

DRAGON DOOR PUBLICATIONS PRESENTS

HARD-STYLE

HARD CORE TOOLS FOR HARD LIVING TYPES

PAVEL: The Muscle Building Magic of "Kettlebell Tens"

ZAR HORTON: Igniting The Fire Service With Kettlebells!

JACK REAPE: From Skinny to Smolov and Beyond

CHRIS MAYS: Jail House Rock: How Inmates Build Scary Strength

DAN JOHN: Set New PRs With The Kettlebell "What the Heck" Effect



BEAST Press

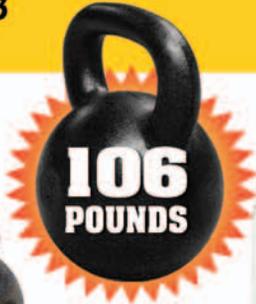


BEAST Pullup

SHAUN CAIRNS became the first inductee into **THE BEAST TAMER HALL OF FAME** at the Sept. 2005 Russian Kettlebell Challenge Certification workshop— see page 23



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Kettlebells receive national media attention

Congratulations to Sarah Lurie, owner of IronCore La Jolla and one of our most active RKC's for being featured in a recent issue of *Newsweek*—alongside a photo of our 4kg kettlebell. Sarah has been doing a terrific job in getting the word out about the benefits of kettlebells and is running a very successful operation—I encourage you to check it out at www.ironcorelajolla.com.

Other big plugs have come from *Experience Life* magazine, *Vogue*, and the *LA Times*. Since Pavel and Dragon Door introduced kettlebells to the United States four years ago we have seen a phenomenal growth in their use.

Kettlebell certifications are now selling out

Not surprisingly, the demand for premier training in kettlebells has gone through the rough—and we had to turn people away from our September workshop.

Speaking of the September 2005 RKC certification, Russian World Champion Valery Fedorenko made a surprise visit and trained participants in the fundamentals of Girevoy Sport. Valery did a superb presentation, which was very appreciated. High-level participants at the training included world champion powerlifter Amy Weisberger (one gentleman on our forum referred to her as pound-for-pound “possibly the strongest woman ever”)—and Jon Hinds, of Lifeline USA whose excellent company is responsible for the Power Wheel and many other innovative training products.

One of the highlights of the workshop was our first ever BEAST TAMER CHALLENGE. The very strong Shaun Cairns, from South Africa, became the first successful inductee to the BEAST TAMER HALL OF FAME. That's Shaun on our front cover—and see more on Page 23. BTW, the other two BEAST TAMER hopefuls, Brett Jones and Tom Phillips, came darn close to joining Shaun in the Hall Of Fame. Both Brett and Tom will undoubtedly make it the next time round...

Kettlebells are a perfect training tool for firefighters...

I have always been impressed by Zar Horton, RKC when I have seen him at our certifications—he embodies that quiet “presence of power” we value and encourage in our training. As Tom Corrigan, RKC—who is close to finishing a DVD on the subject—will also tell you, kettlebells are a perfect training tool for the firefighters. Find out why in Zar's excellent article on Pages 14-15.

Armed Forces Powerlifting Champion Jack Reape has made a great contribution to the quality of training advice on our forum. Read his fine piece on important lifting fundamentals on Page 12.

I was fascinated by Chris Mays, RKC's article (Pages 40-41) which shows how jail inmates have developed strength programs that have much in common with Pavel's best advice! I know Chris quite well, as he has attended many of my local qigong classes. A heckuva guy. Chris is a Use of Force instructor and truly knows whereof he speaks when it comes to applying strength training to confrontational situations.

The legendary Dan John (Pages 66-67) really cracks me up... I love his humorous and brutally honest style. Dan contributes an inspirational piece about the mysterious kettlebell “what the hell effect”... and how it allowed him to achieve a significant new PR in his worst throwing event—the javelin. Good stuff!

And of course, no one loves kettlebells more than fighters—who have to be able to take a good beating as much as dish it out. Read our interview with 7-time World Champion kickboxer, Kurt Pitman, RKC, to learn more...

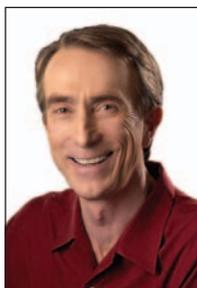
Introducing new products

Check out Anthony Diluglio's terrific new kettlebell workout DVD, *The Art of Strength, Providence*. Anthony pioneered Punch!, the first gym to offer kettlebell circuit training. Anthony honed his circuits to such success that *Men's Journal* honored Anthony as one of America's top 100 trainers for two years in a row (2004/2005). As you will see on Page 43, Anthony's DVD has met with instant acclaim from our customers.

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

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

The new initiative, *Unlock!*, a collaboration between myself, Pavel and Steve Maxwell to bring you the very best techniques for mobility, stretching and opening up the body, was a huge success. Based on overwhelming feedback, we have extended the next workshop in February 2006 to three full days from the original two. We expect the new workshop to fill quickly, so register now to be sure of a place—go to Author Workshops on www.dragondoor.com for full details.



All the Best,

John Du Cane
John Du Cane
Publisher



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Hard-Style
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www.dragondoor.com

Publisher & Editor-in-Chief
John Du Cane

Editorial
Training Editor
Pavel Tsatsouline
Editorial Assistant
Dennis Armstrong

Contributors
Zar Horton, Dan John, Chris Mays,
Jack Reape

Art Direction & Design
Derek Brigham
www.dbrigham.com

Internet Architect
James McConnell,
webmaster@dragondoor.com

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

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

Dragon Door Publications
corporate address:

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

THE MUSCLE BUILDING MAGIC OF KETTLEBELL *FAST TENS*

by **PAVEL**

"Now I believe," said Soviet champion weightlifter Sultan Rachmanov after following a repetition quick lift program. "...My shoulders, my back, everything is filling with strength."

There is magic to sets of ten to twenty quick kettlebell lifts. Retired powerlifter Phil Workman, RKC—who already carried more muscle mass than a human body has the right to—started doing multiple sets of C&Js with a pair of kettlebells. The problem you are likely to face is getting the bar into position. You can load up a straight bar in a power rack; a Gerard bar needs to be deadlifted first. After a few months you are certain to shrug more than you can pull off the floor.

HIS SHOULDERS SWELLED UP TO THE POINT WHERE HE WAS ACCUSED OF TAKING STEROIDS.

Rock climber Kevin Perrone, RKC was not amused when long cycle C&Js put fifteen pounds of beef on his wiry frame.

In 1952 *Ironman* founder and editor Peary Rader reported about a muscle builder who: "used the clean and jerk as an exercise in a weight gaining experiment. Jim has always been a "hard gainer" and found it almost impossible to make progress. He went on this program of cleans and jerks... with all the poundage he could use correctly for the required number of reps (about 15 to 20). He immediately began gaining weight very rapidly and was amazed that the practice of this one lift or exercise could have such a profound effect on his body. Subsequently others of us have made similar experiments with this lift and found that it not only was a good weight gaining medium but also developed strength, endurance, speed, and timing that nothing else could give us. We also found it to be the toughest workout we have ever had."

These words carry weight, given the fact that Peary Rader was one of the first in the iron game to heavily promote high rep barbell squats.

You have read in *Hard-Style* about the extraordinary deadlift accomplishments of powerlifter Donnie Thompson, RKC. But did you know that Donnie also added 100 pounds to his bench press? That in a bare three months he gained twenty-six pounds of muscle on a routine that emphasized kettlebell quick lifts? Mr. Haney, RKC, a 51-year-old former college champion shot putter and Thompson's coach, added fifteen pounds of muscles on the same routine.

I ASKED MR. HANEY WHAT HE ATTRIBUTED HIS LIFTER'S PHENOMENAL PROGRESS TO. HE REPLIED: "KETTLEBELLS WORK THE MUSCLES WITHOUT KILLING THEM."

When I taught a kettlebell seminar at the powerlifting Westside Barbell Club I asked Louie Simmons the same question. Simmons is the WSB mastermind; Thompson has trained under him and has been following the Westside template. Louie said to me: "Kettlebell lifts are slower than plyometrics—slow enough to work the muscles." And you thought faster was always better!

True plyos must be very 'touch-and-go' in order to teach you to recruit your muscles more explosively and make a better use of stored elastic energy.

They are not meant to build muscles for that reason and because at the intensities involved you could not put up a high enough volume safely. If you are interested in the complex science of plyometrics, read *Supertraining* by Mel Siff, Ph.D., available from elitefts.com.

Unlike plyos that are too quick and too low rep, repetition quick lifts work the muscles most

thoroughly. "Usually the athletes lift barbells and then immediately drop them. This takes several seconds," comments Dmitri Ivanov who interviewed Vasily Alexeev, the #1 weightlifter of the seventies.

According to Alexeev's method, the athlete finds himself under the weight for a period of two or three minutes. The entire body must sustain this prolonged effort, as the athlete completes several consecutive exercises without letting go of the equipment. The weight of the barbell is relatively light, but the varied work with it affects every muscle cell.

"By the end of the two-week session, all Alexeev's students had increased their bodyweight as a result of muscle growth and at the same time they'd increased their abilities. Here is what Sultan Rachmanov said: "At first I trained my own way. I didn't believe that Alexeev's advice would help me. Now I believe... My shoulders, my back, everything is filling up with strength."

REPETITION QUICK LIFTS WITH THE DECELERATION COMPONENT BUILD MUSCLE FAST, PROBABLY DUE TO A UNIQUE COMBINATION OF THE MUSCULAR STRESS AND THE JUST RIGHT HORMONAL ENVIRONMENT.

The Russian kettlebell is the ideal tool for such training.

Kettlebells can be swung between the legs. Such deceleration builds powerful hips. Don't try it with a barbell!

Kettlebells can be cleaned for many reps without stress to the wrists.

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Kettlebells demand that you rack them with your arms pressing tight against your torso. This position enables you to safely absorb the shock when dropping the kettlebells to your chest following a jerk.

Where the technique of the barbell Olympic lifts tends to deteriorate rapidly once reps go up—Russian National Weightlifting Team members stick mostly to doubles these days—kettlebell quick lifts usually get better with more reps.

That said, here is a general prescription for building muscle that is as strong as it looks, with kettlebell quick lifts.

HOW TO BUILD DENSE AND POWERFUL MUSCLE WITH KETTLEBELL QUICK LIFTS

1. Do 10-20 reps per set, 50-100 per workout.
2. Train a muscle group 2-4 times a week.
3. Use a 'hard style' of lifting, don't pace yourself, don't use energy saving techniques.
4. Do the quick lifts that require you to decelerate the kettlebell(s) on the bottom.
5. Use heavy kettlebells; double kettlebell drills are ideal.
6. Rest for 1-2min between sets.
7. Use hybrid lifts at least some of the time.
7. Eat!

Some explanations are in order.

1. DO 10-20 REPS PER SET, 50-100 PER WORKOUT.

Experience shows that this rep range works best for building muscle with quick lifts. Ten makes a nice round number. Louie Simmons has found out that twenty was too many for him, he got too sore and tired, so he sticks with tens.

Take your time to work up to the recommended 50-100 reps per workout volume.

2. TRAIN A MUSCLE GROUP 2-4 TIMES A WEEK.

Again, learned in the trenches.

3. USE A 'HARD STYLE' OF LIFTING, DON'T PACE YOURSELF, DON'T USE ENERGY SAVING TECHNIQUES.

The astronomical reps top GS competitors crank out in the snatch and jerk are only possible through skillful energy management. For instance, to make sure that his grip can go the

distance the girevik does not sharply reverse the movement of the kettlebell on the bottom. He lets the kettlebell come to 'a stop' behind the hips naturally and rocks back on his heels to absorb the remaining momentum. Then he rocks forward on his feet and lets the kettlebell swing forward by itself, like a pendulum instead of driving it with his hips. Only when the kettlebell is between his legs will the girevik give it a measured hip thrust.

Such efficiency is exactly what is needed for winning a GS championship—and the opposite of what is needed to build strength and muscle. Different strokes for different folks. Brazilian Jiu Jitsu World Champion, Steve Maxwell, Senior RKC, stresses that you must make your sport technique as efficient as possible and your strength and conditioning as hard as possible. Steve drives his kettlebell lifts hard, with all his power, and does not worry about the numbers. On the mat he is the ultimate in efficiency.

4. DO THE QUICK LIFTS THAT REQUIRE YOU TO DECELERATE THE KETTLEBELL(S) ON THE BOTTOM.

Rapid eccentric loading is essential to the success of a repetition quick lift program. It does not mean you should never do snatches and cleans straight from the platform as Olympic weightlifters do, just don't emphasize them.

5. USE HEAVY KETTLEBELLS; DOUBLE KETTLEBELL DRILLS ARE IDEAL.

That presumes you are aiming for a lot of muscle and strength. Don't chase ever-heavier kettlebells if all you are after is conditioning.

Double kettlebell swings, snatches, cleans, and jerks force your lower body to work harder and help you get the right metabolic environment for muscle growth. Look what double kettlebell drills have done for Senior RKC Mike Mahler. I highly recommend his Kettlebell Strength & Size Solutions DVD (pages 29-30) as a reference for double kettlebell drills.

6. REST FOR 1-2MIN BETWEEN SETS.

When training for strength, rest a lot between sets. Five minutes are standard, three are pushing it, ten are not unheard of, and you can't beat resting for half an hour to an hour between sets.

Conditioning is just as simple—rest as little as possible. If you are not panting, you are slacking.

Muscle building is trickier. Resting too long interferes with the production of muscle building hormones. Resting too little forces one to use lighter weights. A compromise is in order. The idea is to get pumped with a heavy weight. One to two minutes usually does the trick.

7. USE HYBRID LIFTS AT LEAST SOME OF THE TIME

Combos will smoke you! Below are some double kettlebell hybrids to choose from. You can invent many more. Note that 'grinds' like presses and squats are mixed in but quick lifts make up the meat of the list.

- C + P
- C + J
- C + FSQ
- J + FSQ
- J + OVERHEAD SQ
- C + P + FSQ
- FSQ + PUSH P
- SN + OVERHEAD SQ
- SN + P
- FSQ + SOTS P
- SN + FSQ
- SN + P + FSQ
- C + FSQ + J
- SN + OVERHEAD SQ + P
- SN + OVERHEAD SQ + SOTS P
- SN + OVERHEAD SQ + SOTS P + FSQ + P

8. EAT!

Kettlebell lifting is very demanding. Most comrades will not put on muscle unless they eat. A lot.

Following is a sample six-week strength and muscle building routine for a girevik who is accustomed to heavy, high volume training. Adjust it to your strength and conditioning. Note that the workload goes up for three weeks, then backs off and builds up again. The reasons behind these three-week waves are explained in *Power to the People!* and *Beyond Bodybuilding*.

As strongman Bud Jeffries, RKC put it, "Lower and repeat until you're convinced you're a better man for doing it or your wife calls you in." Report your gains on the dragondoor.com forum.

A FAST TENS PROGRAM FOR MUSCLE AND POWER

| Exercises | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|---------------|---------------|-------------|-------------|-------------|-------------|-------------|
| MON 1. C + P | 2 x (5, 10) * | 3 x (5, 10) | 4 x (5, 10) | 3 x (5, 10) | 4 x (5, 10) | 5 x (5, 10) |
| 2. SN + FSQ | 2 x 10 ** | 3 x 10 | 4 x 10 | 3 x 10 | 4 x 10 | 5 x 10 |
| WED 1. SN + P | 2 x 5 | 3 x 5 | 4 x 5 | 3 x 5 | 4 x 5 | 5 x 5 |
| 2. C + J | 2 x 10 | 3 x 10 | 4 x 10 | 3 x 10 | 4 x 10 | 5 x 10 |
| FRI 1. SN | 2 x 10 | 3 x 10 | 4 x 10 | 3 x 10 | 4 x 10 | 5 x 10 |
| 2. FSQ + PP | 2 x 5 | 3 x 5 | 4 x 5 | 3 x 5 | 4 x 5 | 5 x 5 |

* 2 x (5, 10) means two series of 5 and 10 reps: 5, 10, 5, 10. One clean plus one press count as one rep.

** 2 x 10 means two sets of five reps. One squat and one press equal one rep.

**“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*.

“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.

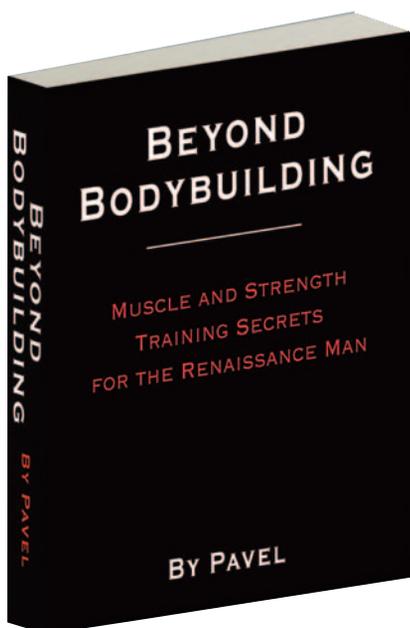
“Every aspect of training is covered in Pavel's *Beyond Bodybuilding* from flexibility to all types of strength development, U.S.M.C. training, R.K.T. training tips from many of the greatest strength experts around the world, plus a glossary of exercises to fit everyone's needs. I salute Pavel and *Beyond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

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

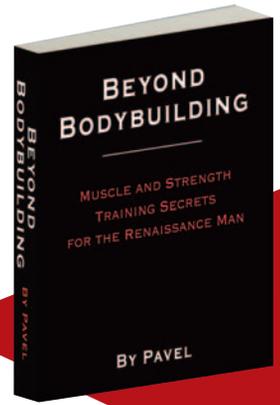
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The fight for greater strength and muscle is the story of a constant struggle against conflicting forces...

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

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

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

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

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

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

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

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

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

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

When all else has failed you...

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

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

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

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

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

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

Defeat the enemies of progress

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Fight these crimes against the body

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

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

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

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

Section One: Power Training

- ▶ The *real* secret to spectacular strength gains.
 - ▶ The two strength skills you *must* have to fortify your power.
 - ▶ The best breathing technique to ensure you get stronger in every lift. Find it in your sound system!
 - ▶ The basic laws of successful practice -- follow these and you can't help but gain and gain and gain. Page 2
 - ▶ The basic tenet of motor learning -- know this to **keep on gaining strength**.
 - ▶ Why practice alone won't help you make maniacal strength gains -- and what will! Page 2
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 - ▶ This high-tonnage program will easily pack ten to fifteen pounds of beef on your frame in less than two months. Page 13
 - ▶ A Soviet Special Forces method to **pack on the pounds** with kettlebells -- despite sleep deprivation, excessive exercise, stress and a limited protein intake. Page 13.
-
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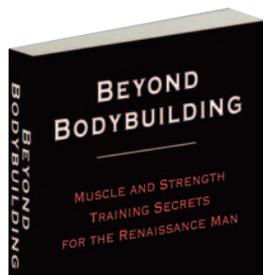
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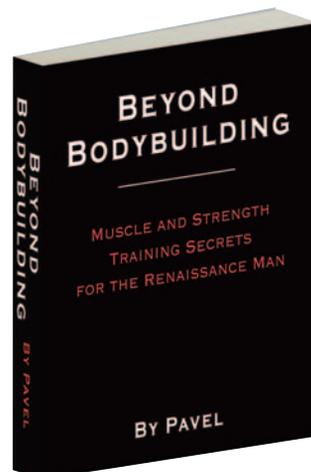
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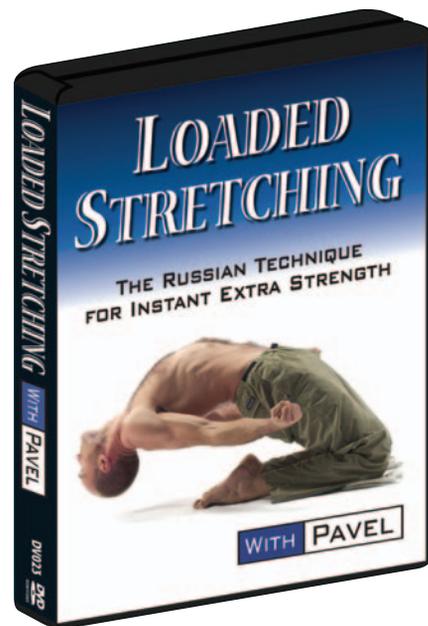
"The high end concept of controlled strain, when applied to various movements, have demonstrated ability to improve sport performance in the short and long run and can be used by everyone. The loaded hip stretch using a box, the loaded Russian twist, the loaded RKC clean stretch, and the KB loaded triceps stretch

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A SIMPLE SEQUENCE FROM SKINNY TO SMOLOV AND BEYOND

BY JACK REAPE

A lot of questions pop up about exactly how to get started and continue in weight training. With so many programs out there, it is difficult to pick where to start and when and how to move on. This subject can be a bit overwhelming and there is more than one way to skin this cat, but if we stay focused on variations of Intensity and Volume, we can make this subject clearer. Once these basics are mastered, the advanced ideas like varying rest periods, adding gear, partials, GPP, assistance work, cardio, etc. can be adjusted and experimented with at your leisure and level of interest.

Many texts say that beginners should stay with 3 sets of 8 reps 2 times a week for each main bodypart. While some research confirms this, more important than the reps is staying in the correct 50-70% Intensity range for a beginner. Keep in mind that just about any approach works for previously untrained lifters, so if we stay in the correct intensity range, we can work in a large range of reps to make up our Volume. A generic 3 sets of 8 twice a week gives us $(3 \times 8) + (3 \times 8) = 48$ reps.

Whether a beginner or an advanced lifter, it is very hard to hold proper form above 6 reps, so if we drop the reps to 5, we have a few options.

We can either do the Power to the People! (PTP) approach of 2 sets of 5 reps dropping 10% from set 1 to set 2, 5 days a week, or 5x5 with a fixed weight, 2 days a week.

I advise starting with PTP and then eventually moving to 5x5; both yield 50 reps a week. A few months of PTP (don't forget three work weeks and 1 back-off week!) will prepare you for 5x5.

If your time constraints only allow two training days the 5x5 is the way to go, but PTP really helps reinforce your new groove and is the optimal approach. The focus here is to build your work capacity so you can handle and recover from 50 reps in the 50-70% reps range.

Once you have built your groove and strength with PTP or fixed weight 5x5, then move to 5x5 with varying weight. You can vary your weights up and down each set, do the escalating density approach of adding weight each set, or my preference of working from heaviest to lightest set over the 5 total sets. During this phase, your Volume is staying at 50 reps a week but you are working on raising your Intensity into the 75-80% range.

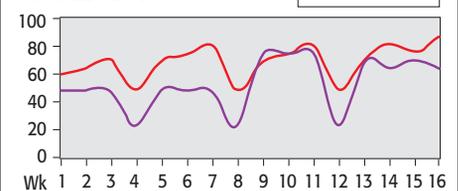
What if the Sheiko, Smolov, WSB, or MM is not your cup of puke and you want to just go ahead and peak from the Bear Phase?

In the peaking phase we drop the Volume 15-30% but we keep Intensity moving slightly higher. A familiar approach works well here, the 54321 approach. This can be done with a very heavy fixed weight and dropping a rep a set, or adding weight each set as we drop a rep. Twice a week this workout yields $15+15=30$ reps, so we have some more volume left we can and should do. The perfect finisher is 3x3 or 2 sets of 5 of board press when done with the full range of motion 54321 workout (I prefer to do 5433).

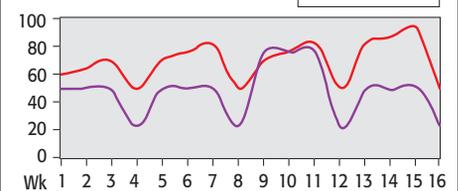
Start with the weight you finished your full reps with and work up as you feel. Our reps will move back towards 50 with higher Intensity than our previous 50 rep cycles. You will be bigger and stronger in whatever lift or lift you apply this method too.

The following article presumes that you have a basic understanding of Russian powerlifting training methods and terminology. *Beyond Bodybuilding* and Jack's and Pavel's articles on dragondoor.com are great places to start. -Ed.

PTP to 5x5 to Bear to Smolov



PTP to 5x5 to Bear to 54321



There are numerous variations and permutations of this approach to building a training template. You can do each template for a month or a few months at a time. The newer you are at this, the longer each phase should be. A more advanced lifter can go from one template to the next month to month. You can at any point decide you don't want to move beyond the workout you are doing, but they do nicely and easily sequence together as you move forward in your training. Good luck.

Jack Reape is an Armed Forces Powerlifting Champion who has helped many comrades on our forum get stronger. Make sure to read his articles on dragondoor.com.

“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.

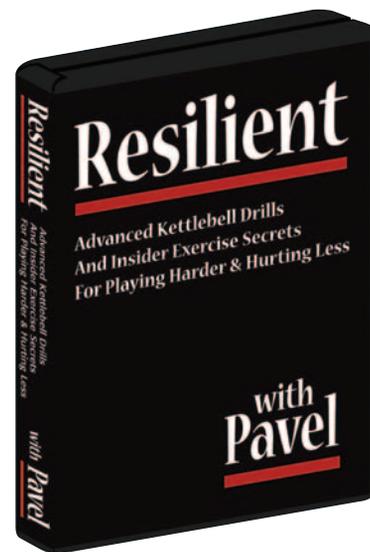
You get sidelined! You can't do what you want to do anymore. People don't want you on their team anymore. You can't compete anymore. You're... let's face it...washed up, as a card-carrying member of the active elite. Sometimes all it takes is one sudden injury to that one weak spot you neglected to strengthen 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 **\$59.95**
DVD Running time: 36 minutes

Customer reviews from Dragon Door's website

"Worth every penny! This DVD is probably the best I have ever viewed. The moves for the shoulders are excellent, the RKC arm bar, the triceps extension, and the one that really surprised me the most was the hack shoulder stretch was the best and made an immediate impact on my shoulders. Keep up the good work."
—Donnie, West Hamlin, WV

"Concise and truly beneficial. Pavel breaks these drills down wonderfully: first demonstrating, then focusing on finer points and offering visualizations for safety, power, and keeping form. As a member of a special reaction team, our training requires performance in any condition. Pavel's products and drills like these

help keep me mobile and ready. A great DVD!"
—Michael Ottaway, FE Warren AFB, WY

"Ever get beat up? I had one of those months. Between wrestling, brazilian jiu-jitsu, training for the Washington State Kettlebell Championships and the June 2004 RKC, I was run down and hurting. Just lots of hard training, plus getting bounced off the mat 100 times a day in my takedown class I felt like everything hurt. So I took a month, and all I did was Resilient exercises with my 26 lb kettlebell, Super Joints, and a little juggling with my 26 lb kettlebell. All my joints feel SOOOOO GOOD. Coming back I feel stronger and more solid everywhere. Now I'm still doing the

Resilient exercises as preventive medicine. The neck stuff is REALLY good for my Brazilian Jiu Jitsu."
—Joshua Hillis RKC, NASM-CPT - Denver, CO

"If as a male, you thought 8kg or 12kg KB were for women only? I strongly suggest you think again. With this product, Pavel shows, yet again the information you need to "re-install & repair" your joints. Nothing's a patch on Pavel. In fact, I wonder if I went to the Australian Government & asked for my HECS fees back, if they'd agree. I spent four years at Uni with a double major in Physical Education, yet this information was not provided!"
—Pete Rogers, Hobart, Tasmania

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IGNITING THE FIRE SERVICE WITH KETTLEBELLS!

BY ZAR HORTON RKC, CAPTAIN, ALBUQUERQUE FIRE DEPARTMENT

SPETSNAZ, US SPECIAL OPERATIONS FORCES, THE US SECRET SERVICE, SWAT TEAMS, WHO ELSE? —THE FIRE SERVICE... TRULY ANOTHER GROUP OF TACTICAL ATHLETES. ON DUTY 24 HOURS A DAY, FIREFIGHTERS MUST BE READY TO RESPOND TO ANY CALL (FIRE, MEDICAL, HAZARDOUS MATERIAL, OR RESCUE OPERATION) AND PERFORM AT A TOP LEVEL FOR UNDETERMINED PERIODS OF TIME.

How does one prepare physically for demands like that?

The answer is clear. A physical training system that can strengthen muscles (with an emphasis on the midsection and the low back), increase flexibility, and provide unmatched cardio-respiratory conditioning. All aspects of training must be addressed without training to failure and without unnecessary muscle soreness, so the firefighter's body is always in a ready state.

The answer is the Russian kettlebell.

THE ALBUQUERQUE, NEW MEXICO FIRE DEPARTMENT IS INCREASING THE NUMBER OF MEMBERS WHO USE KETTLEBELLS AS PART OF THEIR TRAINING PROGRAMS.

Our Fire Chief Robert Ortega is a progressive leader, especially in the areas of training and firefighter fitness. He realized the benefits of kettlebell training for firefighters and authorized two of his members to become RKC's so that proper training could be taken to the line personnel.

This journey started, strangely, by a single bell parked outside an office door. A little over a year ago, I was newly assigned to the Fire Training Academy. I thought that I would have a limited opportunity to work out, having moved from the field to an "office job." So I thought it would be a good idea to bring my kettlebell to work.

It did not take long before five members of the Academy staff, including the Academy Commander, started doing KB work! Field personnel were soon drawn to the kettlebell and were requesting lessons. This was a bit overwhelming, I was happy to teach what I knew but.... With so many requests for instruction, and

the technical nature of this training the Fire Chief agreed that Certified Instructors would be necessary to deliver this training properly and as safely as possible.

It was then that Captain Tige Watson and I attended, and successfully passed, the October 2004 RKC course in St. Paul. Upon our return we began training our firefighters on a weekly basis. A year later, we are still holding at least one class per week and are committed to teach our firefighters and their immediate family members free of charge. The response has been excellent.

With both Tige and I assigned to the Academy and entrusted with intensifying the fire-cadet PT program and a staff of athletes, some changes have been brought about—to say the least. Backed by an Academy training staff with backgrounds in wrestling, boxing, distance running, and the military service, with a green light from the Fire Chief and Director of the Training Academy, we redesigned our program to bring back old-school hardness to these grounds.

WE HAVE PAVELIZED THE PROGRAM. NOT CONTENT WITH BRINGING BACK THE TOUGHNESS THAT HAS BEEN LOST OVER THE YEARS WE TOOK TRAINING TO THE MOST DIFFICULT LEVEL EVER!

In doing so, we borrowed many techniques from Pavel and the Senior RKC's.

These grounds are now pounded by the sounds of cadets flipping and dragging tires and sprinting up the stairs of a seven-story tower stairs. They still do traditional cal's like pushups and pullups but in the weight room the typical beach muscle exercises are replaced with low rep, heavier weight exercises that teach full body tension, stability, and strength. They are based on the principles from Pavel's *Power to the People!* These things are necessary for success and longevity in our chosen field.

The staff amp up the workouts with Mahler-type body blasting combinations, a Martone-ified T.A.P.S. circuit, and Maxwell “cruel and unusual” mentality—not to mention his emphasis on the perfect push-up. All workouts preceded by a joint mobility session, Pavel’s *Super Joints* and Steve Maxwell inspired.

At the Fire Academy kettlebell training used to be reserved for the staff only. But when faced with challenges of strengthening the cadets who were weak in certain tasks, the kettlebell was the clear and obvious answer.

For instance, the KB has been used to strengthen five cadets who were weak in hoisting a heavy load on a rope. They were prescribed kettlebell rows. Low reps under high tension three times a day. The result—a 100% success.

ALL OF THE CADETS IMPROVED THEIR STRENGTH AND HOISTED THE LOAD WITH STRENGTH TO SPARE.

Another example. A cadet who was having trouble pressing loads overhead was assigned the KB military press three times a day, 3 sets of 5 reps per side. In four days she progressed from 12kg to the 16kg and is pressing with excellent form and strength. I have recently assigned a cadet—who was showing overall body weakness in rescue carries—the two-hand kettlebell swing to be performed in sets of 15 a minimum of three times per day. I will let you know what happens.

When we get all those interested in kettlebell training, the next step is getting each fire station its own set of kettlebells.

I ENCOURAGE ANY AND ALL FIREFIGHTERS TO CONSIDER TRAINING WITH RUSSIAN KETTLEBELLS.

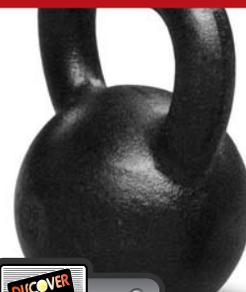
THE SIMPLE TRUTH IS THAT THIS TRAINING BUILDS THE KIND OF STRENGTH THAT IS PERFECT FOR THIS JOB.

There are so many times when we need muscular endurance, conditioning, pushing and pulling pressing strength at odd angles. The Russian kettlebell, when used properly, can improve all of the above.

Tige Watson and I would be happy to help you get kettlebells into your service, fire or law enforcement. We have given classes to police officers at their Academy and are slated to teach our local branch FBI. Ignite your fire service with kettlebells!



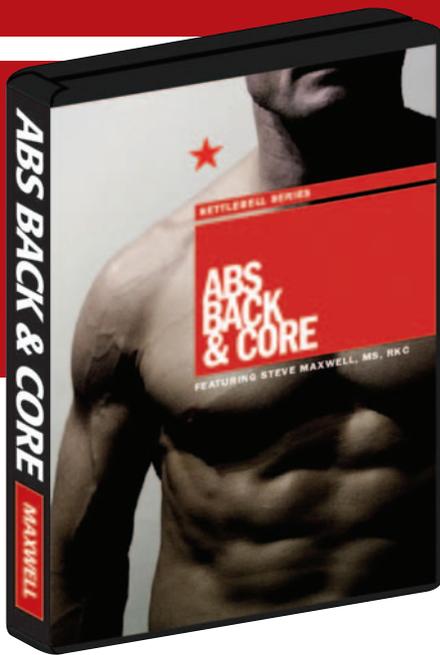
Albuquerque Fire Department Captains Zar Horton, RKC and Tige Watson, RKC can be reached at ZHorton@cabq.gov.



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ABS, BACK & CORE

SMS&C KETTLEBELL SERIES

with Steve Maxwell, MS,
Senior RKC

#DV027 **\$34.95**

DVD Running time: 30 minutes

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

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

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

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

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

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

CONTENTS:

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

"Strength Stretching is a virtual must for the powerlifter, novice or advanced.

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

Are Rigid Muscles Robbing You of Your Strength?

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

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

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

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

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

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

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

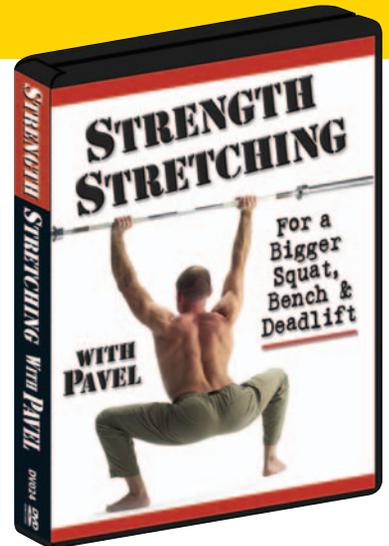
One thing I really liked about the DVD is the clarity provided by not only Pavel's explanations but the simple graphics that accompanied the points. I kept having that "Oh" moment where you are convinced you know

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

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

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

—**JACK REAPE, Armed Forces Powerlifting Champion**



Strength Stretching For a Bigger Squat, Bench & Deadlift

with Pavel

#DV024 **\$39.95**

DVD Running time: 38 minutes

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

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



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

Kettlebells for arm-wrestlers

World champion arm wrestler gives KB's two thumbs up...why the kettlebell is one of the best grip and forearm developers in existence....

Getting younger and healthier with kettlebells

The amazing health benefits of KB training.... Doctor Krayevskiy's 20-year age-reversal.... successful rehabilitation of hopeless back injuries with kettlebells.... Valentin Dikul—from broken back to All Time Historic Deadlift of 460kg, thanks to KB's....why KB's can be highly beneficial for your joints.

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

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

SECTION THREE Doing It—Kettlebell Techniques and Programs for Xtreme Fitness

Why Kettlebells?

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

The program minimum

The Russian Kettlebell Challenge workout: the program-maximum

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

The kettlebell drills: *Explode!*

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

gorilla traps and shoulders....

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

The kettlebell drills: *Grind!*

- **Military press**—How to add and maximize tension for greater power....One hundred ways to cook the military press...The negative press...the 'powerlifter's secret weapon for maximal results in your lifts....why to lift what you can't lift.... the graduated press.... how to get more out of a 'light' weight.... the two-kettlebells press....technique for building strength and muscle mass....the 'waiter press' for strict and perfect pressing skill....
- **Floor pullover and press**
- **Good morning stretch**—Favored by Russian weightlifters, for spectacular hamstring flexibility and hip strength.
- **Windmill**—An unreal drill for a powerful and flexible waist, back, and hips.
- **Side press**—A potent mix of the windmill and the military press—"one of the best builders of the shoulders and upper back."
- **Bent press**—A favorite lift of Eugene Sandow's—and The Evil One.... why the best-built men in history have been bent pressers....leads to proficiency in all other lifts....how to simultaneously use every muscle in your body.... A Brazilian Jiu Jitsu champion's personal kettlebell program

SECTION FOUR Classic Kettlebell Programs from Mother Russia:

The official Soviet weightlifting textbook *girevoy sport* system of training

The *Weightlifting Yearbook girevoy sport* programs

Three official armed forces *girevoy sport* programs

Group training with kettlebells—Red Army style

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



SECTION ONE

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

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

'The working class sport'

Finally: Xtreme all around fitness!

Why Soviet science considers kettlebells to be one of the best tools for all around physical development....

Kettlebells in the Red Army

The Red Army catches on....every Russian military unit equipped with K-bells....the perfect physical conditioning for military personnel....the vital combination of strength and endurance....*Girevoy sport* delivers unparalleled cardio benefits....why *Spetsnaz* personnel owe much of their wiry strength, explosive agility, and stamina to kettlebells....

SECTION TWO

Special Applications—How The Russian Kettlebell Can Dramatically Enhance Your Chosen Endeavor

Kettlebells for combat sports

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

Why Russian lifters train with kettlebells

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

Get huge with kettlebells—if you wish

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

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

The Russian Kettlebell Challenge—Xtreme Fitness for Hard Living Comrades

Book By Pavel Tsatsouline

#B15 \$34.95 Paperback 170 pages

With Pavel Tsatsouline

Running Time: 32 minutes

Video #V103 \$39.95

DVD #DV001 \$39.95

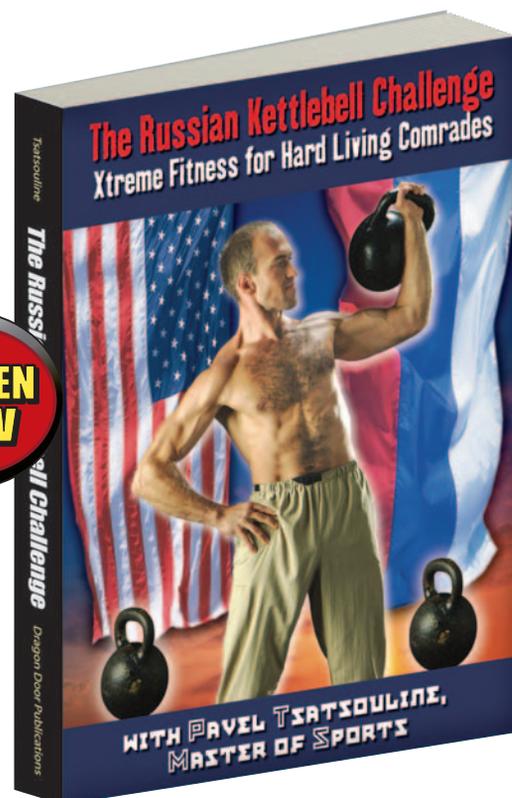
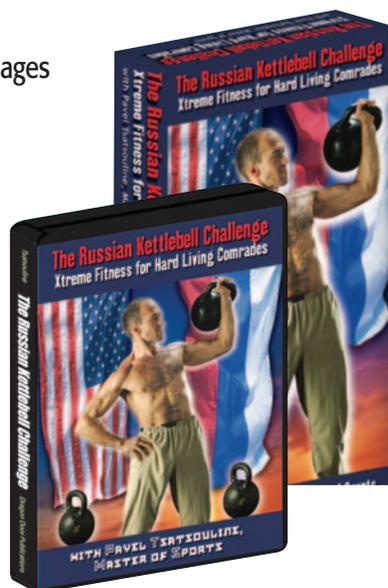
Both the Soviet Special Forces and numerous world-champion Soviet Olympic athletes used the ancient Russian Kettlebells as their secret weapon for xtreme fitness. Thanks to the kettlebell's astonishing ability to turbocharge physical performance, these Soviet supermen creamed their opponents time-and-time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

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

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



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



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

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

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

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The World's #1 Handheld Gym For Extreme Fitness

Use Kettlebells to:

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

Kettlebells Fly Air Force One!

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

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



Pavel's Kettlebell FAQ

What is a 'kettlebell'?

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

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

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

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

Why train with kettlebells?

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

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

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

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

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

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

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

Who trains with kettlebells?

Hard comrades of all persuasions.

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

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

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

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

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

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

Am I kettlebell material?

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

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

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

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

How do I learn to use the kettlebell?

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

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

—Kid Peligro, *Grappling* magazine

What is the right kettlebell size for me?

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

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

"Kettlebells are like weightlifting times ten."

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

—Dennis Koslowski, D.C., RKC,

Olympic Silver Medalist in Greco-Roman Wrestling

Announcing:

Two New Sizes!

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

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

See page 23

RUBBER CASED



CLASSIC STYLE



STEEL HANDLE & CORE/RUBBER CASING

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

CLASSIC KETTLEBELLS (SOLID CAST IRON)

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

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

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

ALASKA/HAWAII KETTLEBELL ORDERING

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

CANADIAN KETTLEBELL ORDERING

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

IMPORTANT — International shipping quotes & orders do not

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

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



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

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



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

Participants at Pavel's September 2005 RKC Workshop



Participants at Pavel's June 2005 RKC Workshop





Shaun Cairns, RKC Becomes First to Enter **THE BEAST TAMER** Hall of Fame

Congratulations to Shaun Cairns for being the first to officially perform the following lifts with THE BEAST—our 48kg (106lb) kettlebell:

The classic Pistol, the Press and the Weighted Tactical Pullup

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

Hungry For Greater Pain? The BEAST Will Oblige You!

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

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

THE BEAST: KETTLEBELL (SOLID CAST IRON)

#P10L 48kg (approx. 106lb) – 3 poods

| | | | |
|----------|-------------|----------|----------|
| Price | MAIN USA | AK&HI | CAN |
| \$247.95 | S/H \$67.00 | \$223.00 | \$158.00 |

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

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

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

The next BEAST TAMER CHALLENGE will be held at *Pavel's April, 2006 RKC Certification Workshop*.

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

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

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

And so far only one man has officially accomplished that impressive feat:

Shaun Cairns flew over from South Africa to be an Assistant Instructor at Pavel's September 2005 RKC Certification workshop, where he also competed in our first-ever BEAST TAMER CHALLENGE.

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

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





Action!



Meet Your Senior RKC™ Instructors

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

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

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

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

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

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

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

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



Steve Cotter



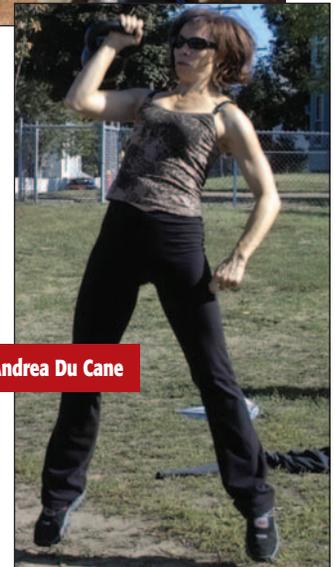
Rob Lawrence



Brett Jones



Steve Maxwell



Andrea Du Cane



Mike Mahler



Jeff Martone



SSgt. Nate Morrison

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

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

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

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

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

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

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

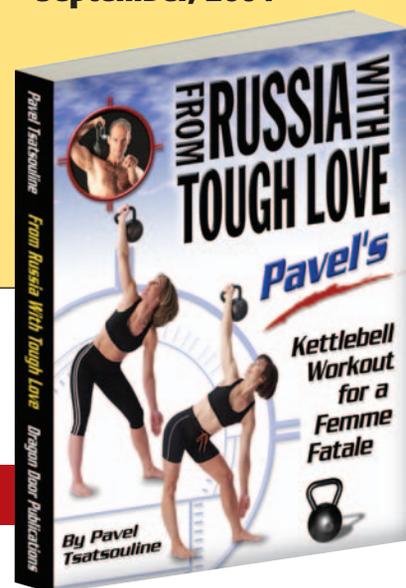
Working hard? Handle stress with ridiculous ease. Blaze thru tasks in half the time. Radiate confidence. Knock 'em dead with your energy and enthusiasm.

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

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

Penélope Cruz Trains with Kettlebells

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



From Russia with Tough Love

Pavel's Kettlebell Workout for a Femme Fatale

Book By Pavel Tsatsouline

Paperback 184 pages 8.5" x 11"

#B22 \$34.95

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

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From Russia with Tough Love Highlights

- How to strip away stubborn flab and morph into graceful strength.
- How Russian Kettlebells let you have it all: strength, speed, endurance, and flexibility.
- How Soviet science discovered kettlebell lifting to be one of the best tools for all-around physical development.
- Kettlebells for shoulder and hip flexibility—and as a highly effective tool for strengthening the connective tissues, especially in the back.
- How kettlebells set your fat on fire like no other form of exercise.
- Extra benefits: cheap, indestructible and easy to store.
- How only K-bells deliver strength, explosiveness, flexibility, endurance, and fat loss in one tight package.

What Makes The Kettlebell Workout Unique?

- How KBs strengthen and recruit the deeper, harder-to-work, stabilizing and supporting muscles.
- Gaining greater daily functional strength.
- Why KBs are better at burning off body fat.
- Gives you better muscle definition... stronger tendons and ligaments.

Fast-Track Training Secrets

- How to avoid injuries while gaining strength faster.
- The vital process of synaptic facilitation...how to get more juice of your muscles.
- Succeeding with daily submaximal training...the powerful Russian concept of continuity of the training process.
- Your speed lane to fat loss.
- How to get rid of unwanted soreness.
- The delayed training effect...the power of the adaptation lag.
- Intelligent short-term overtraining.

How To Get Very Strong Yet Stay Slender

- Why the mind-muscle link is your real key to strength.
- The structural approach to strength training vs. the functional approach.
- Conscious practice vs. the mindless workout.
- How to rev up recruitment and firing

- rate to build strength without adding muscle.
- Developing the skill of staying tight for greater safety and performance.
- The real secret to great muscle tone.

Advanced Weight Lifting Secrets

- External and internal resistance training.
- The impracticality of isolation exercises.
- How to optimize full-body tension for your primary muscles.
- How to make heavy metal your best friend.
- How to master the secret of intra-abdominal pressure for greater and safer lifting power...the miraculous effects of Virtual Power Breathing.
- Molding hard obliques... the unexpected benefits of low reps.
- When controlled overtraining or overreaching beats out total recovery training.
- Building up your adaptation reserves for greater gains.
- Little-known secrets that help you grade-out higher on the press.
- How to optimize strength by manipulating the extensor reflex.
- Why locking out your joints is A-Okay.

Get Younger And Healthier With Kettlebells

- Success stories: curing a host of maladies with KBs.
- Rehabilitating hopeless back injuries...from wheelchair to national ranking.
- KBs for better joint health.

Anti-Isolation For Power And Safety

- Why isolation as a key cause of injury in the gym.
- How to take advantage of irradiation for greater strength.
- Maximizing tension with the secret of bracing.
- Using Starling's law and the obtyazhka maneuver to get stronger in your press.

Think And Be Strong

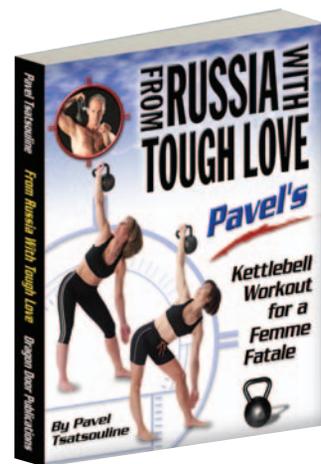
- The power of thought to make you firmer.
- The Russian sports science concept of skill strength.
- The dating game, iron-style: why's it all

about lessons and practice.

- Treating your kettlebell practice as "iron yoga."
- Focusing on the mind, muscle, and breathing connection.

Workouts for the Perfect Female Form

- Unlock the power of your hips with the BOX SQUAT.
- How to improve squatting depth, flexibility, technique, and power.
- Stretch and strengthen your glutes and hamstrings with the GOOD MORNING STRETCH.
- Blast your glutes, hams, inner and outer thighs—and even abs!—with the ONE LEGGED DEADLIFT.
- Strengthen and harden your whole body—and especially your obliques—with the ONE ARM DEADLIFT.
- Firm and shrink your waist, boost your overall strength, and protect your back with the POWER BREATHING CRUNCH.
- Why the conventional crunch is a waste of time and effort...how to avoid neck problems.
- The foolishness of high-rep ab training.
- How to perform Power Breathing for harder abs and a slimmer waist.
- Controlled striking to generate stronger tension.
- Get super flexible and work your hips and thighs even harder with the DECKSQUAT.
- Melt fat and blast your hips and inner thighs with the SWING.
- Get cool and slim with the CLEAN.
- Add power and definition to your hips, thighs, and even abs with the FRONT SQUAT.
- Strengthen and firm your arms and shoulders with the MILITARY PRESS.
- What if I want to work my pecs more?— The unique kettlebell floor press.
- The cardio and fat-burning powers of the clean-and-press.
- Strengthen your legs and open your shoulders with the OVERHEAD SQUAT.
- Mold a graceful and athletic body with the TURKISH GETUP.
- Shed cellulite, get a hard butt, and enjoy the cardio workout of a lifetime with the SNATCH.
- How to concoct cool combination exercises that deliver an unbelievable muscular and cardiovascular workout in a very short period.



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

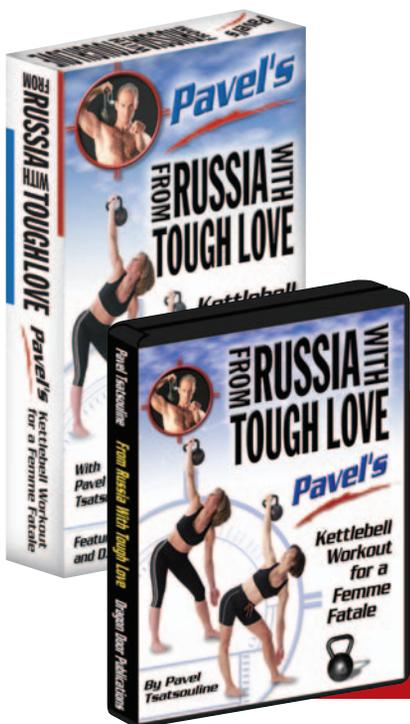
- The WINDMILL—an unreal drill for a powerful and flexible waist, back, and hip.
- Forge iron wrists and grip and firm up your waist with the BOTTOMS-UP CLEAN-AND-PRESS.
- Get an even harder stomach and tie your upper and lower body into a strong unit with the ROLLING SITUP.
- Cut up your legs and burn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

Freestyle Kettlebell Training

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



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



From Russia with Tough Love

**Pavel's Kettlebell Workout
for a Femme Fatale**

With Pavel Tsatsouline

Running Time: 1hr 12 minutes

VIDEO **#V110 \$29.95**

DVD **#DV002 \$29.95**



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

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

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

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

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

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

—Steven Justus, Westminster, CO

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

—Samantha Mendelson,
Coral Gables, FL

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

—Santiago, Orlando, FL

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

—William Hevener,
North Cape May, NJ

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

—Tyler Hass, Walla Walla, WA

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



www.hard-style.com

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

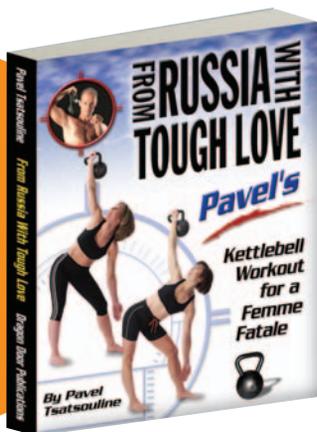
"Best Fitness Video I Have Ever Bought"

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

—*rkb beginner, Knoxville, TN*

"All Of Pavel Tsatsouline's Products Are Excellent"

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



From Russia with Tough Love

Pavel's Kettlebell Workout for a Femme Fatale

Book By Pavel Tsatsouline

Paperback 184 pages 8.5" x 11"

#B22 \$34.95

Mr. Tsatsouline's workout advice is effective, efficient, and fun. I was in good shape before starting to work out with Kettlebells, but now I am in the best shape of my life and have never felt better. My husband noticed the improvements right away. After working out the Tsatsouline way, I would never consider owning a gym membership again (and I had a gym membership for 10 years).

I am so pleased with these DragonDoor products. They are worth every penny."

—*Comrade Giryagirl - Philadelphia, PA*

"This Book is For Everybody, Not Just For Women"

From Russia With Tough Love is a goldmine and belongs in every comrade's library. I believe the material in the book is also useful for putting any kid on kettlebell training."

—*Craig - Fayetteville, AR*

"Video Is Outstanding For Everyone"

"As a high school teacher getting the Kettlebell routines started at my high school I found the *From Russia With Tough Love* video to be informative for all individuals in the class. The fact that the exercises are demonstrated by ladies who are fit and feminine is an outstanding attribute. The teenage girls see fit lady athletes performing the exercises. Of course the teenage boys in the class not to be outdone, have to demo that they too can do what the ladies are doing!! Good job Dragon Door...keep it up!!!"

—*Mike Burgener, high school coach - Vista, CA*

"This is Fun!"

"Pavel gives a simple straightforward workout, with emphasis on steady progress and safe technique. I started this program to strengthen my back. I am staying with it because IT IS FUN! To quote Pavel, Comrade Ladies, enjoy!"

—*Christine Deane - Knoxville, TN*

"You Can Always Tell People You Bought it for Your Wife..."

"I used the excuse that I was getting this book for my wife and daughter. But this book would be an excellent addition to anyone's fitness library. If you already use kettlebells, *From Russia with Tough Love* will give you more ideas and drills to try. If you haven't started kettlebell training yet, what are you waiting for? Get this book and the *Russian Kettlebell Challenge*. No matter what your fitness goals are kettlebells can help you achieve them, and this book is a must have. You can always tell people you bought it for your wife..."

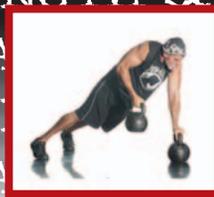
—*jam1868, IL, USA*

"Great Bang For The Buck! Best Kettlebell Video"

The *From Russia with Tough Love* video gives you an hour and 10 minutes of great instruction given from different angles. Pavel shows how to tighten the gut when lifting and ways of breathing to maximize strength and exercise effectiveness. This video is very detailed and demos many kettlebell exercises including the swing, snatch, clean, windmill, 2 turkish getup variations, 1 arm overhead squat, deck squats, 2 sizzling ab exercises using the kettlebells and some sample routines.

I am male and found this video to be very user friendly towards both genders. Though geared for women guys can benefit tremendously. There is a lot to learn and this video is just the cat's meow. I purchased it because I was curious about kettlebells and now I'm hooked. Kettlebell workouts will trim you up, strengthen you, and are just damn fun. I have a cracked spine and the swings have made my back stronger and tightened all my abdominal muscles including the serratus, obliques and intercostals. Kettlebell workouts will build a nice girdle of strength in the waistline and trim you up very nicely. My abs and midsection has never been this toned. You can't go wrong with this video. I really lucked out when I gave it a chance..."

—*Robert Cisek, New York, NY*



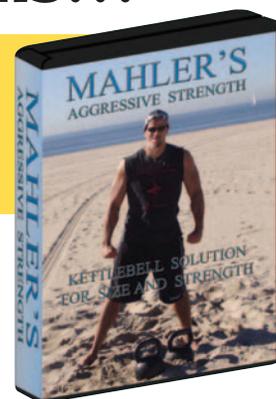
“YOU Can Get WAAAAAAAAAAAAAAAAAY Stronger— AND As Big As You Want—When You Let MIKE MAHLER’S Strength & Gain Secrets Work Their Magic Within Your Cells...”

“Mike Mahler is an expert in the challenging field of sports conditioning. His unique and innovate teaching tactics guarantee high retention of these one-of-a-kind workouts. His extensive knowledge feeds a powerful passion to explore the human body with safety and strength. If you get a chance to train with him, do so or regret it.”

—Frank Shamrock, 5 Time UFC Middle Weight Champion

“Can you get bigger and stronger with kettlebells? Yes, if you use heavy kettlebells and know what exercises to do. I started training with kettlebells over four years ago and was always interested in lifting heavy kettlebells for strength and power. While my goal was not to get bigger, it happened as a side effect of hard training with heavy kettlebells. When I first started lifting kettlebells, I could barely press two 70lb kettlebells three times. Now, I can press two 88lb kettlebells five times at a bodyweight of 195lbs. This DVD will show you how I got there.

Even if you do not care about getting bigger, all of the techniques on the DVD (there are tons of them) will show you how to maximize strength with kettlebells. This DVD is made for people that love kettlebell training and want to take their training in the direction of strength and power.”—*Mike Mahler*



Discover Mahler’s Arsenal for Size and Strength:

Double Military Press

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

Double Bent Over Row

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

Double Snatch

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

Turkish Get-up

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

Double Floor Press

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

Double Front Squat

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

Double Swing

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

Double Windmill

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

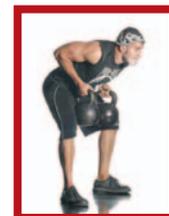
Plus you get dynamic secondary exercises that are great for increasing the intensity and variety of your kettlebell practice:

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

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

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

Running time: 90 minutes
DVD #DV022 \$49.95



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

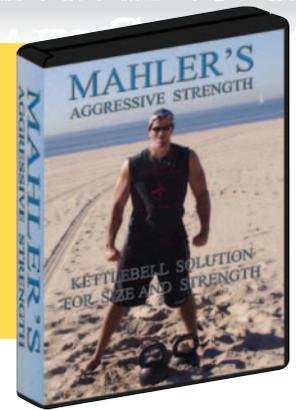





www.hard-style.com



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



DVD #DV022
\$49.95

More Praise for *The Kettlebell Solution for Size and Strength*

"You've taken KB training to new heights. You've worked hard at improving your skills and produced a DVD for serious trainers. Your lifting was terrific and your detailed explanation of the fine points of each movement was excellent. You sure put on a show for people who are or aspire to be elite KB lifters. You take up where Pavel leaves off. He set a high standard and you've added a new level of proficiency. Good job. We're impressed!"—**Clarence Bass, Author of the "Ripped" books and videos and Bodybuilding Champion.**

"Mahler's DVD concentrates on the strength-building attributes associated with hoisting heavier bells and demonstrates his facile and fluid technique in tugging and pushing the purposefully awkward kettlebells. At 90-minutes in length this video has enough meat to keep adherents busy for the next twelve months. His explanations are detailed and thankfully he is a clear speaker who is as fluid verbally as he is physically."—**Marty Gallagher, powerlifting champion and author of "Coan: The Man, The Myth, The Method"**

"My two assistant coaches Mike Tolloti and David Bass have also watched Mike's new DVD. And we all agree that Mike has done an excellent job with this. It is very informative and easy to understand. The production and title work is excellent. His demonstrations are super. Mike speaks very well, is easy to understand and gives the listener great tips to be successful on each lift. We thoroughly enjoyed this DVD and highly recommend it to all folks interested in learning the technique of kettlebells, especially with two at a time, and for those folks that want to get big and truly strong using kettlebells!"—**Ethan Reeve, Wake Forest Head Strength Coach**

"I have all of Mike's Kettlebell DVD's and can flat out say they are excellent!! He not only makes each exercise look simple (holding the 70's too!!), he walks you through each step so that you progress in a safe and efficient manner. I find myself constantly going back to review the techniques each week to get more pointers and motivation...I highly recommend anyone interested in improving their fitness or martial arts conditioning to the highest level must apply Mike's training methods...they are excellent!!" —**Jon Hinds CNT Professional Strength and Conditioning Coach NBA, MLB, NFL Owner Monkey Bar Gymnasium, VP of Lifeline USA**

"Iron Mike does a superb job instructing on the principles of the kettlebell workout. For functional strength and optimization of athletic performance, Mike's methods can really make the difference. Athletes at every level can benefit from the diversification that kettlebell training brings. I've personally recommended his video to many of my athletes and readers."—**Dr Carlton Colker, M.D and Author of "The Greenwich Diet"**

"Mike, Just got your KB Solutions DVD and was really impressed. Even though I have my RKC I realized how many fine points I forgot. Your selection of exercises and COMPLETE description of how to properly execute each lift is outstanding. The manual gave me so many options to use KB's with PROVEN strength programs that it literally revitalized my KB training. Great job and I'll recommend your DVD's to my clients who really want to ramp up there KB training results!"—**Tim Larkin, Founder & CEO Of Target Focused Training**

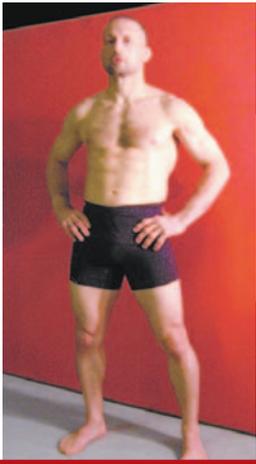
Photos of Mike Mahler on Pages 29 and 30 by Michael Neuveux



About The Author

Mike Mahler is a strength and conditioning coach based in Los Angeles, CA. Mike is a Senior level certified kettlebell instructor under Pavel Tsatsouline. Mike has done over fifty kettlebell workshops in the past three years across the US and overseas. Some of the locations that Mike has been to include: Washington DC, Los Angeles, Dallas, Boston, NYC, Portland, San Jose, and Phoenix, Denver and London, England,

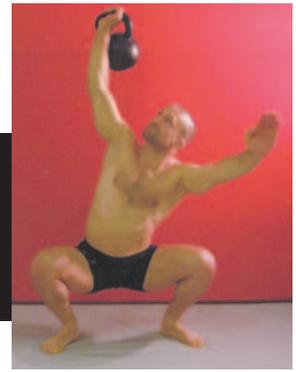
In addition to working with athletes around the world, Mike has also written over eighty articles and is a regular contributor to: Testosterone Magazine, Ironman Magazine, Ironman Magazine Japan, Bodybuilding.com, and Men's Fitness. Mike has also been featured in Muscle and Fitness and on UPN News, and CBS NEWS.



STEPHEN MAXWELL'S

Cruel and Unusual Kettlebell Exercises

FOR REAL MEN



NOW ON DVD!

Running Time: 35 minutes

Video #V109 \$39.95

DVD #DV020 \$39.95

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

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

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

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



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

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

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

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

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

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

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

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

Workout One

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

Workout Two

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

Workout Three

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

Special Bonus Workout

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



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

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

SUCCESS STORIES FROM THE DRAGONDOOR.COM FORUM

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

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

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

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

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

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

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

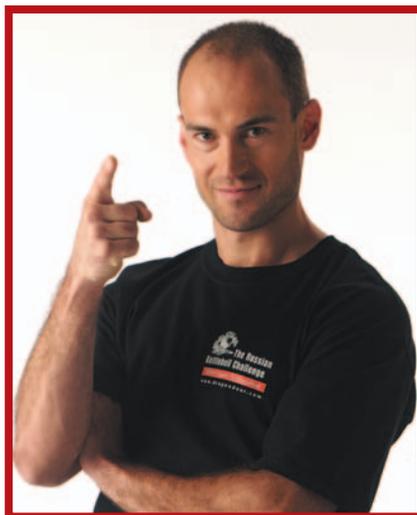
From: rhgo, Date/Time 2002-11-30 11:10:02

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

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

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

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



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

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

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

From: Steven Barnes Date: Aug. 7, 2001

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

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

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

but have lost an inch in my waist.”

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

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

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

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

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

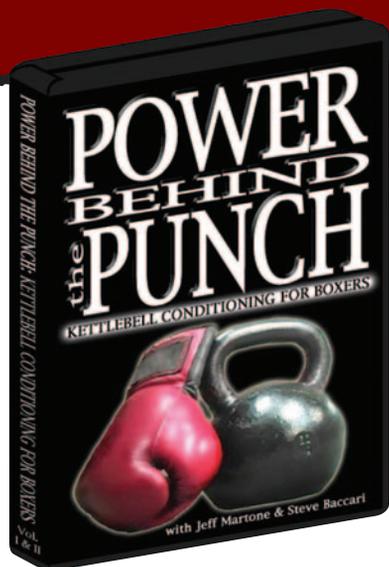
“Since I have been doing the kettlebell **my strength has sky rocketed** and my body which used to be soft is now hard as a rock. I fell pumped most of the time. Kettlebells are far superior to dumbbells and barbells, now I only workout with kettlebells. After, I got the book for kettlebell training,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

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

From: voittle. Date: 5/01/01.



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



Power Behind The Punch: Kettlebell Conditioning for Boxers

With Jeff Martone and Steve Baccari
Running Time: 90 Min

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

NEWSFLASH!

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

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

— Pavel Tsatsouline



Proven, comprehensive strength and conditioning program:

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

Contents

Volume I

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

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

Strength Base: Deadlift, Military Press, Decompression Hang

Volume II

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

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

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

*includes dumbbell variations

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

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

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

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

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

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

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www.hard-style.com

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



Fantastic Fat Loss with Magical KB's

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

I added forty pounds to my deadlift in one month

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

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

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

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

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

KB's improved my sparring

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

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

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

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

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

No more back pain

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

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

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

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

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

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

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

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

"My biceps grew faster and better

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

Kettlebells Rule for Muay Thai Conditioning

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

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

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

No more back pain...

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

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



“Develop Bull-Like Strength and a Stallion’s Stamina—with Hard-Man Martone’s Proven Program for Functional Muscle and Whip-Speed Quickness”

The Tactical Athlete Pull up System will teach you how to pull your own weight and then some... Whether you are in the military, law enforcement, a fighter or fitness enthusiast this is a must have program. Jeff Martone will take you from base strength to strength-endurance and finally explosive-strength and stamina. These are all crucial skills to master, especially if you are going into harms way!



Praise for *Tactical Athlete Pull-Up System*

“Anyone who thinks that being able to knock off twenty touch-and-go bodyweight pullups will enable him to pull himself over a fence with ninety pounds of gear is in for a rude awakening. Get Jeff Martone’s Tactical Athlete Pull-up System video and develop real pull-up power. This fluff-free program is backed up with science and experience.” —**Pavel Tsatsouline**, the author of *The Naked Warrior: Master the Secrets of the Super-Strong Using Bodyweight Exercises Only*

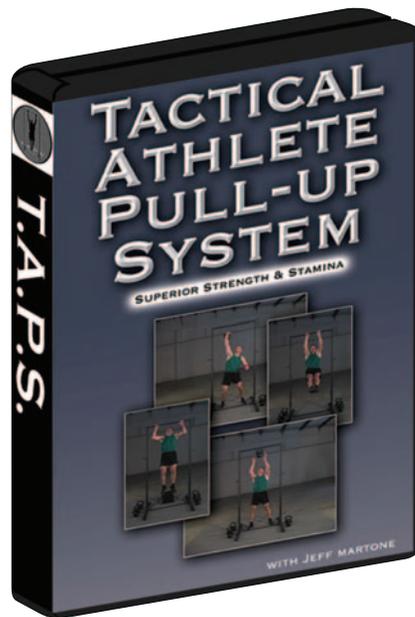
“Jeff’s TAPS DVD is a must have for anyone that is serious about strength and conditioning. To be honest, at first I was wondering what was going to be on the DVD. After all, there is only so much you can do with a chin-up bar right? Wrong! Jeff goes over some really cool ab exercises that I have never seen before. Moreover, he goes over how to make the best use of his killer TAPS chin up bar and how to combine the TAP’s exercises with kettlebells for a comprehensive training program. The compound exercises that Jeff goes over alone make the DVD worth getting.” —**Mike Mahler**, Strength Coach and contributor to *Hardcore Muscle Magazine* and *Men’s Fitness*

“I use the T.A.P.S. System with all fighters every single day with great results!” —**Steve Baccari**, RKC Boxing Coach, Co-author: *Power Behind the Punch*

“The DVD is excellent. These exercises give tremendous strength and stamina during close combat scenarios. The action of pulling into the body for either grappling or climbing using the Latimus Dorsi (i.e. lats) or muscles of the back and shoulders comprises the majority of SEAL Team exercises. The push up is merely for looks and total body composition. This system is superior because it deals with low reps and weight over numbers. All Special Operations Units and Federal, State, Correctional, Local Law Enforcement personnel can benefit.” —**James D. Martin**, SEAL/18D/IDC

“Excellent overall training system. Safe but highly effective exercises that are ideal for the tactical professional. Aids in building strength and agility. Many never before seen exercises that have real world applications. —Name withheld, Special Agent, DEA

“Once again Jeff Martone has given us another tool to use and more advanced training ideas. Jeff gives the tactical operator what he needs to win the fight.” —**Joshua Scherrey**, Training Specialist, former Navy SEAL and police officer/US Dept. of Energy



Tactical Athlete Pull-Up System

With Jeff Martone

Running time: 34 minutes

DVD #DV016 **\$39.95**

The 11 individual exercises plus 11 innovative total-body exercise circuits:

- **Improve** your weapons recoil management
- **Add** resilient strength to your grappling muscles
- **Enhance** your climbing ability
- **Enhance** your mobility
- **Pack** on racks of dense, functional muscle
- **Boost** your work capacity
- **Develop** greater quickness
- **Help** you shatter your previous pull-up bests
- **Help** optimize your agility

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FULL KONTACT KETTLEBELLS

THE MARTIAL ART OF STRENGTH TRAINING

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

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

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

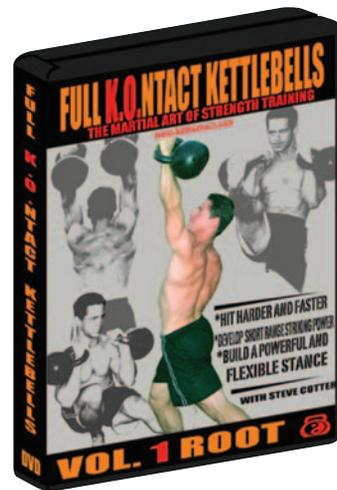
Full KONTact Kettlebells: The Martial Art of Strength Training lays the foundation for power development by teaching and explaining how to create a strong connection to the ground via the legs.

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

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

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

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



Full KONTact Kettlebells:
The Martial Art of Strength Training
With Steve Cotter
Running Time: 44 minutes
DVD #DV010 **\$44.95**

Partial Contents of The Martial Art of Strength Training:

Section 1: Basic Mobility Drills

How to stand—the importance of foot placement
Develop “root”—strengthening your connection to the ground via the legs to increase full body linkage
Transfer power through the legs
Horse Stance for rock solid stability
Learn bridging tactics—how to close distance to the opponent
Forward and Rear shuffling
Lateral shuffling
Lateral shuffling and weaving
How Kettlebell training complements and enhances Martial Art training

Section 2: Kettlebell Basics: Movement within Stillness

Review of KB basic techniques
2 hand swing—use this drill to teach the powerful hip snap necessary for martial arts application
1 hand swing—learn the proper wrist alignment for effective punching
Clean—the importance of the clean for combat athletes
The basic guard position
Proper application of tension and “bracing” for shock absorption

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

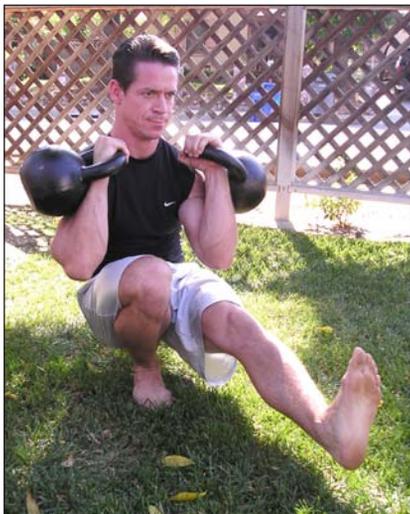
Section 3: Kettlebell Basics: Lateral Weaving and Shuffling

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

Section 4: Dragon Twisting—Low Basin Power
Develop explosive power by linking your entire body to your stance
How to be mobile while remaining stable
Root—the body is the tree, the legs are the root
Learn the coiling power of a serpent—the whole body moves as one unit
Build springy legs for bone crushing kicks and an immovable stance
Develop pinpoint footwork and balance—teach the body to be self-correcting so that you never lose balance

Section 5: Dynamic Balance

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



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

—Pavel Tsatsouline, Chief Instructor, Russian Kettlebell Challenge

FULL KONTACT KETTLEBELLS VOL. 2

APPLIED STRENGTH

THE MARTIAL ART OF STRENGTH TRAINING SERIES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

General Conditioning and Agility for Martial Arts and Impact Athletes:

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

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

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

CONTENTS

Qigong Preparation and Warm-Up:

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

Kettlebell Techniques and Applications:

Kettlebell Techniques and Applications:

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

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

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

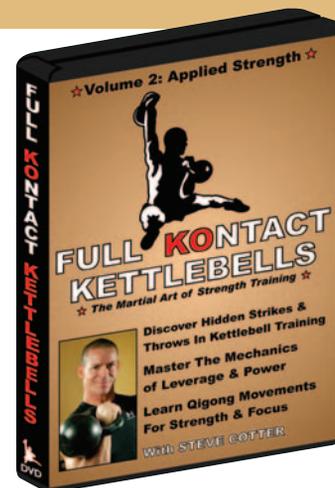
Duck Walk and Press: an amazing whole body coordination exercise, this makes all your lifts easy by comparison

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

Dynamic Flexibility:

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

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



Full KONTact Kettlebells Volume 2: Applied Strength

The Martial Art of
Strength Training
With Steve Cotter

Running Time: 55 minutes

DVD #DV025 \$47.95

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

**"What do you attribute it to," she asked.
"The economy isn't that great."
I immediately summed it up in one word:
"KETTLEBELLS!"**

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

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

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

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

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

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

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

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

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

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

—Gus Petersen, RKC, Denver, CO

Pavel's next Russian Kettlebell Challenge Certification Program will be held in St. Paul, Minnesota, **June 23–25, 2006.** For more information visit our website at: <http://www.dragondoor.com/wpkb17.html> To register today call: **1-800-899-5111**



TRAINERS... COACHES... ANNOUNCING:

Brett Jones and Michael Castrogiovanni's **Athletic Achievement Accelerator**

- The AAA-Rated Kettlebell Program That **Supercharges Your Athletes' Performance**
- And Guarantees Your Clients **Faster, More Lasting Results**

HIGHLIGHTS OF VOLUME ONE

- How and why kettlebells can improve your athletes' performance
- Little-known drills to transform the Kettlebell Swing into a dynamic power-generator for superior performance
- How to optimize the Kettlebell Clean to extract maximum performance-value
- Crucial safety tips for avoiding injury
- The critical do's and don'ts that change your Kettlebell Jerk from average to extraordinary
- Why the Kettlebell Snatch is the single best exercise for overall body development – and how to make sure you extract maximum advantage for your clients and athletes
- How to breathe for optimal power

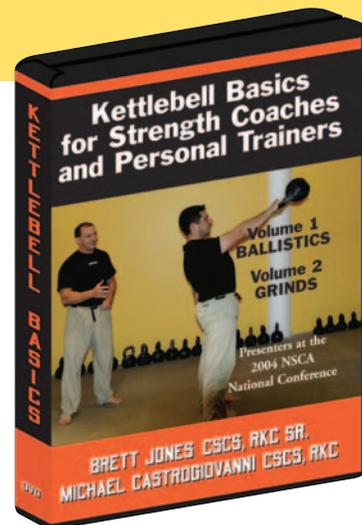
HIGHLIGHTS OF VOLUME TWO

- The secrets of the Kettlebell Windmill – for flexible strength
- How to optimize the extraordinary benefits of the Turkish Get Up
- How to correctly perform the Military Press
- Building stronger legs and a tougher torso – with the Front Squat
- The athletic advantages of a well-executed Single Leg Dead Lift
- Discover the Bear Crawl – a little known, brutal and highly effective routine for strength and conditioning



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

—Pavel Tsatsouline, Chief Instructor, Russian Kettlebell Challenge



Kettlebell Basics for Strength Coaches and Personal Trainers

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

Volume 1 – Ballistics
Volume 2 – Grinds

Running Time: approx two hours

DVD #DV026 **\$67.95**

ABOUT THE AUTHORS

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

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

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JAIL HOUSE ROCK:

A Corrections Officer's Observations on Inmates' Strength Training

BY CHRIS MAYS, RKC

Over the last several years I have been using the physical training methods taught by Pavel Tsatsouline to stay in shape. I am a Detention Deputy with a Sheriff's office and his methods have been of great benefit to me professionally.

Over the last several years I have been using the physical training methods taught by Pavel Tsatsouline to stay in shape. I am a Detention Deputy with a Sheriff's office and his methods have been of great benefit to me professionally.

As I became more familiar with Pavel's Party methods, I noticed that I was not the only one in the jail environment making use of good training principles. I began to pay more attention to the exercise methods being used by inmates. What I saw being done and the results achieved were pretty impressive.

It is interesting that when people have similar needs they will develop similar methods to achieve them. Inmates in the corrections system are in need of physical strength. The appearance of a strong body will deter aggression and can also be used to intimidate both staff and other inmates.

The need to be prepared to physically respond to a violent threat with force and without warning is also a necessity in jail.

Contrary to what is marketed by much of the fitness industry, the development of a gladiator's body does not require gadgets and pharmaceuticals. I have seen some very impressive physiques developed by inmates locked in 4 x 10 cells 23 hours a day, on low calorie diets, with no access to normal strength training equipment. The only supplements they use are Snickers bars if they are lucky to get to the commissary and their training apparatus may be limited to their own body weight or a pillowcase filled with books.

Most inmates develop a base level of strength and endurance by using the GTG or 'Grease the Groove' method with push-ups throughout the day. The programs used are very similar to the ones from Pavel's *Beyond Bodybuilding*. Sets of push-ups are performed every hour on the hour during the day or in a ladder fashion. Some inmates build up to 1,000 push-ups a day. The workload is spread out and there is enough hypertrophy to stimulate muscle growth. Some inmates use the eight-count body builder or the squat thrust in place of the push-up. Pull-ups done on a door Bill Wallace-style and dips performed on benches in cells are also done using GTG and ladders.

In a world of violence inmates learn quickly that there is a difference between a powerful looking body and a powerful body.

To develop more extreme strength for combat the *Naked Warrior* logic of reducing the leverage in an exercise is applied. This is also good for developing the ability to resist arrest on the street or attempts at control by guards. Push-ups can be performed on fingertips, wrists, and with the fingers facing in different directions to build flexibility and harden them against compliance techniques. Inmates will work on reducing the number of fingers used in fingertip push-ups to make them harder, or do them on one arm. I have seen several inmates who have built up to a one-arm/one-finger push-up.

With the absence of barbells and dumbbells in many facilities inmates improvise their equipment. While health clubs are stocked with thousands of dollars of shiny toys, inmates locked down in Max housing units are gearing up for their next 4th degree assault with towels, trash bags filled with water, and pillow cases stuffed with books. I don't think anyone has a trash bag on the market yet for leverage and grip work but they do get results! (Warning, I know Steve Maxwell is going to want to try this; take the trash bag with water in it outside so DC doesn't kill me!)

Isometric and static holds are done in different positions for time using whatever simple implements are available for resistance. Once you have built up to a point where you can no longer add weight, start reducing the leverage by using fewer fingers.

This type of training will produce tremendous body tension and we know what that leads to. A strong core and very strong grip will be yours.

I have also seen twisting a wet towel, a.k.a. 'the Russian Laundry' from *Beyond Bodybuilding* being used for grip work. One inmate I spoke with used a series of isometric exercises with a towel. Not only did he have a good build, but he claimed that after doing his neck exercises for a year in the joint COs (corrections workers) could not choke him out any more.

Although I have not seen much flexibility training being done in jail, I have seen a lot of joint mobility style training. Shadow boxing is often done to stay loose and reduce muscle tension. This is both good for preventing injuries from training and for keeping the body primed for combat. The methods vary but the *Fast & Loose* logic is there and it can give inmates a big advantage over a CO who has been sitting in a control room all day.

Inmates have many disadvantages in building a fit body. What they often lack in equipment, diet, and supplements they make up for with frequent training that is never to failure, simple but sophisticated training principles, and 10 plus hours of sleep a day. This can give them an advantage over a busy Patrol Officer or CO who works long shifts and often has family obligations after work.

Unfortunately many people entering Law Enforcement today can barely pass the physical entrance standards.

They then put a uniform on a weak body and somehow think that they can now handle themselves. They have entered a physical profession without being physical and the day will come when they will be humbled and possibly hospitalized for this error. If you cannot do 15 good push-ups and you think you are going to manhandle a guy with a goose neck who is doing 100 bent wrist push-ups every

night, it may indicate that your pre-hiring psyche evaluation failed to pick up the fact that you are crazy!

So what is a hard living person who works for a Tactical or Law enforcement agency to do?

Grab a Kettlebell, Comrade! Fifteen minutes a day will keep the doctor away.



The strength, endurance, and flexibility gained from using kettlebells have helped me in emergency situations. I can respond quickly and I am more resistant to injuries. I also do not get a sore back and feet that plague many after a long day. The grip and core strength that I have gained from using kettlebells has also improved my job performance. The ability to use pain compliance techniques is directly related to the lower arm and core strength. I noticed that as my hands and core got stronger, so did my ability to use pain compliance and subject control techniques.

I also noticed that inmates could sense strength in my grip. Many use-of-force situations in jail start out with a guard simply grabbing an inmate by the arm for control. The conflict often ends at that level when the inmate senses strength in the guard's grip. The grasp of a strong hand on your body acts as a stop sign, warning that further action might not be a good idea.

Having the strength to resolve use of force situations at a lower level on the use or force continuum means fewer trips to the hospital for me and less liability for injuries to others. That is a win/win situation for any LEO, security guard, or bouncer. Basic ballistic and grind exercises like the kettlebell swing and the Turkish get-up will make you 'physical' to handle a rough occupation.

Remember, the next time you go to put handcuffs on someone, they may have been preparing for you, so make sure you are prepared for them.

Chris Mays, RKC works for a Sheriff's Department in Minnesota. You can reach Chris for seminars on Kettlebells, Defensive Tactics and Medieval European Martial Arts at camayslpd7@yahoo.com.

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



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

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

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

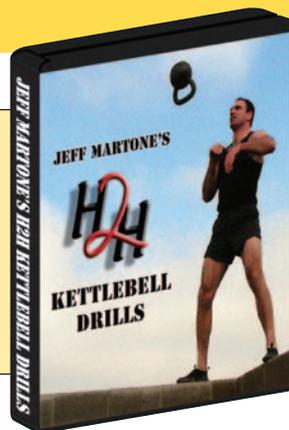
“I highly recommend this video for anyone who has mastered the basic kettlebell drills and who wants to take

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

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

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

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



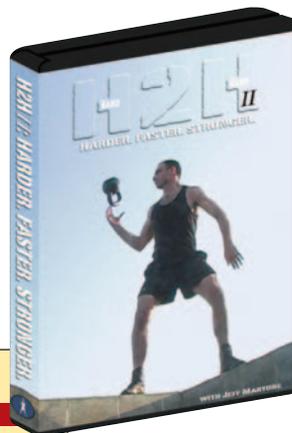
Hand-to-Hand Kettlebell Drills: Explosive Strength & Stamina for the Combat Athlete

With Jeff Martone
Running time: 57 minutes

Video **#V112 \$39.95**

DVD **#DV011 \$39.95**

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



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

H2HII: Harder. Faster. Stronger.

With Jeff Martone
Running time: 54 minutes

DVD **#DV019 \$49.95**

Benefits:

- **Dynamically strengthens** core muscles
- **Increases** balance and agility
- **Sharpens** reflexes
- **Enhances** functional joint strength
- **Relieves** the boredom of traditional training regimes

About Jeff Martone

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

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

"I did not think one could make a high quality train-along kettlebell DVD. Anthony has proved me wrong. *'The Art of Strength'* is raw and edgy and its workout structure makes an excellent training template. Get your copy and enjoy the pain!"

—Pavel Tsatsouline

"Punch Gym Mastermind Pushes You to New Levels of Endurance, Strength and Flexibility... Hands You A Firmer, Fitter, Better-Looking Body... With His Dynamic Kettlebell Circuit Training"

So, you've read the classical, must-have kettlebell training texts. You've absorbed every second of Dragon Door's powerful kettlebell training DVDs. You've even taken some classes and lessons from a certified kettlebell instructor.

But, you're still wondering:

"What exercises should I do?... How many sets/reps?... How long should I workout?"

And to cap it all, you have a hard time staying motivated when you kettlebell by yourself...

If this is you, then Anthony Diluglio's *The Art of Strength* is tailor-made to solve your kettlebell problems, fire you back up and keep you rockin' and groovin', as it were...

Because:

Anthony pioneered the use of kettlebell-based circuit training for the general public—carefully molding this often intimidating, hardcore practice into a system accessible to all. His groundbreaking "Punch Gym" in

Providence, Rhode Island was the first to focus on kettlebells as the central tool for strength, endurance, and body shaping in every workout.

After literally tens of thousands of client-hours in kettlebell-based circuit training, Anthony Diluglio honed his circuits to such success that *Men's Journal* honored Anthony as one of America's top 100 trainers for two years in a row (2004/2005).

Now we can't all be lucky enough to live in Rhode Island and train personally with Anthony...

But fortunately for the rest of us, Anthony's taken his ultimate kettlebell-circuit workout and thrown it straight into our personal living rooms!

Now there's no excuse not to continually blast past your previous physical bests, as Anthony's follow-along kettlebell DVD pounds you into the best shape of your life, whether you like it or not.

On any given day at Punch Gym, you will see housewives, engineers, and deskbound executives performing the

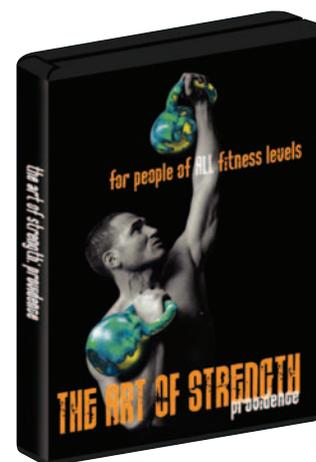
most advanced kettlebell routines with perfect form. Anthony also has a strong following with serious athletes of all ages and levels. His methods clearly work for everyone.

Through careful program design, weight selection, and inspiration, Anthony simultaneously takes both beginners and professional athletes beyond their known limits.

***The Art of Strength* exists for those without the time or inclination to master the art and science of proper circuit design...**

Diluglio works along with you through 14 two-minute rounds of intense, unique, and challenging kettlebell exercises. 1-minute breaks between each round makes this a 42-minute workout to fit the busiest of schedules. If you have the guts, take a stab at the 3-minute "bonus round."

There are nine carefully-chosen kettlebell exercises that will hammer every inch of your body into greater perfection. If it ever starts to feel too easy, simply add more weight!



The Art of Strength: Providence
A Work-Along Kettlebell Fitness DVD
With Anthony Diluglio, RKC
Running time: 50 minutes
DVD #DV028 **\$49.95**

Dragondoor.com Customer Reviews of *The Art of Strength*

Absolutely Outstanding!

"Very user friendly, whatever your proficiency level. Nice workout tunes and setting, and a great mix of exercises. Definitely a must have for the true kettlebell enthusiast."—Craig O'Connell RKC - Florida Dept. of Law Enforcement, Tallahassee, Florida

Kettlebells Are About To Get a Whole Lot More Popular

"There are many, many things I like about this DVD. Here are my highlights:
SETTING: Just like lifting KB's outside is

fun, it is also cool to watch it outside.

DIFFERENT EXERCISES: Anthony has a good variety of classic fitness lifts, classic KB lifts, and some cool new combos. There are a couple really cool drills that I added to my class today — my clients loved them.

DIFFICULTY: Anthony offers a different kind of workout which focuses on strength endurance. You don't have to do GS style to get high levels of endurance.

VARIETY: Don't think that doing only a few choice drills is the only way to make progress in the areas of strength, flexibility, endurance and fat loss. Variety works, too.

FUN: When is the last time you had fun with your workout? If you are a trainer, when is the last time your clients have had fun? This is fun.

Anthony has shown KB's to be the COOL way to get in shape for the so-called "mainstream" gym goers. Some things just have a cool factor — *Art of Strength* is one of those things. Anyone who hasn't seen a KB workout will be dying to try this. After they try it, they'll be hooked — just like us."—Frankie Faires, RKC - Dallas, Texas

If You like to Work Out With Kettlebells, You'll Love This DVD!

"The follow along kettlebell training DVD I've been looking for! Tremendous workout for strength, endurance and flexibility. Varied drills that cover every bodypart. Anthony does a great job leading and demonstrating all the exercises. This DVD will get a great deal of use and is already a permanent part of my fitness regime."—Bob Westgate - Tampa, Florida

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



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



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

—Pavel Tsatsouline, Chief Instructor, Russian Kettlebell Challenge

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

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

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

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

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

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

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

“Lisa Shaffer’s kettlebell workbook is a must for any level kettlebell enthusiast — from the beginner to the advanced. As a

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

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

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

“Wow, Wow, Wow. Lisa, your workbook ROCKS!”

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

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

—Mark Reifkind, RKC



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



Zoom in detail and RKC "Tip Boxes" for teaching you every detail of every exercise. Learn these details compiled from years of experience and hundreds of trained clients.

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

Highlights: Kettlebell Basics

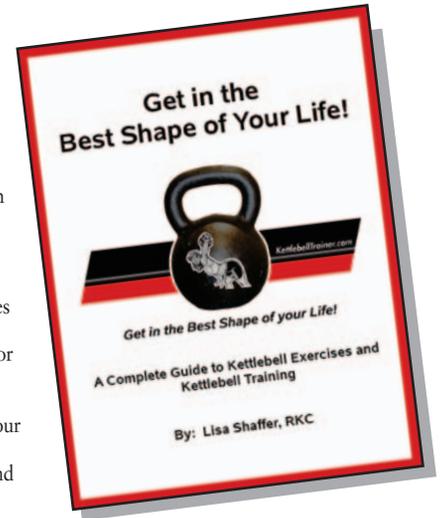
• Over a dozen kettlebell basic moves and positions for getting your KB training off to the right start or just brushing up on your form. Perfection is in the details. Get your form perfect with these complete kettlebell basic descriptions and photos!

Over 50 Kettlebell Exercises

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

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

- **"The Dreaded Snatch"** – No more banging up your forearms. Complete two page article supplement to the Snatch exercise page. Master this highly effective kettlebell drill and make it a staple of your workouts!
- **Kettlebell Workout Structure** – Learn how to structure your kettlebell workouts for achieving your specific goals, whether they are increasing strength or burning fat, this article will show you how! Workout structure for beginners to advanced lifters.
- **Beginner's Plan** – A flexible 4-8 week plan on how to learn the basic kettlebell drills and incorporate them into a kettlebell program for reaching your goals. Flexible enough for all fitness levels!
- **Combination Workout and Walking Workout** – Tired of the same old routine? These kettlebell workouts and all their derivations will take your training into high gear and snap your body into shape!
- **Kettlebell Training During Pregnancy** – Learn from my experience of kettlebell training during my entire third pregnancy. Feel great and alive during pregnancy with these guidelines, workout strategies, and sample programs.
- **Kettlebells, A Sure Fire Way to Get Back in Shape After Pregnancy** – No longer does pregnancy mean the end of a tight, youthful figure! With KB and this article, you will be back in your pre-pregnancy clothes and looking great in no time!
- **What Do I Do if my Kettlebell is too Light?** – Tons of tips for making your Kettlebell exercises more challenging. You will never again say, "My Kettlebell is too light."



Get in the Best Shape of Your Life!

A Complete Guide to Kettlebell Exercises and Kettlebell Training by Lisa Shaffer, RKC

Spiralbound 104 pages
8.5" x 11"

#MB001 \$47.95

The handy spiral bound workbook format makes this kettlebell book functional, just like the Kettlebell itself! Take it with you to wherever you work out, take notes, plan goals, and make it YOUR personal kettlebell Workbook!

No Excuses! – Do you need motivation? Do you sometimes need a kick start to get going on a new cycle or finish up on an old one? Read this article for a shot of motivation and get goin'! **And More!**



“Power to the People! **IS ABSOLUTE DYNAMITE.**

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

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

The Five Keys to Being Stronger than 99% of Our Species:

- 1. A barbell.**
- 2. An attitude.**
- 3. 20 minutes a day.**
- 4. A good steak.**
- 5. A dog-eared copy of *Power to the People!***

How often do you grab a read and discover you’ve just landed one of those “IF-I-COULD-ONLY-TAKE-FIVE-BOOKS-TO-A-DESERT-ISLAND” blockbusters? The kind of book that shakes the molecules in your brain and has your synapses firing like popcorn? The kind of book that has you leaping out of the bath tub, pumping your fist and screaming “FINALLY!” to the startled masses?

Or how about a book that gets you so worked up, your friends start reaching for the Ritalin?

If you’re about maximizing your potential, if you’re about cutting-to-the-chase, if you’re about “just-give-me-what-works”, then *Pavel’s Power to the People!* is everything you ever dreamed about—and then some.

Power to the People! is a strength training classic that reveals the hoarded secrets of the iron elite. It’s no longer the case...you don’t have to be a 300-pound strongman to be awesomely strong...and discover the fast road to superior strength.

As Senior Science Editor for Joe Weider’s *Flex* magazine, Jim Wright is recognized as one of the world’s premier authorities on strength training. Here’s more of what he had to say:

“Whether you’re young or old, a beginner or an elite athlete, training in your room or in the most high tech facility, if there was only one book I could recommend to help you reach your ultimate physical potential, this would be it.

Simple, concise and truly reader friendly, this amazing book contains it all—everything you need to know—what exercises (only two!), how to do them (unique detailed information you’ll find nowhere else), and why.

Follow its advice and, believe it or not, you’ll be stronger and more injury-resistant immediately. I guar-antee it. I only wish I’d had a book like this when I first began training.”

Decoding the “Russian Mystery”

In his classic article in *Powerlifting USA* Marty Gallagher ponders why the Russians excel in the sport, in spite of horrible food and scarcity of training equipment. Porridge and potatoes supplemented with soy animal feed for extra protein are not exactly ‘the breakfast of champions’. The equipment is equally Spartan; post-Soviet strength athletes rarely have access to more than just a basic barbell and a lot of plates.

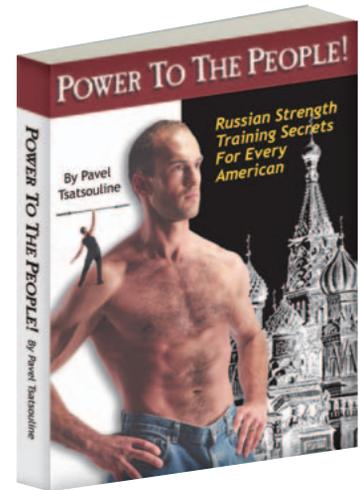


“You are not training if you are not training with Pavel!”

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

The former Coach for *Powerlifting Team USA* concludes that the ‘purposefully primitive’ approach to training is an asset, not a liability. It affords no distractions from the only thing that matters – raw power.

A \$150 barbell, an attitude, and a copy *Power to the People!* are all you need to become STRONG.



Power to the People!
Russian Strength Secrets for Every American
By Pavel Tsatsouline
Paperback 124 pages 8.5" x 11"
#B10 \$34.95

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



“Pavel and his book are the best imports from Russia since Siberian Ginseng!”

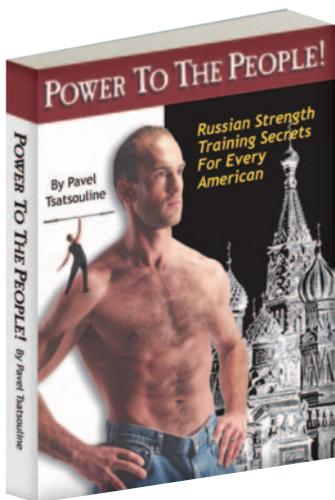
—Fairfax Hackley, Arnold Schwarzenegger
Classic Martial Arts Seminar Director:

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

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



www.hard-style.com



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

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

Power to the People!
Russian Strength Secrets for Every American Book By Pavel Tsatsouline
Paperback 124 pages 8.5" x 11"
#B10 \$34.95

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



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

—DAN MCVICKER, Boulder, CO



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

—WYLDMAN, Kansas City, KS



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

—JONATHAN LAWSON, *IronMan Magazine*



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

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



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

—TYLER HASS, Pullman, WA



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

—ICHIBAN, Columbus, OH



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

—DAVID COOKE, Atlanta, GA



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

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



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

—JOHN QUIGLEY, Hazleton, PA



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

—LAWRENCE J. KOCHERT



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

—JIM WISSING, dragondoor.com review



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

—KEVIN PERRONE, dragondoor.com forum

How to Develop a

"POWER PRESENCE"

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

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

Do you have a "power presence"?

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

You can't fake it!

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

The look comes from cultivated power

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

Start deadlifting!

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

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

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

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

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

Start side pressing!

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

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

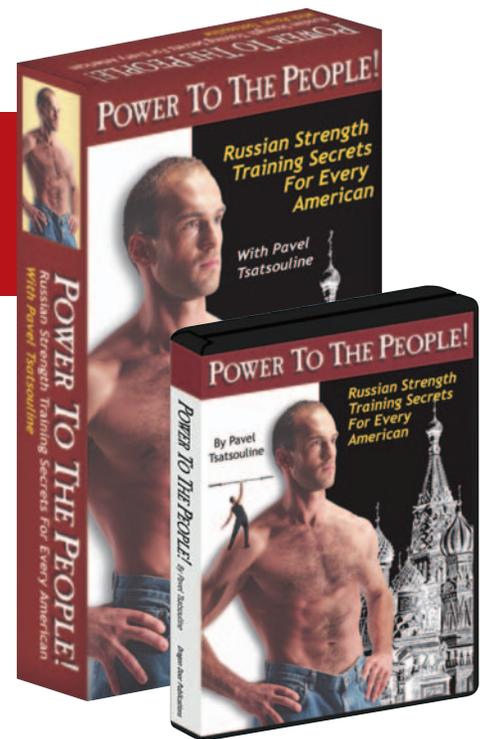
What else? – 'Instant strength techniques'

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

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

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

Power to you!



Power to the People! Russian Strength Secrets for Every American DVD

With Pavel Tsatsouline

Running Time 47 Min

Video **#V102 \$29.95**

DVD **#DV004 \$29.95**



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

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



www.hard-style.com

Here's what you'll discover, when you possess your own copy of Pavel Tsatsouline's *Power to the People!*:

Wired for power: superstrength without bulk

How to install a 'muscle software' upgrade into your nervous system and improve your strength and muscle tone...Why the fascination with bodybuilding has led to a decline in effective strength training... Futuristic techniques which enable you to squeeze more horsepower out of your body-engine.

Tension! What force is made of

How tension generates force...How to maximize muscular tension for traffic-stopping muscular definition...The five keys to high tension training...The inverse relationship between velocity and strength...Flexing to maximize tension...The function of the mechanoreceptors in regulating strength...Using Henneman's size principle to maximize muscular recruitment...Why high values of fatigue and tension are mutually exclusive.

Training to failure—or to success?

Why the strongest men and women in the world have never trained to failure...Why intensity is the single most important factor in strength training...The fallacy of 'pushing to the limit'...The only scientific definition of weight training intensity... Pushing the limits of weight/tension, not reps/exhaustion... Why training to muscle failure is counterproductive... Greasing the neural groove using the Hebbian rule.

Don't water down your strength with reps and fatigue!

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

More low rep advantages

Three reasons why heavy low rep training is the safest way to lift... Why the stabilizing muscles are prematurely fatigued during high-rep sets... Why most serious injuries occur during fatigued states...Why bodybuilders suffer from more pec tears than powerlifters...the significance of concentration for injury prevention...Low reps for a better quality of life...Why heavy low reps can have a tonic, energizing effect on the nervous system.

Rigor mortis, or why high reps failed to tone you up

Why going for the 'burn' doesn't work...What is 'real' muscle tone and how do you get it?...building muscular tension from neurological activity, not energy exhaustion...Increasing muscle tone through a more alert nervous system...Why strength and tone training is the same thing...why deadlifts work best for steel glutes...How to get maximum definition in your triceps...Why training heavy is the best way to get ripped.

"But I don't want to bulk up!"

Why lifting heavy doesn't have to translate into bulking up...What makes a biceps grow?... How to get stronger and harder without getting bigger...minimizing muscular tear-down and reconstruction... Increasing your muscles' packing density...Why a denser muscle is a harder muscle.

"Machines are the wusses' way out"

Why it's safer to use free weights than machines...And why using the strength built on an exercise machine is like shooting a cannon from a canoe...How machines create micro-trauma, pattern overload and eventual injury...Why the Soviet Olympic teams considered free weights their best chance for winning a Gold.

Isolation exercises, Frankenstein's choice

The dangers of isolation exercises...Paying attention to the kinetic chain for optimal performance...The importance of building inter-muscular coordination for functional strength...Why deadlifts can help you run faster and jump higher.

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

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

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

How to emphasize your problem areas without adding exercises

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

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

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

Last three pieces of the big biceps puzzle

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

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

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

On variety, soreness, and keeping things in focus

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

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

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

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

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

Hard abs + strong hands = powerful body

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

Power breathing: the karate secret of superstrength

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

Slow and steady wins the race

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

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

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

Pre-tension for max power and safety

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

On shoes, gloves and mirrors

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

Power stretching

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

The drills

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

The Power to the People! Manifesto

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

Praise for Pavel's *The Naked Warrior*

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

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

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

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

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

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

—Arthur Drechsler, author "The Weightlifting Encyclopedia"

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

#B28 \$39.95

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

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

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

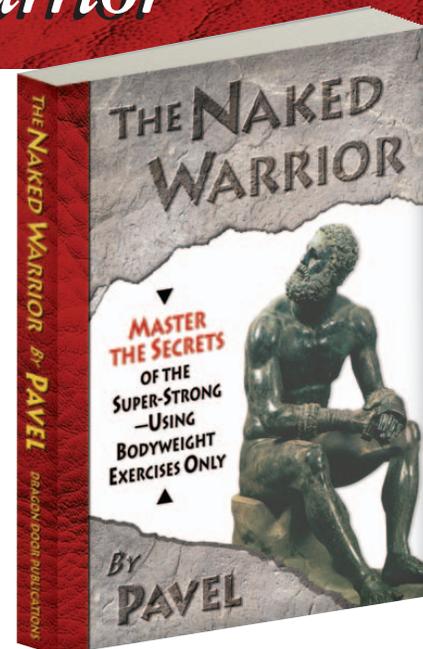
This new learning on cal allows us in the field to still train for great strength with only our bodies and that's like money in the bank! For example, I am going on a 10 day trip with no weights and I will most certainly do *The Naked Warrior* workout while I am gone! I can't wait to get started!

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

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

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

—Mike Burgener, Sr international weightlifting coach



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

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

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

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

—George Demetriou, Modern Warrior Defensive Tactics Institute, NYC

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

Chapter 1 The Naked Warrior Rules of Engagement

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

Chapter 2 The Naked Warrior Workout

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

Chapter 3 High-Tension Techniques for Instant Strength

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

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

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

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

Chapter 5 Driving GTG Home

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

Chapter 6 Field-Stripping the Pistol

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

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

Chapter 7 Field-Stripping the One-Arm Pushup

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

Chapter 8 Naked Warrior Q&A

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

The Graduate Course In Instant Strength Gains

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

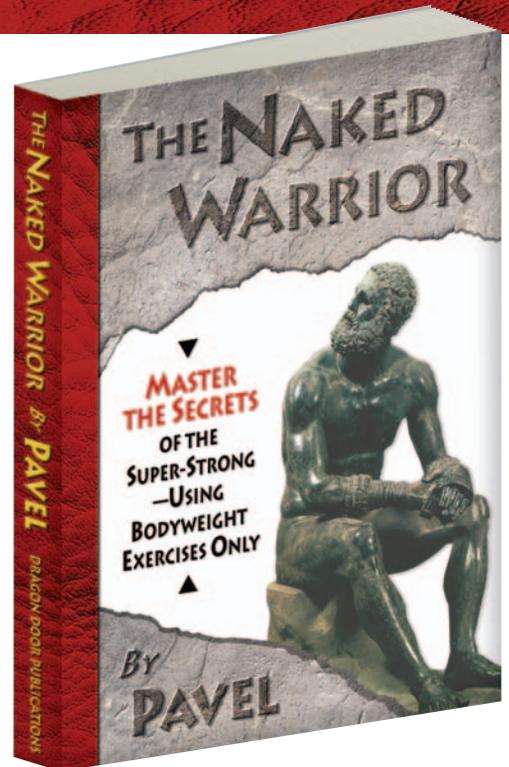
*"Last night I did 15 one-arm pushups with each arm.
Two months ago I couldn't do one complete rep."*

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

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

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

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



- **Gain more brute strength in days than you did in years of bodybuilding or calisthenics**
- **Discover the martial secrets of instant power generation—for rapid surges in applied strength**
- **Discover how to get a world-class powerlifter's quality workout—using your body only**
- **Get a harder, firmer, functionally-fitter body—and be as resilient as hell whatever you face**
- **Master the one-arm/one-leg pushup for crushing upper body force**
- **Forge super-piston, never-quit legs with the Spetsnaz favorite "Pistol"**
- **Discover the magic of "GTG"—guaranteed the world's most effective strength routine**
- **Be tow-truck strong—yet possess the rugged looks of a stripped-down racer**
- **No gym, no weights, no problem—get a dynamite strength workout at a moment's notice—wherever you are**

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

By Pavel

#B28 \$39.95

Paperback 218 pages 8.5" x 11"

Over 190 black & white photos plus several illustrations

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

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

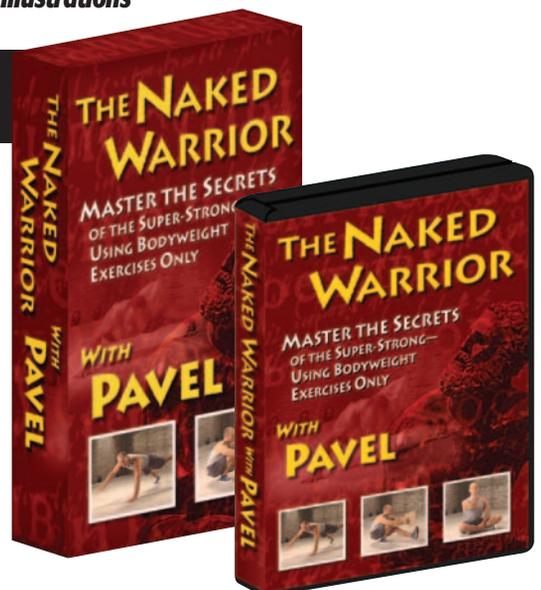
"NW DVD is fantastic! I had the book & have been working toward full range pistols and OAPUs for a while. A HUGE help to see Pavel doing the movements. Results: Before watching DVD - I could do 2 OAPUs on a good day with so-so form. First workout after watching DVD: 1 set of 3 and 2 sets of 2 with good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

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

DVD #DV015 \$34.95

Video #V114 \$34.95

Running time 37 minutes

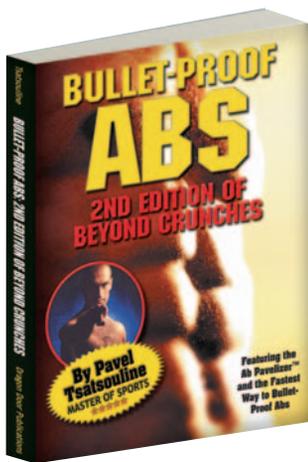


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PRAISE FOR PAVEL TSATSOULINE AND FOR THE FIRST EDITION OF BEYOND CRUNCHES



**Bullet-Proof Abs
2nd Edition of
Beyond Crunches**

Book By Pavel Tsatsouline,
Paperback 128 pages
119 Photos and 112 Illustrations
#B11 \$34.95

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

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

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

—James J. Lorimer, Schwarzenegger/Lorimer Productions

“The Pavelizer is the rage among the iron elite.”

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

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

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

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

—M.L. “Sandy” Wall, Training Advisor, TPOZ

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

—Brendan J. LaSalle, Amazon.com

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

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

“I learned a lot from Pavel’s books and video, and plan to use many of his ideas in my own workouts, especially the nontraditional ab exercises described in *Beyond Crunches*.”

—Clarence Bass, Most Muscular Man, Mr. U.S.A., Past 40, author of Ripped 1, 2 & 3 and Lean for Life

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

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

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

—Ken McCarthy, New York

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

—Chris Dudzik, Hollister, CA.

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

—Sean Williams, Long Beach, NY

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

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



**See the
Ab Pavelizer™ II
on page 55**



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

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

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

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

The Ab Pavelizer™ II

Item # P12

\$149.95

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

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

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

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

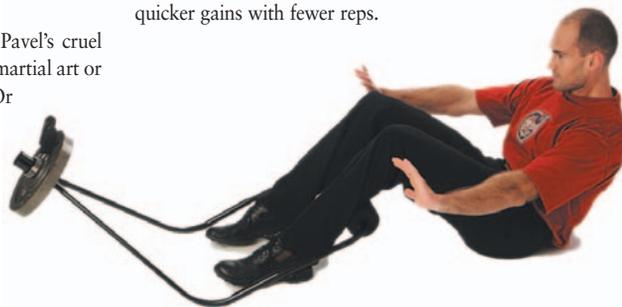
The feedback provided by the Ab Pavelizer™ II remarkably accelerates your ability to use your abs just right, in an ab workout, in the ring, or with a kettlebell in your hand.

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

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

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

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



FREE BONUS:

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



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



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

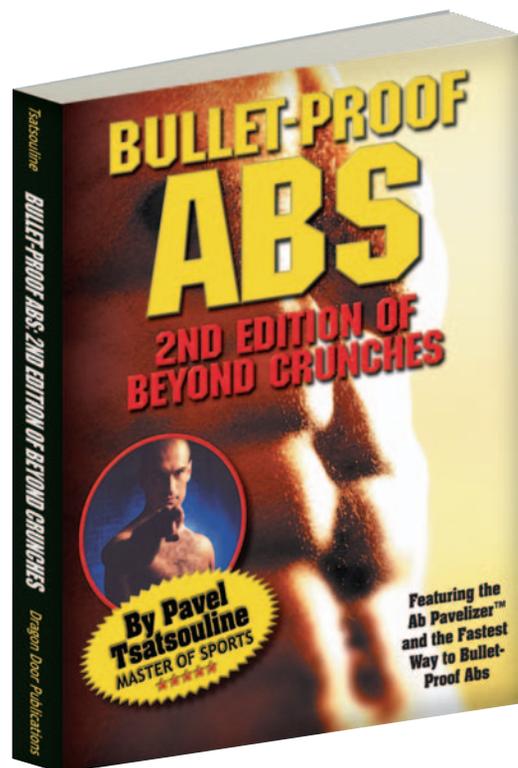
Gain a Ripped Powerhouse of Six-Pack Muscle In No Time at All—
with **Breakthrough Techniques**
That Blow the Roof Off
Traditional Ab Exercises

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

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

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

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



Bullet-Proof Abs 2nd Edition of Beyond Crunches

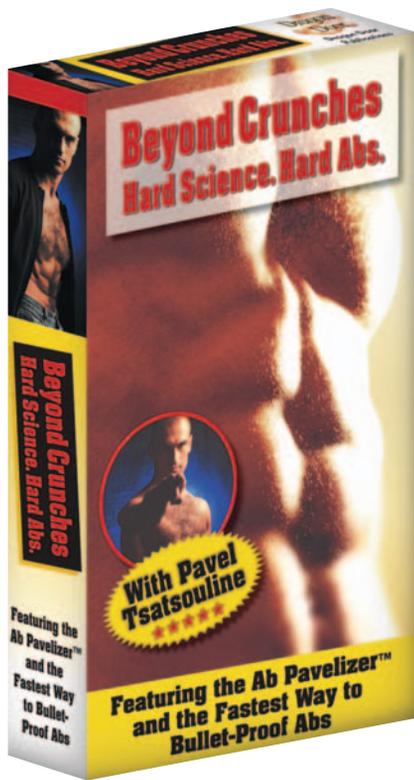
Book By Pavel Tsatsouline,
Paperback 128 pages

119 Photos and 112 Illustrations

#B11 \$34.95

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

—Louie Simmons, Powerlifting Coach,
Powerlifting USA



Beyond Crunches Hard Science. Hard Abs. Video

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

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



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

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

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

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

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

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



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Pavel Tsatsouline

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

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

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

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

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

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

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

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

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

Part V - Questions & Answers

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

Discover New Keys to Superior Athletic Achievement

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

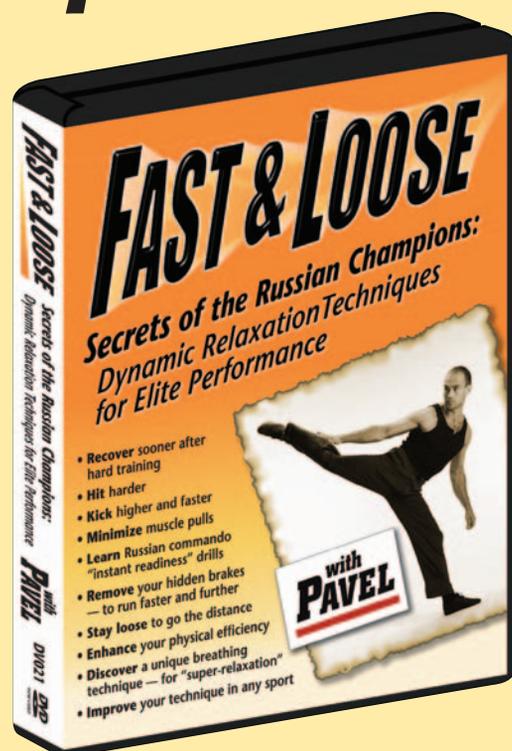
Mastery of relaxation is the hallmark of an elite athlete. Soviet scientists discovered that the higher the athlete's level, the quicker he can relax his muscles. The Soviets observed an 800% difference between novices and Olympians. Their conclusion: total control of tension = elite performance.

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

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

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

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



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

#DV021 **\$29.95**

DVD Running time: 27 minutes

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

—Jon Frost, dragondoor.com
strength forum

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Get RAW, Get POTENT, Get POWERFUL—

WHEN YOU UNLEASH THE POWER OF INSTINCTUAL EATING

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

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

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

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

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

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

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

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

About Ori Hofmekler

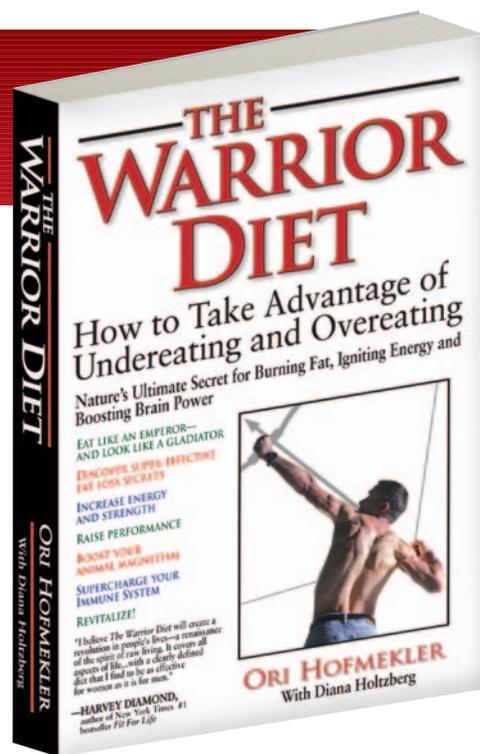
Ori Hofmekler is a modern Renaissance man whose life has been driven by two passions: art and sports. Hofmekler's formative experience as a young man with the Israeli Special Forces, prompted a lifetime's interest in diets and fitness regimes that would optimize his physical and mental performance.

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

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

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

SAVE
15%
See
Page 77



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

By Ori Hofmekler With Diana Holtzberg

#B23 \$24.00

Paperback 420 pages 6" x 9"

#B17 \$26.95

Hardcover 420 pages 5 3/8" x 8 3/8"
Over 150 photographs and illustrations

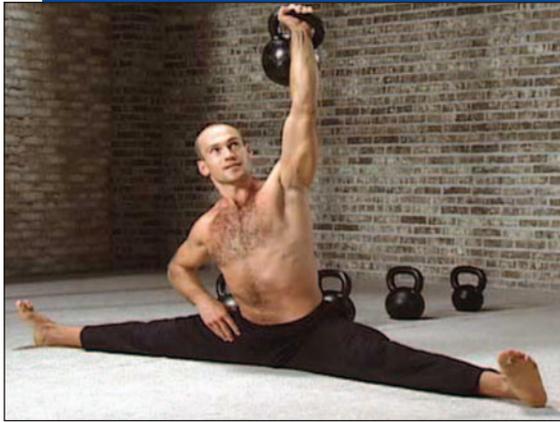
“I believe *The Warrior Diet* will create a revolution in people's lives—a renaissance of the spirit of raw living. It covers all aspects of life... with a clearly defined diet that I find to be as effective for women as it is for men.”

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

“Rare in books about foods, there is wisdom in the pages of *The Warrior Diet* ...Ori knows the techniques, but he shows you a possibility—a platform for living your life as well...*The Warrior Diet* is a book that talks to all of you—the whole person hidden inside.”

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

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



More Russian Kettlebell Challenges

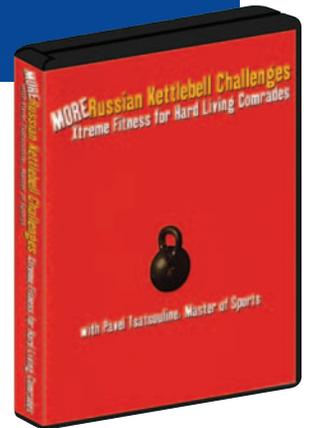
25 Evil Drills for Radical Strength and Old School Toughness

With Pavel Tsatsouline

VIDEO #V111 **\$59.95**

DVD #DV005 **\$59.95**

Running Time: 40 minutes



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

“The video takes you through some new moves with great detail and also revisits some older ones with more attention to the finer points. This tape will give you many more weapons in your arsenal of KB exercises. KB’s offer variety of exercises and great flexibility in program design and



this video will give you more to work with. Highly recommended!” —Dave Randolph, RKC, Louisville, KY

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

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



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



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7 Time World Amateur Light Heavyweight Kickboxing Champion, Kurt Pitman,

Discusses Kettlebell Training for Fighters and Professional Hockey Players

WE INTERVIEWED KURT PITMAN AT THE APRIL 2005 RKC CERTIFICATION WORKSHOP

Dragon Door: Kurt, can you fill us in on your athletic background, and talk about how you got into kettlebells?

Kurt Pitman: I was a kickboxer/mixed martial artist for seven or eight years. I was a member of the Lion's Den and I got to train with a lot of world-class fighters, like Guy Mezger, Ken Shamrock, and Tra Telligman. The Machado is a group of major Jiu-Jitsu guys down in Dallas, Texas, where I am. I train with a lot of the students there and help them get ready for fights.

I won the World Amateur Light Heavyweight title for the ISK in 1996 and I had six successful title defenses. Then I saw a downslope in kickboxing as far as the busyness of it, so I started going over to mixed martial arts to get some groundwork done. We were already involved with Guy Mezger for the Big Barrage race and then fighting in New York City a few times. That's really my only background. I never played sports. Then after that I got out of fighting because I was getting older.

D.D.: How old are you now?

K.P.: I'm only 30 now, but I was sent to the top pretty fast. I didn't have a lot of fights — only 25. But the guys that I worked with were such good coaches that they prepared me pretty quick. When I fought for the World Amateur title, I had eight days' notice.

The number-one contender hurt his heel or something and I got a phone call from the ISK representative. He said, "Do you want to fight Mike Mancini?" I said, "Sure." I didn't have time to get nervous. So, I had to get myself in shape two weeks out. I was in shape most of the time. I am in a different kind of shape now, because I've been doing a lot more Olympic lifting. I was doing a lot of power cleans with the clean-and-jerk, as well as the snatch.

Actually, it's kind of funny how I got into kettlebells. I tweaked my back, or what I thought was my back, but was really some soft tissue. That was going on back in October and I met Frankie Faires, because he's also based out of Dallas. He was showing me some KB maneuvers. I'd already gone to the Olympic training center and got to watch those guys because the 2004 Summer Olympics were right around the corner.

I even got to train at the Olympic facility, because I was certified as an Olympic coach. When I tweaked my back, I knew it wasn't spinal by any means, but I got into the kettlebells because I thought, "Wow, I'm not having 300- or 400-pound loads on me, I'm bearing a 70-pound load." Frankie started me off with a 32-kilo kettlebell and I said, "Man, I like this. It doesn't hurt my back." So that's how I got into the kettlebells.

Then, about seven weeks down the road, I had some soft tissue work done on my scoliosis. I had taken seven weeks off of Olympic lifting when I went back to the platform and lo and behold, I was able to snatch a 40-kilo KB, and my clean-and-jerk went up 5 kilos!

So I thought, "There's something to this". A little reactive recovery was still stressing my system, but not to the point of having a 300- or 400-pound load on my front or back. So that's what sparked my interest with the kettlebells. I do it at least once a week, when I take time off the platform work. I usually do kettlebells three days a week for probably one to two weeks at a time, but then I go back to the platform.

D.D.: What are your athletic goals now?

K.P.: Well, I'm retired from fighting, and am just into personal training now.

D.D.: What are your thoughts about kettlebells, both for yourself and for your clients?

K.P.: Right now I train two of the Dallas Stars. I train Mike Modano and Brenden Morrow. I've had the privilege of training Mike for about eight years. He and Brenden are going to Austria right now for the World Championships.

D.D.: So you're finding that kettlebells are good for hockey players?

K.P.: Definitely, simply because it is a contact sport. But I design a different program for Brenden Morrow than I design for Mike Modano. Mike Modano is going to be like your skater, blow-by-blow, boom-boom-boom. He does work to absorb hits.

D.D.: You see kettlebell training helping to absorb hits and stay resilient.

K.P.: Absolutely, absolutely! They are stimulating their central nervous systems to know what it feels like to get charged up and then go do another lift. Do something that's going to bang them, get them spiked, and move them straight into another load. I definitely see the benefits from that.

D.D.: Do you train any fighters?

K.P.: I have trained some fighters. I've had the pleasure of working with Ken Shamrock a bit. I was helping Guy Mezger get ready to fight Tito Ortiz back in November or December of last year.

D.D.: Do you use kettlebells with them?

K.P.: Yes. Actually, I have another guy working with kettlebells now who is probably going to step back into the ring. He's had a little time off. He'll probably start back in about six months, so he is getting in touch with the kettlebells.

D.D.: How do you convince a fighter like Shamrock that kettlebells are worth his while? What can KBs do for fighters?

K.P.: One, it's more personal. Two, the unilateral load. When we begin to learn kettlebells, it's with one KB and the loads are multi-directional all of the

time. It's not a leg press. I don't put any of my athletes or fighters on the leg presser or anything that is on a single plane.

I like the dynamics of the kettlebells, the flipping and rotating in your hand, the mental and physical awareness that you have to have when you are doing it, even a snatch. Now, a snatch is simple for guys who have done it before, but you see people who have not done it before and it's a pretty dynamic move for them!

What I also like is that [mixed martial artists] can get a fantastic workout in only 25 minutes. A big mistake that a lot of guys make is to over-train mixed martial arts. Don't forget, they wrestle and they box. They work out twice a day for the most part, and sometimes more.

D.D.: From your experience, do KBs increase striking power?

K.P.: Yes. If anything, if they don't help with the striking power, there is at least shoulder stabilization and the ability to lock the shoulder and turn, like boxers do. They have that snap and punch. Even if it doesn't increase the power, it will protect them. They will have the ability to protect themselves when their limbs are out, arms bared.

One thing that I like about kettlebells is that they not only test your fighting reflexes but your tilting reflexes as well, because a kettlebell can be an unstable object. Like I said, the dynamics of the kettlebells make people more mentally aware and sharp. This young fighter that I have, he likes anything new. He likes anything that he can't do at first, and he'll stick with it until he gets it down. So we'll see how it goes.

D.D.: How have you been adjusting to the intensive KB training here at the certification?

K.P.: Well, the clean with the kettlebell and the clean with the barbell are two totally different moves. That's what Frankie and some of the other instructors have had to get on me about how I break my wrist. It's a habit from the Olympic moves. The two moves are named the same, but they are totally different.

One thing that I like about kettlebells is that they not only test your fighting reflexes but your tilting reflexes as well, because a kettlebell can be an unstable object. Like I said, the dynamics of the kettlebells make people more mentally aware and sharp. This young fighter that I have, he likes anything new. He likes anything that he can't do at first, and he'll stick with it until he gets it down.

D.D.: How's the certification been for you in general? What do you think of the training?

K.P.: Very intense. They break it down. The swing...yesterday we spent most of the day on the swing. It's a very basic movement. I like the cues that they gave us some trouble-shooting guides for the restricted Box Squat. It's one thing to know how to do the movement, but to teach it and to give your students verbal cues is another ballgame. And that's what we are here for, to be able to give them verbal cues. Those have been fantastic! The detail of how they break it down has been good, because no one's lost.

The instructors are very well-versed. They have all different kinds of backgrounds, and everyone is special at something. I just enjoy the course. It's been fun from day one. The people are great.



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- Why excessive flexibility can be detrimental to athletic performance—and how to determine your real flexibility needs
- Plateau-busting strategies for the chronically inflexible.

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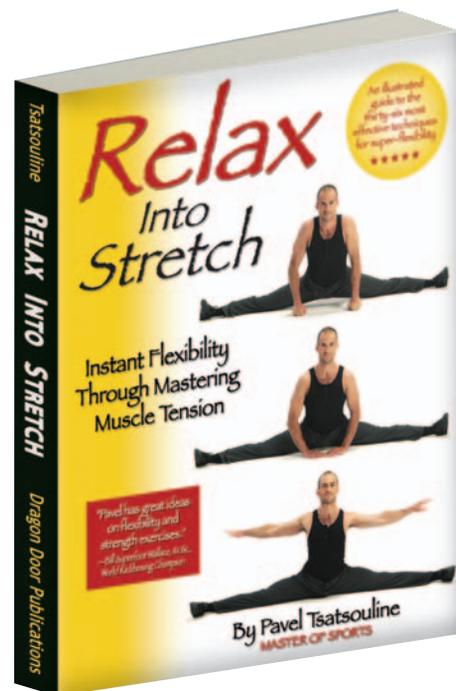
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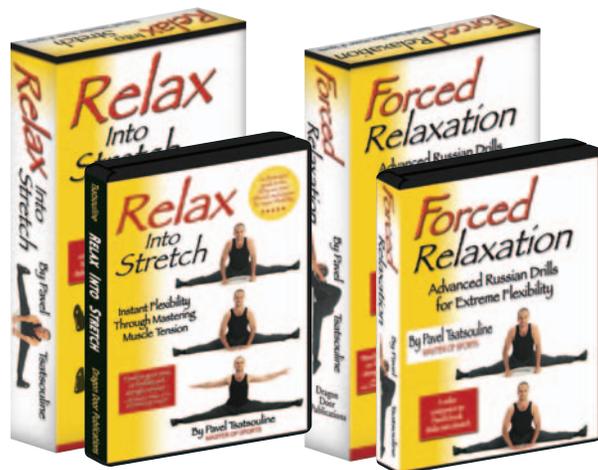
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HOW TO SET PERSONAL RECORDS IN YOUR SPORT WITH THE KETTLEBELL 'WHAT THE HECK EFFECT'

BY DAN JOHN

You can see it in the judge's face...and my competitor's. You can certainly see it my face.

What are we seeing? Well, a lot of us are starting to refer to it as the "WTH Effect." For laymen, that is the "What the Heck Effect" and it is usually followed with a question mark. What is it? Heck if I know.

A couple of years ago, the synergy of the Internet started changing the way a lot of my co-conspirators trained in the arts of throwing. Before 1998, we trained like this:

Three days a week — Bench, Clean, Squat. Four days a week — Throw.

Any questions?

You know, it worked. Oh sure, we had those little nagging issues like surgery, burn out, obesity and boredom...but, what is that compared to throwing the same distance year in and year out for decades?

Odd things started popping up on Internet training forums. Odd things? Yeah...like odd lifts and odd objects. And, I thought it was all silly. I mean, really, who could tell me how to throw farther? Certainly not these lunatics in Converse shoes that felt like asphalt, also known as "Kettlebellers."

I was wrong. Okay, I said it: wrong.

I will discuss in this article the number one thing that I was wrong about: kettlebells. Let's look at my first impression: "Are you kidding?"

You see, my experience taught me a lot. If it is new...it is wrong. If it looks good in the ad, it doesn't work. If "everybody" is doing it, I won't.

My first experience with the kettlebell was at the Seattle Super Heavyweight Meet. This is the day that we throw the 35 pound weight, the 56 pound weight, the 98 pound weight, the 200 pound weight and the 300 pound weight. I was promised we would be done by noon for the BBQ and I had plans to spend the evening with friends on one of the rivers.



Ah, plans. The organizers made a change, I still hadn't taken a throw by noon, and by six in the evening I still had throws. I got there at eight in the morning, warmed up (what was I thinking) and ten hours later had noticed the telltale signs of stiffness. What to do?

Dan Mohegan had turned up to support me as part of the infamous "Old School" ground crew. I said, "Jeepers, I have noticed the onset of stiffness due to the cold, lack of nutrition, and long day." I may have said something else...but, Dan offered this advice: "Here, do swings with this kettlebell."

TEN SWINGS PER SIDE LATER AND MY BACK WAS FLUSHED WITH A WARM GLOW, MY BREATH HAD LEFT ME (OBVIOUSLY WHEN YOU COME FROM NEARLY A MILE HIGH TO SEA LEVEL YOU BREATHE HARDER BECAUSE

OF...OF...TOO MUCH OXYGEN? YEAH, THAT'S WHAT IT WAS...) AND I WAS READY TO GO AGAIN.

When I got home, I got my first kettlebells.

Fast forward to last winter. Pavel nicely offered to let me speak at the first Kettlebell Convention. I had literally stumbled upon a new way to train athletes. It is this simple:

Bring one or more kettlebells to practice with you. Do your event, do a kettlebell movement. Repeat...a lot. With my core group of throwers, we began to see some odd changes.

CERTAINLY, MY ATHLETES WERE GETTING LEANER WITH BETTER GRIP STRENGTH (THE TWO MOST NOTABLE IMPROVEMENTS WITH THE KETTLEBELL), BUT WE WERE ALSO FINDING AN INTERESTING THING: WE WERE THROWING FARTHER.

Why? I don't know...that is why it is called the WTH Effect. You perform better, but you can't get a handle on "why." After Steve Maxwell's talk, I asked him a very simple and pointed question: what are the three best kettlebell drills for loosening and warming up. He answered without hesitating:

1. Halo Drills (Two handed Kettlebell circles around the head)
2. Squat cradling a kettlebell, at the bottom let it "roll" down to extended arms, push your hips up into the start of the straight leg deadlift, roll the hips down and recover back into the squat...repeat.
3. Windmills. C'mon...you know them...

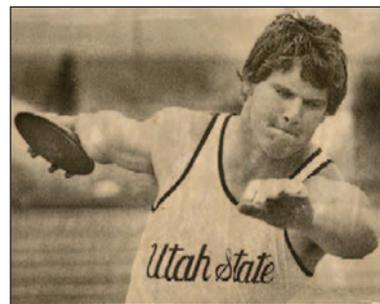
My job as Chief of Research for the Murray Institute for Lifelong Fitness is to be the crash test dummy for all new information. So, what did I do? For the next few months, I focused on improving my weakest competitive event. For me, it is the javelin throw...the nightmare of my weight pentathlons. I blew my rotator cuff apart in Junior College throwing the, uh, javelin and I never recovered. Generally, I throw 90 feet and coil in pain after.

So, gentle reader...I took an event that hurts me physically, I can't stand, and I am not good at to test the kettlebell. Sure, that sounds fair.

Five days a week, I did my "Steve M Three," the Halo, the Bootstrapper Squat, and the Windmill. Then, I followed the instructions given me by Bill Witt, my coach: a nice bouncy run up (like Tigger!), leap into the "Y" position, wrap the "X," and ruin your shoes in the "C." That all makes sense to us...but the efforts were all easy and striving for "no pain."

Fast forward to August, 2005. After a terrible discus throw, we walked in the humid Dallas heat about a mile to the javelin area. I was hot, sweaty and depressed after a bad day so far. Yet, at the top of the runway, I reviewed my

technique and all the time I did my Steve M Three and my "Y-X-C." I drove...Tigger style... down the runway and heard the crowd yell "whoa!" I recovered and looked up to what appeared to be...the flight of a javelin throw. Knowing I was the only thrower meant...I threw that!



Dan John back in the day.

I ADDED...AT AGE 48...SIX METERS TO MY PERSONAL BEST IN LESS THAN FIVE MONTHS. IT ENDED UP BEING JUST UNDER 160 FEET.

The lessons are crucial here:

First, I trusted experts. I listened and followed Steve and Bill's advice and didn't let the perceived "ease" of the training bug me. I can't think of better advice...trust the experts, those who have been on the road before.

Second, touching your toes or tossing your leg up on a barre is not the kind of dynamic flexibility you need for athletics. You need to challenge, shape, stretch, tug, pull, groove and move all at the same time...every day and in every way. My Steve M Three training was perfect. In fact, I have some cross-country runners doing it and they just discovered that they have "hamstrings."

Third, I realized, finally, that the formula for success is generally right. Having said that, you also have to have the courage and confidence to explore other ways of getting beyond what you or others think is possible.

Watching that javelin fly, a thought came through my head: "What the..."

For the first time in my four-decade athletic career, I think I got it right.

Dan John is your typical coach. A Fulbright Scholar to Egypt, Dan has advanced degrees in history and religious education. He has traveled the world dealing with parasites, customs officials and a terrible accent in every language he has learned...so much so, that both Turkish and Hebrew speakers have asked him to stop speaking their language.

When not working as a professor of religious studies, Dan is a fulltime strength coach and Head Track and Field coach at Juan Diego Catholic High School in Draper, Utah. Dan has multiple national and state championships in the discus, Olympic lifting, Highland Games and the Weight Pentathlon. He recently finished his first instructional DVD on carrying, dragging and pulling objects available at <http://www.crossfitnocal.com/catalog/index.php>. He also maintains the "world's largest" free website dedicated to lifting and throwing stuff at <http://danjohn.org/coach>.

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

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

But just recently I found out that she's been keeping up with her mobility training and it's worked wonders. She's had such bad knees that she's had to wear knee braces for twenty years and she hasn't had to wear them due to her improved joint health. There are similar stories coming from the servers with bad backs after I taught them about decompression hangs with three plane movements.”—**JOSEF**, [dragondoor.com forum](#)

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

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

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right arm. I was supposed to attend Occupational Therapy, but when I got there they were so shocked and amazed at my progress that they sent me home. I guess they've never seen someone regain their mobility so fast.”—**TONYA EHLEBRACHT**, **US Army**

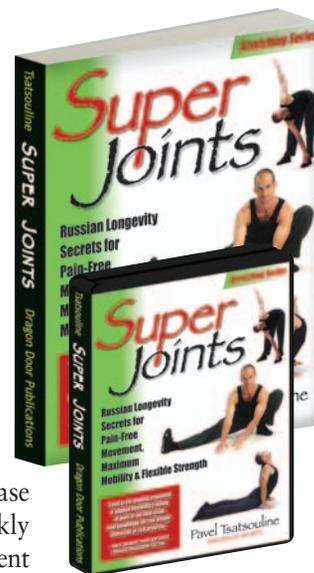
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“*Super Joints* = Super ROM. Get the book and you'll realize what you've been missing by just stretching. It's more about maintaining the youthful fluidity of the joints which is lost through age and or abuse.” From: **LARRY DIBBLE**, 2002-05-09



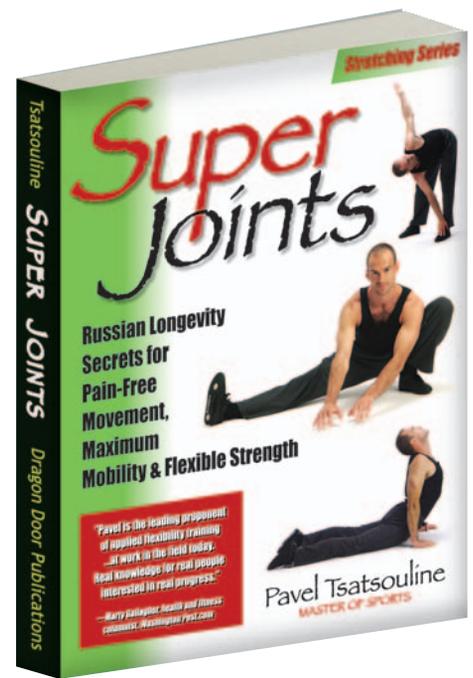
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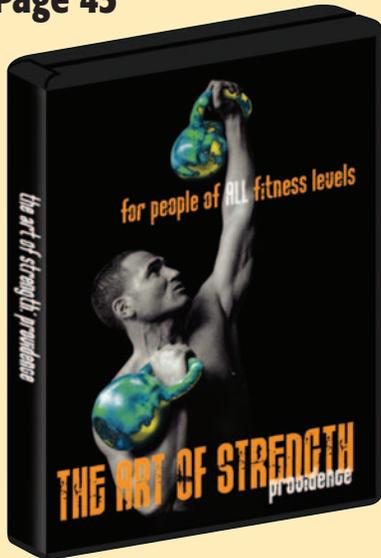
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