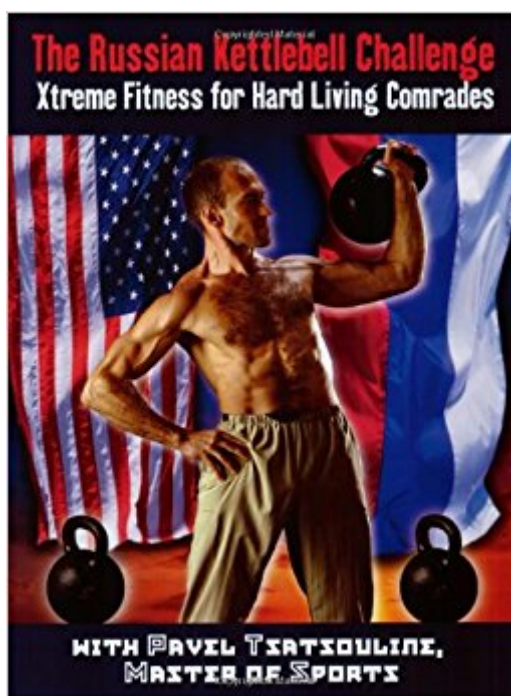


The book was found

The Russian Kettlebell Challenge: Xtreme Fitness For Hard Living Comrades



Synopsis

Both the Soviet Special Forces and numerous world-champion Soviet Olympic athletes used the ancient Russian Kettlebell as their secret weapon for extreme fitness. Thanks to the kettlebell's astonishing ability to turbo charge 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 hands.

Book Information

Paperback: 170 pages

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Average Customer Review: 4.2 out of 5 stars 95 customer reviews

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Customer Reviews

Pavel Tsatsouline, is a former Soviet Special Forces physical training instructor, who helped Dragon Door Publications initiate the modern kettlebell movement.

Life, body and mental changer right here. In so much of a healthier lifestyle and it's all do to following Pavel's kettlebells instructions. He was right he will turn boy's into men with his workouts and they are not time consuming or even boring. Sometimes I find myself counting down the time until my next workout.

I love the history Pavel gives in the book in regards to kettlebell training. Definitely check this one out.

As far as the content is concern, Pavel's books are always informative and helpful. He makes the

material easy to understand, learn and put it to practice. Book was kind of worn out, but I guess the description of the condition was close. All in all, I have purchased other book from same author and have been following a plan pretty consistently. I highly recommend the book which you can support and expand with other book of same topic and video.

This was more like have a conversation over a couple drinks and not really an education in the techniques. Usually Pavel breaks things down so anybody can reconstruct movements, but that is not the case here.

Great information, great training process.

This man is absolutely hilarious. He's talking smack to you throughout the book and giving you some good motivation. There are pictures and detailed explanations about the moves he is showing you, and it's not your typical boring workout book. 5 stars!

Good info present in a fun manner. Not a lot of the extraneous either. Definitely read POWER FOR THE PEOPLE first (title is something like that lol). I can't wait to read more. I plan to read ALL of his book!

You can't own a better kettlebell resource than this. Use it to develop your knowledge, strength, and skill in kettlebell training.

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