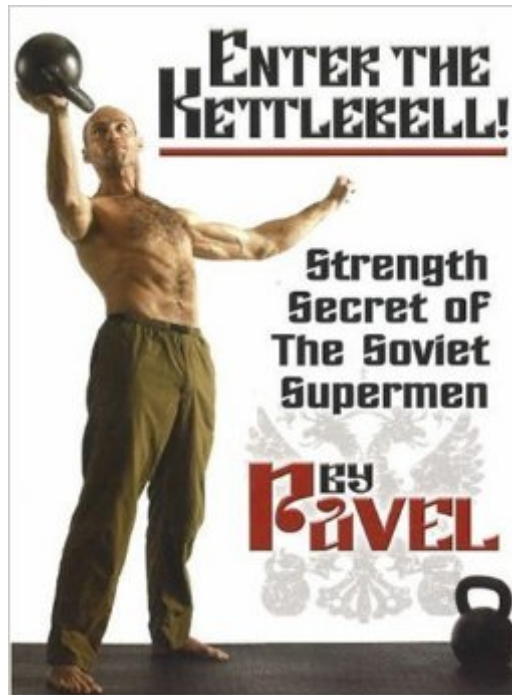


The book was found

Enter The Kettlebell! Strength Secret Of The Soviet Supermen



Synopsis

Kettlebell Training... The Closest Thing You Can Get to Fighting, Without Throwing A Punch Federal Counterterrorist Operator The kettlebell. AK-47 of physical training hardware. Hunk of iron on a handle. Simple, sinister, brutal and ferociously effective for developing explosive strength, dramatic power and never-say-die conditioning. The man s man s choice for the toughest, most demanding, highest-yield exercise tool on the planet. Guaranteed to forge a rugged, resilient, densely-muscled frame built to withstand the hardest beating and dish it right back out, 24/7. Once the prized and jealously-guarded training secret of elite Russian athletes, old-school strongmen and the military, the kettlebell has invaded the West. And taken no prisoners thanks to former Soviet Special Forces physical training instructor and strength author, Pavel Tsatsouline s 2001 publication of The Russian Kettlebell Challenge and his manufacture of the first traditional Russian kettlebell in modern America. American hardmen of all stripes were quick to recognize what their Russian counterparts had long known nothing, nothing beats the kettlebell, when you re looking for a single tool to dramatically impact your strength and conditioning. A storm of success has swept the American S & C landscape, as kettlebell Comrades have busted through to new PRs, broken records, thrashed their opponents and elevated their game to new heights of excellence. With Enter the Kettlebell! Pavel delivers a significant upgrade to his original landmark work, The Russian Kettlebell Challenge. Drawing on five years of developing and leading the world s first and premiere kettlebell instructor certification program, and after spending five years of additional research into what really works for dramatic results with the kettlebell we have Enter the Kettlebell!

Book Information

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Customer Reviews

I have trouble understanding why some reviews of this book criticize it on the basis of lack of content. I think the book is chock-full of content, so much so, in fact, that I seriously urge any reader to take Pavel's advice to re-read chapters. I have repeatedly gone back to the book to refine my technique, finding details and emphases I missed in the past. Others, who criticize on the basis of advertising content are also off the mark. While there is some promotional material throughout, the bulk of it is in a handful of pages in the back of the book and is not intrusive. Pavel does take the "hard core" this and "man's man" bit a little far. To be honest, though, I think it's more in fun, as some of humorous pictures in the book hint that Pavel himself doesn't take the attitude thing seriously. Pavel is heavy on precise technique. This is for safety and also maximum gain from each exercise. It is precisely this detail that makes the book so valuable. Rather than simply describing a generic kettlebell swing technique, for example, Pavel lays the groundwork in preceeding chapters on hip flexibility and how to develop it, but ultimately covers grip, breathing, elbow and shoulder protection, callouses and hand maintenance, pull techniques, leg, hip, and back positioning, bracing, workout routines (e.g., ladders), and more. So also for the heavy use on pictures of both good and bad technique. Proper form is important in all weight training, but doubly so with the highly-leveraged dynamic movements used in kettlebell training. Kettlebells aren't just dumbbells with a handle. This is the most worthwhile book on basic kettlebell I've seen to-date.

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