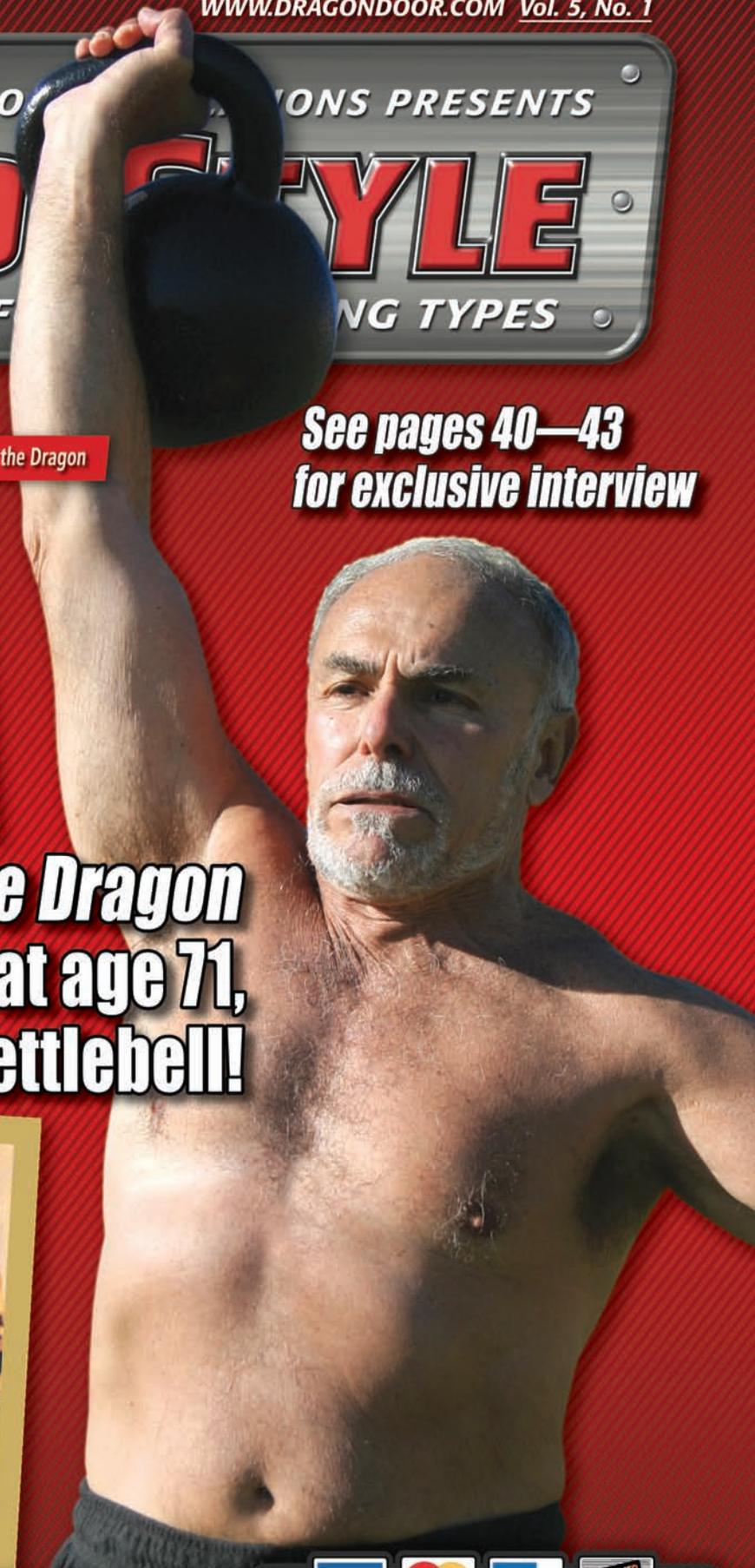


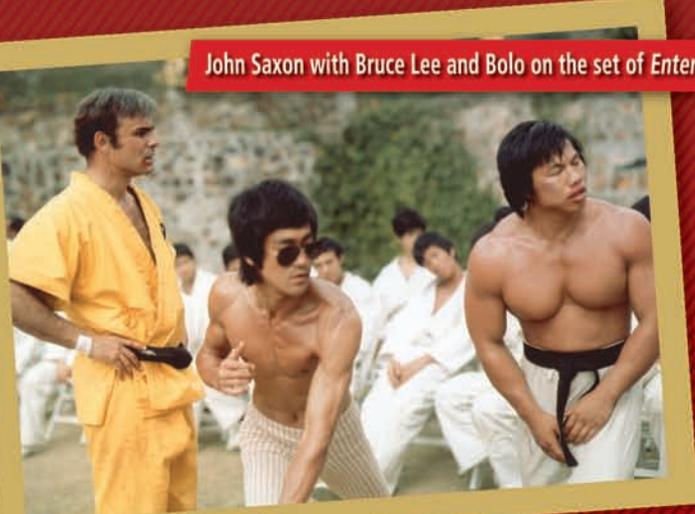
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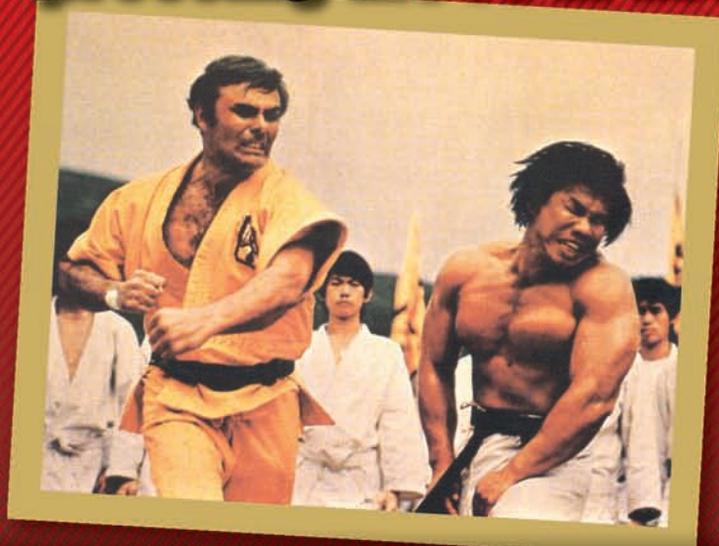


**See pages 40—43
for exclusive interview**

John Saxon with Bruce Lee and Bolo on the set of Enter the Dragon



**Bruce Lee's *Enter the Dragon*
co-star John Saxon, at age 71,
pressing the 70 lb kettlebell!**



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Kettlebells, Bruce Lee and the Power of Icons

“I want to be like Bruce”

Images can lodge in our brains and become an ideal that drives us forward.

As a young man, in the seventies, Bruce Lee had that impact on me. The classic image of Bruce—his ripped-to-shreds chest decorated with claw marks, posing in steely-sinewed, martial defiance—became my iconic inspiration for physical excellence.

Physically, I wanted “to be like Bruce.” And, of course Bruce influenced and inspired millions like me to jump into martial training and emulate his example.

What does Bruce Lee embody as an iconic ideal? Raw, explosive power. The wiry, superbly-defined, perfectly-muscled physique. Stunning athleticism. Mastery of the body—his martial moves a superb combo of strength, practicality, flexibility, speed, and efficiency.

In his movies, Lee chose to represent the little guy, reluctantly triumphing over evil bullies—a story line with an uncanny resemblance to another great fitness icon, Charles Atlas. And, like Charles Atlas, Bruce celebrated spiritual cultivation as an essential complement to physical training.

Given Lee’s impact on me personally, it’s no surprise that much of what we champion and offer at Dragon Door, follows Lee’s blueprint for acquiring a strong and efficient body and the highest possible level of physical fitness.

Bruce Lee had an original background in Wu Tai Chi and Wing Chun, but also had a strong belief in the necessity of weight training, as a vital component of overall conditioning and strength.

When I first met Pavel at a stretching workshop in Minneapolis, in early 1997, I was immediately struck by his charismatic ability to model and convey a stunning combination of strength and flexibility. Pavel cut through the BS in startling fashion, to give you what really works. Just like Bruce...

Later that year Dragon Door published Pavel’s first book, *Beyond Stretching*, followed by *Beyond Crunches*, the landmark classic *Power to the People!* and finally, *The Russian Kettlebell Challenge* in 2001. And the fitness landscape in America changed forever.

Kettlebell: the iPod of exercise tools

Clearly, inanimate objects can achieve iconic status too. Think of the iconic status of Apple’s iPod. Just as Bruce lodged himself in so many of our brains and became the icon for physical perfection, so the iPod has lodged itself in our consciousness as THE TOOL for personal listening pleasure.



And the Kettlebell has now achieved that same iconic status—as THE TOOL for personal physical perfection.

The kettlebell, for a simple cannonball with a handle, has amazing allure and

charisma. Startlingly simple, startlingly effective. Visually striking, demanding your attention. Demanding you pick it up.

The kettlebell makes promises that would make Bruce proud: for men, a lean frame of rippling muscle, in all the right places.

Explosive power. And almost mystical strength gains (the notorious What the Hell? effect). For women, a toned, firm, strong shape that enhances the best of the female body. For both genders, greater energy, higher self-esteem and greater sense of overall well being.

All delivered by one compact, portable device, in just minutes a day...

Bruce Lee + Kettlebells = Iconic Power²

And what better testimony to the iconic power of Bruce Lee and kettlebells than to see Bruce’s 71-year old *Enter the Dragon* co-star, John Saxon banging out a 70lb kettlebell press? 34 years after that blockbuster was first released.

With Bruce lodged firmly in my brain for these thirty-something years, you can imagine the kick I get out of seeing Dragon Door’s author Pavel helping a Bruce Lee co-star achieve a new vigor and vitality, thanks to kettlebell training.

I hope you enjoy Mark Cheng’s superb interview with John Saxon as much as I did!

I’ll leave you with this final quote from Bruce Lee:

“I’m not a master. I’m a student-master, meaning that I have the knowledge of a master and the expertise of a master, but I’m still learning. So I’m a student-master. I don’t believe in the word ‘master.’ I consider the master as such when they close the casket.”



All the Best,

John Du Cane

John Du Cane
Publisher

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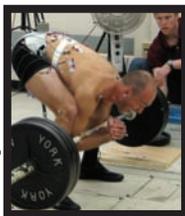
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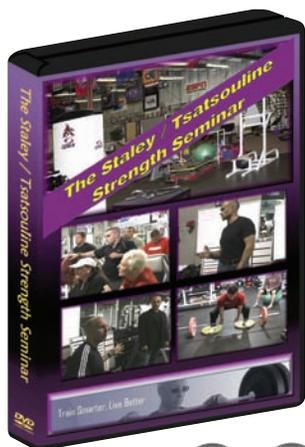
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What more can you ask for than to have both these greats combine their knowledge and skills into one information-packed training?

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

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



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Just some of what you'll discover from Pavel:

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- ▶ **Understand the finer points of slow and explosive** strength
- ▶ **The best methods** for developing *starting* and *absolute* strength.
- ▶ **The importance and applications of absolute** strength as a foundation for all your strength programs.
- ▶ **What it really takes** to generate and apply massive tension—AT THE RIGHT MOMENT—get this timing and application science wrong and you'll be trapped in mediocrity for the rest of your days...
- ▶ **How to build an impregnable foundation** using the method of "easy strength"—a guerilla tactic that hands you an instant unfair advantage in your training.
- ▶ **How to combine** tension with relaxation drills to avoid injury and sub-par performance.
- ▶ **When to employ the Russian secret of specialized variety**, to get a dramatic edge over your competitors.
- ▶ **How to significantly** finesse the skills of your sport by practicing them isometrically.
- ▶ **How to clean up your technique** and jump in proficiency using *neurological erasure*.
- ▶ **How to walk away from your practice** feeling stronger than when you started—rather than a wiped-out rag!
- ▶ **How to recruit your breath** for even greater power—guaranteed
- ▶ **How to use the** subtle but extremely important *wedge* method to enhance your strength and power.
- ▶ **How to avoid "leaking away" your** hard-earned strength—get this right and save yourself from a world of frustration and sub-par results.
- ▶ **How to release the** little-known, but deadly "parking brake" within your body that could be dooming your performance to constant failure.

And from Charles Staley discover:

- ▶ **The single biggest obstacle** to success in the weight room—and how to overcome it, every time!
- ▶ **The worst possible formula** for strength training—and why you want to ALWAYS do the very opposite...
- ▶ **The magic rep number** that yields the greatest power output—zero in on and fully employ this one secret in your training and you'll transform your practice, guaranteed...
- ▶ **How to avoid floundering** around and correctly evaluate "success" in your workout.
- ▶ **How to pack** maximum strength benefits into minimum time.
- ▶ **How to manipulate** the variables in your training to trick your body into greater strength gains.
- ▶ **The cornerstone principle** in all strength training—and how to make it work even better for YOU.
- ▶ **A hobbled horse is** a useless horse...how to dramatically reduce the chance of injury in your training—and radically extend your athletic career.
- ▶ **You're sick of hearing the** cliché: "Worker smarter, not harder"—I know—but here's the secret to "spending" less yet "making" more in your training... (Don't be a chump and ignore this golden advice).
- ▶ **If you can't SUSTAIN your** program, then what on earth's the point and how far do you think you're ever going to get? Stop this madness! Learn how here...
- ▶ **The counter-intuitive secret that could** rock your world and turn it upside down: how to make your workout EASIER—yet GAIN MORE STRENGTH!
- ▶ **Your limbic system can be** your best friend—or betray you into mediocrity...learn what it takes to "manage" this potential monster.
- ▶ **How to identify the** "sweet spot" when activating your nervous system—for optimal gains in your workout.
- ▶ **The real yardstick** you need when measuring your recovery needs—anything else and I see a glue factory in your future...
- ▶ **How to properly use these** "key indicators" to measure your real progress.

- ▶ **How to achieve your** desired strength outcome—while still safeguarding your health.
- ▶ **Why, for most of us, knowing how** to time our "activations" is way more important than figuring out correct rest periods.
- ▶ **It's one of the crucial differences between** an elite and average athlete: understand what it really takes to engage your full physical capabilities—for true success on the court or field.
- ▶ **How to eliminate redundancy** from your workouts—and watch your effectiveness grow by leaps and bounds.
- ▶ **Why it's so important and** what it means to "preferentially train the higher qualities."
- ▶ **How to control and** manage your fatigue, instead of becoming its victim.
- ▶ **Understand and utilize the** key principles of variability and specificity—by correctly exploiting the benefits and minimizing the drawbacks.
- ▶ **Why extension-based exercises can be** crucial for balance in your training program.
- ▶ **How to utilize the** principle of "conscientious participation" to enhance your workout results.
- ▶ **How to cycle EDT and** the 3-to-5 method, for a superlative surge in your athleticism.
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- ▶ **The magic power of** "predetermined time-limits"—and how to become a wiz at manipulating time to your own infinite advantage...

Amazing instruction

"I attended this seminar and it was nothing short of awesome. Pavel and Staley really took the time to blow apart age-old beliefs and practices in strength training. I recommend this set to anyone wanting to work on strength development." —Jay Bell, Phoenix, AZ

Two phenomenal Coaches in one DVD

"Well worth the price. I had already read and tried EDT from Charles' book, *Muscle Logic*. The reason I bought it was because of Pavel's testimonial on the back. I have to admit, I never tire of hearing/seeing Pavel teach. Both Charles and Pavel are great instructors; those of you who have seen him know what I mean. Seeing the two present their ideas on strength and conditioning was just great. This will be an excellent DVD to study and apply to my classes." —Pete Diaz, RKC, Sacramento, CA

Serious Strength

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

We begin with Charles Staley's thoughts on training principles and an enlightening look at what is really going on within a set of a given exercise. Charles also talks at length about program design and his own Escalating Density Training system, demonstrating it with a dumbbell snatch.

Then it is Pavel's turn. Pavel has a gift for taking complex subject matter and presenting it in a way that anyone can understand. This product is no exception. He explains the physics behind strength and tweaks technique to improve performance and enhance safety. An excellent product." —David Whitley, Senior RKC, Nashville, TN

IT'S CALLED A "CHALLENGE" FOR GOOD REASON!

How to Prepare for—and PASS—the RKC Instructor Certification Workshop

BY BRETT JONES, MASTER RKC

Over the past 4+ years I have been involved in the RKC program and have seen many certification attendees come through the three days that make up the RKC experience. My goal in this article is to provide you—the RKC hopeful—with a template that will have you prepared for the RKC. This is important because it is a physically demanding weekend where you must still learn large amounts of technique, corrections and principles. If your body is not up to the challenge then you will not learn effectively. And that just will not do!

Unlike most 200 question multiple choice weekend certifications, you will earn your RKC with sweat and hard work. In addition, you will be tested on demonstration of proper technique in the basic RKC drills and the ability to assimilate application of the proper corrections at the right time—it is an instructor's course. Read the testimonials if you need proof. Again—you will *earn* this certification.

Where I think the preparation process goes awry is in two main areas. These are:

#1—Too much emphasis on the snatch test

#2—Not preparing for three, 8+ hour days of work.

While the snatch test is important, it is only a starting point. It is a requirement because we—as instructors—need to see that you have the base level of conditioning and overhead stability to even begin the course, proving to us that you have at least picked up your kettlebell and that you have some experience with the tool. But it is not 'the test' of the certification—as I stated it is only a starting point. Because RKC hopefuls get focused on the snatch test they tend to forget that three days of 8+ hours of practice of the basic drills and corrections await them, and this does not include the three (or more) 20-30 minute workouts during each day.

So, what I will attempt to do here is suggest a template for arriving at the RKC prepared well enough to ENDURE the physical so you can MAXIMIZE the mental.

Step #1 is to find your snatch test requirements and read and understand the rules. Ask questions on the dragondoor.com forum if you need to do so. *Now go one weight class up and prepare for those numbers.* This will provide a comfortable cushion and allow you to relax going into the snatch test. Steve Freides has written an excellent article on preparing for the snatch test available on dragondoor.com. There are other excellent articles available as well, so do some reading and be prepared for your snatch test.

Step #2 is to get prepared to demonstrate proper form in the basic kettlebell drills. To do this I would recommend a session with your local RKC so you can eliminate mistakes and prevent grooving any bad habits. If this is not possible, then you will have to rely upon DVDs and books. I would recommend: *Enter the Kettlebell!* book and DVD, *Kettlebell Basics for Strength Coaches and Personal Trainers* DVD set, and the original RKC book. This will provide you a set of resources that will give you ample information to prepare for the certification and arrive prepared.

Step #3 is to get physically ready to handle the RKC weekend. Below I will lay out a template of practice that will help in preparing you and I will make suggestions on mimicking the weekend so that you will not be caught by surprise and have to battle the physical demands placed on you.

The template lays out three different workouts for three consecutive days where one drill will be emphasized as the other drills are practiced in between. Perform 1-3 circuits of the drills in the order listed. Perform 5-8 reps per set except on swings where you can feel free to increase the reps as long as form stays perfect. You will not need a day to

emphasize cleans or snatches as you will be performing enough of those during the other drills and with your snatch test practice (which is to be performed in addition to these workouts on at least two of the days).

Workout #1

Swing
Clean and Press
Swing
Clean and Front Squat
Swing
Get-up
Swing
Snatch
Swing



Workout #2

Clean and Press
Swing
Clean and Press
Clean and Front Squat
Clean and Press
Get-up
Clean and Press
Snatch
Clean and Press



Workout #3

Clean and Front Squat
Swing
Clean and Front Squat
Clean and Press
Clean and Front Squat
Get-up
Clean and Front Squat
Snatch
Clean and Front Squat



This is about practicing the drills and perfecting form while increasing conditioning specific to the weekend. Hence, you will be performing the three consecutive days of training in addition to the snatch test preparations.

I would even suggest that you make Friday, Saturday and Sunday your workout days—then rest on Monday

and work additional snatch test workouts on Tuesday and Wednesday and then rest on Thursday before beginning again on Friday. This will get you in the groove for the weekend.

You will also need to rotate intensity of volume and weight—16 kg for 3 circuits one day and 24kg for 1 circuit the next—Single Kettlebell drills one day and double Kettlebell drills the next etc... I would also recommend *Super Joints* and/or *Z-Health* drills to keep your body 'tuned up' and prepared for this type of training. (Oh, and you might want to get very familiar with an exercise known as the Burpee!)

Be willing to reduce the volume and weight if needed—DO NOT GET INJURED preparing for the RKC. BE SMART!

So there you have it—a training template that will have you physically tuned up and ready for the demands of the RKC weekend. Nothing is more frustrating for us as instructors than people arriving ill prepared for the RKC. So put your time in and remember that you will earn your RKC. You have been warned!

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

Brett Jones is a Master Instructor in the RKC program and is the author of *Kettlebell Basics for Strength Coaches and Personal Trainers* as well as co-author of the *Secrets of...* DVD series with Gray Cook. You can contact Brett by email – appliedstrength@gmail.com

and you can keep up with his blog and his website at www.appliedstrength.com

"The information on this video should be required watching by anyone who even thinks of training with weights, or before anyone can buy any of Pavel's videos."—James Doolen, Joplin, Missouri

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

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

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

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

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

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

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

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

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



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



Buy it now

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

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

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

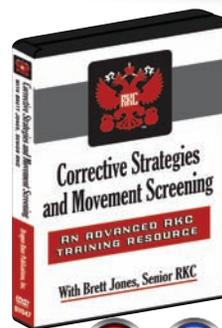
Best investment I acquired since the kettlebell

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

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

Contents include:

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



Corrective Strategies and Movement Screening

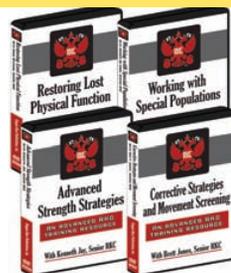
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By Brett Jones, Master RKC

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www.dragondoor.com

By: Brett Jones,
Master RKC Instructor and
Gray Cook, PT, RKC

Hurting?—Find the REAL Problem Behind the Obvious Complaint



Discover How to Identify and Eradicate the True Culprit Causing Your Current Pain

factory story. **The area complaining (causing pain) is very rarely the problem.** The problem is usually some other area not doing its job and causing the complaining area to take on too much work/stress and end up complaining.

There is a saying in the manual therapy community, “he who chases the pain is lost”. And this can be a mental hurdle for some because it requires you to look away from the complaint and find the problem. But under traditional therapy you will quickly become a shoulder or a knee—not a person. In other words if we look back up at our factory story under the traditional mindset the complaining worker (Worker B) would become the focus of the issue and Worker A would continue to skate by doing nothing.

Well, we are not going to allow this to happen. We will take an Eastern philosophical approach and seek to ‘fix the problem not the blame.’

Perhaps this is most prevalent in complaints of knee pain. People focus on the complaint and forget about the problem. Recent articles available on the biomech.com website draw this into sharp relief. Just go to biomech.com and search patellofemoral pain and you will find a study on weight bearing MRI research and knee pain. This study looked at the much feared “lateral tracking patella”. What the researchers found under weight bearing MRI was that the patella did NOT laterally track but rather the distal end of femur was medially rotating due to poor HIP control (glute medius in particular).

That’s right, even though the patella appeared to track laterally and the *complaint* may have been of knee pain—the *problem* was poor HIP control. Isn’t technology amazing?!

In *Secrets of the Knee and Hip* we try to shed light on the connection between the common issues at the hip and ankle that can be the source

of the actual problem in complaints of knee pain. In *Secrets of the Shoulder* we demonstrated how thoracic stiffness may be the root of shoulder pain. In *Secrets of Core Training: The Backside* we demonstrated that ‘inflexibility’ may be a patterning problem even though muscular tightness is the complaint.

In simplest terms you begin by looking at the joint above and below the area of complaint for the problem causing the pain. This will take your focus off of the pain and put it on finding the problem. But sometimes the problem is hiding in what would appear to be an unrelated area and will defy your first attempts to find it.

Realize that the body is a magnificently complicated and intricate machine and that it excels at compensating. If you ask the body to do something it will do it. Regardless of the cost and if the ideal option is not available your body will go ahead with option B even if that will result in a complaint later.

Now you should have a good explanation for movement screening and assessment and you could check into the *Corrective Strategies* DVD set for even more information.

So are you lost in your focus on the pain or are you looking for the problem?

My knee hurts, my shoulder hurts, my back hurts... These are common areas that people point to everyday. But are these areas a complaint or a problem? Is there a difference? If so, how do we find out which is which?

First a little story: You have two workers in a factory. Worker A is taking 12 smoke breaks a day and has his/her feet propped up on the desk talking on a cell phone. Worker B is putting in 3 extra hours a day trying to keep up with what Worker A is not getting done. Which worker complains first and which worker is the problem?

I’ll give you a moment to ponder....

Worker B will complain first but Worker A is the problem.

How does this little story relate to your aching knee? Well the body works very much like our little

Brett Jones is a Master Instructor in the RKC program and is the author of *Kettlebell Basics for Strength Coaches and Personal Trainers* and the *Corrective Strategies* DVD set as well as co-author of the *Secrets* of... DVD series with **Gray Cook**. You can contact Brett by email – appliedstrength@gmail.com and you can keep up with his blog and his website at www.appliedstrength.com

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

Ravaged by **Nagging Knee Pain**, Hobbled by a History of Knee Injuries or Bothered by **Out-of-Whack Hips**?

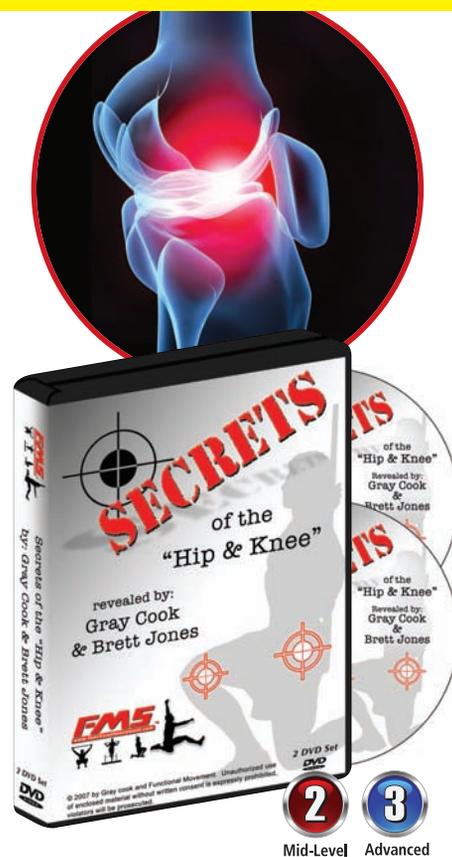
These small, but significant adjustments, correctly applied, can help you regain your former function—while protecting you from further injury...

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

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

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

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



Secrets of the Hip and Knee

By Gray Cook, RKC and Brett Jones, Master RKC
DVD #DV051 \$69.95

2-DVD Set

Running time: 131 minutes

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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“It’s not a matter of IF kettlebells will work for you; it’s a matter of HOW to work with them to fit your needs.”

BY ANDREA DU CANE, MASTER RKC

I have a female client in her early 50s who was afraid to start kettlebells because every time she did she would end up hurting her back. It took me a couple of months building slowly and methodically, adding drills as she progressed and occasionally backing off if she felt any back pain.

I started with the basics—real basics. I taught her where her neutral spine was and how to maintain it, I taught her how to use her legs and lower core and not her back. She learned how to engage the correct hip and pelvis muscles BEFORE swinging or lifting.

I started with a few simple drills, like the Rocking Kettlebell Dead Lift, Box Squat, Figure 8s, that each reinforce the use of the hips, glutes and legs. When she had developed the ability to engage her inner and lower core before moving the bell she was ready to start swinging. I kept the load low and moved up in weight or to harder drills only when she was ready.

Now this woman is swinging, snatching, pressing—you name it.

She has lost weight, increased her strength, gained confidence and is virtually pain-free. It has been a life changing experience for her.

This would not have happened had she picked up a kettlebell and immediately starting swinging; she would have hurt herself and would have never picked up a bell again.



I have another client, a male in his late 50s. He had been an athlete in high school and college. When I met him he wasn't able to enjoy his favorite sport, golf, without intense pain. Worse, his game was suffering. At first, he couldn't put his arm over head and lock out his elbow. The highest he could reach was about 30 degrees.

We started with joint mobility drills, which he would do 1-2 times a day. I focused on a two-pronged approach: mobility and strength. I gave him exercises to do to strengthen specific muscles of the back that help to stabilize the shoulder and rotator cuff.

At the beginning I would not let him put a kettlebell overhead, because he could not hold it or press it safely. I have found it is counter-productive to go against proper body mechanics. His kettlebell drills were: holding and walking around in the clean position, Suitcase DL and Farmers Walks. During this time he did more Swings than I'm sure he'd care to count, very careful and specific Push-Ups and lots

of leg strengthening drills.

After a lot of work, using a variety of exercises, including kettlebells, bands and small weighted balls, joint mobility, he was able to lock out his arm overhead.

He can now play golf pain-free and he's playing better than he has in years.

Perhaps you are that person or know someone, a friend or family member who is in that position. Maybe you have tried convincing your wife, husband or parent that kettlebell training will actually help their backs, knees or shoulders, but every time they pick up the bells their back pain kicks in or their shoulder gets worse. You've tried helping them, but you just don't know what to do and say to them.

Or let's say you've been training with kettlebells for a number of months, you have gotten stronger and feel good, but then one day you notice you tweaked your shoulder or back. You wonder why, and then you wonder what you can do to prevent this from happening again.

What do you do?

How do you safely begin training with kettlebells?

What drills do you do?

How do you perform the drills correctly, without hurting yourself?

How do you slowly build up and when do you progress to harder drills, heavier weight and longer workouts?

This and more are covered in the 2-DVD set *Working with Special Populations*.

My Level II presentation gives you the tools to safely begin training with kettlebells.

I go through drills and exercises that you can perform safely, I show you how to slowly build up, and which drills to do for what type of problem.

I truly believe that kettlebells are for EVERYONE, the hardcore athlete, the firefighter, as well as the recent couch potato and those returning from tweaks and injuries.

It's not a matter of IF kettlebells will work for you; it's a matter of HOW to work with them to fit your needs.

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

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

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

Most of our RKC instructors—and a very great number of our *HardStyle* customers—are in frankly fantastic physical shape. In the top two or three percent of the nation. And that is what we at **Dragon Door** pride ourselves on, first and foremost: promoting the highest level of physical excellence and achievement through the most effective and efficient training methods on the planet.

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

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

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

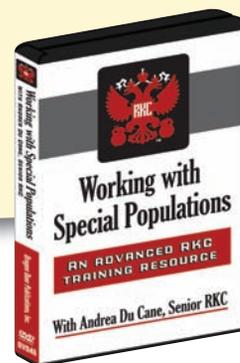
The **Level II RKC** certification teaches our instructors a multitude of methods to address corrective, preventive and restorative issues for their clients. Andrea Du Cane’s thorough and broad-ranging presentation on *Working with Special Populations* was extremely well received—and, as with the other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

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

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

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

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



2

Mid-Level

3

Advanced

Contents include:

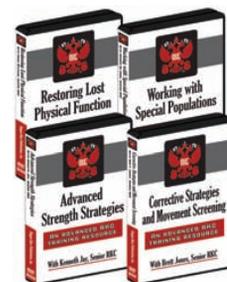
- ▶ **Sizing Up Your Clients**
- ▶ **Ain’t Got No Swing if Your Joints Got No Zing: Joint Mobility**
- ▶ **Building a Foundation: Lower Body Drills**
Rocking Deadlift
Box Squats
Figure Eights
Step Back Lunges with Kettlebell
- ▶ **Contemplate Your Center: Abs and Core Drills**
Neutral Spine Exercise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

Working with Special Populations

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

Running Time: Two hours 57 minutes
2-DVD set #DV046 **\$77.00**

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www.dragondoor.com

REAL WORLD POWER— THE CARDIO CONNECTION

BY KENNETH JAY, SENIOR RKC

“**Y**ou think a fight is one blow? One kick? Until you can put combinations together without thinking, until you learn how to keep moving, and to endure, hire a bodyguard or lead a less aggressive life”. Bruce Lee said that back in 1971 and as with so many other aspects of life Bruce hit the nail on the head with this one. Being able to move with high intensity for prolonged periods of time are in many ways crucial for success if you are a fighter, in the military, doing law enforcement or any other activities that require you to do multiple bursts of movement. With no endurance you will not be successful in that kind of activity no matter how big you bench.

Bruce used to say that technique or strength is useless if you lack the requisite endurance to carry it out. Therefore Bruce ran every day to maintain his fighting edge. The man was clearly ahead of his time. Cardiovascular training is definitely necessary if you want to be able to maintain a high level of performance over several minutes. Do not mistake this ‘cardio training’ for doing sissified, low intensity, pink dumbbell Jane Fonda-robics, as a certain person might put it, but think of it as an intermittent, high powered work at maximal or supramaximal intensities in the correct ratios of work and rest. Utilizing what we now know about exercise physiology, we can extract maximum benefit from this kind of training.

Now, Bruce dug running and it is still a great form of exercise. However, I like the kettlebell—no scratch that—I LOVE the kettlebell and I find it to be an exceptional tool for this kind of training.

If the example of Bruce Lee did not convince you of the need for cardiovascular training (true cardio that is) allow me to elaborate on the subject a little. Basically, what it comes down to is the less time you have for recovery the more important your maximum oxygen uptake (VO2max) becomes. Example: Consider two professional boxers. They have to endure 12 rounds of 3 min. high-powered explosive movements separated by only 1 min. of rest. If these two fighters have equal skills, equal strengths, equal speeds etc. but differ in VO2max the one with the higher VO2max

would be victorious. He would be able to recover more during the rest periods and during the actual rounds where the fighters are at a distance and can relax their muscles. The fighter with the higher VO2max would then be able to put out more power as the fight progresses because he would be better at buffering the build up of metabolites in the muscles compared to his opponent.

It is definitely true that you need to train anaerobically, but if you are really serious you should also train your ability to recover from intense bouts (ie. VO2max training). Bruce Lee’s son *Brandon explains: “If you try and do a three-minute round with me, I don’t care how big and strong your muscles are, if you don’t have a real good cardiovascular system, you’re going to be dead in about forty-five seconds and you better watch out—because I’m still gonna be punching!”.*

This is exactly what drove me towards investigating the kettlebell for its ability to reach VO2max values. It has been shown without a shred of doubt that if you want to increase your maximum oxygen uptake you should train at or slightly above an intensity level that elicits your VO2max. Forget about low intensity, long slow distance stuff—and turn it up!

The next thing required is to choose an exercise that has the potential to do this. My exercise of choice is kettlebell snatches. No other kettlebell exercise or combination of kettlebell exercises has the potential to reach VO2max values like snatches do.

Lastly, the right exercise protocol should be chosen. Believe me it *does* matter how you setup your work : rest ratio and the snatch cadence. The work : rest ratio together with the chosen cadence will determine the training response you are going

to get. Several good structured protocols exist and about a million bad ones. Set it up wisely! Guessing leads to inferior results and I for one am not content with that and neither should you be. Now, you may be one of those people who loathe endurance work with a passion, and the mere thought of doing multiple sets of snatches for four minutes at a time causes you nausea. If so, the VO2max protocol below is for you.

Step 1: Choose the correct kettlebell size. The general guideline is a 12kg bell for women and a 16kg bell for men. If you weigh more than 200lbs. and are very strong, you can chose a 20kg or maybe a 24kg bell.

Step 2: Determine your VO2max cadence. That is the cadence that elicits a VO2max response. This is usually done by a step-wise incremental test lasting no more than six minutes.

Step 3: Divide your max cadence by four. This is the number of repetitions to be done each set. Each set lasts 15 sec. and is separated by 15 sec. of rest. Said in another way, the work : rest ratio is 1:1 for 15sec. on/off.

Step 4: Decide how many sets you are going to do. It is recommended to work up to and beyond 40 sets. When you reach 40 sets you have a couple of options. 1) Re-test your max cadence or 2) up the sets to 80 and then re-test.

Step 5: Start Snatching!

For a complete training program in Cardiovascular Kettlebell Concepts and VO2max, see Kenneth Jay’s 2-DVD set *Advanced Strength Strategies on the opposite page—Ed.*



Drop me a line on the DD forum if you choose to give this a shot! If you want more detailed information on Cardiovascular Kettlebell training please check out: <http://www.dragondoor.com/dv049.html> for my DVD and consider signing up for the RKC level II were much more in-depth information on this will be presented.

THE DANE OF PAIN COMMANDS YOU TO FINALLY GET REAL:

ENOUGH IS ENOUGH!

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

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

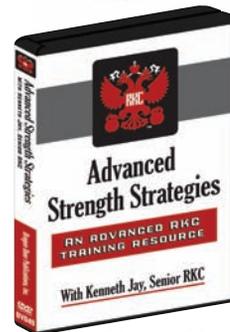
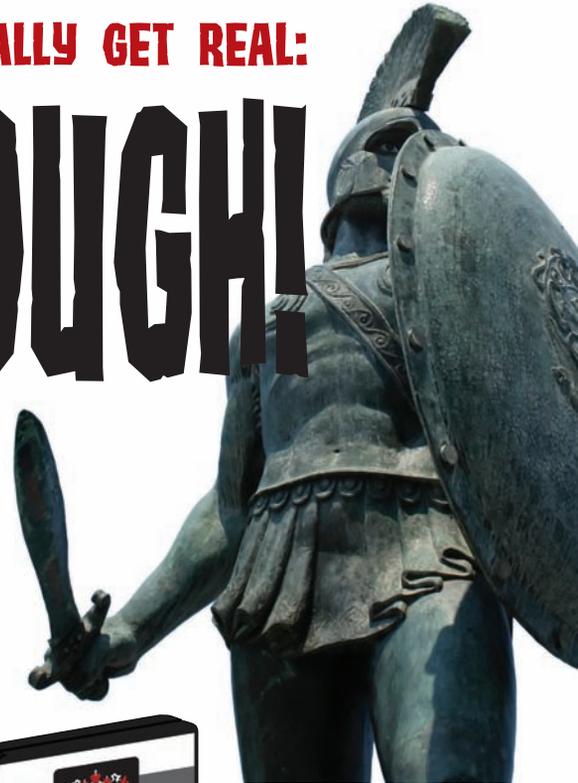
The Level II RKC's got a thorough schooling in *Cardiovascular Kettlebell Concepts* and how to massively enhance their all-important VO2Max.

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

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

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

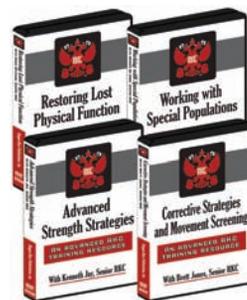
Absorb Kenneth's presentation, watch it through a few times so your mind can understand the full significance and power of what Kenneth is offering you. Follow along and "take heart" from the warrior-building workout that follows. Then prepare to kick some solid butt in the world at large.



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

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

RKC Level II Advanced Training Super-Set



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Contains:

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

Highly Recommended

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

Don't cheat yourself out of this

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

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

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

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

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

Viking Cardio

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

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

—David Whitley, Senior RKC, Nashville, TN



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HOW TO ASSESS AND FIX LENGTH TENSION RELATIONSHIPS —TO ELIMINATE PAIN, REDUCE THE CHANCE OF INJURY AND ENHANCE YOUR ATHLETIC PERFORMANCE

BY MARK REIFKIND, SENIOR RKC

When I first took Paul Chek's *Scientific Back* training course I learned about length tension relationships and how critical they were to dealing with and preventing injuries. Easily the most interesting section to me was the assessment. Chek called it a Comparative Range of Motion assessment (CROM) and it focused on assessing not only each joint's ability to move in normal ranges but also how each joint fared compared to the opposite side of the body. This simple series of range of motion tests gave me a simple template for discovering asymmetries before I loaded the body with a workout.

It was much better, from a structural view, to be symmetrically tight in the both ankles, for example, than to have one ankle have normal range of motion, and the other side lock up with only half the normal ROM (this is common by the way). Uneven joint ranges of motion and or flexibility limitations can easily create rotational torques and, as we all know too well, everything is connected to everything.

If the ankle doesn't move fully and/or is misaligned at rest, the tension's rotation—and the mechanical compensations that can occur—will likely roll up through the rest of the body. Expect knee, hip, back and even shoulder and neck issues to develop as a result.

This, of course, can be greatly exacerbated by loading the body with these imbalances, either with heavy resistance or high-rep, cyclical motions such as running, cycling or swimming. And most often it is not just one joint and its surrounding musculature that is not capable of a normal ROM, but a group or chain of them. This is where things can get really 'interesting'. The CROM has a trainer or training partner assessing (through basic, easily done stretches) each of the joints and noticing what has normal

ROM and what doesn't that day. These muscles' tightness's can vary day by day according to what was done the preceding days. Sitting for hours on end, traveling and/or heavy workouts (or a combination of the above!) can create muscle tightness's that, if left unattended, can 'solidify' and over time become semi-permanent, from a postural viewpoint.

Remember that we are all constantly battling gravity and its 24/7 desire to push us into a ball of tight flexor muscles! Small restrictions in the joint ROM can really add up over time. Add in tightness and compensations from injuries old or new) and you can get stiff and tight in places you wouldn't suspect.

Remember also that flexor muscles, known as tonic muscles, LOVE to get short and tight and contract with low-level force for long periods of time. That's why when you wake up in the morning after either too much sitting or too much training your hamstrings and hip flexors or shoulders don't spring up and let you achieve great flexibility and mobility right off the bat. These tightened muscles sometimes have to be convinced to open up and let the joints have normal ROM. And this is very important if one is going to load the body safely.

Chek's progression of training went like this:

- 1) Mobility/flexibility
- 2) Stability
- 3) Strength
- 4) Endurance
- 5) Power

Skipping any of these steps, or being deficient in one and trying to jump ahead would result in problems or deficiencies eventually. So before a workout I would always stretch each client assessing each joint's ROM to the norm as well as

to its opposite side. Joints and muscles that were not up to normal ROM would get stretched while joints that had normal or their usual ROM would be left alone. This is not stretching for its own sake but for achieving as square and neutral a body as possible BEFORE loading occurs. The idea is that loading a bent frame just perpetuates the imbalances. Continually working to 'straighten the frame' prior to loading, helps create as square and neutral a body over time as is possible.

This is not to say that one must stay with just flexibility training until they are 'perfect', before one can go to stability or strength training per se but that all these variables must be worked on consistently and progressively.

If your hips are really crooked with one tight psoas and one tight hamstring and you insist on loading them with heavy squats or deadlifts don't be surprised if your back gets tweaked pretty quickly.

Many times it is NOT the training that is twisting the body into a muscle pretzel but the day-to-day activities done with poor posture and motor patterns. Sitting is the worst culprit imo and most peoples sitting posture is this side of horrible.

Training for an hour or so, and/or stretching for the same amount of time even daily cannot possibly compensate for poor posture and movement mechanics for the rest of your waking hours.

Assisted partner stretching with my clients—while effective in assessing and then opening up their restrictions—did not teach them how to be aware of their unique tightness patterns and learn how to unravel themselves. So I came up with a very simple stretch routine for them that virtually everyone can do safely. It covers all the key flexor muscles and is done prior to training, immediately after or as a separate session. As you go through

Continued page 16

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

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

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

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

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

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

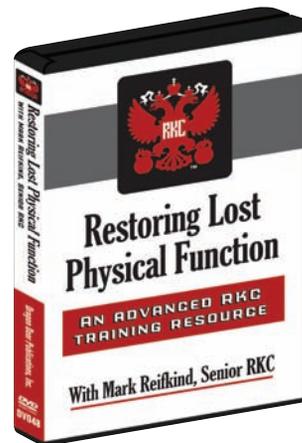
Mark's secrets for restoring physical function would clearly be of immense value to our RKC's, for themselves, but more importantly for their clients.

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

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

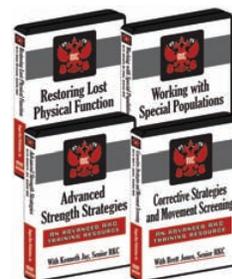
Contents include:

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



Restoring Lost Physical Function
An Advanced RKC Training Resource
With Mark Reifkind, Senior RKC
Running Time: 117 minutes
2-DVD set #DV048 **\$77.00**

RKC Level II Advanced Training Super-Set



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Unique information and accessible presentation

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

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

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

Learn from Rif's mistakes!

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

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the simple poses it becomes very apparent if something is tight and restricting and needs more stretching or it is fine and you can move on. It also works key extensor muscles at the same time, making it a very efficient way to proceed.

1) PRONE COBRA:

this is the same as a Yoga upward facing dog stretch except the weight is held on the knees and it's not a full plank. This opens up the flexors of the hip, the abdominals, the wrist and hand flexors (a common problem) as well as the chest. It also simultaneously works the very important serratus muscles of the ribs, the triceps, teaches one to keep the traps down and realigns the spine.

2) DOWNWARD FACING DOG:

Again, my non-yoga variation is to stretch each leg separately and alternately. This opens up tight calves, hamstrings (at both origin and insertion), lumbar spine, glutes and wrist flexors and strengthens the serratus and triceps from a different angle. It's very easy to find out which calf is tight and which is normal in this pose—and follow that tightness all the way up the leg though the hamstring into the glute and sacrum. A very key movement.

3) BENT KNEE CALF STRETCH:

Hold the arms straight while you bend your knees and lower them slowly to the ground, keeping the heels as low as you can while still allowing the knees to descend. This is a great stretch for the hard-to-reach soleus muscles of the lower calf. When your knees reach the floor hold the end position to fully stretch the muscles of the feet and ankle. This end position Chek called a Horse Stance and is another excellent position to assess pelvic, lower back shoulder and hip symmetry.

4) KNEELING SHOULDER STRETCH:

From the kneeling position you just ended up in, extend the arms out in front, and with hips over knees and elbows straight, lower the armpits to the floor, keeping the head in

neutral. This assesses and stretches the lats, serratus, intercostals, external obliques, many times the tight muscles holding back one's overhead shoulder ROM. This also allows you to assess your thoracic spine ROM—a very important area for overhead work as well.

These four simple stretches, if done with intent and concentration, can assess and stretch virtually all the tight flexor areas that people struggle with everyday. Most notably: hamstrings, calves, abdominals, hip flexors and lats.

As Pavel wrote regarding his 'Waiting out the tension' technique in *Relax into Stretch*, most people don't have the patience to really let the tension drop from the stretch and end up stretching too hard, inadvertently making the muscle tighter, not looser. I teach people to use a pulsing stretch technique where one only tries to advance the stretch on the out breath and then 'back off' the stretch for the in breath. So it's: "breath in, back off; exhale, advance". This technique keeps one focused on breathing for every part of the stretch as well as not pushing the stretch too hard. Do not allow this to become 'bouncy' as this defeats the purpose of the stretch. I inhale for four counts and exhale for the same time.

The prolonged time spent on one's straight arms with the shoulder packed in the socket going through these simple poses also really strengthens key scapulo-thoracic muscles. I spend as much time as necessary in each of the poses trying to assess front to back squareness and symmetry as well as left to right. Sometimes I go through each pose just once for a short time and sometimes I repeat the sequence three or more times holding each pose for a minute or more if I am particularly tight or twisted in some way. This routine blends particularly well with foam roller work as well—as a prelude or after the roller.

I do these stretches every morning before I start work. They can be done right before the workout as well but I use this as my 'getup and go' routine.

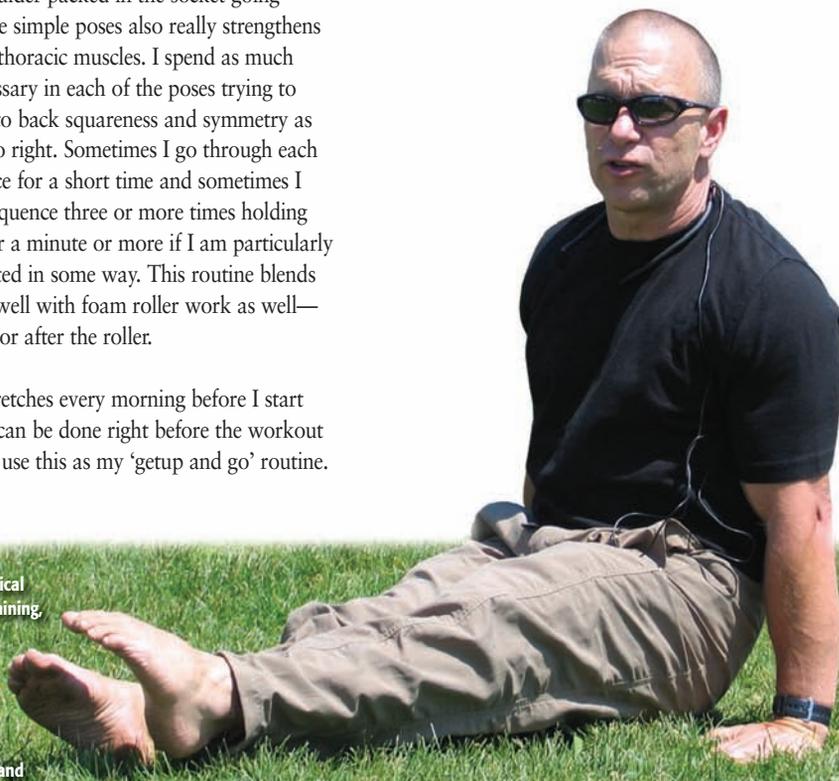
Otherwise I am one tight puppy for most of the day. This also shows me exactly what has tightened up without my permission from the day before and allows me to address it before it really has a chance to accumulate and cause serious problems.

So often I hear people say, "I didn't even know I was tight there!" when they start to stretch or get on the foam roller. Having a basic protocol in place as well as the concept of a regular assessment to make sure you are not locking up joints or losing basic ROMs is critical, imo. So often it's the repetitive stress and accumulated micro trauma that goes unnoticed that is the source of many serious and irritating injuries.

This is the simplest way I've found to really assess and address those tight flexors that the modern world—with its over-reliance on chairs and sitting—forces us to accumulate. The perfect prelude just prior to using the perfect solution to 'Life Seated': the Kettlebell. Now get on the floor and get those flexors open!

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

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



Editor's Note: At time of going to press there were **129 customer reviews** with an average rating of **9.78** (out of a max 10) of **Pavel's Enter the Kettlebell!** book and **73 customer reviews** with an average rating of **8.81** of the companion DVD, on the **dragondoor.com** website. We offer you some sample customer reviews here but encourage you to visit our website to see all the comments.

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

Pavel has done it again! **Rated 10 out of 10**

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

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

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

—Mark Reifkind, RKC, Owner *Girya Kettlebell Training, CA*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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Enter The Kettlebell! Highlights

Foreword by Dan John

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

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

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

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

Chapter 1: Enter the Kettlebell!
Which Kettlebells Should I Start With?
Choosing the correct size of kettlebell for

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

How to Make Your Hips, Back, and Shoulders Speak Russian Body Language
Developing flexibility in the hip flexors for greater power... the kettlebell preschool test... the kettlebell Sumo Deadlift checklist... how to make the fastest gains... the Halo for looser shoulders... the Pump Stretch.

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

Safety as a Part of, Not the Opposite of, Performance
Nine secrets for guaranteeing greater strength and reduced risk of injury in your kettlebell training.

Chapter 2: The New RKC Program Minimum

Practice Before Workout: The Break-in Plan
The two staples of the Russian Kettlebell Challenge program—Swing and Get-up... building skill by practicing, not working out.

The Swing—for Legs and Conditioning That Won’t Quit
The single most effective strength and conditioning exercise in the world?... mechanics of a good and a bad Swing... the three essential standards for a perfect Swing... Swing mastery, Steps 1 through 4.

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

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

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

Chapter 3: The RKC Rite of Passage

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

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

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

The Clean—Crisp Like a Punch
Defining the RKC Clean... the six essential standards for a perfect Clean... Clean mastery, Steps 1 through 4.

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

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

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

Have Your Borsch and Eat It Too: The Hazards of Variety and How to Dodge Them
A system for the really ambitious man... constructive corrections and waving the loads... the function of variety days... working your “in-between strength”... schedules for the RKC Right of Passage.

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

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

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

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

Chapter 5: FAQ

Is kettlebell training a fad?

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

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

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

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

I have a bad back. Can I train with kettlebells?
The top five reasons RKC kettlebell training is great for your back.

What diet do you recommend?

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

Why are your exercise descriptions so detailed? Come on, kettlebells are not rocket science!
Reverse-engineering what the greats do naturally... learning how to move like the elite... refining the basics.

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

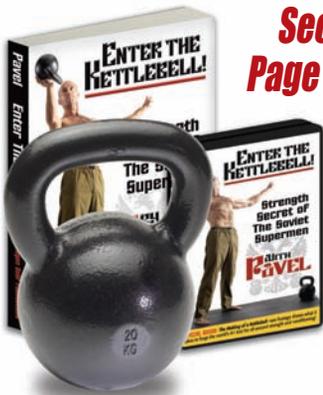
Once I have put up the RKC Rite of Passage numbers, where do I go next?

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

Chapter 6: The Making of a Kettlebell

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

Save Money with the Enter The Kettlebell! Quick Start Kits



See Page 26

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

—Federal Counterterrorist Operator

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

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

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

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

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

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

Enter the kettlebell! and follow the plan:

1. The New RKC Program Minimum

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

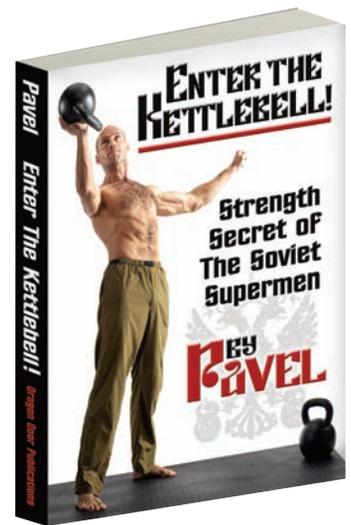
2. The RKC Rite of Passage

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

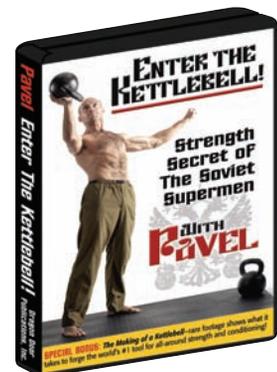
3. Become a Man Among Men

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

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



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



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

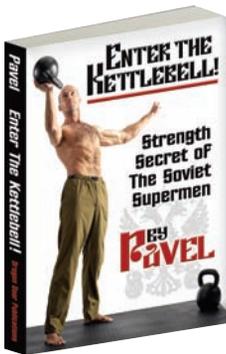


Purchase Pavel’s *Enter the Kettlebell!* book and DVD as a set and save...

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



www.dragondoor.com



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

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

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

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

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

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

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

Lift Your Kettlebell Like a Pro...

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

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

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

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

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

Why?

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

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

Stronger men and more experienced

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

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

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

helpful customer service.”

—Anthony Lang - San Diego, Ca

The Right Tool For The Right Job Rated 10 out of 10

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

Physical Results Rated 10 out of 10

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

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

age 39 I started

KB training. Basic

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

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

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

Thanks Pavel!” —romzilla - Atlantic City, NJ

Enjoying the kettlebell Rated 10 out of 10

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

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

Excellent Alternative Rated 10 out of 10

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

Less is more Rated 10 out of 10

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

True Strength Training Rated 10 out of 10

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



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

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



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?

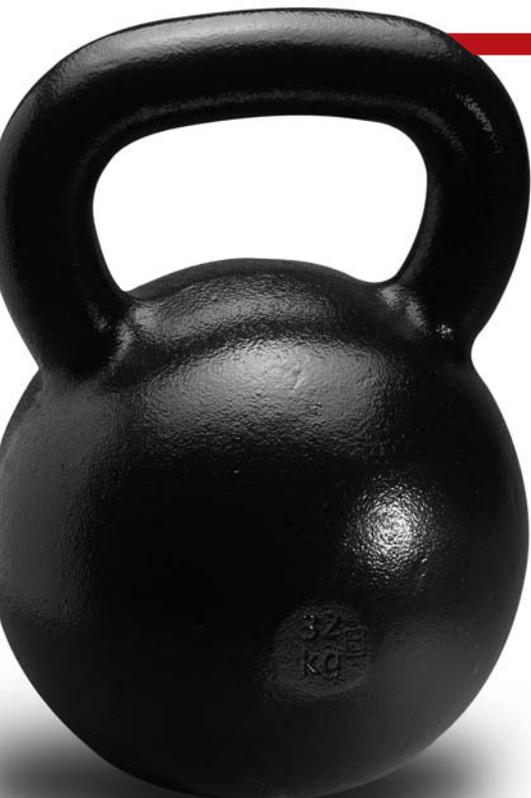
Kettlebells come in 'poods'. A pood is an old Russian measure of weight, which equals 16kg, or roughly 35 lbs. An average man should start with a 35-pounder. It does not sound like a lot but believe it; it feels a lot heavier than it should! Most men will eventually progress to a 53-pounder, the standard 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



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

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

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

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

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

IMPORTANT — International shipping quotes & orders do not

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

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

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



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

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

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

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

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

Here's what it takes to give you the perfect kettlebell—look for and accept nothing less:

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

Then there is the shape and the dimensions of the handle. The Dragon Door kettlebell will fit your hand like a glove. A me-too kettlebell will jam, tweak, and trash your wrists.

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

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

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



FOURTH: The iron has to be the perfect formulation, for longer term strength and durability. Pure molten iron is poured into a pitcher-like "crucible".

Foundrymen pour the glowing iron from this large crucible into a smaller one.

Special alloys and inoculants are then added to the "bath", as steel workers call molten metal. These additives will give the kettlebell the mechanical properties we specified (like the ability to stand a lifetime of punishment at your hands).

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



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

SIXTH: The cast iron needs to be thoroughly cleaned of its sand and its riser-blob removed. A hardcore and laborious process! The end product,

the kettlebell, is called the "casting". The castings are allowed to cool some before the "shakeout", the process of removing them from their molds. The molds are dumped

onto a vibrating conveyor.

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

SEVENTH: And still there is MORE cleaning work to be done! The raw kettlebells have burrs—small ridges and rough edges that can rip and shred the skin if left untended.



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

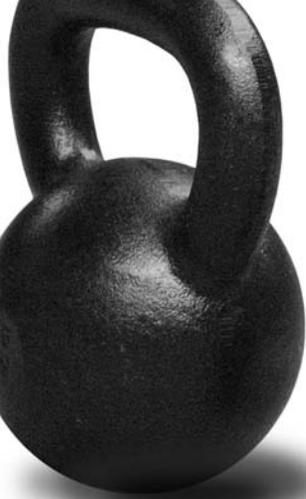
EIGHT: But we are still not done! The wheelabrated kettlebells demand more hard manual labor. The bottoms of the kettlebell will still have some riser growth after the sledgehammer treatment. Time for a husky steel worker to grab each kettlebell by its horns, inspect the bottom, then grind off the excess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

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

TENTH: The most powerful reason! Well, let's get real now... Despite all of the above nine huge reasons you should ALWAYS insist on a Dragon Door kettlebell when you invest in your body, despite all of this, every now and then a defective kettlebell is somehow going to crawl through our defenses. Hey, it happens...

Which is why the most powerful reason to insist on a Dragon Door kettlebell is that every one of our bells comes with a **one-year 100% satisfaction, 100% money back guarantee.** No one else in our industry dares to match that!

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



Which Kettlebells Should I Get?

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

—Louie Simmons, Westside Barbell Club

BY PAVEL

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

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

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

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

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

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

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

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

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

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

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

Poods and Kilograms to Pounds Approximate Conversion

Poods	kgs.	lbs.
0.25	4	9
0.375	6	13
0.5	8	18
0.75	12	26
1	16	35
1.25	20	44
1.5	24	53
1.75	28	62
2	32	70
2.5	40	88
3	48	106



The most popular sizes in Russia are shaded in red.

Start out with the Right Kettlebell!

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

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

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



www.dragondoor.com

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

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

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

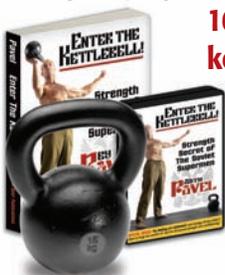
Pavel's *Enter the Kettlebell!* book gives you the theory, detailed instructions and superb photography to ensure you know exactly what you are doing. Pavel's *Enter the Kettlebell!* DVD supplies that crucial ingredient that you simply can't expect to get from a book alone—the three-dimensional movement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

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

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

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

16kg or 35-pound kettlebell:

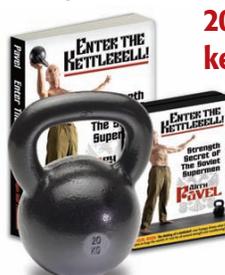


Men's 35lb Russian Kettlebell Quick-Start Kit

Item #KKB009 \$144.85 plus \$43.50 SH

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

20kg or 44-pound kettlebell:

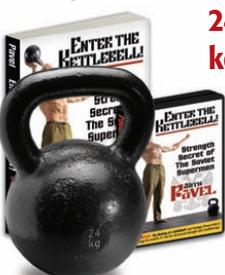


Men's 44lb Russian Kettlebell Quick-Start Kit

Item #KKB014 \$154.85 plus \$50.50 SH

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

24kg or 53-pound kettlebell:



Men's 53lb Russian Kettlebell Quick-Start Kit

Item #KKB015 \$164.85 plus \$54.50 SH

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

CLASSIC KETTLEBELL PAIRS (SOLID CAST IRON/POWDER COATING)

ORDER A PAIR & SAVE \$10.00

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

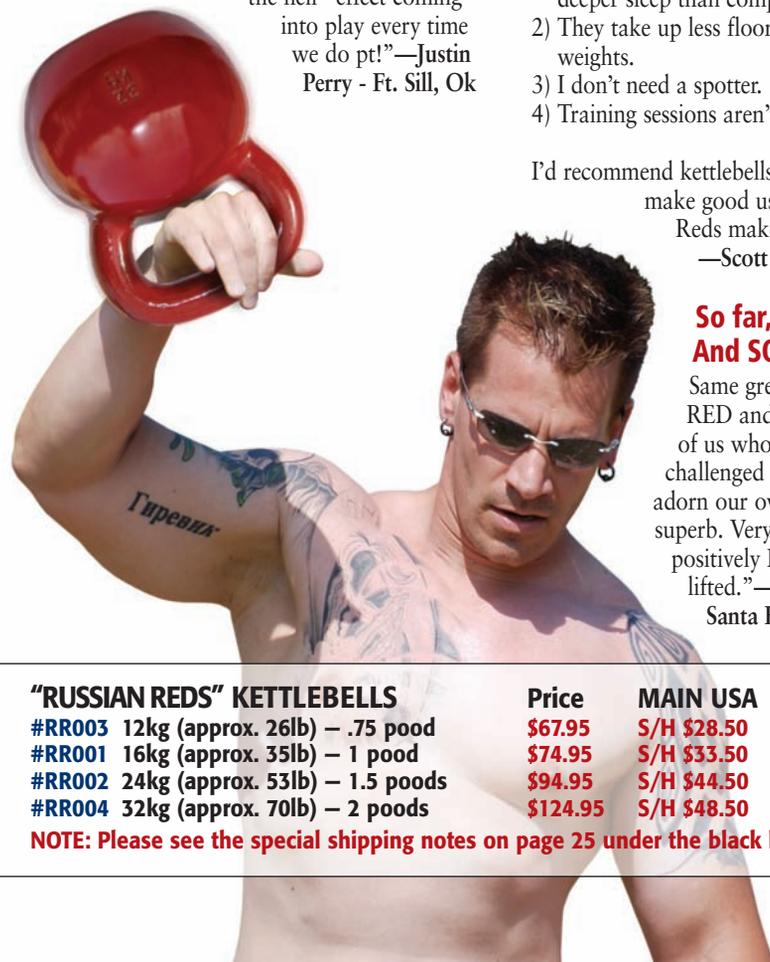


For Those Who Love Their Pain In **Full-Blooded Color:**

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

I never knew the holy grail could be so dangerous!

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



Great exercise program made less expensive!

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

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

I’d recommend kettlebells to anyone who could make good use of them and Russian Reds make them more affordable!”

—Scott - Brooklyn, NY

So far, so good! And SO RED!

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

Nice smooth finish !

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

I enjoy the pain

The Russian Red Kettlebells are an awesome training tool. My pants are looser and I feel great in the morning, I have more energy then I used to. My strength has increased. If anyone’s looking for a simple but challenging training tool the Russian Red Kettlebells are for you. It will leave you coming back for more.”

—Collins Tamashiro - Lana’i, HI



“RUSSIAN REDS” KETTLEBELLS

	Price	MAIN USA	AK&HI	CAN
#RR003 12kg (approx. 26lb) — .75 pood	\$67.95	S/H \$28.50	\$88.50	\$47.00
#RR001 16kg (approx. 35lb) — 1 pood	\$74.95	S/H \$33.50	\$104.50	\$58.00
#RR002 24kg (approx. 53lb) — 1.5 poods	\$94.95	S/H \$44.50	\$139.50	\$81.00
#RR004 32kg (approx. 70lb) — 2 poods	\$124.95	S/H \$48.50	\$175.50	\$111.00

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



By PETER
LAKATOS, RKC

THE HUNGARIAN KETTLEBELL REVOLUTION

How a Krav-Maga Instructor Has Inspired His Fellow-Countrymen to Crush with Kettlebells!

Uoumost, Zaporozec, Krasnaya Moskva... If none of these ring a bell, you are among those lucky ones who never lived behind the Iron Curtain. Living in a so-called Soviet territory was not the happiest of situations. Life was hard in the Eastern Block. From age 10 till age 18 learning Russian was mandatory. When we saw the first supermarket in Austria in the 80s, we almost got a heart attack...I could fill pages with stories about those years, but I won't. Bottom line: the Soviets were far from popular in our region, and anything related to the Soviets... was not exactly welcome.

Now, kettlebells are not actually a novelty in Hungary. Russian soldiers brought *Giryas* to Hungary.

THEY used them...

Which is why... WE didn't use them...

Want to know something interesting? Yes, learning Russian was mandatory for 8 years for every young person. But I don't know anyone who speaks more than three words. Viva la resistance!

So, nobody trained with kettlebells in

Hungary, for obvious reasons. And later came the Arnold era, when bodybuilding took everyone off in a whole other direction.

SWITCHING TO GOULASH AFTER BORSCH

Then why am I about the sing the praises of a device so favored and so strongly associated with the Soviets—the Russian kettlebell?

The story starts with Tommy Blom, who introduced me to kettlebell training. I immediately had no doubt whatsoever that this training was very special. Being a *Krav-Maga* instructor myself and getting ready for the black belt test in Israel, I was convinced kettlebell training would help me get through the very demanding physical portion of the exam. So, when I started, the kettlebell training was pretty much for myself. I wanted to get into better shape—and hopefully get an extra edge on my opponents. That was the goal.

The Krav-Maga test was literally a horror—and without the kettlebell training, I'm not sure I would have passed. But I did.

Initially I was doing swings, snatches and TGUs based on Pavel's videos. Yes, my technique was sloppy, or even dangerous, but still my strength level became noticeably higher.

Tommy came up with another idea: "Let's go to Denmark, and get certified." Without thinking too much, I said yes, as I wanted to know more about the RKC system.

The RKC certification was as challenging as such an event should be. I got certified, and I was thinking, "Great, now at least I know what I am doing." But I was quite sure nobody would be interested to train

kettlebells in Hungary. Old memories and associations die hard!

But the plan changed. People from different arts—bjj, karate, judo, wrestling, Krav-Maga—and even runners, hammer throwers, started to call me, expressing interest in kettlebell training. And they got hooked up. We advertised a group training and filled two groups on the first day, 20 people per group. We opened our website, so people could find us easily. And that was when I made a big decision: "Whatever the odds, we are going to make a success out of our kettlebell operation."

Hungary was the best-represented nation at Pavel's May 2007 RKC certification



ENTERING THE DRAGON'S DOOR—BACK TO DENMARK

I called John Du Cane and told him, "Reserve 10 places for Hungarian participants for the next—2007—Danish RKC course." Did I have 10 participants? Nope, but I believed it was very doable.

So, for 5 months we trained our groups and selected participants for the course. When we went to Copenhagen, we had 12 people, the largest count from all the countries represented! Hungarian became the course's second language. At the beginning of the course I remember Brett Jones introducing himself: "My name is Brett Jones, and I am not Hungarian..."

THE POLITICS OF PUBLISHING PAVEL IN HUNGARIAN

Unfortunately, few Hungarians speak English, and as you already know, Russian is not exactly Kosher for us... So, translating Pavel's work into Hungarian was a necessity, if we really wanted to crush in our home country.

However there were some interesting hurdles to overcome...

After signing the agreement with Dragon Door, the process started. And we soon found ourselves in trouble. The book *Enter the Kettlebell!* is full of lines which could cause us problems. Like: "Comrade, the Party is always right..." Any one of these could open a real Pandora's

box in Hungary. Same with the design: red stars don't exactly get us Hungarians hootin' and hollerin'. In fact you can actually be sent to prison for this in Hungary. We decided, "Okay, Comrade can stay."—but to stay out of jail, we changed the red star to orange...

After several months of hard work, the book came out on the 15th of October, 2007. And it looks great! And we stayed out of jail...

MUCH SUCCESS ON BIGGEST LOSER!

You know, when people choose to train with ULTRA-PRIMITIVE, heavy iron balls in the 21st Century, that raises more than a few eyebrows, with questions to match...

We knew this was a unique story and that the Media had to love it. And they did. We got a ton of interviews. Being featured on *Biggest Loser* was huge, as about 2 million people could see weekly kettlebell training on

their TVs. That is 1/5th of the whole Hungarian population!

Our evil little plan worked out. Yes, we will make Hungarians strong, whether they like it or not...

At the same time, we started to work with Judo Federation competitors, who were getting ready for the Olympic games. Also, cage fighters lined up, and karate masters started to show more interest in our kind of weightlifting.

But the big question was, could we impress strong people as well?

HOW TO IMPRESS A STRONGMAN WITHOUT REALLY TRYING

October 2007 we had the opportunity to participate in *Fit Expo*. This is a great event, mainly fitness and body building competitions, with many famous guests, like Marcus Allen the American football legend. We got an invitation to show some exercises at one of the breaks and that turned a few heads. But the question kept repeating itself: "Can kettlebell lifting make you really strong?"

Let's face it, I am not the biggest guy on earth. A 5 ft 8 inch, 170-pounder is not most folks' idea of a giant, right? Anyway, in one of the breaks, I visited the area of the Strongman competition, where a few tools were on the stage for people to try their hand at.

Two huge guys were there, kind of guarding the exhibition and also answering questions. On the floor, there was an Olympic weight set. I asked them if the weights could be lifted by anyone. The answer was yes. I asked them how much weight was on the barbell, they said 190 kg, but they said, nobody should try lifting it without a belt. But I had already asked the question, my RKC friends were right behind me, I had my RKC shirt on... So, this was not the right time to run away.

I made a very easy lift, with no belt. They were surprised. And yes, I was surprised, as I have never performed a dead lift before in my life.

We say in Hungary, food just makes us more hungry, so I decided to lift up the two suitcases—total 240 kg—and take a few steps with them. Using the pre-tension basic rules, I managed just fine.

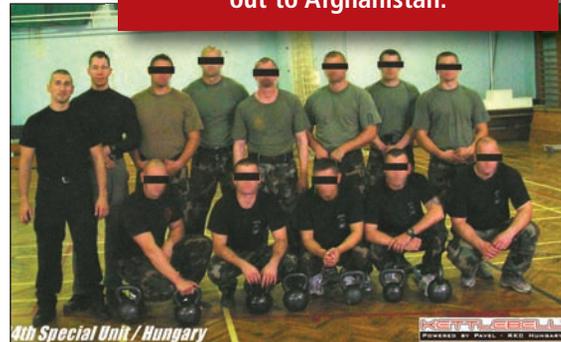
Again, a weight and type of lift I had never attempted before, but by employing RKC methods, it was a cinch.

And what do you know? The very next day, I got a phone call from the head of the Strongman organization. He was ready to start kettlebell training...

SPECIAL UNITS NOW ADDICTED TO BELLS

A frequent refrain in *Enter the Kettlebell!* is that kettlebells are part of Russian military training. As a Krav-Maga instructor, working with special units opened another door. Today members of the hardcore military unit, 34th Special Forces Battalion, train with kettlebells.

The 34th Special Forces Battalion trains kettlebells before heading out to Afghanistan.



But, this is only the beginning of the story. Kettlebells brought back a great old-time spirit of competition amongst the fellow officers. Before, on a break, the officers would take it easy, sit around, perhaps smoke a cigarette. Now the guys are yelling numbers at each other during the breaks—as their mates bang out reps on the USSS Snatch test.

And the troops carry their kettlebells with them wherever the units go. Same story with the Hungarian Prime Minister's own bodyguards. They wouldn't be caught dead without their beloved kettlebells... Lot of stories, but one thing for sure, these guys love their kettlebell training. Even having to wear bulletproof vests all day has become less demanding, thanks to their regular diet of swings and snatches.

So next time you're in Hungary, give us a call. We'll be happy to entertain you with some kettlebell training—Hungarian-style!

"The RKC training method, the drills and the approach are superb. Highly efficient to improve power and fitness of the exact kind suitable and recommended for Krav-Maga students and instructors. Personally, I see and feel it is the correct way."—Eyal Yanilov, head of International Krav-Maga Federation



Pavel and Dragon Door will be conducting an RKC Certification workshop for Krav-Maga instructors only, in Hungary, May 9—May 11, 2008. For more information, please send an email to info@kettlebell.hu or visit www.krav-maga.com

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



www.dragondoor.com

Unleashing a Powerful Force:



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

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

The Party is On. The Party is Growing.

We invite you to ride the wave.

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

Participants at Pavel's October 2007 RKC Workshop



Participants at Pavel's September 2007 RKC Workshop



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*

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

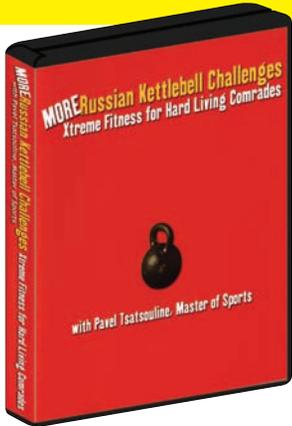
Pavel’s next Russian Kettlebell Challenge Certification Program will be held in St. Paul, Minnesota, June 6 - 8, 2008.

For more information visit our website at:
<http://www.dragondoor.com/wpkb33.html>
To register today call: 1-800-899-5111

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



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



More Russian Kettlebell Challenges

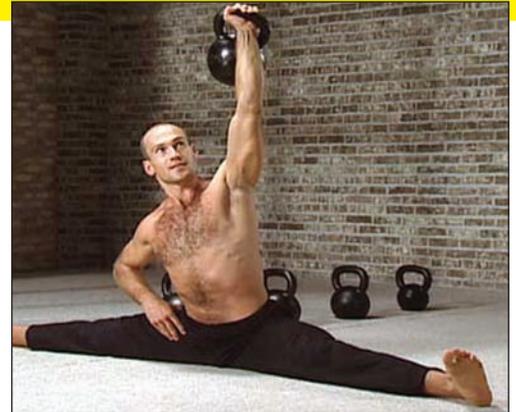
25 Evil Drills for Radical Strength and Old School Toughness

With Pavel Tsatsouline

VIDEO #V111 \$47.00

DVD #DV005 \$47.00

Running Time: 40 min.



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



The Traditional Bent Press

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

The DARC Swing

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

The Reverse Floor Wrist Drill

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

The Front Squat

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

The Para Press

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

The Knee Supported Row

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

The One Legged Deadlift

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

The Seated Good Morning Stretch

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

The Floor Seated Press

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

The Split Press

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

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

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

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

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

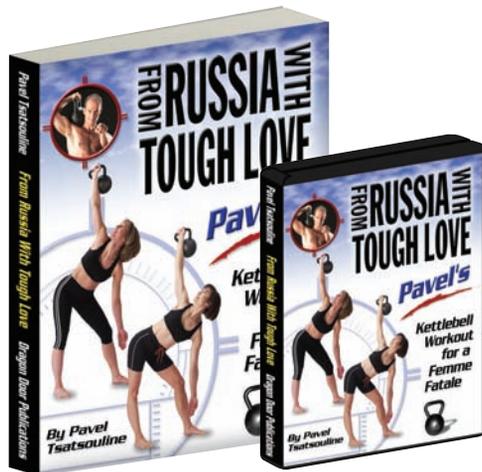
But until now, the astonishing benefits of the Russian kettlebell have been unavailable to all but a few women. Kettlebells have mostly been the sacred preserve of the male professional athlete, the military and other hardcore types. That's about to change, as Russian fitness expert and best selling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

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

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

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

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



From Russia with Tough Love

Pavel's Kettlebell Workout for a Femme Fatale

With Pavel Tsatsouline

Running Time: 1hr 12 minutes

DVD #DV002 **\$29.95**



Beginner



Mid-Level

By Pavel Tsatsouline

Paperback 184 pages 8.5" x 11"

Book #B22 **\$34.95**

From Russia with Tough Love Book and DVD Set



Item #DVS005
\$59.90

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33

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

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

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

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

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

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

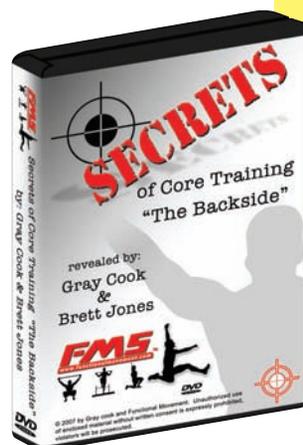
Only then, once you have the correct movement patterns in place, can you develop the full strength you deserve. Cook and Jones show you how—step-by-careful-step. Just follow the

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

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

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

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



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



Secrets of Core Training: “The Backside”

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

Running time: 82 minutes

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

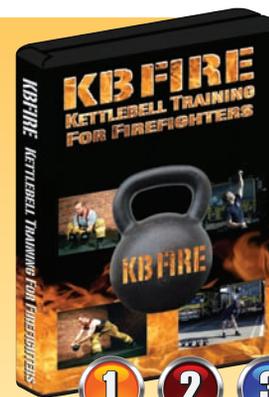
"I have been a firefighter/EMT for approximately ten years and have utilized numerous workout regimens over that time, but none as effective as kettlebells. I have waited patiently for a program specifically geared toward

firefighters and our unique duties...and now it is here. While I already had a firm grasp on the basics of kettlebell exercises, your DVD had some very good ideas for improving strength and endurance in specific areas and tasks found on the fire scene. I'm 42 years old now and without a doubt in the best shape of my life...all due to kettlebells! I truly believe any firefighter or other public safety worker could benefit from your DVD and the ideas contained within. Great job and stay safe." —David Verduin, Anchorage Fire Dept.

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

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

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



KB Fire: Kettlebell Training for Firefighters

By Tom Corrigan, RKC Team Leader

Running time: 117 minutes
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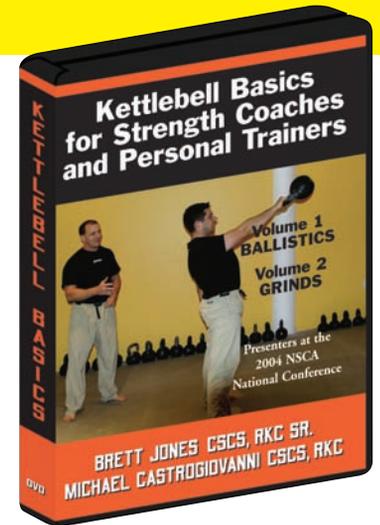
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HIGHLIGHTS OF VOLUME ONE

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ABOUT THE AUTHORS

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

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

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

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

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

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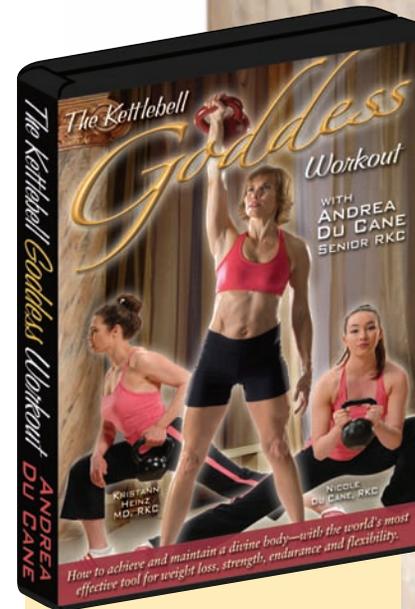
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Once the hard-kept secret of elite Russian athletes, special forces and ‘manly’ men, the kettlebell is now becoming the preferred tool for women who are tired of being merely human and tired of mediocre results—and who demand fast fat loss, high energy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

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

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

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

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1

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2

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DID YOU GET YO

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



Finally!!!

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

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

WOW!

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

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

—Christine Staunch, RKC - Bayonne, NJ

The Complete Package - Astonishing

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

Hard Core Workout!

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

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

—Mary - Saratoga, CA

Become the Goddess!!

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

—Rae Chitwood, RKC - Mansfield, OH

Excellent!

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

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

The Kettlebell Goddess Workout is the Best!

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



Nothing but positive feedback!!!

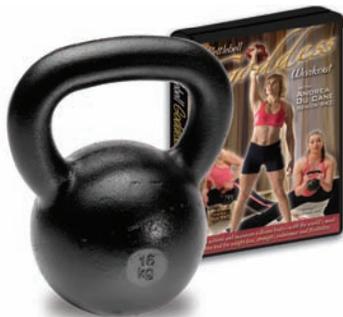
"This is a great DVD. I have been getting nothing but positive feedback from my clients. I tried a few of them myself and trust me

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

Outstanding DVD!

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

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YOUR GODDESS YET?

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



This video is GREAT!!

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

This is perfect for what I was looking for!

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



Works for the Gods too

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

great training. The real bonus for me was the build your own workout section at the end. Any 'God' can reap tremendous benefits from the Goddess workout. —Steve Gould, RKC - Morton, IL

This is motivating

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

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

This DVD is awesome.

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



Awesome DVD and well worth the investment!

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

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

Absolutely AWESOME!!!!

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

Superior than any other workout tape I've purchased

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

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



Skip the health club membership and do this instead!

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

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

A must have when working with kettlebells

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

What an awesome DVD

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

Enter the Dragon's John Saxon Finds a New Vitality with Pavel's Russian Kettlebell Training

Interview with Dr. Mark Cheng, RKC Team Leader

For those of you who've lived in a cave for the past 5 decades, John Saxon is one of Hollywood's originals. First making his big screen debut in the 50s and still acting today, Saxon's most well-known role came as Roper, opposite Bruce Lee in *Enter the Dragon* in 1973. The Golden Globe nominee is also no stranger to strength training and martial arts away from the camera.

In this exclusive interview with Hard Style Magazine, he gives our readers a rare glimpse into his early years in strength training, its love-hate relationship to Tinseltown history, his memories of Bruce Lee's kettlebell, and how a 71-year-old man can put up a 70-pound

kettlebell with a strict military press!

Hard Style: Mr. Saxon, the world knows you best as an actor, but when did you get into strength training?

John Saxon: As a kid, I made a seamless transition from collecting comics to reading *Strength and Health Magazine*. My heroes became real life figures like John Grimek and the like. At 13, I was pressing a barbell in the basement of my family's house in Brooklyn and much to my father's irritation, broke the plaster of that too-low ceiling.

was in the results. And with the passing of time and the developments in sports science, I was clearly correct. Is there an elite sport today that doesn't have some sort of strength training protocol?

Bob Hoffman from York Barbell published *Strength and Health Magazine* and also sponsored the US Olympic weightlifting team. But by the 50s there was already a schism between the bodybuilding culture and the functional strength mindset. The functional strength crowd was emphasizing the use of the body for something more than posing for a crowd at contests; or in front of a mirror.

Which reminds me! At 15, I worked out for free at Abe Goldberg's gym on the lower East Side of New York by putting weights back on the racks at the end of the day. Marvin Eder worked out there. One evening Joe Weider showed up with the late Reg Park. Putting dumbbells back on the racks, I got between the mirror and Weider, who shouted, "Get out of my way, Kid!" and pushed me aside to swell his chest and check his biceps in the mirror.

Up until the time when I got heavy into acting, I was lifting regularly with my friends. All through high school, we'd meet up in one another's basements and practice lifting heavy weights. By the time I was 16, I'd developed 16-inch biceps!

After graduating high school, I began to take acting seriously and spent more time in New York and making rounds

As a kid, playing sandlot baseball, the coaches and other players would put down weight training. The mindset at the time was that weights made you slow, muscle bound, gave you an enlarged heart, and when you stopped weight training, your muscles would turn

into fat. But I was running faster, hitting harder, and feeling better, so the proof



Young John Saxon in a pose-down face-off with his childhood hero John Grimek



to try to get jobs than working out. After making contact with an agent and heading out to Hollywood, my agent quickly advised me not to get too muscular, saying "Fans don't like actors with big muscles!"

HS: That's quite surprising to hear!

JS: Hollywood then wasn't like the Hollywood of today. If you look at the old issues of *Photoplay Magazine* and other industry publications like that from the 1950s, you'd see **Tyrone Power**, **Tony Curtis**, **Robert Wagner**, **James Garner**, and **Ronald Reagan** all doing the obligatory "beefcake" publicity shots in swim trunks by the poolside... none with a hint of muscularity.

The guys who were more muscular, like **Steve Reeves**, were mostly relegated to Biblical type movies. I met him in New York when he was on Broadway, and he was a spear holder standing in back for a stage play called *Kismet*. Later in the 60s and 70s, he became a star in the Italian sword and sandal movies, but it wasn't until **Arnold Schwarzenegger** turned the tide in the 70s that more muscular actors really began to appear in leading man roles.

Then I got into doing judo for a little while, maybe 6 months or so. I can't remember the name of the head sensei, but the guys that trained at that dojo included the future Pan-Am Games gold medallist **Hayward Nishioka** and a red-headed kid who visited occasionally and seemed almost untouchable. His name was **Gene LeBell**. Gene took about 10 seconds to dump me and then said, "Not bad. You're strong." But it sure didn't feel that way to me.

HS: So judo, not karate, was your first introduction to martial arts?

JS: Yes, but shortly after I got into judo, I remember reading a **Mas Oyama** book

about karate, but I couldn't find it anywhere. I asked all over the place, but back then in the early 60s, it was a real rarity.

Later, I heard that a karate school had opened up downtown, and I went to join it right away. The school was started by **Tsutomu Ohshima** and overseen by **Hidetaka Nishiyama**. I trained there for about four years and eventually tested for black belt, missing it on my first attempt. Had I had another few months to train and prepare more completely, I'm confident that I'd have passed the next time, but I began to get very busy with acting jobs and traveling, so karate had to be put on hold for a while.



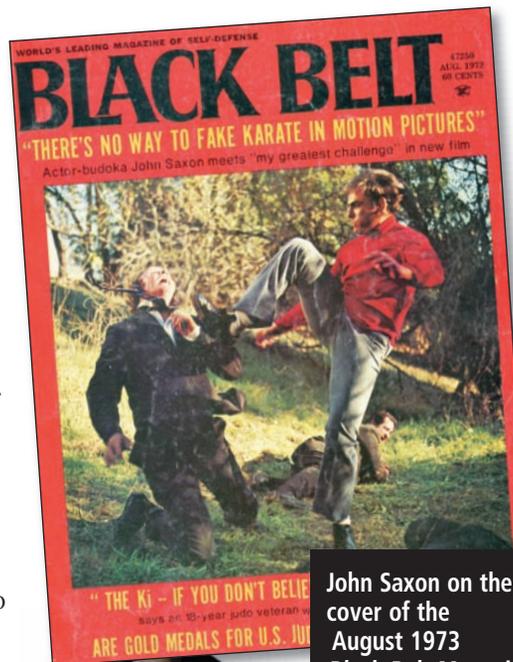
HS: When we first met over a decade ago, you were heavy into Tai-Chi. How did you get into that art?

JS: In 1965, I was doing a play in Oakland and went into San Francisco on my day off. As I was wandering around, I passed by this storefront where people inside were doing something I'd never seen before. I walked inside to inquire about it, and the students told me they were doing tai-chi. I'd never heard of

it, so I immediately asked for a private lesson.

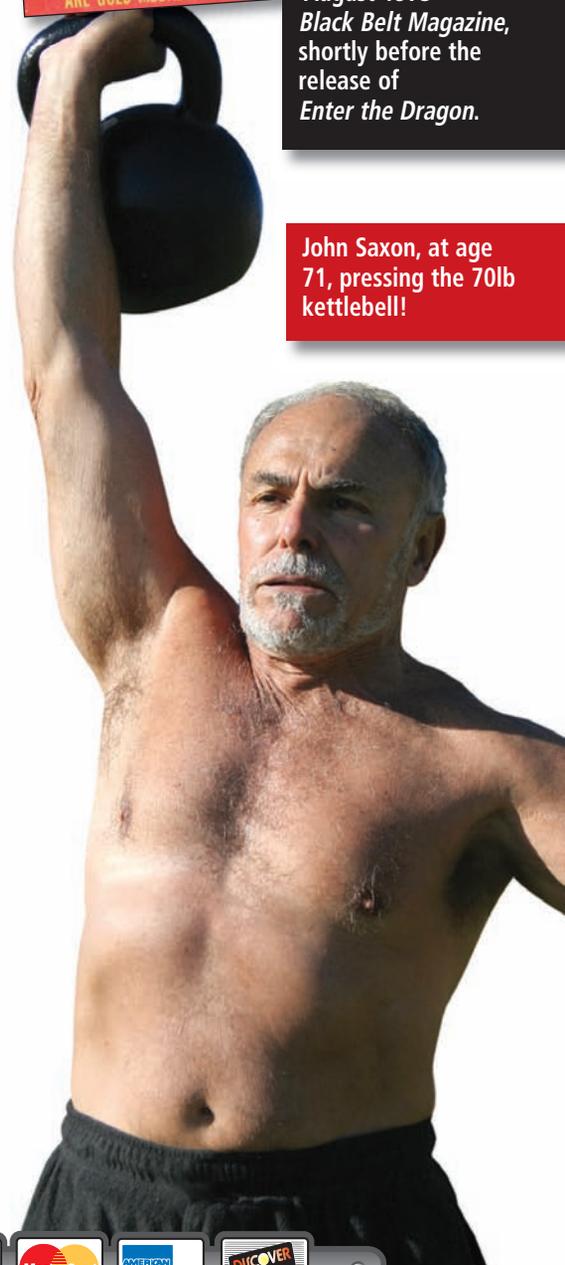
HS: Why the fascination with tai-chi?

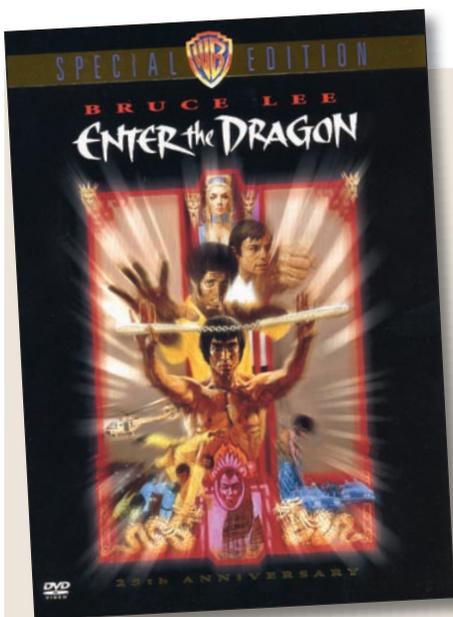
JS: Actually, it reminded me a lot of exercises, called Psychological Gestures, that were done in **Michael Chekov's** method of acting. Chekov, a famous Russian actor and teacher, worked with various body gestures to bring up sensations of emotion. So I kept asking for a lesson, and eventually the headmaster came down the stairs. This tall Chinese man told me that if I wanted to learn, I should join the school. But when I told him I lived in Los Angeles, he told me to



John Saxon on the cover of the August 1973 *Black Belt Magazine*, shortly before the release of *Enter the Dragon*.

John Saxon, at age 71, pressing the 70lb kettlebell!





look for another teacher. The man I'd just spoken to was Kuo Lien-Ying [a legendary pioneer in internal martial arts]. Since then, I've trained in tai-chi with a few different teachers, including James Wing Woo and the late Marshall Ho'o, whom Master Kuo referred me to.

HS: And you still maintained training with weights during this time?

JS: I never ever fully got away from weights. I've always kept a home gym with weight training equipment, even the old plate loading kettlebells which I bought from *Iron Man Magazine* back

in the 60s. I have so much stuff in my garage and a small outdoor gym that I constantly trip over them.

HS: Speaking of actors who were lean without

being bulky, tell me a little bit about your interaction with Bruce Lee.

JS: I arrived in Hong Kong to work on *Enter the Dragon*, and the next day I went over to where Bruce was staying. He had a whole gym set up there, including those primitive kettlebells that I was talking about earlier. There was

probably something like 30–40 pounds worth of plates on them.

One of the exercises he used them for was like a swing with a punch at the end of it. He'd hold the punch out for a few moments with the arm and the bell motionless before he lowered it. Bruce used weights a lot, but for gaining functional strength. And you could really see that functional strength in his movements.

HS: Do you think that actors can benefit from kettlebell training?

JS: YES! I certainly do. Actually, I think almost everybody can benefit from kettlebell training, regardless of age or gender. Strength training of any sort is certainly beneficial, but kettlebells allow you to build strength without ending up bulky.

Because of the off-centeredness of the kettlebell, it's harder to press up a 53-pound kettlebell than it is to press up a heavier dumbbell. Back in the early 1960s, I bent pressed a 120-pound dumbbell for a rep or two each side. The first time I picked up a 53-pound kettlebell last year, I pressed it with great effort for only a couple of reps. It was harder than I thought it would be because of that weird off-center feeling, but that's what makes it so beneficial.

HS: How did you find out about Pavel and kettlebells?

JS: I read a piece he did in *MILO* a few years ago and it fascinated me. *MILO*, for those folks that don't know, is all about serious strength training, not just building beach muscles. His idea of low-rep training with submaximal load just made so much sense to me, rather than the "train to failure" methods that were



popular in gyms at the time.

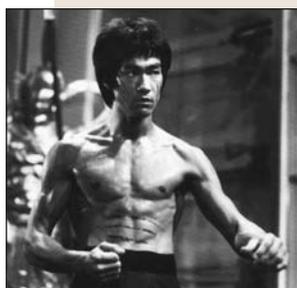
Later, Pavel wrote something on kettlebells, and it interested me even more. Then when I found out that Pavel was doing a *Naked Warrior* seminar at the *Inosanto Academy*, I had to see it for myself, so I called up Danny Inosanto, whom I knew through Bruce Lee, and asked if I could come down to check it out. I got to meet Pavel, try a bit of kettlebell training, and learn some of the bodyweight exercises as well. That was a year or so ago, and since then, I've been hooked. Exercises I never imagined, like the uppercut and figure-8, have been really beneficial for punching power and for full-body explosivity!

HS: When I saw you at that *Naked Warrior* seminar, you weren't moving so well compared to now. Did you have some injuries?

JS: I'm in much better shape now than then, but over the years, an ankle injury, hip replacement surgeries, and an Achilles tendon rupture piled up. Ten years ago, it took me a couple of hours to stand up straight after I got out of bed.

Kettlebell swings opened up my hip flexors and my lumbar spine tremendously, as well as reinvigorating the muscles in my glutes that I hadn't been training in so long.

Now, I can get up and straighten up with ease and move with more confidence and power.



Photos relating to *Enter the Dragon*, courtesy Warner Brothers.

The tons of gadgets and equipment that I've collected don't get any use now compared to the 3 kettlebells I have—a 44, a 53, and a 70 pounder.

During the days when I don't see Pavel, I just make up my own routines based on what he's taught me, and the changes in my body and state of being are phenomenal. I feel more able.

Today, we were doing an exercise with the 53 like a squat-clean, but with a toss at the end, and that sort of exercise is a tremendous training method for tai-chi! You use your legs, your hips, your breath, and generate explosive power from your glutes, not just your arms. That's tai-chi! Even the swing is a valuable exercise for really learning how to root into the ground with your feet.

John Saxon arm wrestles Marlon Brando in *The Appaloosa*



I'd clean the 70 and hold it at my shoulder. Once I cleaned it, Pavel would assist me with the press until I could cleanly put up the 70 with a strict military press. I've managed to press it on my own three more times with each arm. I can't say too much more about it than that. The process was simple, and the results were undeniable. By the time this article goes to print, I might be pressing the 70 for two or three reps!

The kettlebell training I've had from Pavel has really done a great deal for me in terms of strength, vitality, and stamina. I've gotten leaner as I've gotten stronger. But there's so much more to learn with this stuff. The more I learn and achieve with kettlebells, the more I'll train.

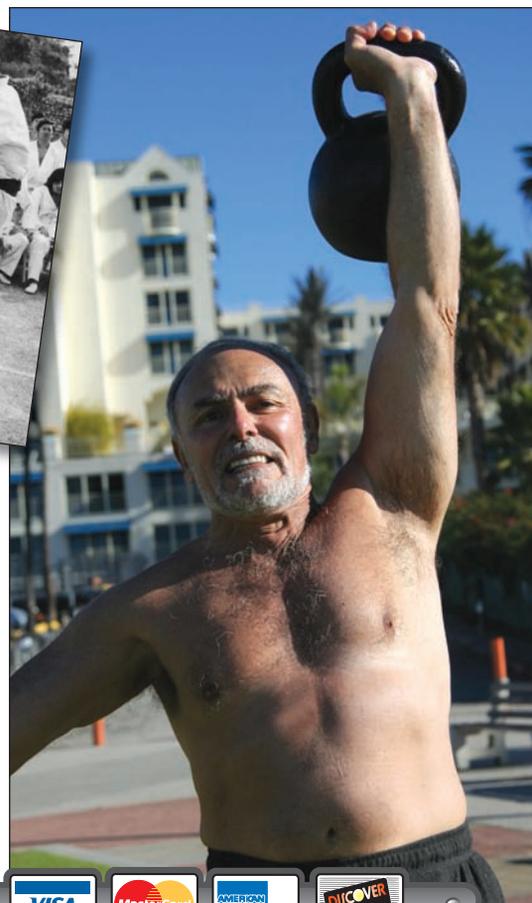
Big thanks to Pavel!

HS: Tell me about the experience of pressing the 70-pound kettlebell.

JS: Pavel's way of training is incredibly intelligent. Before he let me try pressing the 70, he kept me on the 53 for a while longer. There's a confidence and restraint in his approach, and I built up some volume with pressing the 53, usually doing 5 sets of 5. Occasionally, I'd do a set of 10. Then



"The kettlebell training I've had from Pavel has really done a great deal for me in terms of strength, vitality, and stamina. I've gotten leaner as I've gotten stronger."



HardStyle cover photo of John Saxon by Victor Gendrano, Jr.

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

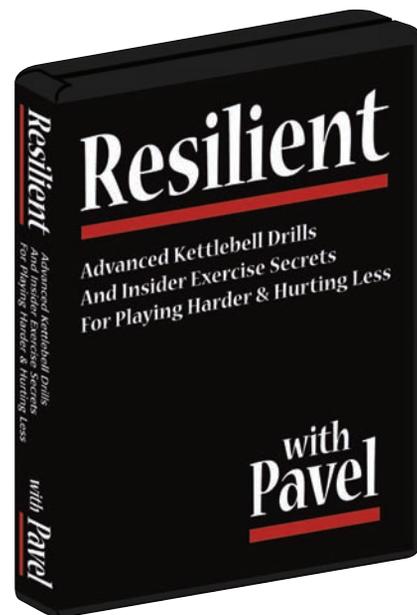
Life has a habit of body-slamming us when we least expect it. And the more active we are, the more likely we're gonna be wrenched, tossed, torn, torqued, twisted, scrunched, hammered and generally whacked around. Hit your forties—let alone fifties—and you can be reduced to a tangled mess of injuries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

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

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

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

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



Pavel's Resilient program:

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

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

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



Mid-Level Advanced

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

WARNING!

Hidden Blocks and Imbalances in Your

Shoulder Could Be **CRIPPLING** Your Performance and Setting You Up for Injury After Frustrating Injury

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

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

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

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

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

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

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

To ignore the protocols on *Secrets of the*

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

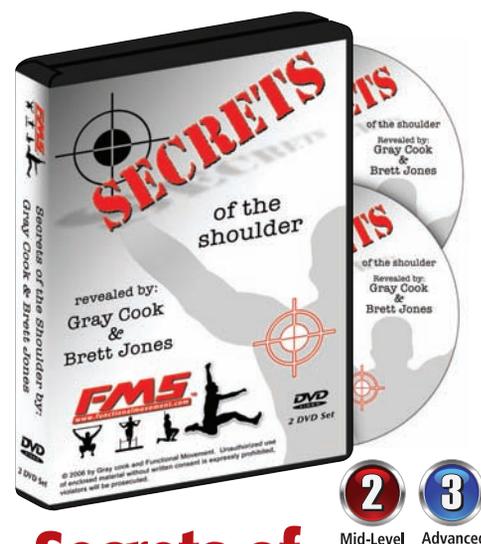
Gray Cook and Brett Jones review advanced shoulder screens that reveal often overlooked components to proper shoulder function. They break down each screen and offer corrective exercise progressions all the way to advanced strength moves. Use these protocols to create a mobile, stable and strong shoulder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

DISCOVER:

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

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

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



Secrets of the Shoulder
By Gray Cook, RKC and Brett Jones, Master RKC
2-DVD set #DV043 \$69.95

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An Excerpt from

Power to
the People!
MONTHLY



By Pavel

Killer Deadlift Variations for Foolproof Strength Gains

Russian coach Lev Shprints tells an amusing story about a group of young Russian lifters who were fortunate enough to meet and pick the brains of two iron legends in one day.

“You are weightlifters,” said weightlifting Olympic champion Leonid Zhabotinsky. “That’s good. But it is wrong to limit yourself to the barbell; you ought to take up track and field, play soccer, volleyball.”

Then they approach circus strongman, girevik, and powerlifter Valentin Dikul. “I will give you one piece of advice,” said the man who is credited with a 1,000+ pound deadlift, “If you want to become champions you must fully dedicate yourselves to weightlifting; don’t get distracted by soccer-basketballs...”

I don’t expect the debate about “soccer-basketballs” and GPP to be solved any time soon and I am not jumping into the fray today. The purpose of this article is to give you assistance exercises that absolutely, positively will improve your deadlift. “Soccer-basketballs” and other exercises might do it too but anything with a “might” will not cut it for this article. Only foolproof here, Comrade!

DL to the knees

The deadlift up to the knees is popular in Russia. Russian PL team head coach Boris Sheyko explains that it develops the technique for the start of the lift. It did not “fix” Gary Heisey’s technique that purists still consider atrocious. But they did help building his strength to the point where he pulled an all-time record 925 pounds twenty years ago. He started one of his twice-a-week DL workouts with four sets of pulls to

the knees, anywhere between 3 and 8 reps depending on how close he was to the meet. Then he did lockouts. This practice of his would become a staple in elite Russian PL training.

Sheyko sometimes makes the DL to the knee even harder by adding a 3-5sec pause at the knee level. He also likes following a half rep with a full rep for better technique and strength integration. The drill works for pullers of any style.

Snatch grip DL

This wide grip DL pull is big in Finland and for some good reasons. This variation develops the start because the wide grip lengthens the pull. The snatch grip pull is done in the conventional style only.

A sumo puller or a conventional puller who uses the style similar to the Olympic lifting pull—that is shoulder blades together—will find that the snatch grip DL will also teach him to lock his back just right and will develop a precise groove. A humpback-style conventional puller is better off with the traditional DL standing on a box or a 100-pound plate; he does not need motor learning confusion in his upper back.

The snatch grip deadlift to the knees is a powerful combo of the above two pulls.

DL “from the edge”

Another Russian killer. The bar is balanced on a narrow wooden block that does not quite reach the lifter’s knees. The lifter straddles the block and DLs the bar with a wide, snatch grip. A wider grip makes up for starting the pull higher.

Sheyko recommends an explosive concentric and a slow eccentric. Bend your knees only slightly on the way down; this is

an RDL on steroids. Set the bar down, something you will have to do very precisely because the wooden block is only a few inches wide. The drill will smoke your lower back, promises Sheyko.

Although done in the conventional stance, the DL from the edge will improve your sumo pull as well.

Behind the back DL

The behind the back deadlift is probably the best leg exercise for a conventional deadlifter. I have described the technique in *Beyond Bodybuilding*.

Saddle DL

Known as the Jefferson squat in the US, this drill trashes the quads, strengthens the start, and teaches the perfect back position.

Straddle the bar. It should be diagonal to your body rather than perpendicular. Maneuver yourself into a frog stance, wider than the conventional but narrower than the sumo, your toes turned out more than forty-five degrees. Adopt a wide, staggered grip. For most of you, the hands will be barely inside the power rings. Then stand up carefully, aware of the possibility that the bar will windmill.

Stay with 135 and experiment with your stance and your grip until the lift feels right. Some lifters will find that they like to grip the bar asymmetrically. Others will prefer to do most of the lifting with one leg, the one on the side of the arm that is behind you. Take your time messing around until you hit the sweet spot.

Frog DL

Japanese PL great Hideaki Inaba’s frog style splits the difference between the sumo and the conventional and smacks of the

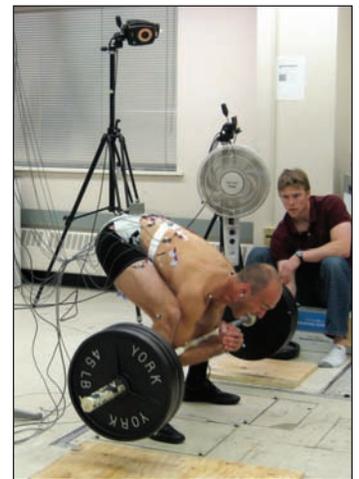


Photo courtesy Prof. Stuart McGill’s lab at the University of Waterloo, Canada

Zercher deadlifts in an experiment at Dr. Stuart McGill’s lab. Don’t try it at home.

ballet plié. The foot position is similar to that of the last exercise but the bar is in front of you, as usual. Staying quite upright “spread the floor” and “leg press it away”. You will develop a strong start and the patience to stay with a heavy attempt that does not want to move.

The goal of this article is not to convince you that exercises less specific than variations of the lift you pursue are totally worthless. I am sure you know someone who has increased his deadlift with leg presses and upped his squat with gastroc-glute-ham raises. My goal is to give you only sure bets. Other exercises might help. But these certainly shall.

POWER TO YOU!
PAVEL

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



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

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

And the great news is:

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

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

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

Is Pavel doing the right thing?

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

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

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

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

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

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

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

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

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

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

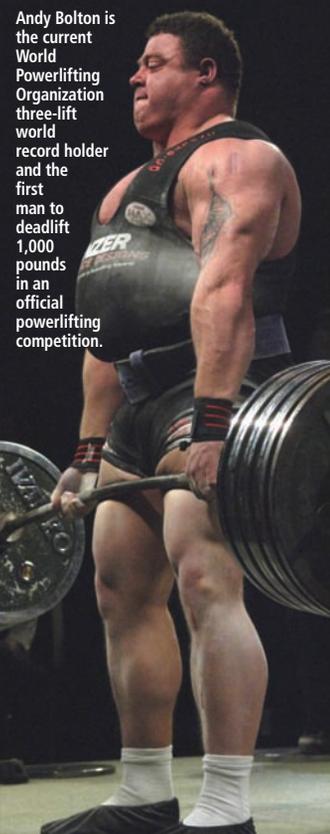


Photo courtesy Powerlifting USA magazine

Andy Bolton is the current World Powerlifting Organization three-lift world record holder and the first man to deadlift 1,000 pounds in an official powerlifting competition.

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- ➔ Pavel's first master principle of stretching is to USE YOUR STRENGTH. Discover how a scientific application of targeted strength techniques can help you immediately blow through your current flexibility limitations!
- ➔ Pavel's second master principle of stretching is to FIND SPACE. You'll be astounded at how Pavel's brilliant innovation will rewrite the story of your body and make history of your cramps and blocks.

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

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

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

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

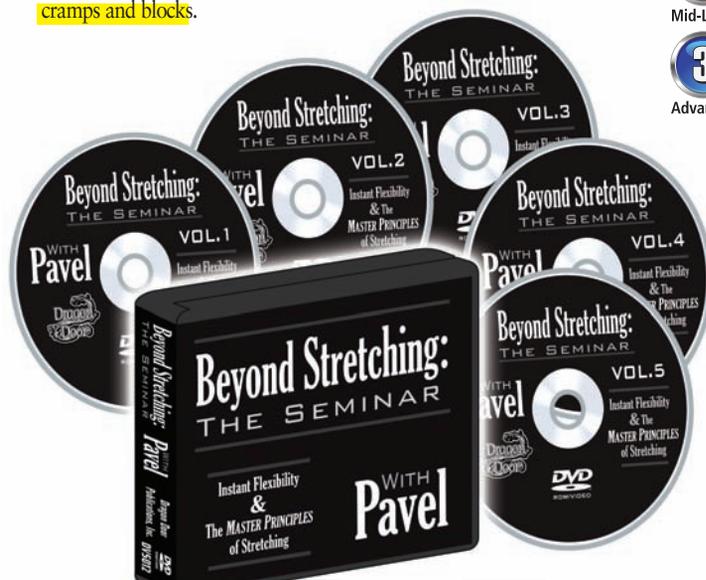
It doesn't matter what body part you are looking to make more flexible—hips, legs, neck, spine, glutes, chest, shoulders, you-name-it—just run Pavel's 5-step neuro software through the offending part and watch it release, open and stretch out!

Beyond Stretching: The Seminar

Instant Flexibility and The Master Principles of Stretching

with Pavel
#DVS012 \$187.00
5-DVD Set Running time:
4 hours 48 minutes

- 1 Beginner
- 2 Mid-Level
- 3 Advanced



www.dragondoor.com

Just five reps a day is all it takes...

Who Else Wants to Own **The Hardest, Most-Envied Six-Pack** in Town?

“Unique Ab Pavelizer II™ **SMOKES YOUR ABS** more **INTENSELY, SAFELY AND QUICKLY** than any abs machine in the world—guaranteed!”

The Ab Pavelizer II™’s sleek design guarantees a perfect sit-up by forcing you to do it right. Now, escape or half-measures are impossible. Sit down at the Ab Pavelizer II™ and a divine slab of abs will be served up whether you like it or not. You’ll startle yourself in your own mirror!

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

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

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

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

—**Tony, Santa Monica, CA**

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



The Ab Pavelizer™ II

\$149.95
Item #P12

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



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**.

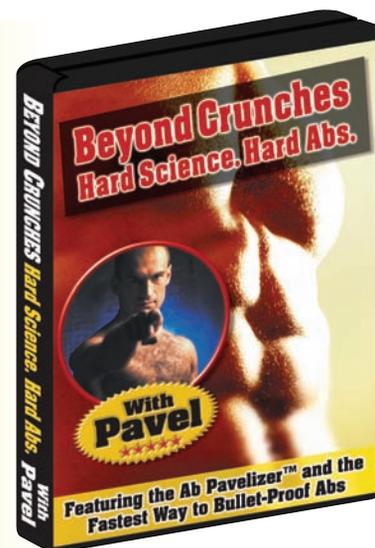
“An IRON CURTAIN Has Descended Across MY Abs”

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.



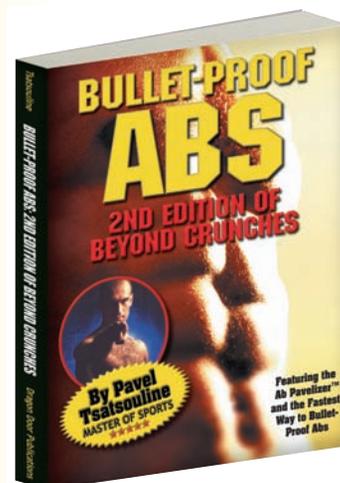
Beyond Crunches
Hard Science. Hard Abs.
With Pavel Tsatsouline
DVD Running Time 37 Min
Item #DV042 \$29.95

1

Beginner

2

Mid-Level



Bullet-Proof Abs
2nd Edition of
Beyond Crunches
Book By Pavel Tsatsouline,
Paperback 128 pages
119 Photos and 112 Illustrations
Item #B11 \$34.95



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

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"Loaded Stretching can provide everyone an edge.. **Pavel** leads you thru a series of stretching techniques that can immediately increase stamina. As one approaches their limits, little strength secrets can make the difference between winning and losing. **Loaded Stretching** is that, secrets." —**LOUIE SIMMONS, Westside Barbell**

Instantly Amplify Your Power and Strength!

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

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

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

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

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

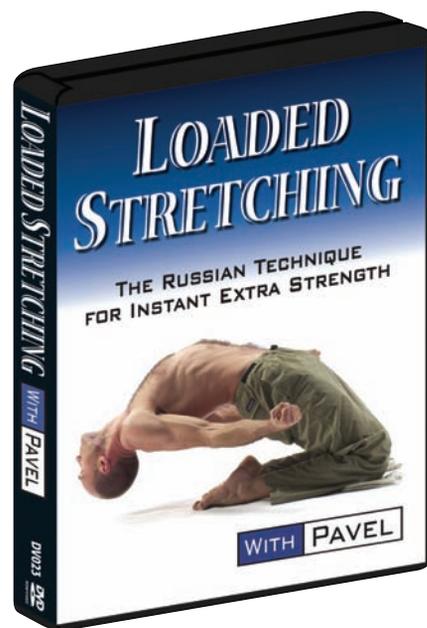
"The high end concept of controlled strain, when applied to various movements, have demonstrated ability to improve sport performance in the short and long run and can be used by everyone. The loaded hip stretch using a box, the loaded Russian twist, the loaded RKC clean stretch, and the KB loaded triceps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

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

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

LOADED STRETCHING

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



Loaded Stretching

The Russian Technique for Instant Extra Strength with Pavel

#DV023

\$24.95



Advanced

DVD Running time: 20 minutes

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

—**JAY SCHROEDER, arpprogram.com**

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

Are Rigid Muscles Robbing You of Your Strength?

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

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

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

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

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

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

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

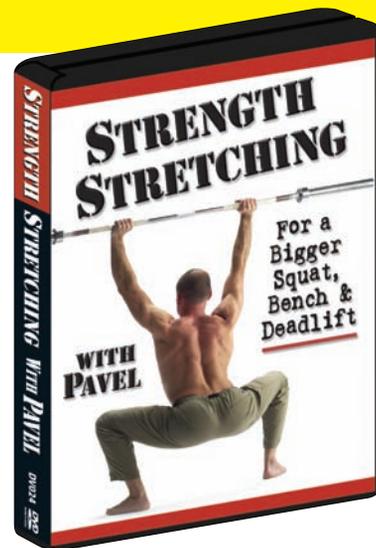
One thing I really liked about the DVD is the clarity provided by not only Pavel's explanations but the simple graphics that accompanied the points. I kept having that "Oh" moment where you are convinced you know

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

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

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

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



Strength Stretching For a Bigger Squat, Bench & Deadlift with Pavel



#DV024 \$39.95
DVD Running time: 38 minutes

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

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Discover New Keys to Superior Athletic Achievement

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

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

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

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

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

Fast and Loose + Rough and Tough = Deadly Force

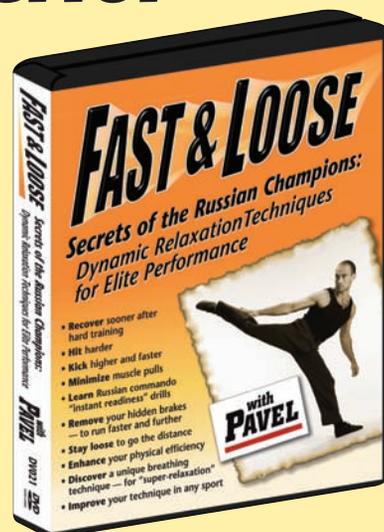
Invest in the “Deadly Force” set of Pavel's *Fast and Loose* DVD with Pavel's *The Naked Warrior* DVD and book — and **SAVE...**

Item #DVS008
\$94.85



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

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



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

with Pavel

#DV021 \$29.95

DVD Running time:

27 minutes



Mid-Level



Advanced

The Graduate Course In Instant Strength Gains

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

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

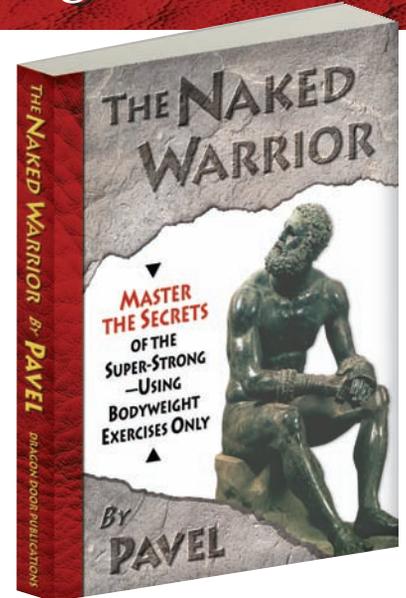
"I could do one wobbly one-legged squat... [Two weeks later] I did 5 clean, butt-to-ground pistols."

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

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

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

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



The Naked Warrior
Master the Secrets of the Super-Strong—Using Bodyweight Exercises Only
 By Pavel
#B28 \$39.95
Paperback 218 pages 8.5" x 11"
Over 190 black & white photos plus several illustrations

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

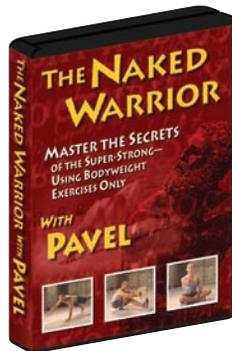
"Pavel's Naked Warrior DVD is worth its weight in gold!"

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

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

The Naked Warrior

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



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

- 1 Beginner
- 2 Mid-Level
- 3 Advanced

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



Item #DVS009
\$69.95

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

Chapter 1 The Naked Warrior Rules of Engagement

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

Chapter 2 The Naked Warrior Workout

"Grease the groove," or how to get superstrong without a routine...the secret success formula...Some GTG testimonials from the 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...he ‘back-pressure crunch’...the source of real striking power...A gymnast instantly gains 40 pounds of strength on his iron cross with the three techniques you have just learned...The “static stomp”: using ground pressure to maximize power...a secret of top karatekas and bench pressers...how the secret of armpit power translates into paydirt for one-arm pushups, punches, and bench presses...“The corkscrew”:

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

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

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

Chapter 5 Driving GTG Home

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

Chapter 6 Field-Stripping the Pistol

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

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

Chapter 7 Field-Stripping the One-Arm Pushup

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

Chapter 8 Naked Warrior Q&A

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

An excerpt
from *The
Naked Warrior*
by Pavel

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

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

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

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

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

Power to you, Naked Warrior! Anywhere, anytime.

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

—Mike Burgener, Sr international weightlifting coach

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

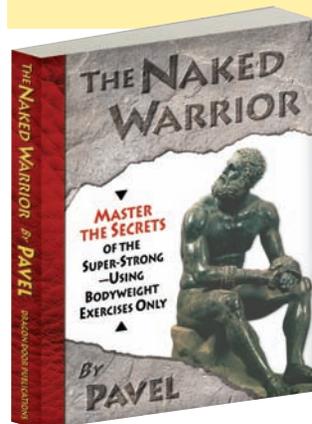
—Arthur Drechsler, author "The Weightlifting Encyclopedia"

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

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

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

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



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

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SUPERMAN

The Reinvention and Rise of Mark Reifkind in the Hardcore World of Competitive Weightlifting and Strength Training

In the last installment of this series, you read about how after a terrifying series of injuries, Mark Reifkind found himself walking away from the one thing that had defined his very existence – gymnastics. Now he shares his story of triumph over tragedy and how Russian kettlebells played a crucial role in his rehabilitation and rise.

Interview by
Dr. Mark Cheng,
RKC Team Leader
Second of a 2-part series



H

ard Style: Rif, after coming to the realization that you'd no longer be competing in elite gymnastics competition, what did you do to occupy yourself and stay out of trouble?

Mark Reifkind: Since my upper body was trashed, I took up running. My knee could tolerate it, and it allowed me to distract myself and Zen out from the heartache of leaving gymnastics. I sort of taught myself how to run, working my way up to longer and longer distances as an escape. Next thing I knew, I was filling the void from the almost daily 5 hours of gymnastics training with greater and greater distances. Six months later, I did my first marathon.

But since my marathon times weren't exactly stellar, I kept looking for a sport where I could really shine again, and I eventually found ultra-endurance training. To me, the only limiting factor in that sport was one's psychological ability to suffer for long periods, and *that* I was damn good at.

For 3 years, I went through a stage of running, then cycling, then running, cycling, and swimming. That was in 1979 and around the time when the first Ironman Triathlons were started, and that looked like the perfect competition format for me. I jumped into training full-bore, and surprisingly, it didn't create any new injuries for me!

The downer was that there were virtually *no* triathletes at that time, and therefore no real community centered around the sport. Also, I wasn't exactly thrilled with what that sort of training did for my physique. I felt great, but at 5'6" and 125 pounds, I wasn't exactly fighting off potential dates.

HS: Which explains the shift to bodybuilding!

Rif: Exactly. During the late 70's, Arnold was king, so I started hitting the weight pile. I did bodybuilding for 8 years, but at the beginning, I was still doing high endurance training, so within one year I went from 125 pounds to 175, back down to 125, and then back up to 175. You could say I was a little conflicted, but bodybuilding won out in the end.

HS: So then your entire focus shifted to weight training?

Rif: Not exactly. At that time, I was making my living in Eugene, Oregon, as a coach at the famous *Oregon Academy of Artistic Gymnastics*. I got a really good look into the viciousness in the world of competitive women's gymnastics and also found that my injury experiences were in no way uncommon—the higher up the food chain, the more messed up the athletes' bodies were. In spite of all that, it was my way of keeping in touch with the sport I still loved so much and gave me the chance to work with elite women gymnasts and Olympians. Those years also helped me develop my eye for detail and my

teaching abilities—two attributes that are crucial for any higher level coach or instructor.

The world of competitive athletics was uncovering secrets 5 – 10 years ahead of the labs and academicians, and after much deliberation, I made the decision to not pursue an advanced degree. Rather, I wanted to see, hear, and experience the truth about optimal human performance myself, firsthand, and from within.

HS: Did you compete as a bodybuilder?

Rif: Yes. I did bodybuilding for 8 years, during which time I landed a job at *Gold's Gym* in San Jose, California, working with pro bodybuilder **Scott Wilson**, who's a real legend in the sport. I was lucky enough to become his training partner and eventually his coach.

Scott taught me a ton about how to do real-world bodybuilding, and he was one of the most disciplined athletes I've ever known. True to the methods of the day, we trained in total high-intensity fashion—never missing a workout, never cheating on the diets, and training until we dropped dead at the end of each workout. Those

days were an unbelievable lesson in pain tolerance, muscle control, and absolute mental focus.

I also had the chance to coach Sue Ann McKean, one of the first really muscular women in female bodybuilding. She competed in the Ms. Olympia contests many times with a best placing of seventh.

However, I came to the realization that bodybuilding was essentially a male beauty pageant and I ain't that pretty. What I was really missing was real athletic competition, and shortly after Scott Wilson and I bought the *Ironworks Gym* in Campbell, California, I took up powerlifting.

HS: Did you find the switch from bodybuilding to powerlifting difficult?

Rif: Not really. In fact, it felt like I went from trying on a suit that was a little too large to one that seemed to fit much better. Powerlifting is about results in a "right here, right now" kind of way, not about cosmetics or academic theories, so in that way, it really appealed to me.

The new location was perfect for that sort of training, too. The Ironworks Gym was a hotbed of strength and power athletes like Brian Oldfield, Mac Wilkins, and Olympian Bruce Jenner throughout the 80's. Wilson and I turned it into a World Gym, and I dove right into the deep end of powerlifting, both as a coach and a competitor.

As a coach, I got to work with some of the finest athletes, including one newcomer named Catherine Kelii. Catherine became one of the USA's best all time women powerlifters. As a drug-free athlete at 123 pounds, she squatted and deadlifted 400 pounds and benched 250 pounds. She competed and placed in the top three in numerous IPF World Championships, as well as winning the Pan Ams and "Best Lifter" recognition at the Pan Ams. Jeff Stanley, who put up an 865 pound squat at his first USPF Nationals in 1991, was an athlete I had the pleasure of coaching from his start in powerlifting. I also had the honor of serving as assistant coach for the USA Team in Sweden in 1993, head coach of the Women's USA Team in Chiba, Japan, in 1995, and head coach for the first ever Pan Am Championship in 2000.

We all know that to be a better coach, you need to humble yourself and learn from a great coach, so from 1993 to 2000, I had the extreme honor and pleasure of studying with one of the world's finest powerlifting coaches, Louie Simmons. We were the first to host Louie for a two-day seminar in 1995, giving us the rare opportunity to learn directly from the master himself. During those years, I spoke to him almost every week, picking his brain constantly on every possible nuance of training—physiology, mechanics, routines, everything. You name it, I asked him about it, and he had an answer for it, never holding back any of his information or wisdom.

Because of Louie's coaching, I came within a hairbreadth of achieving my goal, an elite rating total

(1500 pounds) at 181 pounds with a 1485 pound effort. But my injuries were catching up to me.

HS: Are these new injuries we're talking about? By this time, you'd already blown out a knee and wrecked a shoulder, right?

Rif: Yup. A lot of it came from constantly going balls out with technique that we now know were dangerous for my knee and back—for example, squatting too widely and doing too many rounded back max effort lifts.

This resulted in a pretty serious L4-L5 disc herniation in 2000 while I was preparing for the APF Masters Nationals. Since I couldn't tolerate my normal volume-based training regime, I had to seriously improvise for the meet, just putting in 4-5 single reps per workout with heavier weight. Now while I did manage to pull off a PR total and my PR bench, that injury definitely signaled the end of my powerlifting career.

While I'd recognized the serious length/tension relationship imbalances I'd developed throughout my entire body and set about correcting them just prior to then, it was too late. My body had turned into a total mess, and I couldn't train for beans. I was in pain all the time. I don't think that people really comprehend that injuries can cause you a lifetime of pain. Even the little traumas that you think might have worked themselves out sometimes accumulate and show up much later on down the road. They don't always manifest immediately as disability or excruciating pain.

There are a lot, a lot, a lot of pro athletes out there who would benefit so much from training in a manner that both rehabs and prehabs them. This is where I think kettlebells are tremendous tools.

HS: Ahhh, the good part of the story! So you discovered kettlebells after those last two injuries?

Rif: Enter the kettlebell, baby! Actually, I'd already been using kettlebells in my training as a powerlifting adjunct. I opened my studio, *Girya*, and was using the kettlebell more and more as an exclusive training tool for my clients. I read Pavel's article "Vodka, Picklejuice, and Kettlebells" in *Milo*, and I was attracted to the primitiveness of the training. I bought some kettlebells for my clients, as well as Pavel's *Russian Kettlebell Challenge* book. While learning the exercises was relatively simple for me, doing the work, however, was definitely *not!*

Basic exercises like swings and snatches put my heart rate through the roof, even with light weights, and that blew my mind. When I'd started with KB training, I thought that they might irritate my back injury, but the opposite occurred. Not only did my back start feeling better, but my squat performance improved along with my cardio.

My long-time friend and protégé RKC Team Leader Michael Castrogiovanni came up to visit and brought

For more information on Sr. RKC Mark Reifkind, please visit his website www.giryastrength.com. To register for the RKC or RKC II workshops, please visit www.dragondoor.com and click on Author Workshops.

his friend Master RKC Brett Jones to my house. Despite seeing what a wreck I was physically, they both urged me to sign up and train for the next Russian Kettlebell Challenge certification course.

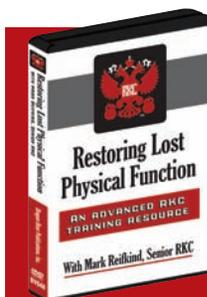
Knowing I was out of choices as far as physical training was concerned and knowing how well my back had rehabbed since I'd begun including the kettlebell swings and snatches in my own routines, I said "What the heck?" and went for it.

I dropped all barbell work, took up the Warrior Diet, and let Michael kick my ass three times a week with so many swings that I felt like my glutes were utterly pulverized. But five months later, I was 25 pounds lighter and feeling better than I had in years! It was mindblowing, man. I started moving like an animal again, instead of an 85 year-old arthritic!

HS: And after you'd achieved your RKC, you also got introduced to clients who needed your training expertise in an extreme sport that you hadn't competed in, didn't you?

Rif: Ah, yes. Frank Shamrock! Frank retained us for his strength and conditioning training before his comeback fight with Cesar Gracie. Mixed martial arts was something I really didn't know a whole lot about, so I got the chance to see inside what makes those guys tick and what kinds of stress they have to endure in their arena of competition.

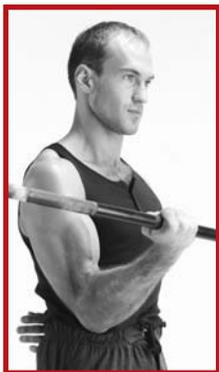
Frank loved the kettlebell training because it made him stronger in the core, as well as his back and hips. He'd hurt his back in the past and couldn't squat heavily or deadlift anymore. Kettlebells let him work those areas wickedly hard without the monster loads and compressive spinal forces. Kettlebells are the perfect functional strength training tools for martial artists and fighters for a zillion reasons. They keep you loose while making you ridiculously strong and agile, and they teach your body to move synergistically, just as you'd need to move in a fight. I understand that they also make taking impact much easier as well.



See page 15 of this issue for full details of Mark Reifkind's new 2-DVD set, *Restoring Lost Physical Function*

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

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



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

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

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

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

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

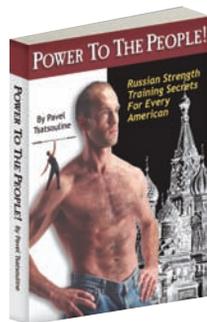
Rest for five minutes and do another set of curls with the same weight, but employ the new trick. Instead of lowering the barbell with the braking strength of your biceps, try to “push” the weight down and away from you with your triceps. Imagine that you are doing a triceps cable pushdown with a reverse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

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

Power to you!

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

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



Power to the People!
Russian Strength Secrets for Every American
 By Pavel Tsatsouline
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If there was only one book I could recommend to help you reach your ultimate physical potential, this would be it."

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

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rapidly increase your strength
by **20, 30, even 50 percent!**

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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.

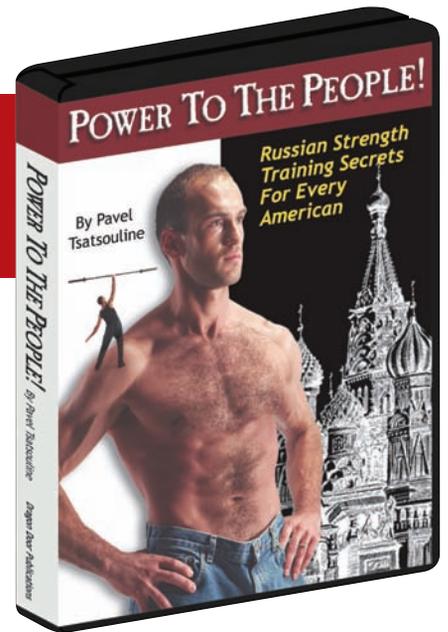
What else? – 'Instant strength techniques.'

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

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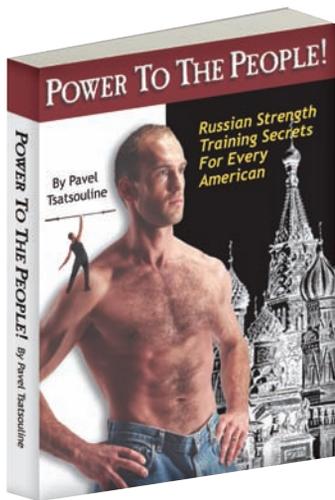


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“I used the strength building secrets from *Power to the People* for one week and my max deadlift went up 18%.”

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

Power to the People!

Russian Strength Secrets for Every American Book By Pavel Tsatsouline

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



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

—DAN MCVICKER, Boulder, CO



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

—WYLDMAN, Kansas City, KS



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

—JONATHAN LAWSON, *IronMan Magazine*



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

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



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

—TYLER HASS, Pullman, WA



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

—ICHIBAN, Columbus, OH



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

—DAVID COOKE, Atlanta, GA



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

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



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

—JOHN QUIGLEY, Hazleton, PA



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

—LAWRENCE J. KOCHERT



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

—JIM WISSING, dragondoor.com review



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

—KEVIN PERRONE, dragondoor.com forum

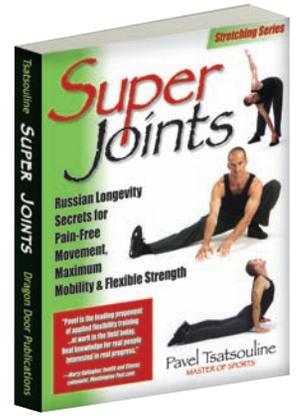
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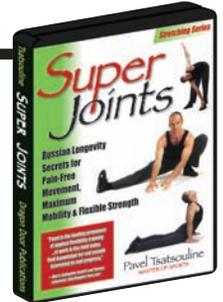
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- The amazing Pink Panther technique that may add a couple of feet to your stretch the first time you do it

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

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

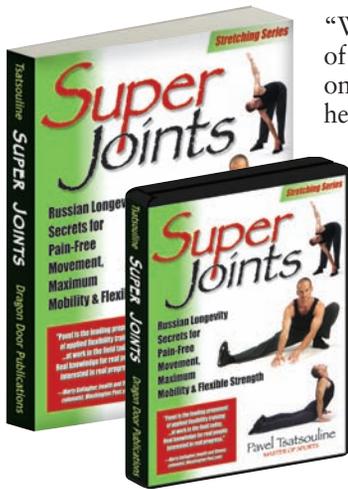
3 weeks of daily practicing of all the shoulder joint mobility drills in *Super Joints* (along with careful observation of 'healthy shoulder' pressing techniques learned on this forum) ... and I was able to bench 5X5 55 lb dumbbells last week totally pain free! **Pain free after 25 years is truly great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

—TOOSTEEP, dragondoor.com forum

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

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

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



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

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

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

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

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

An excerpt from
Super Joints by Pavel

Super Joints

DVD With Pavel Tsatsouline

Running Time 33 minutes #DV003 \$24.95

Book By Pavel Tsatsouline

Paperback 8.5" x 11" #B16 \$34.95

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

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

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

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

—Larry Scott, first Mr. Olympia

By **PAVEL!**

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

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

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

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

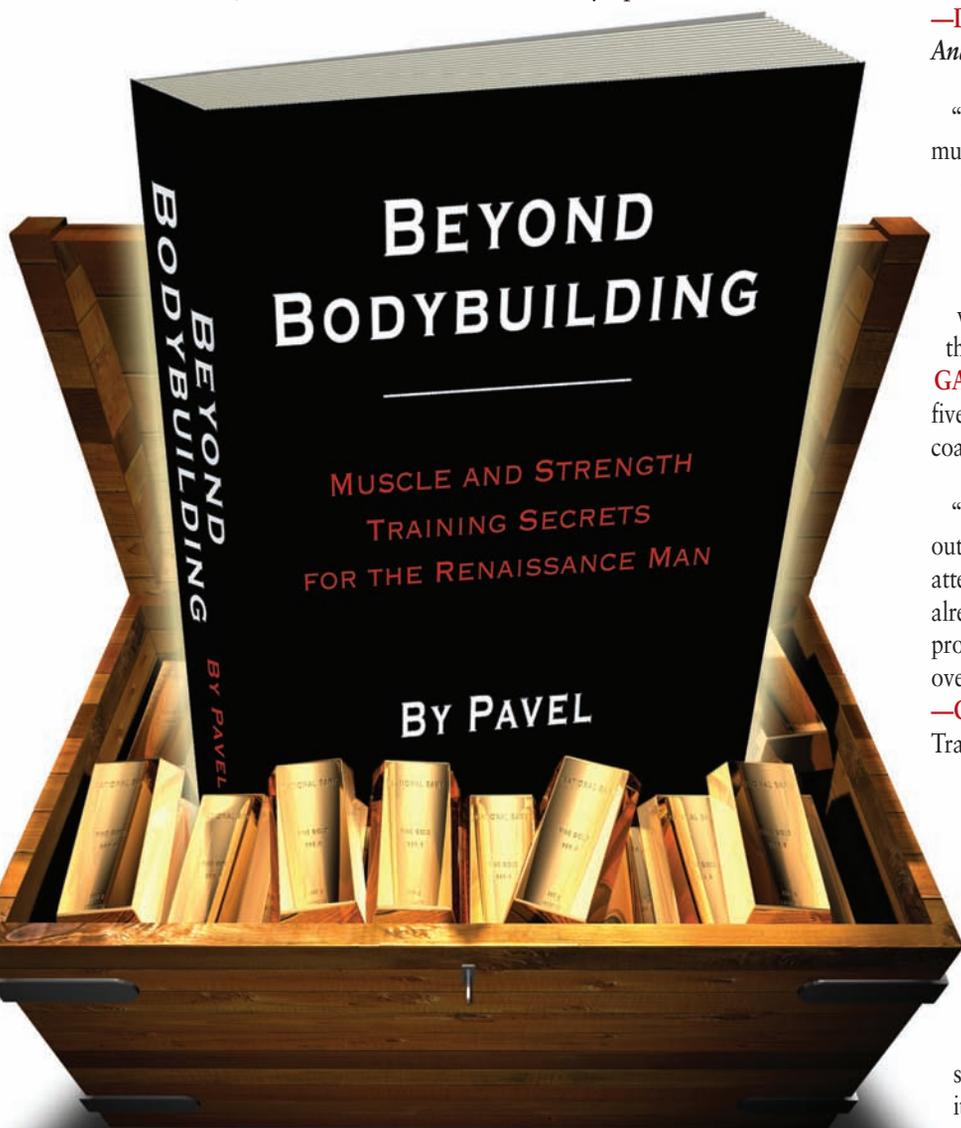
—DAVE DRAPER, Author *Brother Iron*, *Sister Steel*, former Mr. America, Mr. Universe and Mr. World

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

When all else has failed you...

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

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

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

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

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

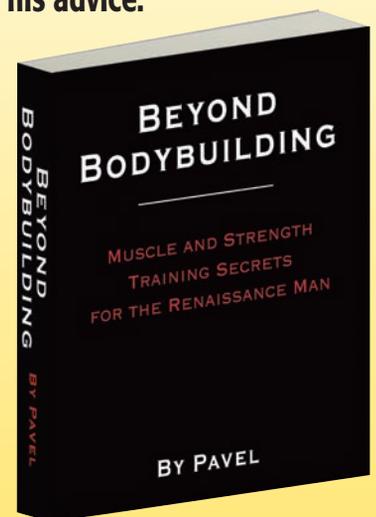
Now, with *Beyond Bodybuilding*, there are simply no more excuses for not excelling in strength, continuing to gain, continuing to reach new heights in your performance.

Defeat the enemies of progress

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

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

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



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

**8.5 x 11 Paperback
365 pages • 255 Photographs
38 workout charts
#B31 \$49.95**

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

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

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

8.5 x 11 Paperback • 365 pages
255 Photographs • 38 workout charts
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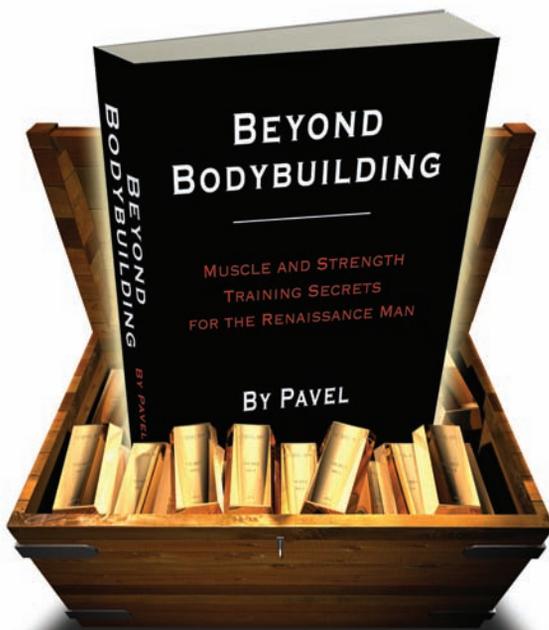
Beginner

2

Mid-Level

3

Advanced



Beyond Bodybuilding— A Treasure chest of strength training secrets

continued from previous page...

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

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

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

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

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

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

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

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

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

Fight these crimes against the body

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

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

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

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

Section One: Power Training

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



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

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

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

More details next page...

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

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

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

Section Two: Training Planning

- Are you confused about when and how often to hit each bodypart? Discover how to customize your iron schedule for greater gains in strength and muscle.
- Understand the pros and cons of full body workouts versus split routines. Page 99
- **The most foolproof training schedule for high-yield results.**
- The perfect training schedule... if strength is more important to you than size.
- How and why you must cycle your loads to keep succeeding in the iron game.
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- **The best training conditions for high-level anabolism in the body.**
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- A better way to optimize your body's strength adaptation. Page 106
- **How to take advantage of the 'adaptation lag' -- and its tremendous impact on your strength and muscle training.** Page 107
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- **Got a head for figures? This mathematical approach could have you surging forward with newfound muscle and strength gains.** Page 116
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- How to add righteous beef to your traps and neck... with the Hise shrug. Page 130

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

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

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

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- Worried about your weak neck? You should be! This unique old-timer's version of the back bridge will give you a resilient, powerful neck -- and perhaps keep you out of the hospital. Page 199
- The legendary strongman Paul Anderson had a neck as thick as most men's thighs. Here is the Wonder of Nature's personal routine for a bull-sized neck. Page 201
- The ONE secret to real success in pressing.
- How to build muscular shoulders that will truly complement your studly legs. Page 204
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- It's the hallmark of an elite athlete! -- How to own a magnificent neck and traps.
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- Got elbow tendonitis? Developing your wrist extensors in this way could be the answer.
- Heavy curls aggravating your shoulders? Here's a critical safety/power technique to set things straight. Page 229
- Are you making these serious mistakes with your curls? -- 3 insider tips help you escape elbow pain.
- Learn from the masters -- the top ten Russian arm training secrets revealed.
- Add up to two inches to your arms in just two months with this potent mix of old-timer discoveries and cutting-edge research.
- Experience unbelievable strength gains when you employ this little-known neurological law. Page 233
- Why an esoteric internal martial arts technique can translate into surprising strength gains!
- Blast your muscles -- not your tendons -- with this unusual 'control' technique. Page 234

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

Section Seven: Chest

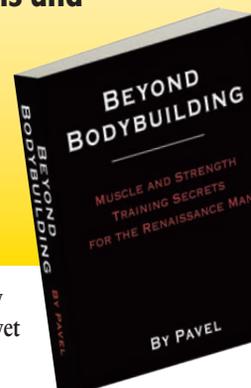
- How to go from average to superior in your bench press -- discover the finer points that separate the champs from the chumps.
- Louie Simmons has saved the pecs and shoulders of many in the powerlifting community with this technique. Page 253
- The effect of this martial arts technique on your bench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

Section Eight: Naked Warrior

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

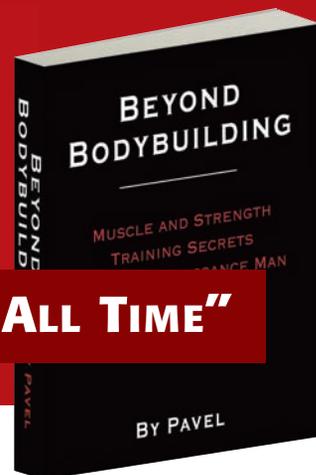
- How to add one inch to your chest in ten days with pushups.
- The NASA Pushup Program -- simple, effective and soundly rooted in science -- good for any and everyone! Page 287
- Now you can smoke your forearms and reinforce your finger strength, anywhere, anyhow -- thanks to this drill from Russian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

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



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

Reader Praise for Pavel's *Beyond Bodybuilding*



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

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

—Zachariah Salazar, dragondoor.com review

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

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

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

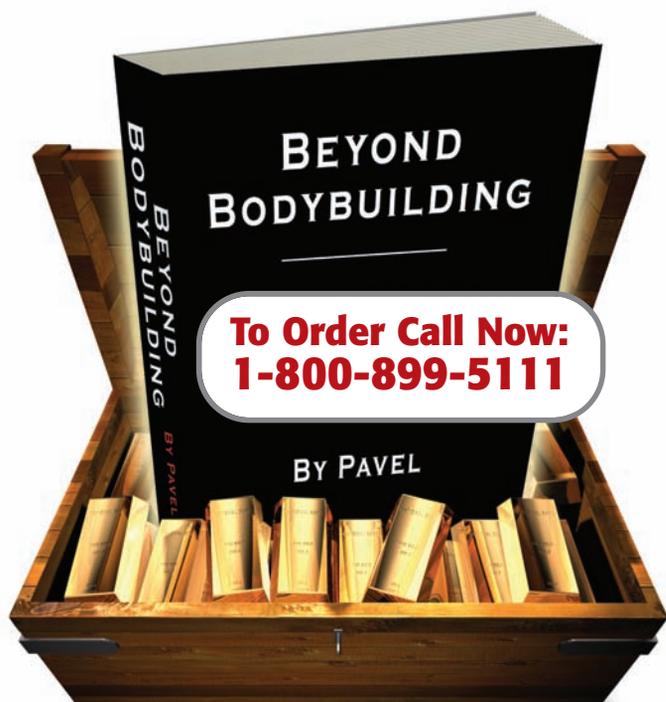
"I just read through the whole thing a second time. WOW! To say there is a lot of info in this volume is an understatement. **This book teaches you how to look like you could walk through walls and have the strength to actually do it.** *Beyond Bodybuilding* combined with RKC and PTP has become my new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

—IDMT, dragondoor.com review

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

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

—Michael Ciosek, CSCS, NSCA, dragondoor.com review



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Here's what you'll discover, when you possess your own copy of Pavel Tsatsouline's *Relax Into Stretch*.

Stretching is NOT the best way to become flexible

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

Waiting out the Tension—relaxed stretching as it should be

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

Proprioceptive Neuromuscular Facilitation

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

Isometric stretching rules!

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

Extreme flexibility through Contrast Breathing

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



Forced Relaxation—the Russian spirit of stretching

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

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

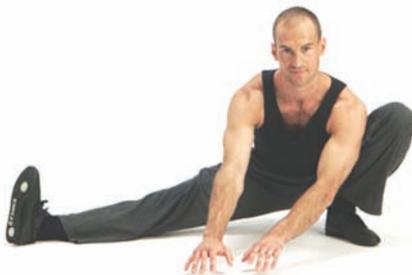
How to cancel out the *stretch reflex* • taking advantage of the *inverse stretch reflex* • the last line of defense against injuries • shutdown threshold isometrics • mastering the Golgi tendon reflex.

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

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

Stretching when Injured

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



back and what to do instead.

The demographics of stretching

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

The details, the schedule

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

The Relax into Stretch drills—

1. The Souped Up Toe TouchPage 49
2. The Spine Decompression HangPage 51
3. The Improved CobraPage 54
4. The Side BendPage 57
5. The Spine RotationPage 60
6. The Lateral Neck and Trap Stretch . . .Page 61
7. The Headache BusterPage 62
8. The Anti-Slouch Neck StretchPage 63
9. The Head TurnerPage 64
10. The Chest OpenerPage 65
11. The Overhead ReachPage 67
12. The Biceps and Shoulder Stretch . . .Page 68
13. The Shoulder Blade and Lat Stretch .Page 69
14. The Upper Back LoosenerPage 71
15. The Wrist FlexionPage 73
16. The Wrist ExtensionPage 74
17. The Good Morning Hamstring StretchPage 75
 - a) standingPage 75
 - b) seated on a chairPage 76
 - c) seated on the floorPage 77
18. The Kneeling Hip Flexor Stretch . . .Page 78

19. The Lunge Hip Flexor StretchPage 80
20. The Karate Stance Hip Flexor Stretch Page 82
21. The Karate Stance Groin StretchPage 84
22. The Seated Groin StretchPage 86
23. The Calf StretchPage 89
24. The Shin and Instep StretchPage 91

How much flexibility do you really need?

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

When flexibility is hard to come by, build strength

Plateau-busting strategies for the chronically inflexible • *high total time under tension*.

Two more plateau busting strategies from the iron world

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

Advanced Russian Drills for Extreme Flexibility

25. The Side StretchPage 100
26. The CossackPage 102
27. The Reverse CossackPage 104
28. The Hip and Side StretchPage 106
29. The Crawling LizardPage 108
30. Hamstring StretchesPage 109
31. Hip Flexor/Quad StretchesPage 114
32. The Lower Calf StretchPage 117
33. The Front SplitPage 118
34. The Bent Press StretchPage 123
35. The Modified Reverse TrianglePage 126
36. The Roadkill SplitPage 128
37. The Side SplitPage 131



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

Be as **FLEXIBLE** as You Want to Be—**FASTER, SAFER** and **SOONER**

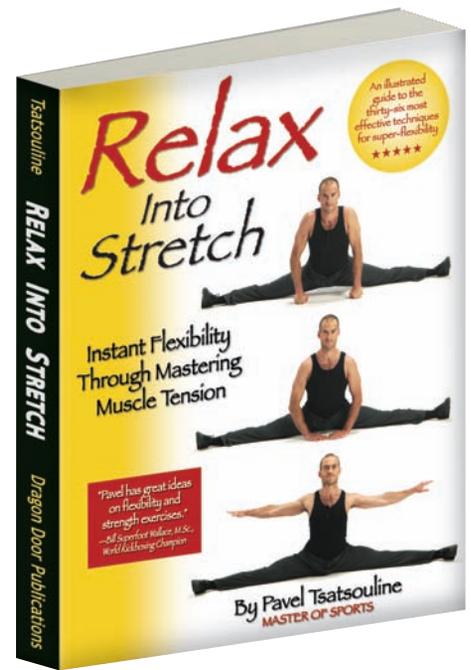
"I can't say I've read many books on flexibility with the wit and clearheaded wisdom I found in Pavel Tsatsouline's *Relax Into Stretch*. Tsatsouline delivers the how-and-why of progressive techniques for achieving suppleness, from simple yoga stretching to advance neuromuscular facilitation, without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

"I tell you truly that *Relax Into Stretch* is superb. Stretching has always been associated with any serious fitness effort and Tsatsouline's approach to this old discipline is fresh and unique and thought provoking. Best of all, this book combines philosophic insight with in-your-face reality as Pavel shares with the reader 'drills' that turn you into what this former Russian Spetznaz instructor calls 'a flexibility mutant'. This book supplies both the road map and the methodology. Don't ask to borrow my copy."

—**Marty Gallagher**, *Columnist, WashingtonPost.com*

"Pavel Tsatsouline's *Relax Into Stretch: Instant Flexibility Through Mastering Muscle Tension* is a superbly illustrated, step-by-step guide to achieve physical flexibility of muscle groups and sinews. *Relax Into Stretch* is very effective and very highly recommended reading for men and women of all ages and physical conditions seeking to enhance their mobility and flexibility as part of an overall exercise regimen." —**Midwest Book Review**

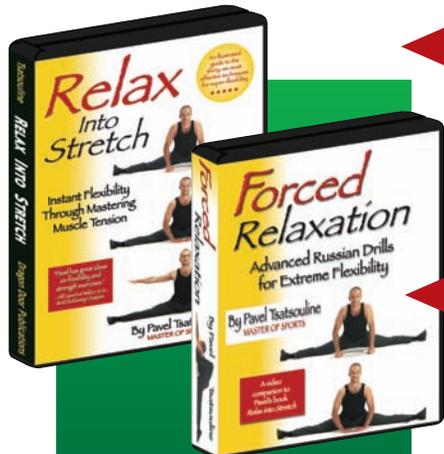
- Own an illustrated guide to the thirty-six most effective techniques for super-flexibility
- How the secret of mastering your emotions can **add immediate inches to your stretch**
- How to wait out your tension—the surprising key to greater mobility and a better stretch
- How to fool your reflexes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



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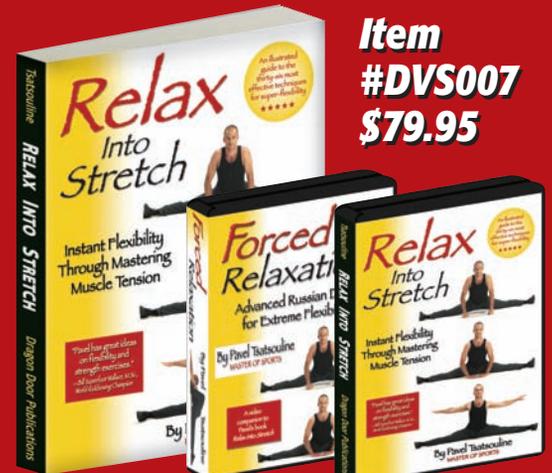


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Don't Just Take Our Word For It!

Here's Another Sample of Our Web-Customer Reviews of Pavel's DVDs, **Resilient**, **Super Joints** and **Relax into Stretch***

"The Wall Walk alone makes this DVD worth the price"

"*Resilient* is yet another no-nonsense presentation from Pavel of things I've never heard of before that work for me like nothing else.

The Wall Walk, which is now my replacement for the McKenzie exercise I used to do every day for my bad back, makes this DVD worth the price all by itself. I could never perform a back bridge without jamming my spine – I now Wall Walk my way into a bridge almost every day. The shoulder opening exercise fixed, in a few seconds, things that have been tight for years. And the list goes on and on – my neck has never felt better.

Pavel is a master teacher and watching *Resilient* is like having him in your living room, teaching you all that you need to know and nothing that you don't. I train harder, with fewer aches and pains, since I started practicing the drills on *Resilient* – what more could anyone ask for?"

—Steve Freides - Ridgewood, NJ

"Great way to recover from and prevent injuries to joints"

"My copy of *Resilient* arrived earlier this week. I watched it that night, and did the parts I could remember the next two mornings. It struck me several times through the day how good I felt. Same feeling as when I first tried *Relax into Stretch* and the first time with *Super Joints*. Because I keep getting the improvement from each new product, I conclude that they complement each other, each one giving me something the others don't quite cover.

Biggest revelation from the DVD was realizing how tight my shoulders are. Though I'm not a great flexibility guy, I thought I was doing pretty well. Ha. Guess I'll be getting the work I need there. Pain is good, as Pavel says.

Finally, my take on how the three programs fit together: *Relax into Stretch* is about a safer and saner approach to the stretching work that is common in high school sports and martial arts. It teaches the body to go farther than it thought it could by learning that the muscles aren't really going to tear as you stretch out.

Super Joints is about moving the joints through full range of motion. From my own experience and watching friends and relatives, range of motion is one of those "use it or lose it" things. I'm using it. *Resilient* is about recovering from and preventing injury by strengthening the supporting and stabilizing muscles around joints that commonly get abused."

—SteveA, South East US

"More than worth the price"

"After more than 15 years of powerlifting and going on 2 years of Kettlebells, I have had my share of aches and pains. Pinched shoulders, tight hips, knotted up back, aching elbows, sore...I doubt there wasn't a joint on my body not crying for relief. Fortunately deliverance came in the form of both *Resilient* and *Super Joints* DVDs.

After the first viewing and trying just a few of the exercises recommended in *Resilient* I began to experience immediate relief! I have since combined exercises from both DVDs and have improved both range of motion and a total cessation of pain in certain joints.

I am always skeptical to claims of "pain ending" solutions and supplements but I can't say enough about Pavel's knowledge and expertise when it comes to subjects such as strength and recovery programs! I don't know how Pavel does it, but with every new book or DVD he comes out with, it is filled with new and useful information all strength athletes (or any one for that matter) can use and benefit from."

—Patrick (phil) Workman, RKC - Mansfield, TX

"Excellent information!"

"At a certain point stretching, joint mobility, and kettlebell training all converge and can be combined into special drills that make the body tougher and more injury-resistant. I had found this point in my training some time ago and started combining principles from the *Russian Kettlebell Challenge*, *Super Joints*, and *Relax into Stretch* in my morning recharge routine. Thought I was pretty original. Wrong. Pavel has been doing the same stuff all along and now he's put out a DVD about it. Oh well, if I wasn't being original, at least I was on the right track. Nice work Pavel."

—Rob Lawrence - Collingswood, NJ

* To review Dragon Door products on our website:

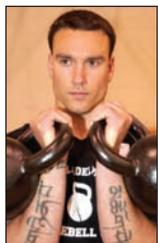
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The Top Ten RKC Instructors—by Review

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

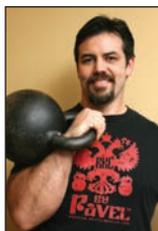
The list below shows the rankings at 11:15am CST on December 13, 2007:



1. Jason C. Brown

RKC Team Leader,
36 reviews
Philadelphia, PA
United States
Phone: 215 480 5564
Email:

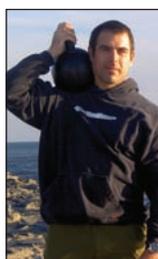
jason@kettlebellathletics.com
Web Site: <http://www.kettlebellathletics.com>



2. David Whitley

Senior RKC Instructor,
33 reviews
Nashville/
Hermitage, TN
United States, 37076
Email:

irontamerdave@hotmail.com
Web Site: <http://www.irontamer.com/>



3. Michael Stehle

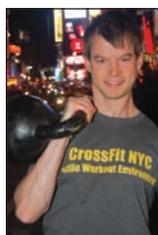
RKC II Instructor, 30 reviews
The Training Room
406 Main Street
Avon-By-The-Sea, NJ
United States, 07717
Phone: 732-988-1555
Email:

thetrainingroom@optonline.net
Web Site: <http://www.NewJerseyCrossFit.com>



4. Jon Engum

RKC Team Leader,
30 reviews
Brainerd,
Detroit Lakes, Fargo
712 Washington Street
Brainerd, MN
United States, 56401
Phone: 218-828-7063
Fax: 218-828-7063



5. Court Wing

RKC Instructor, 29 reviews
New York, NY
United States
Phone: 917-816-8542
Email:
Court@CrossFitNYC.com
Web Site:
<http://CrossFitNYC.com>



6. Dr. Mark Cheng

RKC Team Leader,
23 reviews
Chung-Hua Institute (by
appointment only)
2901 Ocean Park Blvd.,
Suite 207

Santa Monica, CA
United States, 90405
Email: kettlebellsla@yahoo.com
Web Site: <http://www.kettlebellslosangeles.com>



7. Rannoch Donald

RKC Instructor,
21 reviews
Edinburgh, OT
Scotland, EH9
Phone: 07904605645

Email: rannochdonald@aol.com
Web Site:
<http://www.kettlebellscotland.com>



8. Will Williams

RKC Team Leader,
20 reviews
Malvern, PA
United States
Email:

will@mainlinekettlebells.com
Web Site: <http://www.mainlinekettlebells.com>



9. Timothy Anderson

RKC Instructor,
16 reviews
Fuquay-Varina, NC
United States, 27526
Phone: 919-244-9498
Email:

TAsfitness@earthlink.net
Web Site: <http://www.TAsfitness.com>



10. Yoana Snideman

RKC Team Leader,
16 reviews
7524 La Jolla Blvd.
La Jolla, CA
United States, 92037
Phone: (858)603-2154
Fax: (858)456-7386

Email: yoana@revolutionlajolla.com
Web Site: <http://www.revolutionlajolla.com>

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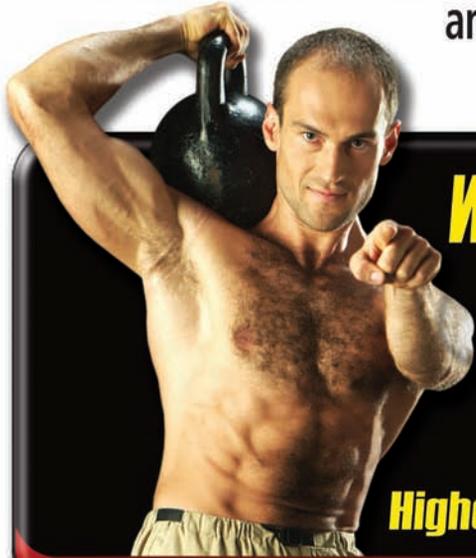


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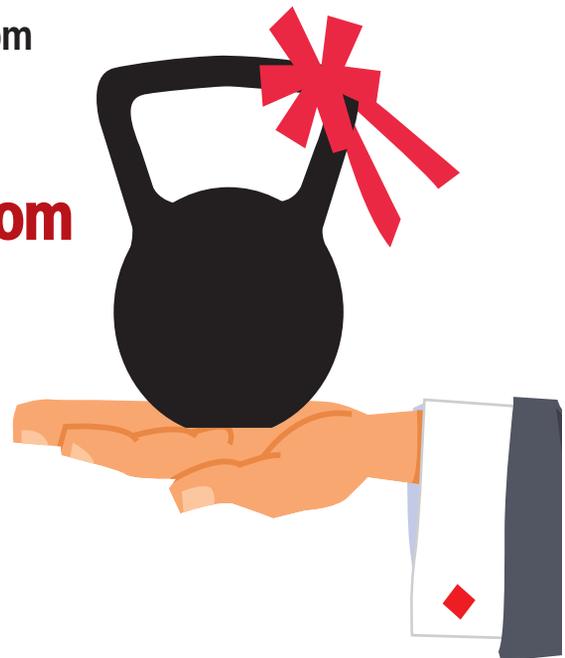
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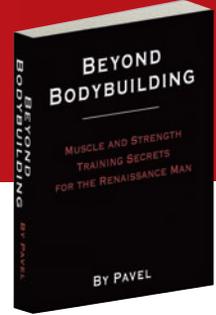


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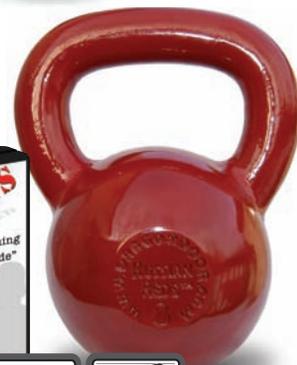
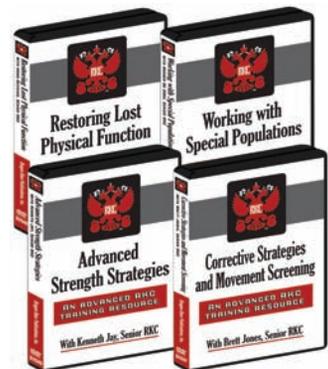
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