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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.

Enter the Kettlebell - Pavel Tsatsouline - YouTube

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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Enter The Kettlebell Strength Secret

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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Description Enter the kettlebell – Strength secret of the soviet supermen – by Pavel Tsatsouline. With Enter the Kettlebell Pavel delivers a significant upgrade to his original landmark work, The Russian Kettlebell Challenge.. Pavel lays out a foolproof master system that guarantees success.

Enter The Kettlebell! Strength Secret of The Soviet ...

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really works for dramatic results with the kettlebell, from the co-founder of the modern kettlebell movement.

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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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