

## Enter The Kettlebell Strength Secret Of Soviet Supermen Pavel Tsatsouline

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Don't get me wrong -- Pavel's kettlebell instruction deserves five stars. It's informational, motivational, and designed with your safety in mind. Kettlebell safety is the only way to results. However, I highly recommend reading his book by the same title [Enter The Kettlebell! Strength Secret of The Soviet Supermen](#).

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Get the book, [Enter the Kettlebell! - Strength Secret of the Soviet Supermen](#) by Pavel. Order this book from [Dragon Door](#) and learn the foolproof master system. The world's premier site for Kettlebells, Strength, Conditioning, Flexibility, and ...

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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 ...](#)

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[Enter the Kettlebell](#) is a rock solid DVD for anyone getting started with kettlebells and for anyone wanting to review the fundamentals that truly make the kettlebell effective. Pavel's straight up style of teaching with his Russian humor make this DVD a must for anyone serious about quality kettlebell training.

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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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Now, Pavel honed his amazingly effective [Enter the Kettlebell! masterplan for elite strength and high-performance conditioning in the trenches of his RKC kettlebell instructor certification training programs....](#) So rather than just take our word for the power of Pavel's RKC program to forever alter your strength and conditioning world, listen to what these elite athletes, coaches and ...

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