, Pavel's

latest compendium of Soviet methods is way past due!

Learn to freely borrow from the diversity of detailed systems discussed, and delight to the insight behind their creators' mindsets. Then set aside Pavel's *Professional*, head directly to the gym with extreme motivation, and follow the lessons toward suggested serious GRINDING!"—John McKean, Former I.A.W.A. International General Secretary, All-Round World Champion and Record Holder



"Wow. Wow, wow, wow! With *Power to the People Professional*, Pavel has written what is sure to become one of THE most revered books in the pantheon of powerlifting guides. It is a masterpiece of powerlifting information, history, math, physics and biomechanics STILL written in a way that is ultimately understandable.

Brilliant! An instant classic. ANYONE interested in powerlifting and competitive strength, or strength ATALL NEEDS to have this book. This will not just be read but STUDIED. Bravo Sir, not only a homerun but a Grand slam."

—Mark Reifkind, Master RKC, former coach IPF Powerlifting Team USA



"Pavel's *Power to the People Professional* is spectacular. The style in which it is written, the information that is presented and the different workouts he features (all from accomplished sources) are all very useful, practical and a must read by anyone desiring to gain more knowledge and also take their training and strength to the next level.

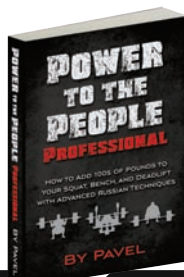
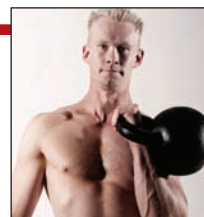


Pavel never ceases to amaze me with his fresh and interesting angles on all subjects he tackles. Thanks for another great book Pavel, this goes into my library of resources that will follow me throughout my career".

—Clark Bartram

"This is THE definitive book on HULK-like raw grinding strength development! For a powerlifter it is a bible... for a coach like me it is an invaluable treasure chest of knowledge delivered like only Pavel can..."

Read, apply, lift. Then read and apply again and lift even more! So it can continue forever if you wish! The Viking is happy!"—Kenneth Jay, Master RKC, author of *Viking Warrior Conditioning*



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Get stronger and more powerful NOW and this day on—using proven, yet little-known training secrets and strategies from the greatest of the Russian strength masters

Pavel Tsatsouline's landmark classic, *Power to the People!* has helped tens of thousands—be they world-class athletes or basement enthusiasts—achieve and maintain remarkable strength gains, by employing a set of radically effective lifting principles in a scientific manner. Pavel took the guesswork out of strength training and honed in with an elegant simplicity on what *really* worked to get stronger—and continue getting stronger.

The war on weakness is a war we wage our whole lives. There is no final victory in the quest for extra strength. Only hard-fought gains—born of skill, will, and right knowledge. Losses and set-backs are a constant in this see-saw struggle of adaptation and survival. Pavel's great contribution has been to research and identify the proven “battle” strategies that give us the best chance to keep making those strength gains—whatever the odds. And in this, Pavel has succeeded admirably, thanks to his access to the best training secrets not only in the West but

in Russia—justly famous for its history of achievement in the world of strength and powerlifting. And thanks to his ability to ground theory in the proof of hard experience and earned results.

In *Power to the People Professional*, Pavel broadens and deepens this knowledge base to encompass a vast range of little-known but highly effective methods to keep tricking our stubborn bodies into ever-greater strength gains. Some of the chapters are straightforward coverage of “how they do it in Russia”, others represent Pavel's own original work based on years of research and experimentation.

While elite athletes and powerlifters are those most likely to benefit from the advanced training information contained within *Power to the People Professional*, there remains a wealth of cutting-edge tips and tactics that intermediate lifters, athletes from various power sports, and power bodybuilders can use to immediately enhance their strength and power.

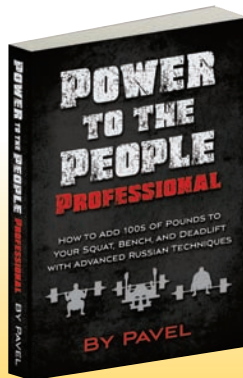
Just a few of the breakthrough secrets you'll have at your fingertips with Pavel's *Power to the People Professional*:

- **How Valentin Dikul** went from wheelchair cripple to master of strength Pages 2—3
- **When Dikul was asked** what was the secret of his strength, he offered two secrets... See Page 6 for the answer
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How Do YOU Stack Up Against These 6 Signs of a TRUE Physical Specimen?

According to Paul Wade's *Convict Conditioning* you earn the right to call yourself a "true physical specimen" if you can perform the following:

- ✓ 1. AT LEAST one set of 5 one-arm pushups each side—with the ELITE goal of 100 sets each side
- ✓ 2. AT LEAST one set of 5 one-leg squats each side—with the ELITE goal of 2 sets of 50 each side
- ✓ 3. AT LEAST one set of 1 one-arm pullups each side—with the ELITE goal of 2 sets of 6 each side
- ✓ 4. AT LEAST one set of 5 hanging straight leg raises—with the ELITE goal of 2 sets of 30
- ✓ 5. AT LEAST one set of 1 stand-to-stand bridges—with the ELITE goal of 2 sets of 30
- ✓ 6. AT LEAST one set of 1 one-arm handstand pushups—with the ELITE goal of 1 set of 5

Well, how DO you stack up?

Chances are that whatever athletic level you have achieved, there are some serious gaps in your OVERALL strength program. Gaps that stop you short of being able to claim status as a truly accomplished strength athlete.

The good news is that—in *Convict Conditioning*—Paul Wade has laid out a brilliant 6-set system of 10 progressions which allows you to master these elite levels.

And you could be starting at almost any age and in almost in any condition...

Paul Wade has given you the keys—ALL the keys you'll ever need—that will open door, after door, after door for you in your quest for supreme physical excellence. Yes, it will be the hardest work you'll ever have to do. And yes, 97% of those who pick up *Convict Conditioning*, frankly, won't have the guts and the fortitude to make it. But if you make it even half-way through Paul's Progressions, you'll be stronger than almost anyone you encounter. Ever.



Here's just a small taste of what you'll get with *Convict Conditioning*:

Can you meet these 5 benchmarks of the *truly* powerful?... Page 1

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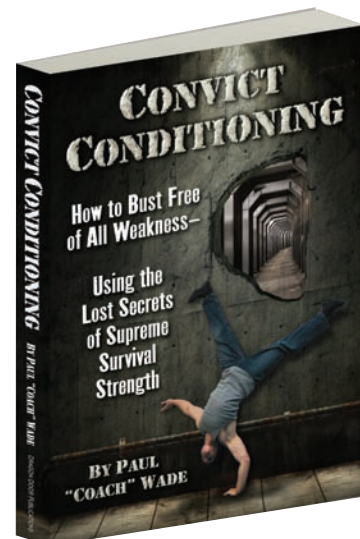
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A Strength Training Guide That Will Never Be Duplicated!

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

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

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

Just like *Power to the People*, I am sure I will read this over and over again...mastering the principles that Paul Wade took 20 years to master.

Outstanding Book!"—*Rusty Moore - Fitness Black Book - Seattle, WA*

A must for all martial artists

"As a dedicated martial artist for more than seven years, this book is exactly what I've been looking for.

For a while now I have trained with machines at my local gym to improve my muscle strength and power and get to the next level in my training. I always felt that the modern health club, technology based exercise jarred with my martial art though, which only required body movement.

Finally this book has come along. At last I can combine perfect body movement for martial skill with perfect body exercise for ultimate strength.

All fighting arts are based on body movement. This book is a complete textbook on how to max out your musclepower using only body movement, as different from dumbbells, machines or gadgets. For this reason it belongs on the bookshelf of every serious martial artist, male and female, young and old."—*Gino Cartier - Washington DC*

I've packed all of my other training books away!

"I read CC in one go. I couldn't put it down. I have purchased a lot of bodyweight training books in the past, and have always been pretty disappointed. They all seem to just have pictures of different exercises, and no plan whatsoever on how to implement them and progress with them. But not with this one. The information in this book is AWESOME! I like to have a clear, logical plan of progression to follow, and that is what this book gives. I have put all of my other training books away. CC is the only system I am going to follow. This is now my favorite training book ever!"—*Lyndan - Australia*

Brutal Elegance.

"I have been training and reading about training since I first joined the US Navy in the 1960s. I thought I'd seen everything the fitness world had to offer. Sometimes twice. But I was wrong. This book is utterly iconoclastic.

The author breaks down all conceivable body weight exercises into six basic movements, each designed to stimulate different vectors of the muscular system. These six are then elegantly and very intelligently broken into ten progressive techniques. You master one technique, and move on to the next.

The simplicity of this method belies a very powerful and complex training paradigm, reduced into an abstraction that obviously took many years of sweat and toil to develop.

Trust me. Nobody else worked this out. This approach is completely unique and fresh.

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

Who should purchase this volume? Everyone who craves fitness and strength should. Even if you don't plan to follow the routines, the book will make you think about your physical prowess, and will give even world class experts food for thought. At the very least if you find yourself on vacation or away on business without your barbells, this book will turn your hotel into a fully equipped gym.

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



More Dragon Door Customer Acclaim for *Convict Conditioning*

Fascinating Reading and Real Strength

"Coach Wade's system is a real eye opener if you've been a lifetime iron junkie. Wanna find out how really strong (or weak) you are? Get this book and begin working through the 10 levels of the 6 power exercises. I was pleasantly surprised by my ability on a few of the exercises...but some are downright humbling. If I were on a desert island with only one book on strength and conditioning this would be it. (Could I staple Pavel's "Naked Warrior" to the back and count them as one???) Thanks Dragon Door for this innovative new author."—**Jon Schultheis**, RKC (2005) - Keansburg, NJ

Single best strength training book ever!

"I just turned 50 this year and I have tried a little bit of everything over the years: martial arts, swimming, soccer, cycling, free weights, weight machines, even yoga and Pilates. I started using **Convict Conditioning** right after it came out. I started from the beginning, like Coach Wade says, doing mostly step one or two for five out of the six exercises. I work out 3 to 5 times a week, usually for 30 to 45 minutes.

Long story short, my weight went up 14 pounds (I was not trying to gain weight) but my body fat percentage dropped two percent. That translates into approximately 19 pounds of lean muscle gained in two months! I've never gotten this kind of results with anything else I've ever done. Now I have pretty much stopped lifting weights for strength training. Instead, I lift once a week as a test to see how much stronger I'm getting without weight training. There are a lot of great strength training books in the world (most of them published by Dragon Door), but if I had to choose just one, this is the single best strength training book ever. **BUY THIS BOOK. FOLLOW THE PLAN. GET AS STRONG AS YOU WANT.**—**Wayne** - Decatur, GA

Best bodyweight training book so far!

"I'm a martial artist and I've been training for years with a combination of weights and bodyweight training and had good results from both (but had the usual injuries from weight training). I prefer the bodyweight stuff though as it trains me to use my whole body as a unit, much more than weights do, and I notice the difference on the mat and in the ring. Since reading this book I have given the weights a break and focused purely on the bodyweight exercise progressions as described by 'Coach' Wade and my strength had increased more than ever before. So far I've built up to 12 strict one-leg squats each leg and 5 uneven pull ups each arm.

I've never achieved this kind of strength before - and this stuff builds solid muscle mass as well. It's very intense training. I am so confident in and happy with the results I'm getting that I've decided to train for a fitness/bodybuilding comp just using his techniques, no weights, just to show for real what kind of a physique these exercises can build. In sum, I cannot recommend 'Coach' Wade's book highly enough - it is by far the best of its kind ever!"—**Mark Robinson** - Australia, currently living in South Korea

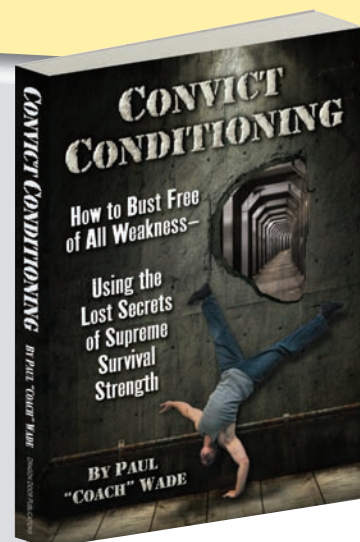
A lifetime of lifting...and continued learning.

"I have been working out diligently since 1988 and played sports in high school and college before that. My stint the Army saw me doing calisthenics, running, conditioning courses, forced marches, etc. There are many levels of strength and fitness. I have been as big as 240 in my powerlifting/strongman days and as low as 185-190 while in the Army. I think I have tried everything under the sun: the high intensity of Arthur Jones and Dr. Ken, the Super Slow of El Darden, and the brutality of Dinosaur Training Brooks Kubic made famous.

This is one of the BEST books I've ever read on real strength training which also covers other just as important aspects of health; like staying injury free, feeling healthy and becoming flexible. It's an excellent book. He tells you the why and the how with his progressive plan. This book is a GOLD MINE and worth 100 times what I paid for it!"—**Horst** - Woburn, MA

This book sets the standard, ladies and gentlemen

"It's difficult to describe just how much this book means to me. I've been training hard since I was in the RAF nearly ten years ago, and to say this book is a breakthrough is an understatement. How often do you really read something so new, so fresh? This book contains a complete new system of calisthenics drawn from American prison training methods. When I say 'system' I mean it. It's complete (rank beginner to expert), it's comprehensive (all the exercises and photos are here), it's graded (progressions from exercise to exercise are smooth and pre-determined) and it's totally original. Whether you love or hate the author, you have to listen to him. And you will learn something. This book just makes SENSE. In twenty years people will still be buying it."—**Andy McMann** - Ponty, Wales, GB



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Convict Conditioning is a fantastic text crammed with solid information, and tons of vital nuggets and powerful insights that when followed will pack your frame with rock-hard, functional muscle. You provide the body, *Convict Conditioning* gives you the rest in a highly readable, easy-to-understand format that teaches you *what* to do and *how* to do it. As a guy who has written extensively on exercise, I highly recommend this book. —Loren Christensen, author of *Solo Training* and *The Fighter's Body*.

This program is completely scalable to challenge any person, from your Mom, to any weekend warrior, to an elite level athlete in the off-season. I believe *Convict Conditioning* would be exceptionally valuable to military preparation programs, wrestling coaches, and martial arts instructors. I think this program combined with Pavel's *Naked Warrior* would allow someone to build strength that would cause Spiderman to look over his shoulder. —Adam T Glass, RKC II, Professional Performing Strongman

In *Convict Conditioning* Paul Wade has laid out a logical and effective “zero to hero” progression in key bodyweight strength exercises and presented a solid training philosophy. Get this book. —Pavel Tsatsouline, author of *The Naked Warrior*

I LOVE IT. *Convict Conditioning* is probably the best compilation of callisthenic exercises and training progressions I have seen. Coach Wade goes to the heart of true training with correct biomechanics, kinesiology and training progressions that so many in the world of physical training just seem to miss these days. Bravo Coach, bravo, an epic book that deserves to be in the library of all who love the world of strength. —Mark Reifkind, Master RKC Instructor, Giry Kettlebell Training

Convict Conditioning gives honor and respect to body-weight training. I feel *Convict Conditioning* provides the progression, precision and clarity that is necessary to combat our cultural decline in simple body knowledge. —Gray Cook, MSPT, OCS, CSCS, Functional Movement Systems, author of *Body in Balance*

Coach Wade has laid out a set of progressions in *Convict Conditioning* that can lead to mastery of the big 6 bodyweight exercises and you would be wise to listen. This is knowledge proven in “extreme” conditions. So respect the progressions and put in your time—you’ll be stronger for it. —Brett Jones, Master RKC, CSCS, CK-FMS

Convict Conditioning

How to Bust Free of All Weakness—Using the Lost Secrets of Supreme Survival Strength

By Paul “Coach” Wade

#B41 \$39.95

Paperback 8.5 x 11 320 pages
191 photos, charts and illustrations



Beginner



Mid-Level



Advanced

Convict Conditioning is jam packed with the most powerful bodyweight training information I have ever come across. It's the book I WISH I had in my hands when I was a competitive wrestler, BUT, even more important to me is that I can pass on this knowledge to my clients AND my son and daughter when they grow up. —Zach Even-Esh, author *The Ultimate Underground Strength System*

Convict Conditioning by El Entrenador is a remarkable book on how to take your bodyweight training to extreme levels. *Convict Conditioning* deserves a place on the bookshelf next to *The Naked Warrior*. —Kenneth Jay, Master RKC, author of *Viking Warrior Conditioning*

If you are a serious student of bodyweight exercise and physical culture, you must get this book. —Craig Ballantyne, *Turbulence Training*

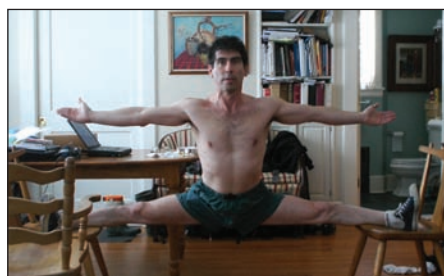
Outstanding! By far the most innovative fitness book in years. Many talk about “mastering your body weight” yet *Convict Conditioning* actually delivers a blueprint for anyone, regardless of your current fitness. The training “progressions” are genius. —Tim Larkin, Master Close Combat Instructor



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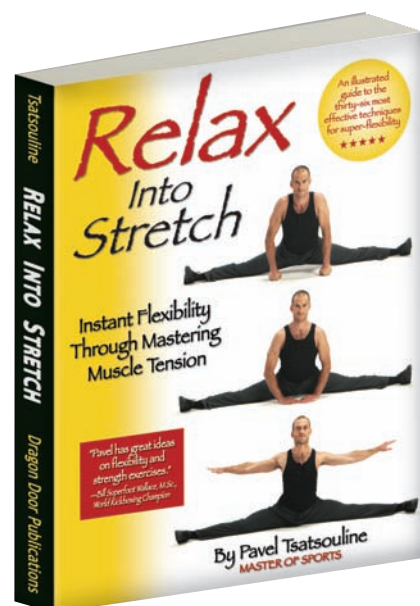


Picture of me in a split - that says it all, and I owe it all to **Relax Into Stretch**. —Steve

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!"

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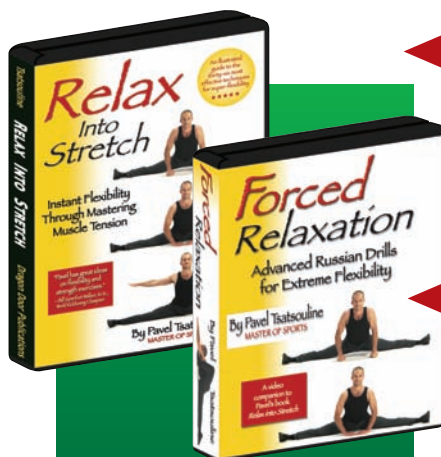
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Be at Your Strongest When it Counts

By Pavel

It was 1961 and Russians were flying high. Yuri Gagarin was the first man in space. Valery Brumel was breaking world records in the high jump. Every day the latter's coach would test his grip strength. He



knew that this test was the simplest way to gage the work capacity and excitability of the athlete's CNS—the single most important variable in posting great results. That day the chart showed that the sportsman's grip had suddenly spiked up. The coach shook his head; he knew that this indicated premature peaking. He did not want his star jumper to leave his best performance in the gym—to get “discharged”, as Russian athletes would say. So Brumel took a harder than planned workout and the excitation came down but several days later started climbing up

again. Another workout, a light one this time, brought it down once more. The coach's adjustments worked like a charm. On the day of the championship Valery Brumel's grip strength was off the charts, his nervous system in peak form, another record fell...

Soviet coaches have known for decades that the condition of the athlete's nervous system is the most important variable in posting an elite performance and breakthrough neuroscience research by their fellow countrymen had given them an undeniable advantage over the rest of the world. Simple and effective tests of the CNS tonus were developed: the grip, the standing vertical jump, the critical blinking frequency, the latent reaction time, tapping with a pencil and hitting a maximal number of dots in 5sec, etc.

You can take a page from the Russian book and use one of these tests to tweak your training when necessary, the way leading coaches in the US already do—Dan John with tapping, Louie Simmons with the grip, Chad Waterbury with the SVJ. But before getting down to the procedure you need to know that there is more to these tests than flagging overtraining. Indeed, an overtrained athlete will lose his grip strength and jump height and, as you would expect, this is a sign to take it easy. But, surprisingly, rapidly climbing numbers can also be a cause for concern, especially in the days before a competition.

For the very simple reason that a “peak”, by definition, is narrow, and once you have hit it, the only way to go is down. Decades ago Ivan Pavlov discovered that nerve cells cannot stay on a “afterburner” for a long time. The scientist established that when neurons are pushed to their limit, or just way above the normal level, for too long, they experience *defensive inhibition*, a fancy way saying that they hit the brakes in order not to hit the wall. This sharply decreases their work capacity and tonus—and someone else takes home the trophy. So Russians learned to manipulate the CNS excitability, keeping it on an even keel for most of the training and carefully—and never too early!—bringing it up before competitions.

The desired pattern is keeping your grip strength more or less on an even keel (of course, one ought to expect a drop the day after 5x5 of deadlifts), then increasing it for several consecutive days before the competition and hitting your highest value exactly on the big day. The day after the event the grip strength along with your CNS will predictably come down.

“Several” days sounds vague and indeed it is. Everyone is different and you will have to find your sweet spot through trial and error. Months of measurements and several competitions will teach you whether your grip strength should start climbing, two, four, or some other number of days out in order to hit its max on the big day. Then you will know when and how to tweak your training load if the peaking process does not follow the best case scenario. Listen to the following recommendations by Prof. N. Ozolin.

Buy a hand grip dynamometer of the kind used in physical therapy clinics and test yourself daily. Never change the testing protocol: do it at the same time of the day, with the same hand, in the same posture, with the same warm-up or lack of thereof, etc. Make only one attempt.

The number itself does not reflect the level of your CNS excitability; it is the pattern charted over time that matters. When your training load is appropriate, there will be little daily variance: 1-2kg or 2.2-4.4 pounds. A greater decrease indicates an excessive training load, an insufficient recovery, a nervous fatigue, an early phase of overtraining, or some disturbance in your regimen or your life. A slight drop for one to three days following a competition is normal however.

Note: This article is an excerpt from an upcoming book co-authored by Dan John and Pavel



"Analysis of daily values of grip strength gives the opportunity not only to objectively control changes in the nervous system excitability, but also to direct it into the right direction with the help of the daily regimen, massage, training, and pharmacology," continues Ozolin. "A reminder: a calm and long cross country run through the woods lowers excitability and brief but intense work, including strength work, increases it. Training in the pre-competition days and a warm-up the day before the competition restrains an increase in excitability while passive rest filled with thoughts about the upcoming competition sharply increases it."

The Soviet champion, scientist, coach offers more advice on fine-tuning your CNS condition in the days before the competition:

- Don't rest longer than 24 hours before the event.
- Perform a warm-up specific to your event 24 hours before the competition.
- Do a light workout if nervous on the days leading up to the competition.
- Skip the workout if don't feel like training after the warm-up.
- Don't push it in the days after an unsuccessful competition. No point in Monday morning quarterbacking; train light and do exercises that are not specific to your sport.

Once you have processed what you have just learned, review the pre-competition rituals of Tommy Kono, Marty Gallagher, and Dan John. You will find even more reason to be impressed with these men's wisdom.

Some housekeeping details. Instead of a dynamometer you may opt for a heavy duty gripper, as long as you realize that the feedback will be subjective and a lot less accurate. Do not rep out to failure but do two

to three reps with the gripper that is in the 5-10RM range for you. Write down how many reps you think you could have done if pushed all out. This method is acceptable for a fitness buff; if you are a serious competitor you need to shell out a few dollars for a dynamometer. If your sport or your training is grip intensive, the grip test is not your best method for evaluating your CNS tonus as you might get a reading on local muscular fatigue instead. Opt for the standing vertical jump instead.

Even if the "competition" you are about to enter is nothing more than testing your bench press max at the gym, follow the above recommendations and you will post your lifetime best numbers. You may have the best laid out training plan, yet still fail to get the results you are after for the very simple reason that you are alive, complex, and affected by a great many variables that you cannot possibly account for, from moon phases to the health of your cat. CNS testing will allow you to make the necessary adjustments and prevail.

Power to you!

Power to the People! and CNS Testing

CNS testing will help you get a lot more out of **Power to the People!**, especially if you are following a flexible wave cycle featured on page 55. Your grip will tell you when you need to take an extra day off, when to back off, and when to push forward towards a PR, and when to "recycle" and start over.

More power to the people!

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The "Grease the Groove" training regimen featured in The Naked Warrior is an instinctive one. Its effectiveness will be noticeably increased by introducing a daily grip test.

Aim to keep the level even. If you see a drop, next day reduce your volume, the total number of daily reps, by 50%. If the drop is significant, take a day off, then have a 50% day, and finally bring the load back up if your CNS has rebounded.

Take advantage of the days when you see a sudden jump in your grip strength, test your one-arm pushup and pistol strength. "Grease the groove" with easy singles every 30-60min in the morning and early afternoon. Before dinner go all out—try a single rep of a more challenging variation of the drills or rep out with a variation that keeps your repetitions low. Take the next day off, then hit a 50% day, and finally get back to your usual training.

Note that the above template does not aim to squeeze the last drop of performance out of you as a true competition peak would (that would take some days of planning, building up, and backing off). It is as simple as can be opportunistic approach to setting PRs appropriate for a deployed military operator or any other hard living comrade with an unpredictable lifestyle. A "tactical peak".



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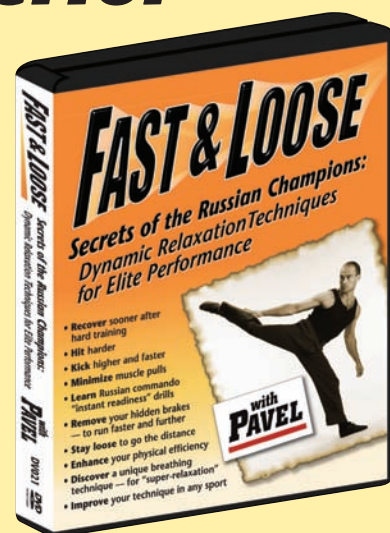
Now, for the first time, Pavel reveals these little known Soviet performance secrets, so you too can become the master of your body — not its victim. From years of research and experience, Pavel has selected these *Fast & Loose* techniques as the best-of-the-best for practical and quick results.

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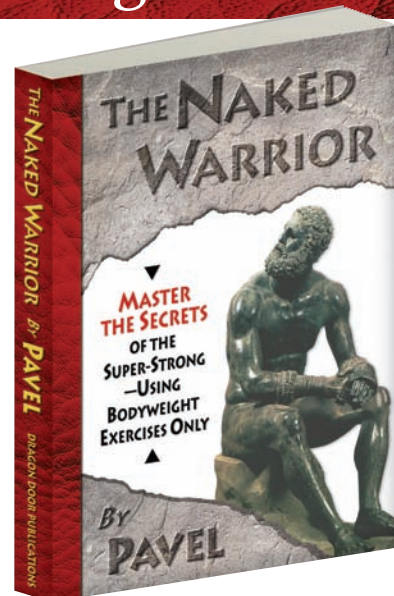
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Have you noticed—the greater a man's skill, the more he achieves with less? And the skill of strength is no exception. From the ancient days of Greek wrestling, to the jealously guarded secrets of Chinese Kung Fu masters, to the hard men of modern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

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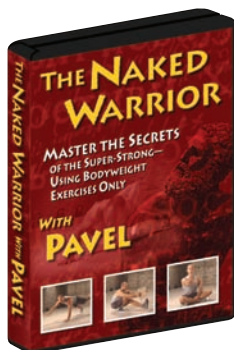
"Pavel's Naked Warrior DVD is worth its weight in gold!"

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

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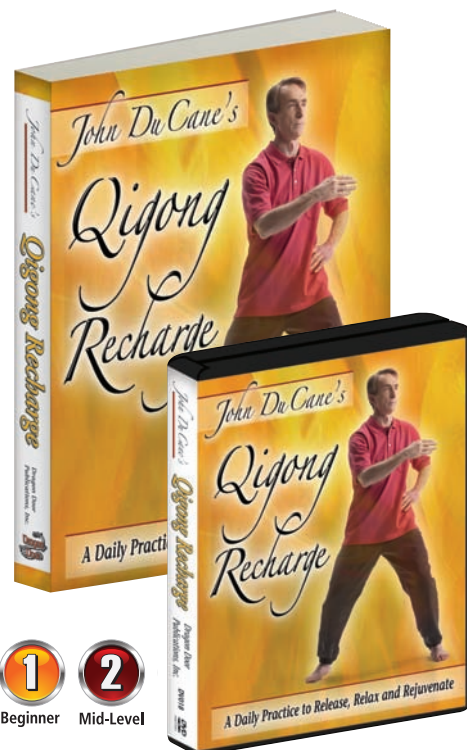
Imagine: you buy a beautiful car—but you never change the oil, never pump the tires, never charge the battery, never fix the wiring, never clean the interior, never change the fluids, never change the air filter and turn the motor over once in a blue moon. In no time, your gorgeous vehicle has become a dysfunctional piece of junk.

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—**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



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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.

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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.

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.

"Although they are based on Chinese systems, the **True Strength Yang** exercises apply to any martial art style since all martial artists need to start with fundamentals that create body structure and movement that focus on coordination, balance, power, and strength. Practitioners with decades of experience can also benefit from these exercises, since the key to mastery is in perfecting basics."

The workouts provided in **True Strength Yang** are useful for individual and group practice. They not only strengthen the body, but will also improve one's execution of fighting applications. Stephan Berwick's **True Strength** regimen offers many benefits for health and strengthening and forms enjoyable routines to practice."—*Journal of Asian Martial Arts*

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Martial arts pioneer **Stephan Berwick** incorporates elements of *tongbei*, *fanzi*, *taiji* and *qigong* to develop a practical approach to toughening the entire body

by **Jim Thorp**

In 2000, **Stephan Berwick** accompanied Chen taijiquan master **Ren Guangyi** to the birthplace of their art, a tiny village in China's Henan province that still lives and breathes taiji. A decade later, Berwick still recalls the constant presence of taiji in the Chen village—morning, noon, and night—as well as the abilities and strength of even the oldest villagers. His experiences there, as well as watching cancer patients in a Chinese qigong hospital in the 1980s fortify themselves for treatment and recovery by doing standing meditation, convinced him that true strength had less to do with raw power and more to do with flexibility and function.

In recent years, the U.S. military noticed that the most common injuries for soldiers deployed to Iraq and Afghanistan were not the result of enemy weapons, but of the physical impact and strain of performing even routine actions—such as jumping down from a truck; tackling rugged terrain; or running, twisting, and changing direction—with the weight of body armor, gear, and weaponry on their backs (University of Pittsburgh Medical Center, 2007; Men's Health, 2008). In 2007, the U.S. Department of Defense began working closely with researchers from the University of Pittsburgh, looking to the training methods of elite athletes to develop new fitness regimens for soldiers (Fellows, 2007). The goal? Modern warriors who displayed not only great strength, but also balance, speed, endurance, and flexibility.

Using principles and practices of ancient Chinese martial arts and medicine, Berwick has created a new training regimen that promises exactly that: **True Strength**.

True Strength Is Functional Strength

Functional strength training and body toughening can benefit anyone who finds his or her body subjected to sudden or repetitive strain at any point of impact: fists, feet, joints, and core. Proponents approach it in any number of ways—from the stone weights and clay jars used by some martial arts “traditionalists,” to kettlebell and medicine ball training, to actual sparring and grappling with a partner. Berwick's approach to functional strength is substantially different, however—requiring no special equipment, no antiquated farm implements, and for most techniques, no partner.

“Most elite sport training methods (which are now becoming more widespread) are focused on stabilizer training, which underlies functional strength and so-called internal strength” says Berwick. “The best way to train stabilizers—regardless of sport or discipline—is with slower, more measured movement.”

At its root is the standing training that Berwick saw in *qigong* hospitals and practiced at length during his own journey through an eclectic mix of traditional martial arts. Dr. Emil Mondo, a 50-year-old physician who has practiced qigong himself for the past 14 years, shares Berwick's enthusiasm for standing practice and speaks to the benefits of a more subtle approach to strength and conditioning (personal communication, August 2009). “It works very well for me [and] is effective, but makes absolutely no sense in Western modes of thinking. It has to be

approached and practiced in its own terms,” he says. “[Zhan zhuang is] the very opposite of what we know as exercise, because there is no movement, but gives one a most important workout. They use an approach that is peculiarly Eastern—a little bit every day over time is vastly superior to ‘binge exercise.’”

The Roots of True Strength

Throughout his career, Berwick has been drawn to both internal and external classical Chinese martial arts, including several ancient styles and forms seldom seen in the West. As he began to formulate his own theories and approaches to body toughening and functional strength training, he drew more and more on his diverse background in gong-fu and qigong. The result—a set of complementary internal and external programs he calls **True Strength Base**, **True Strength Yang**, and **True Strength Yin**—combines the best parts of all of his training and experience. This new approach, he says, develops internal power in balance: combining hard and soft, full and empty, yin and yang.

Berwick's **True Strength Yang**—the most revolutionary of the three programs—draws heavily from Northern China's tongbei and fanziquan boxing styles. Each emphasizes proper body structure and relaxed and flexible use of strength to generate pervasive, total-body power. Tongbei and fanzi also both incorporate body hitting as an element of training, primarily as a means of developing speed and power. Berwick's exposure to this type of training—and an interest in warrior training across the cultural spectrum—sparked an idea for a new approach to strength and conditioning in which the secondary body toughening effects of traditional Chinese martial arts training became a primary goal and focus.

According to Berwick, the benefits of self-striking to condition the skin and body against blows and punishment are recognized by fighters from the Maori to Western boxers (About True Strength Yang, 2008). Essentially, slapping the body at key body parts and in a relaxed, flexible manner develops 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. (About True Strength Yang, 2008).

Dr. Mondo recently began performing True Strength Yang daily at home or in his office and has been impressed with the initial results—including a personal observation that arthritic pain in his fingers seems to have disappeared. He says Berwick's approach to body toughening makes sense on many levels (personal communication, August 2009).

“Those stinging slaps, never hard enough to actually result in damage, cause the release of endorphins which increase the resistance to pain as well as euphoria and readiness,” he says. “Tissues that are subjected to constant gentle stress adapt by developing resilience and sometimes hypertrophy through actual changes in the tissues. That is why the skins of the soles of the feet are thicker and weightlifters have larger muscles. These exercises—slaps, balance, coordination, et cetera—have



to have an impact over time on our overall strength and toughness. The nervous system also adapts, and the combined effect of all these has to be particularly useful to the martial artist.”

The True Strength Regimen

According to Berwick, in traditional Chinese medicinal theory, only when a person's internal energy channels are open can qi flow unimpeded. The results include personal health and wellbeing, and, when properly channeled, deep power.

“True internal strength actually requires both external and internal exercises that develop physical strength, structural integrity, and movement efficiency,” says Berwick. “These three pillars of True Strength are developed in sequence, resulting in natural power that benefits practitioners regardless of age, body type, or discipline.”

True Strength Base

Sensing and using qi requires stimulation, training, and a strong root or base. Therefore, the first stage of True Strength training, True Strength Base, focuses on the legs and waist to develop the strength and overall body control that is foundational to all martial arts, most sports, and many other types of physical activity. According to Berwick, the goal is to strengthen the legs and gain control over the waist, increasing the trainee's ability to shift the body weight efficiently and to relax during exertion. As trainees grow stronger, they begin to sense and control the weight and motion of their bodies, and ultimately enhance their control of their limbs as well.

As Dr. Mondo suggests, the initial stages of training may not even appear to be exercise to Western eyes. **True Strength Base** training begins with various basic stances (feet apart, knees bent) and slow, deliberate shifting of weight from leg to leg, side to side, back and forth. After several minutes of constant, controlled weight bearing, the effect of True Strength Base training begins to suggest itself to the first-time user—the legs may even begin to shake under the steady burden of body weight.

Next comes waist and limb exercises, in which stance work is accompanied by controlled rotation of the waist or lower abdomen, after which the legs and arms are moved in slow circular patterns to enhance awareness and control of the extremities. The exercises are subtle, but the impact is cumulative: those new to this type of training quickly become aware of how rare it is to move so deliberately.

The focus then turns to footwork—simple side stepping, forward and backward stepping, and cross stepping. The patterns are not particularly complex, but they are precise, targeting and strengthening the body's stabilizers, especially the abductors and adductors in the legs and groin area. Once practitioners are comfortable with these stages of training, the final stage of True Strength Base involves combining weight shifting with four-direction stepping, connecting body control with the mind's improvisation abilities to produce fluid, free-form movement.

True Strength Yang

Once the trainee's root is developed, Berwick says, **True Strength Yang** distills the relaxed and relatively gentle *pai da*, or self-striking, techniques from tongbei, fanzi and other ancient Chinese arts to increase toughness, flexibility, and energy.

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 (About True Strength Yang, 2008).

True Strength Yang also begins subtly, with very relaxed swinging of the arms around the body so that the hands strike the body simultaneously on opposite sides, front and back, first from a neutral stance, then from a deeper horse stance while shifting your weight side to side. Berwick emphasizes the flexibility and naturalness of the strikes, which is what sets this method apart from many other types of body toughening—the percussive nature of the training is never to be hard enough to injure or bruise. This becomes even more important with the second exercise, in which both arms swing up and back simultaneously to strike the backs of the shoulders, then down to strike the thighs, first in a neutral stance, then in a horse stance. Berwick notes that the inner thigh and groin area is naturally more vulnerable, so that care must be taken with each strike to avoid injury.

Each progressive stage of training incorporates additional waist movement and more complex swinging of the arms, building momentum and increasing body control. In addition, each exercise targets and toughens a different area of the upper leg. Initially, the arms swing in an extended and increasingly wheel-like fashion, recalling the method's tongbei roots. In later exercises targeting the upper body and shoulders, full waist and lower body movement is incorporated to whip the arms and hands inward.

Next, the practitioner targets the limbs: forearms, lower legs, and feet, keeping in mind that the persistent slapping in each of these exercises is already conditioning the hands. The striking sequences move from fairly straightforward single forearm hits to double and triple hits involving both the forearm and leg, followed by kick-slap sequences (front, inside crescent, and outside crescent kicks) that build strength, stamina, flexibility and balance while toughening the foot and ankle, top, bottom, inside and outside.

The martial roots of this training become apparent, even to the untrained eye, in these latter sequences. Berwick incorporates and expands upon previously established stepping sequences, challenging the practitioner to new levels of mental focus and awareness in order to execute increasingly complex movements correctly and naturally. When the focus of the training shifts to strengthening bone structure through stomping techniques, the return to more simple movement sequences is a welcome relief for beginners. The simplicity of the relaxed stomping techniques, however, belie deep benefits over time in terms of improving bone density and toughening the feet, and the side-to-side and back-and-forth movement of the body continue to strengthen the body's stabilizers, improving functional strength.

True Strength Yang culminates in partner training to test the practitioners' structure and root by bumping each other's shoulders, chests, and backs. This is the only portion of Berwick's regimen that requires anything outside of the individual person in order to practice. Initially Berwick emphasizes footwork, not force, to ensure that both partners are aligned and moving properly so that both benefit from contact. The two face each other, pivot one foot and step forward with the other, so the arches of the forward foot face each other. With their hands on their hips, both partners shift weight to the rear legs and square their chests to each other. Then slowly they shift weight to their forward leg and rotate at the waist until their shoulders, or shoulders and chests, touch. As contact is made, they shift their weight back to the rear leg, square themselves again, and repeat.

Once the partners are comfortable with the slow sequence of movements, they increase the speed and force of the contact, bumping each other not to knock each other over, but to test each other's stance and strength. Similarly, the partners bump each other's backs, as well, stepping to the outside of each other's forward foot and twisting at the waist so their backs are facing each other and parallel. As the two shift forward, they unwind at the waist until they make contact with the shoulder and back. Again, as they become more comfortable with the movements, they increase the speed and force of the bump to test each other. The final stage of partner training combines front and back bumping with stepping, so that both partners learn to step and find their root quickly and consistently every time.

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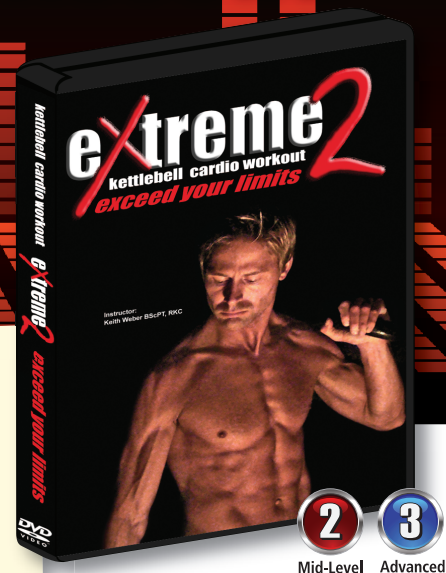
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So Hellish, It's Heavenly—What you'll be served when you "grill" the Weber Way

Workout 1: Wake up the System

This segment is an energetic warmup combining a brief yet vigorous chakra-balancing Tibetan yoga routine followed with several joint mobility drills from *Super Joints* including wrist rotations, Cossack stretches, split switches, and the Egyptian. Then throw in the Loaded Quad Stretch from *Loaded Stretching* to prep the legs for the training to follow. This routine can be used not only as a warmup for your next training session but also as a daily dynamic strength and flexibility maintenance routine to wake up the mind and body.

Workout 2: The Flow

This routine was designed as a kettlebell-based warmup incorporating a wide variety of exercises seamlessly "flowing" together starting with swings, moving to front squats, slingshots, good-mornings, sumo high-pulls, thrusters, hot potatoes, windmills, overhead squats, between the legs pass, shoulder presses, push presses, tactical lunges, clean and presses, finishing with snatches. The reps are kept relatively low to get you ready for the real workouts to follow without wearing you out too early in the game. If you plan on doing the flow as a stand-alone routine, challenge yourself by grabbing a heavier kettlebell and see how it goes.

Workout 3: Cardiovascular

Okay, the warmup routines are over and now for the really challenging workouts. This routine consists of 10 repetitions per side of snatches, immediately followed by high-pulls, swings, clean and presses, alternating swings, more snatches and finally finishing with 20 swings for

a total of 260 nonstop reps in just over 5 minutes.

Workout 4: Squat Series

A very challenging leg workout starting with overhead squats, moving to thrusters, squat kicks, front squats, concluding with bodyweight squats. Windmills are performed between squat sets as active recovery for the lungs and quads and to work the hamstrings also.

Workout 5: Lunge Series

Here we move through a sequence of lunge thrusters, overhead lunges, lunge-throughs, and finishing with more tactical lunges than you may feel like doing at this point. Slingshots are performed between the sets of lunges as active recovery. This session provides a great test of endurance and concentration, as it is difficult to maintain one's balance by the end due to the heavy breathing and burning muscles.

Workout 6: Ladder Workout, AKA "Delirium"

This workout could have been just as easily called Delirium as it is so exhausting I made a few mistakes while doing it. I decided to leave it anyway because it is very difficult but fun at the same time. We start with 5 reps of snatches, overhead squats, windmills, thrusters, finishing with push presses on one side, do some swings to catch our breath, then switch sides and go for it again. We follow the same sequence again for 4 reps, then 3 and count down to 1. Just when you think we're done we finish off with swings. This is a great routine as it forces you to practice breathing while in a state of severe cardiovascular debt and physical fatigue. It is also a great shoulder conditioner.

Workout 7: The Grind

At this point in the video this chapter will be a grind and it will grind you into a pulp. We do 5 reps of windmills, followed by overhead squats, thrusters, squat kicks, then finally 5 clean and

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presses all on one side, then switch to the other and repeat. We pass the kettlebell around the body in between sides to recover, then repeat the sequence again. Finally, we do it one more time except we get to switch hands after each exercise. And of course we finish off with swings.

Workout 8: The Test

This routine starts with a combination exercise, each rep consisting of one thruster and one squat kick. We start with 10 reps per side, using a set of hot potatoes between sides to partially recover. We then do 5 lunge thrusters, windmills, overhead squats, clean and presses on one side then the other. The workout is finished with 5 more reps per side of the thruster/squat kick combo with swings as the finisher.

Core Routine 1

A brief but intense abdominal routine including kettlebell pullovers, jackknife leg raises, Russian Twists, V-ups, weighted crunches, standard crunches, twisting bicycle crunches, followed by the plank held for as long as you can.

Core Routine 2

The only routine on the DVD not requiring a kettlebell! Don't worry, it is still hard. Mountain climbers, floor wipers, side planks, side oblique leg lifts, crunches, finishing with twisting crunches.

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