

Enter The Kettlebell Strength Secret Of The Soviet Supermen

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~~ENTER THE KETTLEBELL!: Strength Secret of the Soviet ...~~

~~However, I highly recommend reading his book by the same title Enter The Kettlebell! Strength Secret of The Soviet Supermen. This DVD is more of a companion to the book; it gives the visual demonstration of what is explained in the book. However, the book is more thorough and descriptive. The book is a quick read, and a lot of fun.~~

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~~Enter The Kettlebell! Strength Secret of the Soviet Supermen. (1) 41min 2006 ALL. Discover what really works for dramatic results with the kettlebell, from the co-founder of the modern kettlebell movement. With just two exercise in a few minutes a day, develop multi-functional strength and conditioning--to easily handle the toughest and most unexpected of physical demands.~~

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~~See complete Table of Contents for Enter the Kettlebell! book Once the prized and jealously-guarded training secret of elite, (Russian athletes, old-school strongmen and the military) the kettlebell, has invaded the West. Pavel lays out a foolproof master system that guarantees you success—if you simply follow the commands!~~

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Pavel Tsatsouline, is a former Soviet Special Forces physical training instructor, who helped Dragon Door Publications initiate the modern kettlebell movement. Pavel is regarded as one of the premier strength authorities in the world today, having created the first-ever kettlebell instructor certification system and being the author of the first-ever book on the subject of kettlebell training.

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When you rise to the challenge and Enter the Kettlebell! there will be no more confusion, no more uncertainty and no more excuses only raw power, never-quit conditioning and earned respect. Pavel's Enter the Kettlebell! helps you weed out weakness... develop explosive power, strength and never-quit endurance with his PROVEN system for rapid, spectacular and across-the-board gains in physical performance

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Enter The Kettlebell! Strength Secret of The Soviet Supermen. Kettlebell training is my first foray into strength training. I'm more than satisfied with the progress I'm making, and I owe a lot of my success to this book. Enter the Kettlebell lays out a very simple plan.

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