DRAGON DOOR PUBLICATIONS PRESENTS

HARD-STYLE
HARD CORE TOOLS FOR HARD LIVING TYPES

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1-800-899-5111 24 hours a day
fax your order (866)-280-7619
Pavel releases major new title: *Beyond Bodybuilding*

In the past, Pavel has contributed a wealth of articles to various magazines on both the classical and modern approaches to strength and muscle training. But, even for the most dedicated, collating all these past articles into a useable resource would prove frustrating at best.

So we have gone to considerable pains to organize this body of articles into a highly practical workbook *Beyond Bodybuilding*, that can serve your training needs for many years to come. The articles have been organized and indexed for extreme ease of reference and use. We have added over 250 excellent photographs to illustrate the wide range of techniques, plus 38 workout charts. See pages 3 to 6 of this catalog for full details.

Steve Baccari, RKC is a highly-regarded boxing coach who has had a great deal of success implementing Pavel’s kettlebell and PTP concepts into his boxers’ training. In his article on Page 28, *Deadlifts for Boxers* he explains the tremendous results he has had with the ‘partial deadlift’ — including a world record for one of his younger boxers.

In his article *Kettlebell Training for World Class Powerlifting* Donnie Thompson reveals some surprising ways kettlebells — and Pavel’s tips in general — helped him increase his major lifts. See pages 38 and 39.

And in *How To Be Your Best When It Counts The Most*, on pages 59 and 60, Charles Stocking discusses how to take advantage of Pavel’s ‘Grease the Groove’ technique to peak successfully in competition.

First-Ever National Kettlebell Convention March 19-20, 2005 in Las Vegas

The kettlebell convention is fast approaching. If you haven’t already registered, we recommend you do immediately. Pavel was commenting that it will be like a ‘Kettlebell Harley Rally!’ True, in terms of the excitement of being with a dedicated group of like-minded enthusiasts. But a whole lot more than that, in terms of the wealth of excellent seminars being offered by some of the leading kettlebell experts in the country. See more details on page 9 and on our website.

More great articles in this issue

In this issue check out some great articles:

Read an excerpt from *Beyond Bodybuilding* where Pavel clarifies his stance on explosive lifting and explains the pros and cons. See page 7.

Senior RKC, Mike Mahler has a terrific new DVD out, titled *The Kettlebell Solution for Size and Strength* — which both Pavel and I highly recommend. See his explanatory article and full details on pages 23 to 25.

Best,

John Du Cane
Publisher

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**News From The Publisher**
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 guerilla 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 mediocrity...

And that's mostly because we never got the education we needed — to know how to win — and keep winning — the guerilla 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, weightlifters, Olympic champions and numerous other tough, tough competitors — where results are everything and failure is simply not on the menu.

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

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

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

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

Defeat the enemies of progress

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

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

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

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

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

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

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

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.
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How a used phone book could help you add 15 lbs to your bench in just one month.

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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FAST OR SLOW – WHICH WILL MAKE YOU STRONGER?

I am not against explosive lifting, but its indiscriminate application.

First, it is not appropriate for beginners. Dremach (1998), from the former Soviet republic of Belarus – famous for its iron athletes of all persuasions – concluded that introducing an explosive deadlift start increased the max of the advanced lifters who participated in the study by 15% – and enabled them to lift the old 1RM for a few repetitions! However, the researcher concluded that this was only appropriate for intermediate and advanced lifters, the cutoff being around a double bodyweight deadlift. V. Dremach warns that a beginner who takes on the explosive DL is likely to get injured and/or fail to develop good technique.

One of the most crucial skills any iron athlete must develop is that of ‘staying tight’. And only the elite can stay tight while exploding like a bat out of hell. Even the Westside Barbell Club powerlifters famous for their explosive training dedicate a special day in their schedule to ‘grinding’. So forget pyrotechnic displays until you master full body tension and put up some respectable poundages.

Second, explosion may or may not be appropriate for a PR lift. Powerlifting guru Louie Simmons’ statement that if you “have so much explosion out of the hole, you do not have sticking points!” sums up the argument for being explosive when going for the max. But there is an opposing point of view. 900-pound deadlifter Mark Henry said that “what makes a good powerlifter is a slow gear.” In other words, when you need to pull a car out of a ditch you call a tow truck rather than a Ferrari. Both camps have valid points and have champions to back them up.

Third, when going for a record, even the opponents of being fast recognize the training value of explosive lifting. Legendary Russian coach S.Y. Smolov, Master of Sports advocates Power to the People! style ‘grinding’ on max lifts yet dedicates two weeks of exclusively explosive training for his famous squat cycle.

The last word on lifting explosively (it does not apply to the ‘quick lifts’: snatches, cleans, etc.). Don’t even think about exploding until you have built a respectable level of strength and learned to get and stay tight. Find out whether maxing explosively works for you through trial and error. Periodically introduce acceleration training with moderate weights into your routine. A great set of guidelines can be found in Dr. Fred Hatfield’s book Power: the Scientific Approach.

Power to you!
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.

“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
Major Seminars at the National Kettlebell Convention by Pavel Tsatsouline and all Senior Russian Kettlebell Instructors

Steve Cotter: Full Contact Kettlebells
Learn the martial art of kettlebell strength training with a national Kung Fu Champion

Andrea Du Cane: Flexible Strength and How to Achieve it with Kettlebells
The star of From Russia With Tough Love book and DVD teaches you the finer points for ensuring a powerful combination of strength and flexibility.

Brett Jones: Kettlebell Grip!
Secrets to developing a bone-crushing grip with kettlebells. Brett Jones is one of only eleven gentlemen worldwide to have bent the infamous red nail.

Rob Lawrence: Little Things That Make a Big Difference in Kettlebell Strength Gains
Rob is a master at researching the fine art of leverage to optimize strength gains from kettlebell lifting. He’ll share his little-known, hard-won secrets.

Mike Mahler: How to Get Big and Strong with Kettlebells
The secrets to packing on hunks of righteous muscle...and to getting as big as you want with kettlebells.

Pavel Tsatsouline: RKC – the Hard Style of Kettlebell Training
The trainer’s trainer — and the man responsible for the Russian Kettlebell Revolution — teaches you the finer points of kettlebells for hard living types.

Jeff Martone: Hand-to-Hand Kettlebells
How to develop explosive power and unbeatable resilience with one of the nation’s leading kettlebell specialists.

Steve Maxwell: Joint Mobility with Kettlebells
World champion Jiu Jitsu artist teaches you how to protect yourself from injury, be far tougher, with his unique weighted-joint program.

Nate Morrison: Kettlebells for Special Operators
A Special Forces trainer shares ways kettlebells can enhance performance — when your life depends on it.

Pavel Tsatsouline: RKC – the Hard Style of Kettlebell Training
The trainer’s trainer — and the man responsible for the Russian Kettlebell Revolution — teaches you the finer points of kettlebells for hard living types.

Special Guest Seminars

Tim Larkin: Intro to Target Focused Training
An RKC and one of the nation’s top self-defense experts, shares key concepts from his dramatic program.

Charles Staley: EDT + Kettlebells = Muscles and Power
One of the most highly regarded athletic coaches in the country explains how to integrate kettlebells into his own proven system for optimal physical performance.

Tony Blauer: Intro to the S.P.E.A.R. System
Discover immensely valuable street-survival skills normally only taught to law enforcement and military.

Dan John: Kettlebells for Throwers
Dan is ranked Number One in the world in the Highland Games, ages 45-49, broke the American Record in the Weight Pentathlon last August, and holds numerous National Championships in weightlifting and throwing.

Dragon Door to award $9,502.00 worth of prizes at Convention
Besides the thirteen seminars by many of the nation’s leading kettlebell and strength experts, there will be four major kettlebell strength contests and three major contests. Dragon Door will be awarding a total of $9,502.00 worth of prize to winners of the various contests and competitions.

The social highlight of the Convention will be the Saturday evening Buffet, which gives you a further chance to visit and network with the amazing group of participants we are expecting. During the Buffet we will be screening the three winning entries for best personal kettlebell video.

For more details visit the Kettlebell Convention page on www.dragondoor.com
Here’s what you’ll discover, when you possess your own copy of Pavel Tsatsouline’s The Russian Kettlebell Challenge— Xtreme Fitness for Hard Living Comrades

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

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

‘The working class sport’

Finally: Xtreme all around fitness!

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

Kettlebells in the Red Army

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

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

Kettlebells for combat sports

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

Why Russian lifters train with kettlebells

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

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Get huge with kettlebells—If you wish

Why the girya is superior to the dumbbell or barbell, for arm and chest training....how to gain muscle size doing KB C&J’s.... repetition one arm snatches for bulkling up your back, shoulders, and biceps.... Incorporating KB’s into drop sets—for greater mass and muscularity.

Kettlebells for arm-wrestlers

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

Getting younger and healthier with kettlebells

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

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

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

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

Why Kettlebells?

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

The program minimum

The Russian Kettlebell Challenge workout: the program-maximum

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

The kettlebell drills: Explode!

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

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

The kettlebell drills: Grind!

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

SECTION FOUR
Classic Kettlebell Programs from Mother Russia:

The official Soviet weightlifting textbook girevoy sport system of training

The Weightlifting Yearbook girevoy sport programs

Three official armed forces girevoy sport programs

Group training with kettlebells—Red Army style

Xtreme kettlebell training— Russian Navy SEAL style

Performing snatches and other explosive kettlebell drills under water....pseudo-isokinetic resistance....how to make your muscle fibers blast into action faster than ever.
Both the Soviet Special Forces and numerous world-champion Soviet Olympic athletes used the ancient Russian Kettlebells as their secret weapon for extreme fitness. Thanks to the kettlebell’s astonishing ability to turbocharge physical performance, these Soviet supermen creamed their opponents time-and-time again, with inhuman displays of raw power and explosive strength.

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

• Get really, really nasty—with a commando’s wiry strength, the explosive agility of a tiger and the stamina of a world-class ironman
• Own the single best conditioning tool for killer sports like kickboxing, wrestling, and football
• Watch in amazement as high-rep kettlebells let you hack the fat off your meat—without the dishonor of aerobics and dieting
• Kick your fighting system into warp speed—with high-rep snatches and clean-and-jerks
  • Develop steel tendons and ligaments—with a whiplash power to match
  • Effortlessly absorb ballistic shocks—and laugh as you shrug off the hardest hits your opponent can muster
  • Go ape on your enemies—with gorilla shoulders and tree-swinging traps
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 kettlebell training 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-failing 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. Kravetskiy, the father of the kettlebell sport, took up training at the age of forty-one and twenty years later he was said to look fitter 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 Kneebraces

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 where to buy steroids 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

STEEL HANDLE & CORE/RUBBER CASING

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CLASSIC KETTLEBELLS (SOLID CAST IRON)

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<td>#P10J 28kg (approx. 62lb) — 1.75 poods</td>
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<td>#P10F 40kg (approx. 88lb) — 2.5 poods</td>
<td>$179.95</td>
<td>S/H $52.00</td>
<td>$210.00</td>
</tr>
</tbody>
</table>

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

#SP10 Classic Set (one each of 16, 24 & 32kg) $322.85 S/H $95.00 $405.00 $269.00

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!

www.hard-style.com
How Kettlebells STEAL THE FAT off Your Bones… JUMP-START MUSCLE GROWTH –More Success Stories

SUCCESS STORIES FROM THE DRAGONDOOR.COM FORUM

“Boy am I pumped this morning. Went out yesterday and bought some new shirts XL, I used to wear XXXL. Walked into work this AM and blown away at the compliments I got from the ladies. It was unreal. WOW I should have done this a long time ago. My new total this morning from all this is 73lbs. lost! Yeah!!!!! KB's are kicking my butt and I'm loving it.....Yippie!”
  From: Randy Joiner, Date/Time 2002-11-14 11:33:27

“Pavel and Comrades your advice has helped me shed fat (30 plus lbs) using the Russian Kettlebell Challenge.”
  From: Black Coffee, Date/Time 2002-12-03 21:24:29

“I've lost over 25lbs so far doing KB's only.”
  From: Jim Haines, Date/Time 2002-11-15 12:36:45

“For the last 7-8 weeks, I have trained exclusively with KB's. I have lost 7 pounds, dropped a pants size and have firmer, more defined muscles. I am no stranger to fitness, having been an avid weight lifter in addition to running marathons. For me, KB's are the best training devices I have ever used.”
  From: rhgo, Date/Time 2002-11-30 11:10:02

“It seems just like it almost happened overnight. Around the holidays I was porked up to 242 and I regret not measuring bf then, but I'll estimate and say 19-22%. Anyway, after the holidays I started kicking ass and taking names with the kballs and dropped 20 pounds in a short amount of time, it was a little less than a month.. It's insane, the kballs are just melting my fat away and I'm loving every minute of it. Look out single digit body fat and visible abs, here I come!!”
  From: Fish, Date/Time: 2002-02-08 10:18:15.

“My biceps grew faster and better from doing KB snatches than they ever did with curls. Just another of the MANY benefits of doing KB's.”
  From: BigNate. Date/Time: 2001-11-16 14:20:11.

“In the last few months I've hacked off about twenty-five pounds of lard without even cutting out the goodies or doing any special eating plan, simply by doing three RKC workouts per week.”
  From: Craig N. Date/Time: 2002-03-11 19:49:37

“For a variety of biomechanically sound reasons, the Kettlebell workouts deliver an astounding variety of athletic benefits, including literally melting the fat off your body. I've lost about 1% body fat per week on the system. It is so intense it's downright scary. The endurance benefits are equally impressive.”
  From: Steven Barnes Date: Aug. 7, 2001

“I love KB's! I have lost 16 lbs in the last four weeks since I started the KB lifts. Also, I haven't jogged in 2 weeks and last night I went jogging after my KB workout. At the end of the course that I run there is a big hill. Before KB's I was dying at the beginning of the hill, and a complete goner at the top. Last night I threw the hill aside like a little pink plastic dumbbell!!!”
  From: Gediminai. Date/Time: 2001-10-05 16:58:42.

“I have my kettlebell three weeks now and WOW! So far my back and shoulders are growing and getting cut up all at once and my forearms look like Popeye's, I can't stop eating but I haven't gained an ounce but have lost an inch in my waist.”
  From: Robert Arciola. Date/Time: Tuesday, February 19, 2002 6:32:08

“Alternating PTP and RKC in two week cycles for just about three months, have gone from deadlifting 5 X 120 to 5 X 245. New 1RM is 325. I weigh exactly the same (180 lbs) but leaner, stronger, and with bigger shoulders.”
  From: Barry1001. Date/Time: 2001-12-03 23:32:01

“About a month ago I suspended my Westside Barbell method powerlifting workout and went for a month of straight KB workout. I just did the max effort on reg. deadlift and get this folks. I just added forty pounds to my PR on 1RM. My 1RM deadlift went up from 325lb to 365lb. My deadlift technique got a lot more snap in it and more explosive. I noticed the same thing on my squat technique. I am 6 feet and weight 180 lbs. Lifting the twice of your body weight is pretty cool eh?”
  From: Craig. Date/Time: 2001-10-29 09:47:25

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

People comment me all the time on my mass gains. I honestly fell that I have widened and defined my shoulders doing the kettlebell Scott Press Lift in two weeks than I have doing a year of training with regular weights! Also, I love the kettlebell so much I can't put it down. I'm lifting it all the time. I fell like I have to force myself to take a break! Thank You Pavel for all the golden information you have given, You have advanced me in weight training 1000yrs.”
  From: voitle. Date: 5/01/01.
“Pavel’s stuff works — period. His methods — and his kettlebells that are my prized possessions — are simply the most effective combination — by far — that I’ve ever encountered in 30 years of training. This tape, like all of Pavel’s products, is worth every penny.” — John Quigley, Hazleton, PA

More Russian Kettlebell Challenges
25 Evil Drills for Radical Strength and Old School Toughness
With Pavel Tsatsouline
VIDEO #V111 $59.95
DVD #DV005 $59.95
Running Time: 40 minutes

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

“Pavel Tsatsouline delivers some outstanding instruction that has to be seen to be appreciated. Do your self a favor and get this video. The quality is what you would expect of a Tsatsouline video. The drills are demonstrated with adept skill and perfect execution. He is an example that this stuff works. 25 drills in this video. Some of them expand on the ones previously demonstrated in the “Russian Kettlebell Challenge”, and make them more challenging. Others are ones you’ve never seen before. All of them are “must haves” in your KB lifting repertoire. All of them are tough. There are no namby-pamby exercises in this video. Tsatsouline demonstrates the drills with the ease and grace normally reserved for an Olympic figure skater, only this guy, who looks like he was carved out of stone, is heaving and hoisting kettlebells. I am very satisfied with the purchase of the video. My kettlebell lifting has already improved from it. More RKC definitely will improve my KB lifting for a long time to come.” — Christian Rubio, RKC, Lake Mary, FL

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

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

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

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

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

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

Jeff Martone is a defensive tactics, firearms, and special response team instructor, providing low-profile operational development training to a federal agency. He is the author of Hand-to-Hand Kettlebell Drills: Xplosive Strength and Stamina for the Combat Athlete video. h2hkettlebell.com, Tennessee

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

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

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

isit the Hard-Style website today to take advantage of free author □
e-newsletters, product updates, cutting edge fitness articles and a highly-active □Discussion Site. A goldmine of advice from leading experts, constantly updated! www.hard-style.com www.hard-style.com
“Come to My April 2005 Russian Kettlebell Challenge Certification—
And I Guarantee to Make You A Better Man—Or Woman!”

Where: St. Paul, Minnesota
When: April 15 – 17, 2005

For complete details visit www.dragondoor.com and go to the Workshops Section.

Joey Troup, Personal Trainer, Marietta, GA

Athletic Achievements, training background or specialty:
NASM Certified Personal Trainer. ISSA Certified Fitness Trainer. Marital Arts background – Wing Chun, Tang Soo Do, kickboxing and Tae Kwon Do

“This was an incredible experience. The training far exceeded any certification or training I have done in the past.

Tige Watson, Paramedic/ Firefighter, Albuquerque, NM

Athletic Achievements, training background or specialty:
Track, wrestling, personal trainer, soccer coach, wrestling coach, DOE instructor Certified, Co-Developer Wellness and Fitness Program for Albuquerque Fire Department

“This was a fantastic boot camp. A very challenging weekend. I found it a privilege that instructors of this caliber offer their knowledge and understanding. The quality of training is phenomenal and demands total respect.”

Missy Beaver, Personal Trainer, Santa Monica, CA

Athletic Achievements, training background or specialty:
I played four years of college basketball. I am an avid golfer and participated in the state championship in high school. I am training to participate in amateur boxing. I skateboard, boogie board, rock climb and enjoy climbing ropes and doing the rings in SM.

“Powerlifting bench over 500, squat over 700, at 230 bodyweight. Professional wrestling, bodybuilding, some boxing, martial arts.

“The best training of its kind I have had.”

Ron Morris, Personal Trainer, Forest Lake, MN

Athletic Achievements, training background or specialty:
Powerlifting bench over 500, squat over 700, at 230 bodyweight. Professional wrestling, bodybuilding, some boxing, martial arts.

“The best training of its kind I have had.”

Kerry Timko, Strength/Conditioning Coach/PT, Thunderbay, Ontario, Canada

Athletic Achievements, training background or specialty:
Trained Canadian Olympic & World Cup Boxers. 1998- Ranked 6th in Navy Seal Super Fitness Challenge. Assisted strength coach – Kansas City Chiefs and Minnesota Vikings. CSCS since 1987. HBPE, PFLC, Former collegiate – head strength coach. 27 years as fitness professional – over 25,000 trained.

“It was the most intense hands on high volume information and practical workshop I have ever attended. And believe me, I have been in this field for 27 years. And have been to countless seminars and workshops and nothing compares to what you will learn. If you you’re an expert in this field, think again! I’ve got as much education and background as some of the best and I started learning the moment I walked through the door. The instructors were all great. They demonstrated not only their knowledge and expertise, but also were very friendly and approachable. They did not put themselves on a pedestal above the participants.”
Unleashing a Powerful Force: Become a Leader in The World’s Most Dynamic Exercise Method

Participants at Pavel’s 2004 Russian Kettlebell Certifications included world champions, elite athletes, special forces, law enforcement, firemen, doctors, personal trainers, martial artists...and regular folk just looking to achieve irregularly spectacular levels of strength and conditioning. The Party is On. The Party is Growing. We invite you to ride the wave. Go to www.hard-style.com today and sign on!
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.


Just some of what From Russia with Tough Love reveals:

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

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

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

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

Highlights

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

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

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

How To Get Very Strong Yet Stay Slender
- Why the mind-muscle link is your real key to strength.
- The structural approach to strength training vs. the functional approach.
- Conscientious practice vs. the mindless workout.
- How to rev up recruitment and firing rate to build strength without adding muscle.
- Developing the skill of staying tight for greater safety and performance.
- The real secret to great muscle tone.

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

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

Anti-Isolation For Power And Safety
- Why isolation as a key cause of injury in the gym.
- How to take advantage of irradiation for greater strength.
- Maximizing tension with the secret of bracing.
- Using Starling’s law and the omyazhka maneuver to get stronger in your press.

Think And Be Strong
- The power of thought to make you firmer.
- The Russian sports science concept of skill strength.
- The dating game, iron-style: why’s it all about lessons and practice.
- Treating your kettlebell practice as “iron yoga.”
- Focusing on the mind, muscle, and breathing connection.

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

From Russia with Tough Love

Pavel’s Kettlebell Workout for a Femme Fatale

By Pavel Tsatsouline

Paperback 184 pages 8.5" x 11"

#B22 $34.95

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

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for a Femme Fatale
With Pavel Tsatsouline
Running Time: 1hr 12 minutes
VIDEO #V110 $29.95
DVD #DV002 $29.95

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

What you’ll discover when “Tough” explodes on your monitor:

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

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

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

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

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

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

“It is the most effective training tool I have ever used. I have increased both my speed and endurance, with extra power to boot. It wasn’t even a priority, but I lost some bodyfat, which was nice. However, increased athletic performance was my main goal, and this is where the program really shines.”
—Tyler Hass, Walla Walla, WA
“Best Fitness Video I Have Ever Bought”

“I am a 56 year old gal, have videos from Jane Fonda, Tai Chi, the FIRM, etc. From Russia with Tough Love is the best workout video I have ever bought. Well worth every cent.”
—rkb beginner, Knoxville, TN

“All Of Pavel Tsatsouline’s Products Are Excellent”

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

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

I am so pleased with these DragonDoor products. They are worth every penny.”
—Comrade Girygirl - Philadelphia, PA

“This Book is For Everybody, Not Just For Women”

From Russia With Tough Love is a goldmine and belongs in every comrade’s library. I believe the material in the book is also useful for putting any kid on kettlebell training.”
—Craig - Fayetteville, AR

“Video Is Outstanding For Everyone”

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

“This is Fun!”

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

“You Can Always Tell People You Bought it for Your Wife…”

“I used the excuse that I was getting this book for my wife and daughter. But this book would be an excellent addition to anyone’s fitness library. If you already use kettlebells, From Russia with Tough Love will give you more ideas and drills to try. If you haven’t started kettlebell training yet, what are you waiting for? Get this book and the Russian Kettlebell Challenge. No matter what your fitness goals are kettlebells can help you achieve them, and this book is a must have. You can always tell people you bought it for your wife…”
—jam1868, IL, USA

“Great Bang For The Buck! Best Kettlebell Video”

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

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

Customer Praise for the From Russia with Tough Love Kettlebell Program

From Russia with Tough Love
Pavel’s Kettlebell Workout for a Femme Fatale
Book  By Pavel Tsatsouline
Paperback  184 pages  8.5” x 11”
#B22  $34.95
I started training with kettlebells and was always interested in lifting heavy kettlebells for strength and power. Doing tons of reps with light kettlebells never appealed to me. While my goal was not to get bigger, it happened as a side effect of hard training with heavy kettlebells. While I am not giving any of the Venice Beach Bodybuilders any competition (not one of my goals and I doubt that it is one of yours), I have shown clearly that you can build a strong, muscular, and flexible physique with kettlebells.

When I first started lifting kettlebells, I could barely press two 70lb kettlebells three times. Now, I can press two 88lb kettlebells five times at a bodyweight of 195lbs. Let's go over the best kettlebell exercises for size and strength and a sample program to get you started.

**Mahler’s Kettlebell Arsenal**

- Double Front Squat
- Double Swing
- Double Snatch
- Double Windmill
- Turkish Get-up
- Double Military Press
- Double Bent-over Row
- Floor Press

It does not take a rocket scientist to realize that most of the above kettlebell exercises require two kettlebells. Why? The reason is obvious: more resistance equals faster hypertrophy and strength gains.

Let’s use the example of the Double Military Press to illustrate this point further. When you press one 70lb kettlebell overhead your body is working against 70lbs total. When you press two kettlebells overhead, your body is working against 140lbs. I say body, as the military press requires a full body effort when executed properly. To lift the most weight overhead, you need to flex your butt, legs, stomach, lats, shoulder, triceps and bicep. The more weight that your body has to work against, the more intense the exercise is and the more hypertrophy will be developed.

**Focusing on compound bi-lateral exercises is the way to go for maximum size and strength.**

If lifting one kettlebell were superior or even just as effective, then why do thousands of bodybuilders and athletes focus on basic compound barbell exercises? Why not do one-arm bench presses instead of two-arm barbell bench presses? Unilateral exercises are great for addressing imbalances and have a place in a training regimen. However, focusing on compound bi-lateral exercises is the way to go for maximum size and strength.

Let’s use the example of the kettlebell front squat to drive the point home. Do you really think that front squats with one 88lb kettlebell will be as effective as holding two kettlebells? Sure with one, your core has to work hard to maintain balance, but you are only working with 88lbs. With two kettlebells, you have to work against 176lbs and believe me this is harder than it sounds. Holding two big kettlebells in place for full body squats requires concentration, a strong upper body, and some strong wheels. The payoff? You get bigger and stronger legs.

The only exercise listed above that is done with one kettlebell is the Turkish Get-up. The TGU has many benefits. One, TGUs build a strong core, which is mandatory for heavy leg and overhead work. Two, TGUs build up shoulder flexibility and stability, which is critical for strong pressing. The double windmill will work as well for building the core and shoulders. However, the TGU is still a wise choice to implement.

Next, lets go over a sample four-week program to get you started.

**Mahler’s Plan Of Attack**

**5x5 (Five Sets Of Five) Weeks 1-4**

5x5 training is a standard protocol that has been around for many years. It is also an extremely effective way to pack on some size and strength. It was a favorite of legendary bodybuilder Reg Park who just happens to be Arnold’s idol.

Here is how it works. Pick a training weight and do five sets of five reps. If and when you can complete all sets of five, increase the weight by five to ten pounds and shoot for five sets of five again. Take three-minute breaks in between each set. Obviously, incremental weight increases are not possible with kettlebell training so we have to look at other factors to manipulate. One factor to manipulate is time under tension. When you can do 5x5 with a quick tempo, increase the negative to four seconds and the positive to two seconds. When that becomes easy, try five seconds up, a pause at the bottom and five seconds down.

(Continued next page)
Another factor to manipulate is the breaks between each set. Instead of taking three-minute breaks in between each set, take two-minute breaks. When that becomes easy, decrease the breaks to ninety seconds. When that becomes easy, go to sixty seconds. When you can do 5x5 with one-minute breaks and slower tempos, I have no doubt that you will be ready for some heavier bells. A third variable that can be manipulated are the training exercises. When you can do 5x5 on the standing Military Press, work on 5x5 on the seated press, and then 5x5 on the Sots Press. When you can do double swings easily with 5x5, move up to double snatches. There is always something that you can do to make an exercise harder or a training regimen more effective.

Here is a sample 5x5 kettlebell Program:

**Monday**

- **A-1:** Double Military Press
- **A-2:** Kettlebell Pull-up

Do A-1 and A-2 back to back. In other words, do one set of A-1, wait a minute and then do a set of A-2, wait a minute and then do another set of A-1 and so forth. Keep going back and forth between A-1 and A-2 until you have completed all five sets.

- **B-1:** Double Kettlebell Front Squat
- **B-2:** Double Kettlebell Swing

Same directions as A-1 and A-2

Wrap up with:

Double Windmill 5x5 lr (left and right) Take two minute breaks in between each set. One complete set equals five reps on each side.

**Wednesday**

- **A-1:** Double Floor Press
- **A-2:** Double Bent-over Row

Same directions as above

- **B-1:** Double Front Squat
- **B-2:** Double Snatch

Same Directions as above

Wrap up with:

TGU 5x5 lr (left and right) Take two minute breaks in between each set. One complete set equals five reps on each side.

**Friday**

- **A-1:** Double Seated Military Press
- **A-2:** Kettlebell Pull-up

Do A-1 and A-2 back to back. In other words, do one set of A-1, wait a minute and then do a set of A-2, wait a minute and then do another set of A-1 and so forth. Keep going back and forth between A-1 and A-2 until you have completed all five sets.

- **B-1:** Double Kettlebell Front Squat
- **B-2:** Double Kettlebell Swing

Wrap up with:

Guard Sit-up 5x5 lr (left and right) Take two minute breaks in between each set. One complete set equals five reps on each side.

Take a day off in between each workout. In other words, do day one on Monday, day two on Wednesday, and then Day 1 again on Friday.

There you have it. The best kettlebell exercises for getting bigger and stronger and a sample program to get you started. Make sure that you ramp up your caloric intake if you want to pack on some muscle. For more programs and tons of techniques on how to lift the heaviest kettlebells possible, be sure to check out my new DVD, “The Kettlebell Solution For Size and Strength.”

**About The Author**

Mike Mahler is a strength coach and kettlebell instructor based in Los Angeles, Ca. Check out Mike’s website at www.mikemahler.com for updates and for more information on his workshops and products.
“I choose ‘the hard style’ of kettlebell training, crisp and powerful like a karate punch. The Kettlebell Solution for Size & Strength is right down my alley. Mike Mahler impresses with strength and clearly explains how to apply the High Tension, Power Breathing, and Rooting Techniques to a variety of powerful double kettlebell drills. Last but not least are his highly effective routines.” —Pavel Tsatsouline

“I will show how to get much stronger with kettlebells and build a muscular physique as well. Even if you do not care about getting bigger, all of the techniques on the DVD will show you how to maximize strength with kettlebells. This DVD is made for people that love kettlebell training and want to take their training in the direction of strength and power.”—Mile Mahler

Discover Mahler’s Arsenal for Strength and Size:

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

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

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

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

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

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

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

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

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


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

Mahler’s Aggressive Strength
The Kettlebell Solution For Size and Strength
With Mike Mahler
Running time: 90 minutes
**DVD #DV022  $49.95**

“Finally got a very easy 52# TGU after reviewing Mike’s new DVD. A short while ago I couldn’t budge the 44# bell. Thank you for the detailed instruction Mike.”
—Siameeser from the Dragondoor Forum

“I must say that your new DVD is just simply awesome. The way you handle the 2 70s make me want to just quit working out and take up something like painting or singing. Extremely well made and very well presented. You have cleared so many questions on MP. I have a new found respect for rows and floor press. In a week I feel I have hardened especially the entire back and am so happy about that.”
—Rajiv Menon

“Your finer points really helped me with my double kettlebell squats technique. I did not have the KB positioned as optimal as you demonstrated. Your finer points for the double military press and snatch will really help me in achieving higher reps and weight. It was an action packed 90 minutes.”
—Billy Cook

“Your finer points really helped me with my double kettlebell squats technique. I did not have the KB positioned as optimal as you demonstrated. Your finer points for the double military press and snatch will really help me in achieving higher reps and weight. It was an action packed 90 minutes.”
—Billy Cook

“This one is a must for any strength enthusiast. The technical details, clarity, and choice of exercises were excellent. I have been involved in the iron game back when Zottman, Jefferson, and Zercher lifts were popular. I picked up many pearls on form and technique from your DVD. I have always enjoyed the old time strongman lifts and your DVD brings back that primal mindset and passion for old fashioned hard work strength exercises.” —Steve Fink
Fantastic Fat Loss with Magical KB’s
“I have been training with the KB’s and DB’s for about 2 months or so. To date, I have lost about 33 pounds of fat, and put on 5 pounds of muscle. Give it all you have comrade, the weight will fall off.” From: ZenTrainer Date/Time 2001-06-20 13:06:13

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

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

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

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

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

In 3 weeks of KB’s the changes in my wife’s appearance are staggering
“My wife started on KB’s three weeks ago along with my 12 year old sons, the changes in my wife’s appearance are staggering to say the least. She has now dropped her gym membership and will be working out entirely with the KB’s. Encourage your wife to try this form of exercise, it will deliver results the spandex and Lycra brigade could never hope to match.” From: nickel Date/Time 2001-12-03 07:31:10

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

“She was at a weight she hadn’t been at for 15 years”
“For almost 3 years I have done PT with a woman who has achieved average results. 2 months ago I started her on PT and worked in cycles of RKC last month. She was literally firming up and slimming down before my eyes. She called the other day bubbling and gushing over the phone that she was at a weight she hadn’t been at for 15 years and wearing clothes she could only fit into before she had her teenage daughter!” From: Ivan Date/Time 2001-12-23 11:38:37

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

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

“My biceps grew faster and better...
...from doing KB snatches than they ever did with curls. Just another of the MANY benefits of doing KB’s.” From: BigNate Date/Time 2001-11-16 14:20:11

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

“I don’t want anybody else knowing about KB’s”
“I’d rather that no one else know about KBs and Pavel’s other programs except for those who already know. Why? I want that edge. I want to be the one who can outrun, outlift, outjump, and outlast everyone else. I want it to be my secret weapon!” From: WarpedMind Date/Time 2001-12-08 01:27:00

No more back pain...
“I’ve been doing KB’s for about 1 1/2 months now. My back is finally pain free after about a year of on-and-off pain. I can’t wait to see where my future training goes with the KB’s.” From: X-celsior Date/Time 2001-11-02 13:32:23

This is a small sample from the deluge of similar stories you will find posted on the www.dragondoor.com Discussion Site
Hey, you don’t get to be a two-time world champ wrestler and supreme athlete by sitting on your duff all day and fantasizing your way to fitness. Particularly if your name is Steve Maxwell. When you look up “dedicated” in the dictionary, you’ll find yourself staring at a picture of Steve. The man is constantly, constantly pushing his envelope—striving for the ultimate physical edge, the honed, rugged, wild-animal, don’t-mess-with-me body that screams champion from every cell.

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

But back to my story. You see, Steve has a fatal flaw. He’s modest. He just doesn’t appreciate what a goldmine he has to offer the world. Here’s a man who has dedicated his life to the Holy Grail of developing the perfect fitness-workout. And has two world championships in a brutal, brutal art to prove it. Would ya think there’d be a few people out there who’d want what Steve has? I’d say! And so did the Evil One.

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

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

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

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

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!
Several months ago I put together a strength program for one of the young boxers I work with. Ryan Kielczweski, then 13 years of age and 14 as of today, has been a competitive amateur boxer for over seven years. During those seven years he compiled a record of 82-11. To call Ryan a good amateur boxer is like calling the New York Yankees a decent professional baseball team!

With this in mind it was very important to develop a strength program that would enhance his ability in the ring without taking anything away from his already exceptional skill. I chose the *Power to the People!* deadlift/press program, because it had worked so well with several professional boxers that I work with. The only problem was Ryan was having some trouble pulling from the floor. I brought this up in a conversation with Jeff Martone. Jeff suggested the partial deadlift, or what Pavel refers to as the ‘Health Lift’ in his book *Power to the People!* Following is Ryan’s exact program:

A partial deadlift, 5 sets of 2 reps using the staggered grip. The reason for only doing sets of two was to make certain Ryan was following and perfecting all of the PTP tension techniques. These techniques are the key to generating maximum strength safely. In between each set Ryan performed a decompression hang. This was followed by Janda sit-ups. Ryan also practiced one-arm military presses using a KB, but not on the same day.

When working with young athletes it is best to keep it simple and focused. More is not better, it is just more. After a couple of months Ryan showed the following improvements:

1) Increased core strength
2) Increased grip strength
3) More stability in the ring
4) Increased punching power

Partial deadlifts are a great way to start any athlete on the right road to proper strength training.

Fast forward 13 months down the road. There is no real off-season in boxing. But if you’re going to take some time off, the summer is the best time to take off. I’ve never been in a boxing gym with air conditioning and most have very few windows. In short, you’ve got to be tough just to handle the smell. With this in mind, and the fact that Ryan had a very busy fight schedule this past year, his head trainer Steve Maze and myself decided that after Ryan’s fight in early June he would take the rest of the summer off. Having decided that, we wanted Ryan to continue his strength program throughout the summer. Because you can never be too strong. To keep Ryan’s interest in his strength program, Ryan’s dad, Rick Kielczweski, entered Ryan in a deadlift contest. The whole point was really just to keep him occupied and on the road to improving his strength. None of us, including Ryan, ever imagined that he would break the deadlift world record for his age and weight.

You will notice in the picture that Ryan has no weightlifting belt on, no wraps, and very little chalk. This is undoubtedly due to the fact that Ryan has perfected Pavel’s methods of generating power. This being the case, the bells & whistles of weightlifting are not required.

It is very important to note that this world record is merely a side effect of Ryan’s training program. First and foremost, we were improving his boxing.

If you’re looking for a simple and safe program to increase your overall strength from your nose to your toes, I highly recommend the PTP program by Pavel Tsatsouline. In your quest for self-improvement, who knows... you just might break a world record.

Steve Baccari, RKC is one of six boxing coaches and the strength and conditioning coach at the South Shore P.A.L. School of Boxing. This gym, previously Farrell’s School of Boxing, has produced 25 National Amateur Champions, one Pan-American Champion, and several other professional boxers. Steve is a co-author of *Power Behind the Punch: Kettlebell Conditioning for Boxers* DVD. To inquire about training under Baccari, e-mail sbaccari@selmark.com.
“A decade of research, sweat, and blood made Power Behind the Punch the best strength and conditioning program for boxers in the world, period. I’ve seen a stack of notebooks, meticulous training records for over 4,000 consecutive days, in Steve Baccari’s basement. And I’ve seen his fighters’ records.”
— Pavel Tsatsouline

Power Behind the Punch: Kettlebell Conditioning for Boxers

With Jeff Martone and Steve Baccari
Running Time: 90 Min
DVD (contains two volumes on one DVD) #DV009 $59.95
Two Volume Video Set #V113 $59.95

Jeff Martone is a Senior Russian Kettlebell Challenge™ instructor and the only instructor certified to teach Pavel’s Tactical Strength™ program. Jeff is a full-time defensive tactics, firearms, and special response team instructor for a federal agency. He was the first to implement kettlebells as an official part of the academy’s PT program. Jeff is the author of Hand-2-Hand Kettlebell Drills: Xplosive Strength and Stamina for the Combat Athlete video; he has been featured on Conquest (the History Channel).

Steve Baccari, RKC is one of six boxing coaches and the strength and conditioning coach at the South Shore P.A.L. School of Boxing.

Proven, comprehensive strength and conditioning program:

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

Contents

Volume I
Basic Exercises: Two Arm Swing, One Arm swing*, DARC Swing, One Arm Snatch*
Pre-Season: Level 1, Level 2, Level 3, Ab Work, Neck Work
Strength Base: Deadlift, Military Press, Decompression Hang

Volume II
Circuit Training: Simple Circuit 1, Simple Circuit 2*, Simple Circuit 3, Simple Circuit 4*, Complex Circuit
H2H: Flip-n-Catch, Hot Potato, Reverse Lunge, Flow Drills
Big Bang: Squat Thrust Snatch, Jump Shrug, Seesaw Press, Alternating Clean, Windmill
*includes dumbbell variations

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

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

“Awesome. This video teaches a simple method of exercises, that can be done anywhere, which gives the hand to hand combat athlete explosiveness and conditioning, something all fighters need.”
—David Keefe, former Golden Gloves boxer, undefeated kickboxer, 1999 NAGA Full Contact Karate Champion, trainer of numerous amateur and professional boxers, Pawtucket, RI

“Since my fighters have been on the Power Behind the Punch program, punch output and punching power along with their stamina has increased. This video is the reason I have national champs and world rated contenders.”
—Steve Maze, Boxing Coach, South Shore PAL, Quincy, MA
Reviews of Pavel’s The Naked Warrior

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

GO TO PAGES 61–63

“Pavel has created a superb conditioning program with his newest book The Naked Warrior. It’s a program of proven techniques to build a super strong body using simple bodyweight exercises. I truly believe that this is a great book for those who want to get in shape or stay in shape.”— Al Sears, M.D., author of The Doctor’s Heart Cure

“Another awesome book by Pavel, the best free hand training guide ever written, packed with detailed and result producing information on every page.”— Paul Becker, Hillsboro, OR

“If you are looking for the ultimate in strength gain this book is for you! The Naked Warrior delivers high potent information on ancient techniques for maximum strength development. Pavel succeeds like no one ever has in organizing and explaining the amazing ways of how to amplify your strength and power. The lost secrets of strength, told by “the Evil Russian” can now be yours and you do NOT want to miss it. I give my highest recommendations to The Naked Warrior and Pavel Tsatsouline- You might as well learn from the best!”— Kenneth Jay, Denmark

“The Naked Warrior is in a class all by itself. Having researched countless performance enhancement resources over the past 20 years, I can whole-heartedly recommend The Naked Warrior for both athletes and military/law enforcement professionals alike. The difference is in the details. If you are seeking true functional strength, that will be there when you need it, add this tool to your “training toolbox””— Jeff Martone, Knoxville, TN

“Another in depth, myth-busting book on fitness and strength training from Pavel Tsatsouline. It’s always a pleasure to read his unique, well researched books. I encountered a lot of new training ideas I’d never seen anywhere else before and am looking forward to trying some of them out. It’s great to have tested, proven strength training routines that don’t depend on expensive equipment or trips to the gym. Pavel is a great antidote to the steroid pumped ego-maniacs who pose as strength training experts.”— Ken McCarthy, NY

“Until now, almost every book about bodyweight training has to deal with high-rep pushups, pullups or lunges. That’s great for conditioning, but what about developing strength? Pavel nailed the idea of improving strength with bodyweight training. He gives lots of tips on technique and dozens of exercise variations. It’s a book every trainer, coach and athlete should have on their bookshelf!”— Ryan Lee, Stamford, CT

“This program is elegant in its simplicity and effectiveness. I’ve been on the road for the past 2 months all over Asia. This program was my core workout program during that time. I could literally do it anywhere since no special equipment was needed and was able to increase the difficulty of the program as I got stronger. I’ve seen many approaches to training but Pavel has a gift for giving you the raw meat that gets result.”— Tim Larkin, Las Vegas, NV

“The Naked Warrior: Master The Secrets of The Super-Strong Using Bodyweight Exercises Only by Russian strength expert and former Spetsnaz instructor Pavel Tsatsouline is a thoroughly “user friendly” instruction guide to enhancing sheer brute body strength; mastering martial arts secrets of instant power generation for rapid surges in applied strength; getting a world-class power lifter’s quality workout; developing a harder, firmer, yet resilient body; acquiring the crushing upper body force needed from one-arm and one-leg pushup routines; building up leg muscles and performance -- and all of these with no gym, no weights, and yet benefiting from an effective workout anywhere you happen to be at the time. The Naked Warrior is an enthusiastically recommended addition to any dedicated or aspiring athlete’s bodybuilding reference collection.”— Midwest Book Review, Oregon, WI

“In addition to learning how to master two of the best bodyweight drills period for strength, you will learn how to transfer the high tension techniques that Pavel reveals to weight training and athletics. This books is much more than another book on bodyweight drills. It is the first book on how to develop high levels of strength with your bodyweight and reveals the truth on the limitations of high rep bodyweight drills such as pushups and hindu pushups. Pavel also goes into great detail regarding his GTG program which is an incredible and controversial way to gain strength fast. Every time you read the book you will pick up something new that will benefit your training tremendously.”— Mike Mahler, Santa Monica, CA

“As a person who travels a lot, I often don’t have easy access to gym equipment. Pavel Tsatsouline does an excellent job of outlining the basics of strength development using no equipment at all. He spends just enough time on the “principles”, and then applies those principles on two basic exercises. However, his principles can be applied to ALL exercises. His approach is practical and real-world. I can only speak for myself and my own results in applying the basic principles outlined by Pavel. My strength has increased. I feel great. My energy and flexibility levels have never been better. No injuries. And three friends have already asked to borrow this book.”— Robert Pakulski, Chicago, IL

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Participate in Dragon Door’s stimulating and informative Strength and Conditioning Forum. Post your fitness questions or comments and get quick feedback from Pavel Tsatsouline and other leading fitness experts.

Visit www.dragondoor.com and browse the Articles section and other pages for groundbreaking theories and products for improving your health and well being.
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Announcing: The Power to the People! Team

The Raw Deadlift is What We Do

AAU Nationals, October 14-15, 2005, Richmond VA

Party members are having a grand time deadlifting in their garages and ‘corner corners’. Time to step up to the plate and get away. Enter the Power to the People! Team. Mutants and regular hard comrades alike are welcome to join. The minimum requirements:

- Men under 198 pounds – a 2.5 bodyweight DL
- Men over 198 pounds – a 5.0 pound DL
- Women – a 1.5 bodyweight DL

You must qualify in the late spring/early summer, the details be announced in Pavel’s free newsletter. Subscribe on DragonDoor.com. To talk training go to www.DragonDoor.com/forum

Team Captains: Brett Jones, Team Advisor: Charles Stocking

Rewrite the record tables!

Power to us!

AAU Single Lift Raw Deadlift American Records (lbs.)

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**Mens**

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

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

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

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

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

But you won’t have to wait weeks for results! Your abdominals will start noticeably hardening up after the first workout. It’s a promise. It’s a guarantee… You have a full year to take advantage of the Ab Pavelizer™ II’s ab-hardening benefits — and if you aren’t astounded by the change in your ab-strength, we will immediately refund you your full purchase price.

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

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

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

High reps and crunches belong on the junk pile of history. Get your abs Pavelized!
In his strength books Pavel emphasizes the importance of learning to maximally tense the muscles. Because tension IS strength. But strength/tension is only half of the total performance package. The other half is relaxation. The body of a karate expert will freeze in total tension at the moment of impact, but will remain totally loose before and after.

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

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

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

Regular practice of these skills can help remove the false brakes within your body and open you up to a new freedom of movement and vitality. Enjoy the pride and pleasure of being on top of your game, day in, day out when you’re Fast & Loose!

**Fast & Loose**

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

with Pavel

**#DV021 $29.95**

**DVD Running time: 27 minutes**

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

—Jon Frost, dragondoor.com strength forum
Jeff Martone demonstrates 30 innovative and progressively challenging H2H Kettlebell drills that will catapult your explosive strength, stamina, and hand to eye coordination to a whole new level. The H2H drills will add a new dimension of variety, enjoyment, and intensity to your current high-repetition Kettlebell routines.

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

“I highly recommend this video for anyone who has mastered the basic kettlebell drills and who wants to take their grip, abdominal, and coordination training one step further.” —Rob Lawrence, PA

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

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

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

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!
**Kettlebell Training for World Class Powerlifting**

I saw my first kettlebell around Christmas 2003. I was at a deadlift contest at a small gym and that is where I saw Mr. Haney, a 51-year old ex-college champion shot putter from USC (Carolina), entertaining the crowd with a kettlebell demonstration. I did not give it much thought until Mr. Haney came by my gym to say hello. He dropped off Pavel’s Kettlebell book. I read it in two mornings. It was helpful to remember the exercises by taking notes as I read.

There had to be something to these Kettlebells that would be useful to me. Something that hard had to work. We ordered our Kettlebells. Before they arrived, I was finishing my training for the WPO finals at the Arnold Classic. I was pulling some deadlifts when I felt excruciating pain in my right lower back. The Arnold was in two weeks. My back froze up and I had to cancel my plans to go and compete. I had never experienced pain like that and I never want to again. There had to be an answer to getting my deadlift better and not getting hurt. That was when I met Pavel.

Before the Kettlebells arrived I was well enough to go to the Arnold and help my training comrade. The first chance I got I went to the expo hall and found the Dragon Door booth. Pushing my way to Pavel, I introduced myself and told him of my dilemma. He pulled me aside and told me the things he was going to show me were un-orthodox. I said, so are the bands, chains, and sleds. We proceeded. He showed me four things for my deadlift. The spreading the hips, the drop good mornings (see the Good Morning Stretch Plus from Pavel’s DVD ‘Resilient’ – Ed.), the pulls from the opposite sides, and the snapping the hips for the swing. He promised me nothing on my bench. Eight months later I found out his tips worked for both. We headed back to South Carolina and with great anticipation. The Kettlebells arrived the week we came back from the expo. Mr. Haney, the older fella that introduced me to Kettlebells, led the charge.

“Pavel showed me four things for my deadlift. He promised me nothing on my bench. Eight months later I found out his tips worked for both… My bench press went up over 100 pounds...”

We started with the simple stuff like one-arm swings between the legs. To go heavier we would swing two Kettlebells between our legs. This got quite grueling. These days I swing between the legs once a week and outside once because we found we were getting our glutes too overworked for squats the next day. ‘Conventional’ swings spare the glutes, compared to the ‘sumo’ style, and they also transfer to the deadlift well. (An athlete less experienced than D. Thompson might end up taking out his knees with this style of swings! Most are better off taking a wider stance and swinging inside the knees. Especially since you are not box squatting 800 pounds and your glutes could use some extra work. – Ed.)

Initially we did these lower body exercises twice a week. We got so sore that we couldn’t squat on Wednesday night, our designated squat night. One thing led to another and since we bench heavy on Mondays and light on Thursdays, we developed an upper body Kettlebell routine. This routine formed in July. I packed on 26 pounds in three months and Mr. Haney gained 15 pounds of muscle. I have also lost any neck I had. The muscles in my upper back and shoulders developed so much from kettlebell work that my neck disappeared!

We worked the swings to the outside of our body using two Kettlebells. This led into the snatch and the snatch-and-press. Cleans hurt my elbows so I snatch the kettlebell, then lower it, and press it. Mr. Haney does cleans though. I asked Pavel at the Arnold if I needed to do snatches and he wasn’t sure and would not guarantee they would help my bench. Well, they did work for the bench. Mine went up over 100 pounds.

“I packed on 26 pounds in three months and Mr. Haney gained 15 pounds of muscle.”

I did light training with the Kettlebells on Tuesdays and heavy on Fridays. We perform a lot of snatches on Fridays. I like to work up to the 88lb. Kettlebell for sets of 6 to 10. Mr. Haney and I always train Kettlebells together and recruit as many people as possible to do them with us. The more people, the more rest for me between the sets. People who have never seen kettlebells before get excited and come up to Mr. Haney and ask many questions concerning kettlebells. We have put on demonstrations for stunned audiences. I emcee and Mr. Haney performs. We set it to loud music and pull audience members out to challenge. The last performance was at a state powerlifting meet between the bench and the deadlift and the crowd went wild!
 Saturdays are dedicated to lower body Kettlebell training. We may start with one-arm swings between the legs and then move on to hand-to-hand swings, followed by double Kettlebell swings between the legs. Mr. Haney and I perform about 9 to 12 sets depending how much we have in the tank after the squats. I quit doing deadlifts, period. Yet my last meet I pulled a personal record of 832 lbs. I plan to pull over 850 lbs. at the Arnold Classic. This year, with the help of Kettlebells, I will finally reach my lifetime goal of 903 lbs. in the deadlift. All these advancements without performing deadlifts in training!

For my deadlift, I do not do any. I spent years doing them weekly from sets of five to high reps such as ten. When my squat went over 900 three years ago the deadlift hurt me more than helped. I lost my groove because my body size kept changing. It was frustrating because I couldn’t get down to the bar without being in pain. When I hurt myself (the SI joint) I came to Pavel for advice about the kettlebells. The spreading the hips exercise (Pavel demonstrates it in the front squat section of the ‘More Russian Kettlebell Challenges’ video – Ed.) worked great for me and taught me to arch. I applied it to the static good mornings, the ones that you perform with the bar suspended in chains, and the transfer of strength was awesome. I don’t have to go that heavy either. This is done after the squats.

“I quit doing deadlifts, period. Yet my last meet I pulled a personal record of 832 lbs. [up from 766]”

I rest about four minutes between sets because sometimes we have five or six people in our group. When it is just myself and Mr. Haney, I rest about three. I selected the weights of the Kettlebells by guesswork. The 35’s are too light for me for anything so I usually start with the 44’s. However, I warm up for the bench with the 35’s for 3 sets of 10 reps. I use the swing, the snatch, and the snatch-and-press. I really didn’t start doing the snatches till July. Mr. Haney convinced me to just try them. It was love at first try. The rep range I use is 8-12 because I just get to out of breath to do more. I am usually beat up from training heavy, so that dictates the rep range also. Most of my progression comes from trial and error and, of course, experience. My understanding of what Pavel taught me is very clear now compared to ten months ago. I want Mr. Haney and I to come to the RKC to learn even more.

World Class Powerlifters are always looking for that secret training technique to push them past themselves and their competition. I have been using Louie Simmons’ Westside training secrets since 1998. With the addition of the Kettlebells, I feel there are zero obstacles to get in the way of that one goal, that one total everyone wants. The world’s biggest total.

My actions will speak louder than my words. Who would have thought that a simple thing that looks like a cannon ball with a handle would be so instrumental to so many athletes in their respective fields? Kettlebell training will be a mainstay not only in my own training. When I become a strength coach, it will be a big part of my program. No worries about my other powerlifting comrades doing Kettlebells to help their lifts. They all think it looks too hard and it is too expensive to buy them! I hope they never do them!

I would like to thank Pavel for taking the time to show me those great exercises and Mr. Haney, the very first person in South Carolina to use Kettlebells, for his willingness to work beyond his capabilities. Also, you combat guys in Pavel’s book, you guys are tough!
“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

“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 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.

“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

“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 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 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 253 lbs in that short time as well.”

—Lawrence J. Kochert

“Like Beyond Stretching and Beyond Crunches, his other books, this is great. I think that it is the best book on effective strength training that I have ever read. This is not a book just about theory and principles. But Tsatsouline provides a detailed and complete outline of an exact program to do and how to customize it for yourself. It is very different from anything you have probably ever read about strength training. The things he teaches in the book though won’t just get you strong, if you want more than that, but can make you look really good—lean, ripped, and/or real big muscled if you want it. It’s a very good book; the best available English-language print matter on the topic of strength training.”

—Dan Paltzik

“Using Pavel Tsatsouline’s weight training methods from his book Power to the People gives you the feeling that you can take on the world after only a 20-30 minute workout! Tsatsouline’s book is written with such cleverness, clarity, and detail that I couldn’t put it down. I am thoroughly enthusiastic about weight training where my past indoor training consisted only of Yoga postures. I would recommend this book to anyone interested in enhancing their performance on the job, in weight training, and in other athletic pursuits. Pavel’s genius is that he can take a complex subject like weight training and design a program that is enjoyable, efficient and gets fast results. He has done the same thing for abdominal development and stretching.”

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

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

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

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

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

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 TM techniques (and why everything you know about breathing when lifting is wrong!)
- How to feel energized and fantastic after your strength workout — rather than dragging and fatigued
- How to get brutally strong all over — with only two old-school exercises

• Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!
How often do you grab a read and discover you’ve just landed one of those “IF-I-COULD-ONLY-TAKE-FIVE-BOOKS-TO-A-DESERT-ISLAND” blockbusters? The kind of book that shakes the molecules in your brain and has your synapses firing like popcorn? The kind of book that has you leaping out of the bath tub, pumping your fist and screaming “FINALLY!” to the startled masses?

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

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

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

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

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

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

Follow its advice and, believe it or not, you’ll be stronger and more injury-resistant immediately. I guar-antee it. I only wish I’d had a book like this when I first began training.”
Do you have a “power presence”?  
The quiet strength of a man with whom, as Russians say, ‘you would go on a recon mission’. The bearing of an old warhorse who does not need his campaign ribbons to show that he has been around. That look of a hand-to-hand combat expert whose efficiency in violence is advertised, rather than hidden, by his serene composure.

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

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

Start deadlifting!  
The deadlift separates the serious students of strength from the wannabes.

Any weenie can answer the question, “How much can you bench?” Ask the power 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!
Wired for power: superstrenghth without bulk

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

Tension! What force is made of

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

Training to failure-or to success?

Why the strongest men and women in the world have never trained to failure....Why intensity is the single most important factor in strength training....The fallacy of 'pushing to the limit'....The only scientific definition of weight training intensity....Pushing the limits of weightthickness, not rep/rep/exhaus....Why training to muscle failure is injurious/counterproductive....Grossing the neural groove using the Hebban rule.

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

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

More low rep advantages

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

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

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

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

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

"Machines are the wusses' way out"

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

Isolation exercises, Frankenstein's choice

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

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

The Sherrington Law of Irradiation....The neural 'turn on'....How a hard-working muscle can cheerlead its neighbors into amplifying their strength....Why compound exercises are more effective strength builders than isolation moves....Designing a superior efficiency strength workout....Starting a chain reaction and bringing every muscle in your body into play....Portrait of the deadlifter as supreme muscleman....The Russian TH (third) exercise of choice for everyone, from computer geek to Olympic athlete....Why the deadlift is more effective than the squat....How the deadlift strengthens the lower back, traps, scapular retractors, lats, forearms, and hamstrings....Why the deadlift may be the best abdominal exercise, bar none....How to develop your pressing prowess....How to properly perform the split press.

How to emphasize your problem areas without adding exercises

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

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

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

Last three pieces of the big biceps puzzle

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

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

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

On variety, soreness, and keeping things in focus

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

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

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

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

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

Hard abs + strong hands = powerful body

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

Power breathing: the karate secret of superstrenghth

How to elevate intra-abdominal and intra-thoracic pressure for additional power....The pneumo-muscular reflex....How to protect your neck while increasing your strength....How to safely hold your breath for greater lifting power—and when theValsalva maneuver may be contraindicated....Why you shouldn't wear a lifting belt....The secret of the deadlift....Super slow for massive go....Teaching your nervous system how not to give up.

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

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

Pretension for max power and safety

Maximal flexing of the muscles for greater strength and safety....The three types of contraction and which gives the highest values of tension....The secret that separates elite athletes from 'also-rans'.

Successive induction: how to get a strong biceps by contracting your triceps....Why antagonist pre-tension, or successive induction, contributes lasting changes to your strength....Successive induction for superior joint stabilization and reduced joint stress.

On shoes, gloves and mirror

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

Power stretching

Becoming super strong and living to tell about it....Speeding recovery and reducing injury with power stretching....Increasing muscle growth 33%—with progressively more intense stretching....9.4% strength increases using Loaded Passive Stretches between sets....Why Eastern European sports scientists consider stretching a form of strength training....The importance of Shutdown Threshold Isometrics and Fascial Stretching.

The drills

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

The Power to the People! Manifesto

Getting back to the basics—The Holy Grail of true power and performance....The Power to the People!'s approach to strength training....The no frills power formula for everyone....On brutally effective essentials—Bruce Lee's final word.
“Abs to Die For—SECRETS to Kill For.”

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

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

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

Employ These Little-Known Tips from ELITE ATHLETES and Possess Your Own Set of AWESOME ABS

- Protect your back and develop exceptional abdominal muscle tone, with a landmark exercise designed for the special needs of Russian ballet dancers and gymnasts.
- Employ the secret ab weapon of an old time strongman—famous for his exceptional strength and sinewy, wiry physique.
- This insider’s secret from East German research radically empowers the traditional situp.
- Russian full contact fighters used this drill to pound their opponents with full contact power, while turning their own midsections into concrete. Unlike anything seen in the US!

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

“I read every book on strength training I can get my hands on. There are three I would highly recommend for any lifter or coach. Two are by Pavel Tsatsouline. BEYOND STRETCHING is a scientific approach to gaining flexibility. This is how one should learn and perform proper stretching. The second is Pavel’s BULLET-PROOF ABS. In this book Pavel discusses and provides pictures of the correct method for ab training. I urge all lifters to read these two books by Pavel. I am sure the benefits will be many.”

—Louie Simmons, Powerlifting Coach, Powerlifting USA
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.

“For those of you who are unfamiliar with the full contact twist, you are really missing out. I picked up this little gem in Pavel Tsatsouline’s excellent ab training book, Bullet-Proof Abs. The FCT is one of the few exercises that I can honestly say revolutionized my training. No other exercise has improved my core strength and rotational power to that degree.”

—Steven Morris, MILO: A Journal for Serious Strength Athletes

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 primeval powerful ab exercises—guaranteed to yield the fastest, most effective results known to man. According to Pavel, “Crunches belong on the junk pile of history, next to Communism. ‘Feeling the burn’ with high reps is a waste of time!” Save yourself countless hours of unrewarding, if not useless—if not damaging—toil. Get with the program. Make fast gains and achieve blistering, rock-hard abs now.

When it came to wanting titanium abs yesterday, the Soviet Special Forces didn’t believe in delayed gratification. Pavel gave them what they wanted. If you want abs that’ll put you in the world’s top 1 percent, this cruel and unusual drill does the trick.

Russian full contact fighters used this drill to pound their opponents with organ-rupturing power, while turning their own midsections into concrete.
“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 primevaly powerful ab exercises—guaranteed to yield the fastest, most effective results known to man.

- Russian fighters used this drill, *The Full-Contact Twist*, to increase their striking power and toughen their midsections against blows. An awesome exercise for iron-clad obliques.
- Fry your abs without the spine-wrecking, neck-jerking stress of traditional crunches.
- No one—but no one—has ever matched Bruce Lee’s ripped-beyond-belief abs. What was his favorite exercise? Here it is. Now you can rip your own abs to eye-popping shreds and reclassify yourself as superhuman.
- Rapidly download extreme intensity into your situps—with explosive breathing secrets from Asian martial arts.
- Employ a little-known secret from East German research to radically strengthen your situp.
- Do the right thing with “the evil wheel”, hit the afterburners and rocket from half-baked to fully-fried abs.
- A complete workout plan for optimizing your results from the Janda situp and other techniques.

Pavel’s Ab-strengthening breath techniques will give you the power to explode a water bottle—but don’t try this trick at home—if the extreme air-pressure whacks back into your lungs, instead of exploding the water bottle—you can end up very dead, which is a bummer for everyone.
Part I - How to TRULY ISOLATE Your Abs—
for Faster, More EFFECTIVE RESULTS

The three essentials of a perfect abs exercise....why crunches can’t and don’t work....why the current ab machines fail to deliver on their promise.... the Law of Irradiation.... Professor Janda’s breakthrough discovery....how the Janda situp strengthens and tones your abs in the quickest, most efficient manner.... the Law of Reciprocal Inhibition....how the Ab Pavelizer minimizes irradiation and maximizes abdominal strength....how to optimize your results with a graduated program and achieve the abs of a world class athlete.

Part II - Integration: How to Turn Your Abs into Team Players—and SKYROCKET Your ATHLETIC POTENTIAL

A two-step program: from training the muscles to training the movement....the Russian Ballet Leg Thrust for a stable spine and corrugated abs....the right way to do situps....how to test if you are ready to do situps.... the dangers of adaptive shortening....Laputin’s highly effective variation of the straight-legged situp.... Scissor Situps—using a martial arts secret for an extra edge in abs strength....how the Swiss Ball Crunch uses extreme stretching to transform the worthless crunch into a thing of pure evil....a brutal love handle muscle workout....hell-on-a-wheel with the jackknife pushup.... Yananis and the killer Spetsnaz special—a one arm-one leg jackknife.... abdominal pushups for core strength and back stability....Bruce Lee’s Dragon Flag.

Part III - How to BRUTALIZE the Obliques and SAVE Your Spine

The four crucial functions of the obliques.... the Full Contact Twist—for a tight waist and massive punching power.... the Saxon Side Bend—for sinewy, wiry obliques.... the Suitcase Style One-Arm Deadlift—know what it means to lose to a semi.... power rack deadlifts and neurological carryover.

Part IV - How to Boost Yourself from Wannabe to CHAMPION with POWER BREATHING

The vital difference between passive and active exhalation.... the pneumo-muscular reflex.... how to pick the optimal breathing pattern.... maximizing intra-abdominal pressure....a simple way to boost your strength by 12.2%.... Vladimir Zatsiorsky’s first choice for armoured abs... Bending the Fire—1,500 year old martial art secret meets Russian science....turbocharge your breath with the Chi Kung secret of the anal lock....get yet another competitive advantage with the Second Focus....and then beyond—extreme intensity contractions with the Elbow Strike Second Focus....and welcome to the Gulag—with the Second Focus/Ab Pavelizer™ Negative Sequence.... clean up the intercostals with the Yogic Vacuum.

Part V - Questions & Answers

The truth about burning, building and toning....how best to counter the Law of Accommodation....why negatives generate up to 1.3 times more muscular tension than positives.... the force-velocity curve....incorporating isometrics into your abs program....varying exercise tempo for extra strength gains.... canning your concrete abs—for those who want the six-pack look....how often to train your abs....why you shouldn’t warm up before abs exercises....debunking the strange myth of ‘upper’ and ‘lower’ abs....the benefits of relaxing between reps.
PRAISE FOR PAVEL TSATSOULINE AND FOR THE FIRST EDITION OF BEYOND CRUNCHES

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

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

“I am writing on behalf of the entire Board of Directors of the Texas Tactical Police Officers Association to express our sincere gratitude to you for helping with our Conference 2000. We trained 536 officers from 129 agencies.
Your portion of the instruction was a huge success. All of the student critiques were very complimentary. As a team leader with the Houston Police Department SWAT team, I am constantly looking for new ways to improve my physical performance. According to the student comments, you have truly introduced a new and revolutionary fitness program to our members.
In particular, our members commented on your common sense, practical exercises that utilize a minimum amount of equipment to achieve the very goals that other instructors require thousands of dollars of equipment to achieve. These techniques will help each officer reach new levels of fitness and ultimately improve their ability to protect the communities they serve. It is our mission to provide the very best training available, anywhere. Your efforts helped make that possible.”
—M.L. “Sandy” Wall, Training Advisor, TTPoz

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

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

“I learned a lot from Pavel’s books and video, and plan to use many of his ideas in my own workouts, especially the nontraditional ab exercises described in Beyond Crunches.”—Clarence Bass, Most Muscular Man, Mr. U.S.A, Past 40, author of Ripped 1, 2 & 3 and Lean for Life

“Congratulations on your book Beyond Crunches. I found several of the insights and expressions to be very interesting and thought provoking (The Ab Pavelizer is just one). I will be implementing some of them into my own abdominal workout schedules.”
—Dennis B. Weiss, author of Mass!, Raw Muscle & Anabolic Muscle Mass

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

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

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

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

“I have seen many abdominal routines in the last 25 years and the Beyond Crunches program is the best yet.”
—Steve Maxwell, M.Sc., Senior World Brazilian Jujitsu Champion

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

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

Praise for Tactical Athlete Pull-Up System

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

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

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

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

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

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

• Improve your weapons recoil management
• Add resilient strength to your grappling muscles
• Enhance your climbing ability
• Enhance your mobility
• Pack on racks of dense, functional muscle
• Boost your work capacity
• Develop greater quickness
• Help you shatter your previous pull-up bests
• Help optimize your agility
Steve Cotter became a Champion by discovering what works—and what doesn’t—in the brutal world of Full Contact Martial Arts. And he holds nothing back when he shares his formerly closely-guarded training secrets in this power-packed program.

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

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

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

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

Partial Contents of The Martial Art of Strength Training:

Section 1: Basic Mobility Drills
- How to stand—the importance of foot placement
- Develop “root”—strengthening your connection to the ground via the legs to increase full body linkage
- Transfer power through the legs
- Home stance for rock solid stability
- Learn bridging tactics—how to close distance to the opponent
- Forward and Rear Shuffling
- Lateral Shuffling
- Lateral Shuffling and weaving
- How Kettlebell training compliments and enhances Martial Art training

Section 2: Kettlebell Basics: Movement within Stillness
- Review of KB basic techniques
  - 2 hand swinging—use this drill to teach the powerful hip snap necessary for martial arts application
  - 1 hand swinging—learn the proper wrist alignment for effective punching
  - Clean—the importance of the clean for combat athletes
  - The basic guard position
  - Proper application of tension and “bracing” for shock absorption
  - Learn to use the “issuing point” on the palm for powerful striking
  - Double clean—develop as impeneetrable “iron vest”

Section 3: Kettlebell Basics: Lateral Weaving and Shuffling
- Learn the universal principles behind the techniques
  - Position of Strength—the ideal, contracted and ready for impact. Coiled and ready to strike
  - The reality of exchange—why we must train for the unexpected
  - Positions of “Extreme Compromise”—how and why it is important to train in both extremes
  - Learn to be strong even in positions of extreme compromise
  - How to get back to a position of strength
  - KB Rack Position—learn how to brace for impact
  - Rack walk
  - Rack shuffling
  - Rack weaving
  - KB Jerk Position—be strong in a compromised position. Develop linkage by connecting the core with the stance
  - Jerk walks
  - Jerk shuffling
  - Jerk weaving

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

Section 5: Dynamic Balance
- Specificity of Balance Trainings—Why martial artists need to train balance dynamically, rather than statically—external forces are always present
- 1 Leg Deadlift—“step” the body on 4 sides for stability
- Create a strong intention behind your movements
- 1 Leg DL with Kicks—stronger root = stronger kicks
- Develop a powerful misdirection for purposeful movement

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

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

**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.

**The demographics of stretching**

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

**The details, the schedule**

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

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3. The Improved Cobra ................. Page 54  
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**How much flexibility do you really need?**

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

**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**

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**Relax into Stretch delivers instant flexibility!**
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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“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

“I am 58 and need to keep my joints oiled. I have had very good results with Super Joints. My knees and elbows don’t ache anymore.” From: seeahill, 2002-11-07

“I already feel “younger.” I’m also noticing an ability to better withstand rolling in Jiu Jitsu class—I don’t have to take quite as often, even in bad positions. Super Joints is a fantastic, fantastic book. I think that everyone should do Super Joints.” From: Dan McVicker, RKC, 2003-05-18

“As the owner of a sixty-four year old body and as the practitioner of a sedentary job, I have lost some range of motion. The movements in this book have helped me in several ways: 1) Improved the range of rotation of my head. 2) Improved the movement and reduced the pain in the right shoulder injured several years ago. 3) Helped alleviate tension in the neck and traps where I tend to carry stress. 4) Improved my posture helping me look less like a wizened old man.”—Comrade Floyd, Amazon.com

“Super Joints = Super ROM. Get the book and you’ll realize what you’ve been missing by just stretching. It’s more about maintaining the youthful fluidity of the joints which is lost through age and or abuse.” From: Larry Dibble, 2002-05-09

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Look at all you get to live longer and feel better with SUPER JOINTS:

Foreword

Who needs Super Joints?...the needs-based survey for super-healthy joint owners...decreasing the odds of injuries...how to develop the right blend of strength and flexibility and improve your survival odds...for better performance...active flexibility versus passive flexibility...restoring youthful mobility...flexibility development for young athletes...improving posture...kicking-range...improving passive flexibility.

Part One: Joint Health and Mobility

How to keep your one hundred joints running smooth...how Mobility Drills can save your joints and prevent or reduce arthritis...the theory of limit loads...Amosov’s daily complex of joint mobility exercises...Lying Behind-the-Head Leg Raises...Standing Toe-Touch...Arm Circles...Side bends...Shoulder Blade Reach...Torsos...Knee Raises...Pushups...Roman Chair Stretches...how to make the Roman chair situp safer...paradoxical breathing...squats...the secrets of safer back bending...Amosov’s vital tip for creating a surge in your fountain-of-youth calisthenics.

The distinct difference between joint mobility and muscle mobility training...Amosov’s “three stages of joint health”...appropriate maintenance/prevention strategies for the three stages...how to get started and how to ramp up...the correct tempo for best results—Amosov’s way and Pavlov’s way...when best to perform your mobility drills...shakin’ up your proprioceptors—the one-stop care-shop for your inner Tin Man...how to give your nervous system a tune up, your joints a lube-job and your energy a recharge.

From cruise control to full throttle: The One Thousand Moves Morning Recharge—Academician Amosov’s “bigger bang” calisthenics complex—how to add more cardio and more strengthening to your joint mobility program—adding One Legged Jumps, Stomach Sucks and The Birch Tree—how to achieve heaven-on-earth in 25-40 minutes.

Checking yourself...are your joints mobile enough?—E. L. Dolenko’s battery of joint mobility tests...four tests for the cervical spine...two for the thoracic and lumbar spine...four for the shoulder girdle...two for the elbows...three for the wrists...three for the hips...and two for the knee joints.

The Drills: Joint Mobility

Illustrated descriptions and special tips:

Three plane neck movements—deceptively simple but great for bad necks...Shoulder circles...Fat exercises...Wrist rotations...Elbow circles...how to avoid contracture or age-related shortening...The Egyptian—an awesome shoulder loosener popular with Russian martial artists...Russian Pool—for super-cranking your shoulders...Arm circles—for all the ROM your shoulders need...Ankle circles...Knee circles...Squats...finding the sweet spot...why deep squats are essential and how to avoid injury with correct performance...Hula hoop—a favorite of Russian Phys. Ed. Teachers, good for your lower back and hips...Belly dance—a must for martial artists...The Cossack—a great drill for the hip joints and your quest for splits...what never to do with your knees...Split switches—an excellent adjunct to your Relax into Stretch split training and simply dandy for your hips...Spine flexion/extension...why spine decompression is vital to spine health and mobility...Spine rotation...mobility drills for your spine as a top priority for rejuvenation.

Part Two: Strength-Flexibility Plus More Joint Mobility

How to make your body feel better than you can remember...active flexibility for sporting prowess and fewer injuries...agonsists and antagonists...basic active flexibility training...how long to hold an active stretch...how to “Reach the Mark”—using the ideomotor effect to successfully extend your stretch...how strength coach Bill Starr develops active and passive flexibility.

How to perform the ‘Pink Panther’ technique...taking advantage of the Utkomovsky reflex...how one physical therapist used the Pink Panther to add a couple of feet to her hamstring stretch in one set...the partner hamstring stretch.

Is active isolated stretching any good?—the bottom line on ALS...the demographics of stretching...how and why your age and sex should dictate your choice of stretching exercises...the best techniques for young girls and boys—and what to avoid...a special warning for pregnant women...what adults should do...the elderly...and adolescents.

Stretching to help slumped shoulders...stretch weakness and tight weakness...how to address the weakness of the overstretched muscles and the tightness of their antagonists...two respected Russian regimens for better posture...understanding the vital difference between a tight and a toned muscle...the Davis Law...functional and dysfunctional tension.

The Drills: Strength-Flexibility Plus More Joint Mobility

Illustrated descriptions and special tips:

Windmill—for effectively improving the spine’s rotation...Pink Panther straight-legged squat—the drill that can add a palm’s length to your toe in minutes...Bridge—awesome for opening up the chest and improving spine extension...some warnings for those with back and wrists problems...how to dramatically improve your bridges with the Relax into Stretch hip flexor stretches.

‘Bathtub push’—opens up the chest, great for posture and a must for a big bench press...how to develop an actively flexible spine with minimal disc loading—three tips from Russian experts...‘Ghoosh Pulling knife’—great for correcting “computer hunch”...Shoulder dislocate with a humee cord—the Olympic weightlifter favorite for mutant shoulder flexibility...Shoulder blade spread—a popular stretch among old time strong men...Side wall reach...Pink Panther knee chamber and kicks—to dramatically improve the height and precision of your kicks...a S.W.A.T. team favorite...a unique stretching technique for high kicks from the Russian army’s top hand-to-hand combat instructor...Pink Panther arabsesque...add more height and power to your kicks with the ‘Scissors maneuver’.
You have a choice in life. You can sputter and stumble and creak your way along in a process of painful, slow decline—or you can take charge of your health and become a human dynamo.

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

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

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

**Discover:**

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

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www.hard-style.com
Get RAW, Get POTENT, Get POWERFUL—

WHEN YOU UNLEASH THE POWER OF INSTINCTUAL EATING

Eat like an emperor—and have a gladiator’s body

Are you still confused about what, how and when to eat? Despite the diet books you have read and the programs you have tried, do you still find yourself lacking in energy, carrying excess body fat, and feeling physically rundown? Sexually, do you feel a shadow of your former self?

The problem, according to Ori Hofmekler, is that we have lost touch with the natural wisdom of our instinctual drives. We have become the slaves of our own creature comforts—scavenger/victims rather than predator/victors. When we come to informed-choice, we lack any real sense of personal freedom. The result: ill-advised eating and lifestyle habits that leave us vulnerable to all manner of disease—not to mention obesity and sub-par performance.

The Warrior Diet presents a brilliant and far-reaching solution to our nutritional woes, based on a return to the primal power of our natural instincts.

The first step is to break the chains of our current eating habits. Drawing on a combination of ancient history and modern science, The Warrior Diet proves that humans are at their energetic, physical, mental and passionate best when they “undereat” during the day and “overeat” at night. Once you master this essential eating cycle, a new life of explosive vigor and vitality will be yours for the taking.

Unlike so many dietary gurus, Ori Hofmekler has personally followed his diet for over twenty-five years and is a perfect model of the Warrior Diet’s success—the man is a human dynamo.

Not just a diet, but a whole way of life, the Warrior Diet encourages us to seize back the pleasures of being alive—from the most refined to the wild and raw. The Warrior Diet is practical, tested, and based in commonsense. Expect results!

The Warrior Diet covers all the bases. As an added bonus, discover delicious Warrior Recipes, a special Warrior Workout, and a line of Warrior Supplements—designed to give you every advantage in the transformation of your life from average to exceptional.

About Ori Hofmekler

Ori Hofmekler is a modern Renaissance man whose life has been driven by two passions: art and sports. Hofmekler’s formative experience as a young man with the Israeli Special Forces, prompted a lifetime’s interest in diets and fitness regimes that would optimize his physical and mental performance.

After the army, Ori attended the Bezalel Academy of Art and the Hebrew University, where he studied art and philosophy and received a degree in Human Sciences.

A world-renowned painter, best known for his controversial political satire, Ori’s work has been featured in magazines worldwide, including Time, Newsweek, Rolling Stone, People, The New Republic as well as Penthouse where he was a monthly columnist for 17 years and Health Editor from 1998–2000. Ori has published two books of political art, Hofmekler’s People, and Hofmekler’s Gallery.

As founder, Editor-In-Chief, and Publisher of Mind & Muscle Power, a national men’s health and fitness magazine, Ori introduced his Warrior Diet to the public in a monthly column—to immediate acclaim from readers and professionals in the health industry alike.

“I believe The Warrior Diet will create a revolution in people’s lives—a renaissance of the spirit of raw living. It covers all aspects of life… with a clearly defined diet that I find to be as effective for women as it is for men.”
—Harvey Diamond, author of world bestseller Fit For Life

“Rare in books about foods, there is wisdom in the pages of The Warrior Diet…Ori knows the techniques, but he shows you a possibility—a platform for living your life as well…The Warrior Diet is a book that talks to all of you—the whole person hidden inside.”
—Udo Erasmus, author of Fats That Heal, Fats That Kill
Acclaim for The Warrior Diet

“For those individuals who like to think outside of the box, The Warrior Diet represents an innovative approach to fitness and weight loss. No questions, it’s worked for Ori Hofmekler, so why not give it a shot?”

—Men’s Exercise, Aug 2003

“In a startling reversal of recent dietary advice fitness expert Ori shows how you can indeed have your cake and eat it too—staying slim and trim while indulging yourself with many of your favorite foods. Not just another diet book, The Warrior Diet presents a brilliant synthesis of modern scientific research and ancient time-tested secrets for reducing body fat, gaining energy and looking younger.”

—Women’s Health and Fitness, June 2003

“In my quest for a lean, muscular body, I have seen practically every diet and suffered through most of them. It is also my business to help others with their fat loss programs. I am supremely skeptical of any eating plan or “diet” book that can’t tell me how and why it works in simple language. Ori Hofmekler’s The Warrior Diet does just this, with a logical, readable approach that provides grounding for his claims and never asks the reader to take a leap of faith. The Warrior Diet can be a very valuable weapon in the personal arsenal of any woman.”

—DC Maxwell, 2-time Women’s Brazilian Jiu-Jitsu World Champion, Co-Owner, Maxercise Sports/Fitness Training Center and Relson Gracie Jiu-Jitsu Academy East

“The information in The Warrior Diet will help you achieve the next level in training for the 21st century. It is the physical training along with the diet that will make a lasting impact on your life. I am deeply grateful for Ori’s advice and the friendship we have established over the years.”

—Sifu John R. Salgado, World Champion, Chinese Wrestling and Taiji Push Hands

“The Warrior Diet certainly defies so-called modern nutritional and training dogmas. Having met Ori on several occasions, I can certainly attest that he is the living proof that his system works. He maintains a ripped muscular body year round despite juggling extreme workloads and family life. His take on supplementation is refreshing as he promotes an integrated and timed approach. The Warrior Diet is a must read for the nutrition and training enthusiast who wishes to expand his horizons.”

—Charles Poliquin, author of The Poliquin Principles and Modern Trends in Strength Training, Three-Time Olympic Strength Coach

“Despite its name, The Warrior Diet isn’t about leading a Spartan lifestyle, although it is about improving quality of life. With a uniquely compelling approach, the book guides you towards the body you want by re-awakening primal instinct and biofeedback—the things that have allowed us to evolve this far. Ironically, in a comfortable world of overindulgence, your survival may still be determined by natural selection. If this is the case, The Warrior Diet will be the only tool you’ll need.”

—Brian Batcheldor, Science writer/researcher, National Coach, British Powerlifting Team

“In an era of decadence, where wants and desires are virtually limitless, Ori’s vision recalls an age of warriors, where success meant survival and survival was the only option. A diet of the utmost challenge from which users will reap tremendous benefits.”

—John Davies, Olympic and professional sports strength/speed coach

“Ori Hofmekler has his finger on a deep, ancient and very visceral pulse—one that too many of us have all but forgotten. Part warrior-athlete, part philosopher-romantic, Ori not only reminds us what this innate, instinctive rhythm is all about, he also shows us how to detect and rekindle it in our own bodies. His program challenges and guides each of us to fully reclaim for ourselves the strength, sinew, energy and spirit that humans have always been meant to possess.”

—Pilar Gerasimo, Editor in Chief, Experience Life Magazine

“I refuse to graze all day, I have better things to do. I choose The Warrior Diet.”

—Pavel Tsatsouline, author of Power to the People! and The Russian Kettlebell Challenge

“I think of myself as a modern-day warrior; businessman, family man and competitive athlete. In the 2 years that I have been following The Warrior Diet, I have enjoyed the predators’ advantage of freedom from the necessity of frequent feedings. I also benefit from the competitive edge of being a fat burning machine. My 12-year-old son, who is also a competitive athlete, has naturally gravitated towards The Warrior Diet. He is growing up lean, strong and healthy, unlike many of his peers, many of whom, even in this land of plenty, are overweight and frequently sick. Thank you, Ori, for writing The Warrior Diet.”

—Stephen Maxwell, Ms., 2-time Brazilian Jiu-Jitsu World Champion, Co-Owner, Maxercise Sports/Fitness Training Center and Relson Gracie Jiu-Jitsu Academy East

“My body continues to get tighter and more toned in all of the right places...and people marvel at my eating practices. Read The Warrior Diet with an open mind. Digest the information at your own pace. Assimilate the knowledge to make it fit into your current lifestyle. You will be amazed at how much more productive and energetic you will be. Be a warrior in your own right. Your body will thank you for it.”

What you think—you become. Knowledge is power. When it comes to changing your body, do you really know what to think?

Cutting through the confusion of claims, beliefs and pseudo-science that bedevils modern bodybuilding, bestselling fitness author, Ori Hofmekler, reveals the untold secrets behind guaranteed muscle gain—and guaranteed fat loss.

Now, for the first time, you can unlock your true physical potential—by understanding the fundamental biological principles of physical transformation.

Once you own this wisdom, you will be the master of your body.

As a martial arts coach and personal training I have encountered countless athletes and weekend warriors who will suffer and sacrifice in the gym only to fail to reach their goals for lack of proper planning in the gym and at the dinner table. Such people go through their training and their life with a kind of handbrake on, never reaching their full potential. For a practical method of pushing the limits of human performance and to create a functionally strong and fit body I highly recommend Maximum Muscle, Minimum Fat.

—Shawn Mozen, President, Agatsu Inc.

Dramatic new research reveals how you can:

- **Engage** three secret “metabolic wizards”—to banish stubborn fat forever
- **Reengineer** your body at the cellular level—and design a dream physique
- **Take charge** of your hormones naturally—for rapid muscle gain and faster fat loss
- **Master** the art of “anabolic cycling”—for greater strength and enhanced libido
- **“Release the beast”**—and trigger your inner survival power
- **Take advantage** of hunger—to stimulate growth and boost your brain power
- **Shatter** training plateaus—and experience a quantum leap in your physical development
**HOW TO BE AT YOUR BEST WHEN IT COUNTS THE MOST:**

**PEAK YOUR STRENGTH BY ‘GREASING THE GROOVE’**

*Charles Stocking MA, CSCS*

Many consider the Ancient Greeks the founders of modern competition. While this may be debated, they were the founders of a basic tenet involved with the pursuit of excellence. That tenet is known as *kleos*. Often translated as fame or glory, what it means is "to be your best when everyone is watching." To the Ancient Greeks, a tree doesn’t make a sound if there’s no one there to hear it. The same principle applies to competitive lifting. If a National or World record attempt is made in the gym and no one is there to observe it, let alone national or international judges, does the lift count? No!

One survey of World Record Holders in the Squat demonstrated that a greater percentage performed better in competition than in training. Those World Record Holders had what is known as a high Competitive Reliability relative to their Training Reliability (Siff, *Supertraining* p. 316). They knew that the big lifts needed to be saved for when they were on the platform, not in the corner of some gym somewhere. Producing high Competitive Reliability in a lifter comes down to the last couple weeks before a meet. A proper peaking plan will allow you to lift the heaviest you have ever done, while simultaneously being more confident than you have ever been. If you leave your best lifts in the gym, if your competitors are calling you out today, and you wish it was last week, than it is very well the case that you are simply not peaking properly.

Perhaps the most effective way to peak your strength properly is by organizing your training around a competition or the specific day you choose to truly test your absolute max. In strength sports such as Powerlifting and Olympic weightlifting you have three attempts to find your true max. How you choose those attempts in many ways determines what your max for that day will be. On one end of the spectrum, there is the mistake of novice lifters of opening too high, with the result that they either bomb out (fail to post a lift) or simply don’t lift any more than their opener. And on the other side we have sand-baggers, lifters lifting way under their potential and never coming close to an actual max, which is fine if you win, but leaves room for regret if you don’t. So how do you choose your attempts? There isn’t a straightforward answer to this question, unless you train specifically for each attempt.

A great way to organize your training around your competition day is to set aside three weeks before the meet as a basic peaking phase for your competition in addition to your regular strength-training program. These three weeks are not dedicated to strength gains, but peaking your strength, you will just happen to add anywhere from 2 to 5% to your max in the process!

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**The Dynamus-Strength Three-Week Peaking Cycle**

**Week 1. Near Max: Ride the Supercompensation Wave.**

In this week you will do little else than test your Near Max. This isn’t quite your max, i.e. you don’t go to failure, just go heavier than you ever have without failing. It is important that you don’t do anything else, because you probably just came off a hard training phase and your body needs the rest in order to go as heavy as you possibly can while recovering from the previous training phase. Treat this training week exactly as you would the week of a meet, whether you do light work during the week, or absolutely nothing at all. Testing your max prior to a meet is motivated by the principle of Supercompensation or Adaptive Reconstruction. Essentially, this principle involves the notion that positive stress applied to the body, i.e. lifting heavy things, not only allows the body to adapt to the same predetermined maximum level of resistance, but causes the body to over-adapt, to supercompensate (Siff, *Supertraining*, p. 84). If you have a copy of *Supertraining*, review Selye’s General Adaptation Syndrome Model diagram on page 84.

This method is used throughout the training regimens of Olympic weightlifters. Tommy Kono suggests maxing out two weeks before the day of the competition. Boris Sheiko also employs this method in his various powerlifting routines. Note that Sheiko’s Max day comes about one week earlier than Kono suggests, most likely as a result of the fact that the powerlifts tend to be more physiologically taxing than the Olympic lifts. In addition to its physiological benefits, the near-max day has tremendous psychological benefits because you have just gone through a mini-meet and psychologically rehearsed exactly what it will be like the day of competition a few weeks later.

**Week 2. How to Get More Bang for Your Supercompensation Buck: Grease the Groove!**

So you’ve tested your near max. You know the upward limits of what you can do... Now what? This is the key moment for even greater strength gains well beyond your near max, while becoming extremely confident and consistent with the attempts you will make at the meet. It’s time to ‘Grease the Groove!’ (See Pavel’s book *The Naked Warrior*).

In this week, you will want to GTG with anywhere from 90-95% of your near max for as many single repetitions as possible.
throughout the entire week. Basically you practice lifting this weight as often as possible. The number of singles throughout the week is entirely up to the individual, but anywhere from 10-15 singles by the end of the week should be more than sufficient. Let’s say your near max was 535, so you practice with anywhere between 480 and 500. Under normal circumstances you would not be greasing the groove at such high intensities. But the meet is one week away and you need confidence with those heavy weights. This weight will become your opening attempt come meet time. Think about it. Will there be a question in you mind about your opening attempt if you just lifted that weight for a total of 15 singles the week before? When the weight starts to feel heavy and it becomes more difficult to execute the singles, it’s time to stop. Consider your preparation done!

**Week 3. Meet Week**

After the grueling week of 10-15 singles with your near max, there is little else to do other than rest and work out your game plan for the day of the competition. Your first two attempts have just been decided for you.

**1st attempt**

The weight you used for week 2 of the peaking phase, 90-95% of your Near Max. You just did this weight for 10-15 singles the week before. This weight will feel light as a feather!

**2nd attempt**

Your Near Max, the weight you did the week 1 of the peaking cycle.

**3rd attempt**

Go for it! This will usually be about 102-105% of your Near Max.

This routine builds tremendous confidence in your competitive lifting while building an incredible amount of strength at the same time. You will find that the first two attempts really just lift themselves. On the third attempt it’s time to dig deep and let it all go.

Across the board, we all set personal records and performed better in competition than in our training. In this meet, we focused on the squat and the deadlift but this routine can be used for the bench as well. In my experience though, the routine is most effective when focusing on a single lift and doing maintenance work for the others. Even if the gain is as little as 10 lbs., that can be the difference between the first and the second place or the difference between getting a record or not, whether it’s a World Record or simply a personal record. The point is, you’ve increased your Competitive Reliability, you’re no longer a gym lifter, you performed at your best when it counted the most.

Charles Stocking is the CEO and Private Consultant for Dynamus Strength Inc., www.dynamussstrength.com, a Los Angeles based Speed-Strength and Conditioning Company dedicated to the pursuit of athletic excellence at all levels, from the weekend warrior to professional and Olympic Athletes. You can contact Charles through Stocking@humnet.ucla.edu.
Have you noticed—the greater a man’s skill, the more he achieves with less? And the skill of strength is no exception. From the ancient days of Greek wrestling, to the jealously guarded secrets of Chinese Kung Fu masters, to the hard men of modern spec ops, warriors and allied strongmen have developed an amazing array of skills for generating inhuman strength.

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

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

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

“**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!”—siameser, 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 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.

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.

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 armip 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’—true 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.

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.

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: failure...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.

Field-Stripping the One-Arm Pushup

Box Pistol...how to go from zero to hero...the box squat—a champions’ favorite for multimuscle 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.
Praise for Pavel’s The Naked Warrior

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

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

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

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

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

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

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

—George Demetriou, Modern Warrior Defensive Tactics Institute, NYC

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

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

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

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