

Enter the Kettlebell!

SPECIAL REPORT #2

**Seven "Simple &
Sinister"**

Kettlebell Drills



www.enterthekettlebell.com

The following exercises that are very effective and can be learned in minutes. Most of them are not of Russian heritage but American ingenuity at its best. Simply pick two to three of the following drills per workout and do two to three sets for the recommended number of reps.

- The one-legged deadlift
- The Maxercist row
- The squat flip clean
- The tactical lunge
- The hot potato Russian twist
- The figure eight to a hold
- The crush curl

THE ONE-LEGGED DEADLIFT— FOR INVINCIBLE HAMSTRINGS AND ANKLES

The one-legged deadlift is a great old-timer exercise that strengthens your hamstrings and ankles and improves your skill at what martial artists call “rooting.” Experience on tactical teams has shown that a combination of one-legged DLs with either KB swings or snatches virtually eliminates hamstring pulls. The one-legged deadlift also teaches you to recruit the glutes. This is important for both athletic power and back safety.

For best results do the drill barefoot. Start with the kettlebell slightly outside your working foot; later you might find a more comfortable starting point.

Descend to the kettlebell by hinging at the hips. Senior RKC Brett Jones instructs our “victims” to put the lower part of their ribs of the working side on the thigh that is performing the DL.

Though the hips are first, as always, you don’t have to worry about perfect back alignment as much as you do in swings, cleans, and snatches; a slightly rounded upper back is fine. And unlike the above quick pulls, the one-legged deadlift encourages you to look down at the deck.

Note, though, that your knee must be bent somewhat in the beginning of the pull. Your hips may be high, but this is not a stiff-legged deadlift.



The one-legged deadlift.

Keep your shin as vertical as possible. Pushing your butt back will help.

Keep your free leg passively flexed behind you. Do not stretch it out like a gymnast doing a scale. You want to lift the kettlebell with your glute and hamstring power, not by virtue of using your straight free leg as a counterbalance.

Grab the kettlebell, take a breath, and tighten your whole body. Grip the deck hard with your toes, and keep the muscles around your ankle and on the bottom of your foot tight. Make sure that the inside of your foot does not buckle in down toward the floor. Flex your glute to break the kettlebell off the ground.

Stay tight as you are driving up. Keep your weight evenly distributed on your foot. Press down hard—a “static stomp.” Breathe shallow. Go slow. Rushing this exercise will bring you no benefits whatsoever. Be patient with your strength.



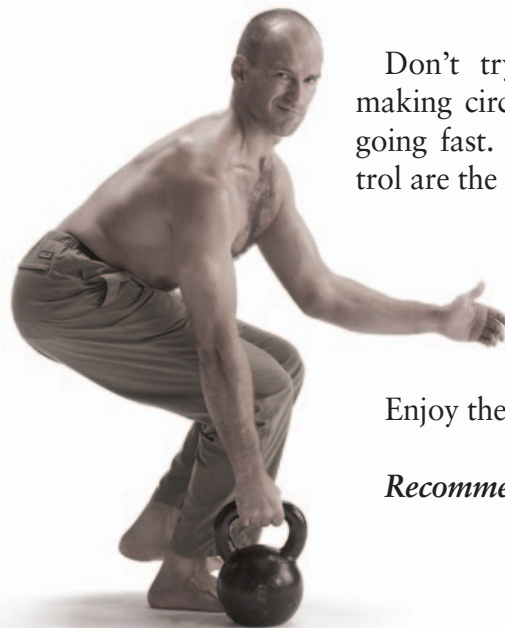


Lock out your hip and cramp your glute hard at the lockout.

“Lay your ribs on your thigh” to lower the kettlebell. Hinge at the hip.

You are very likely to have balance problems in the beginning. Don't attempt to recover your balance by fidgeting; this could hurt your knee. If you start losing it, catch yourself by landing your airborne foot, or drop the kettlebell and go back to square one.

How to park the kettlebell if you have lost your balance.



Don't try to balance by making circus moves! Or by going fast. Tension and control are the keys to balance.

Enjoy the pain!

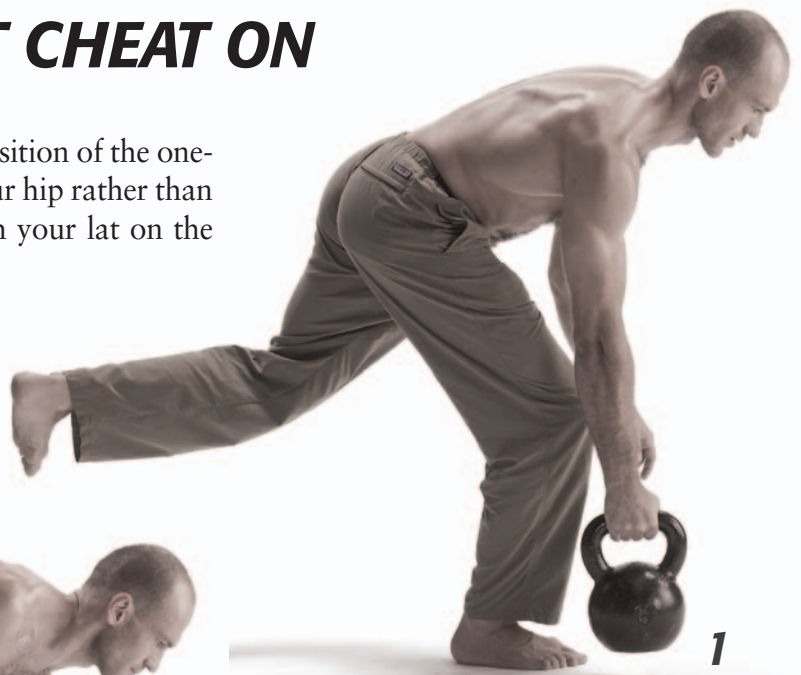
Recommended reps: 3–5



Wrong, Comrade!

THE MAXERCIST ROW— A ROW YOU CAN'T CHEAT ON

Do one-arm rows from the starting position of the one-legged deadlift. Pull in an arc toward your hip rather than straight up. Lower in an arc and stretch your lat on the bottom.

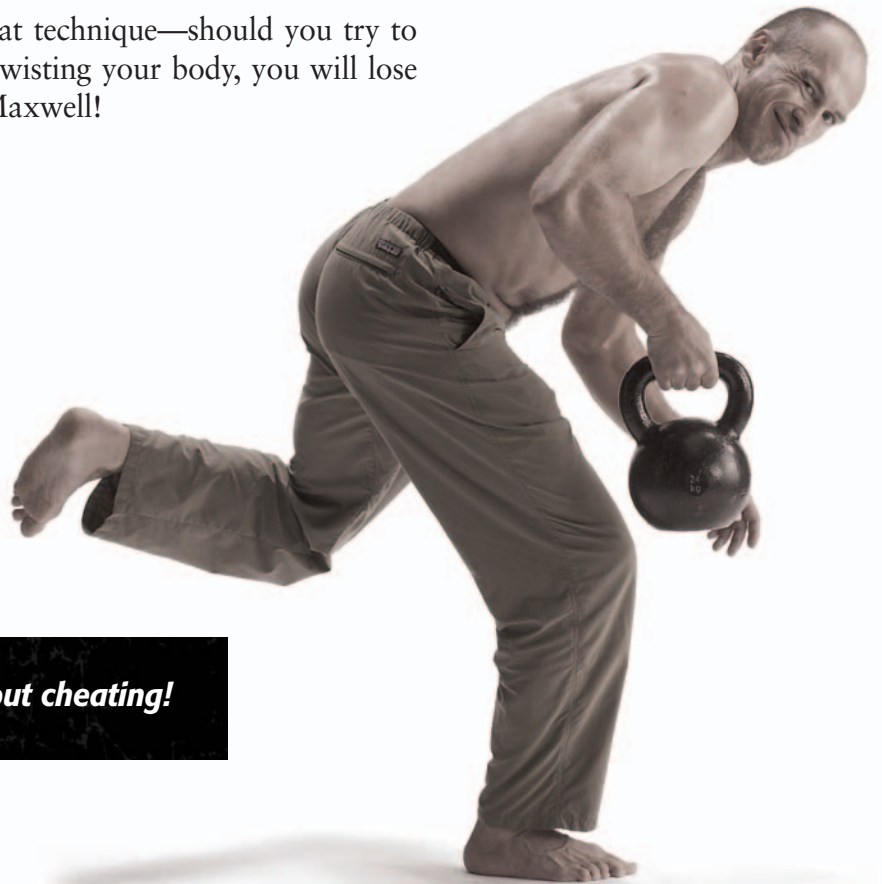


The Maxercist row.



The one-legged row enforces great technique—should you try to cheat by yanking the kettlebell or twisting your body, you will lose your balance. Very evil, Comrade Maxwell!

Recommended reps: 3–5



Don't even think about cheating!



www.enterthekettlebell.com

THE SQUAT FLIP CLEAN—A SMOKER

Grip master John Brookfield came up with this leg, abs, and lung smoker. You need healthy knees and basic squat skills to do it.

Swing the kettlebell between your legs with both hands. Swing up in a tight arc, flip the kettlebell toward you in front of your face, and catch the ball rather than the handle with both hands. Immediately drop into a below-parallel squat. Don't go into a full squat; your hips and knees would not care for it, since the stance demanded by this exercise is relatively wide.

Stand up, drop the kettlebell, catch the handle with both hands, swing back, and repeat until smoked.

The squat flip clean.



Imagine that you are doing the drill standing a foot in front of a wall; this will force you to keep the kettlebell close to your body.

To make the drill even harder, drop very quickly once you have flipped the kettlebell and let it fall into your hands from a couple of feet.

The legs and lungs workout is expected. What will surprise you is how hard your abs will have to work.

Recommended reps: 10–20



THE TACTICAL LUNGE— FOR SPRINGY LEG POWER

You will know where your quads and glutes are the day after doing this exercise by Jeff Martone.

Holding a kettlebell in your right hand, the handle parallel to your shoulders, step back with your right foot until your knee brushes the deck. Don't place your feet in one line; stay on "railroad tracks."

Pass the kettlebell under your left knee to your left hand, and spring up by digging your heel. Make sure that you pass the kettlebell under the leg opposite the hand you are passing from.



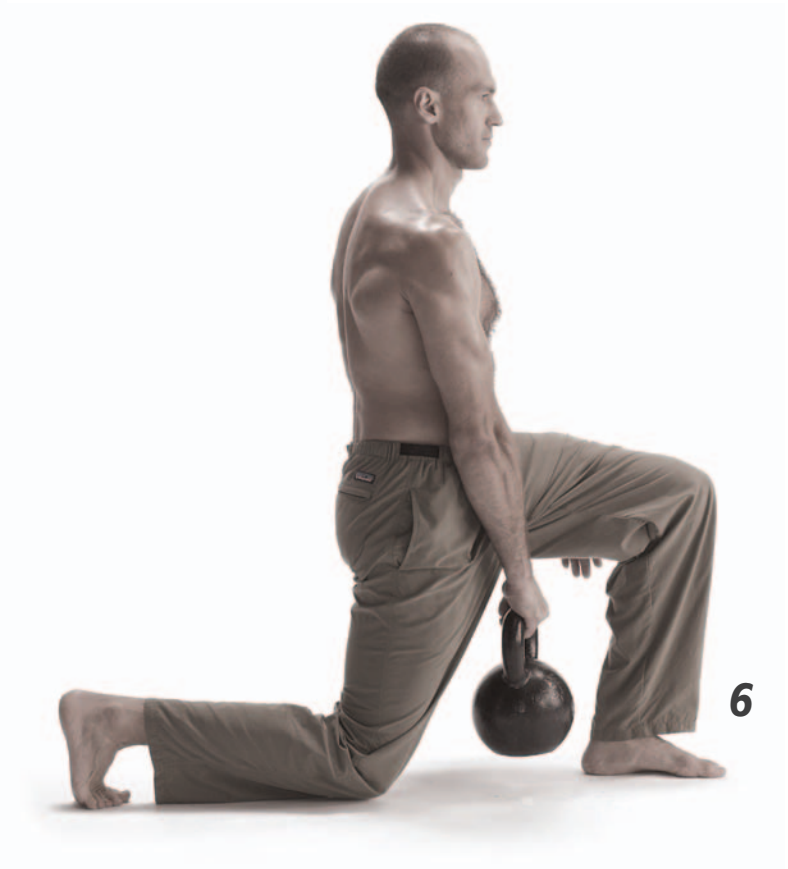
Stay upright and look straight ahead! You defeat the purpose of the exercise if you are all bent over and your knee does not get close to the ground. Better to do five good reps than ten lame ones.

The back knee and foot must point straight ahead the whole time. If your knee tends to bow in and/or your foot rolls, pretend that you are trying to squeeze your knees together.

Once you get into the groove, you may want to switch legs after each rep.

Recommended reps: 10–20





There is nothing tactical about this!



www.enterthekettlebell.com

THE HOT POTATO RUSSIAN TWIST— TO MAKE YOUR DEAR ABBIES CRY

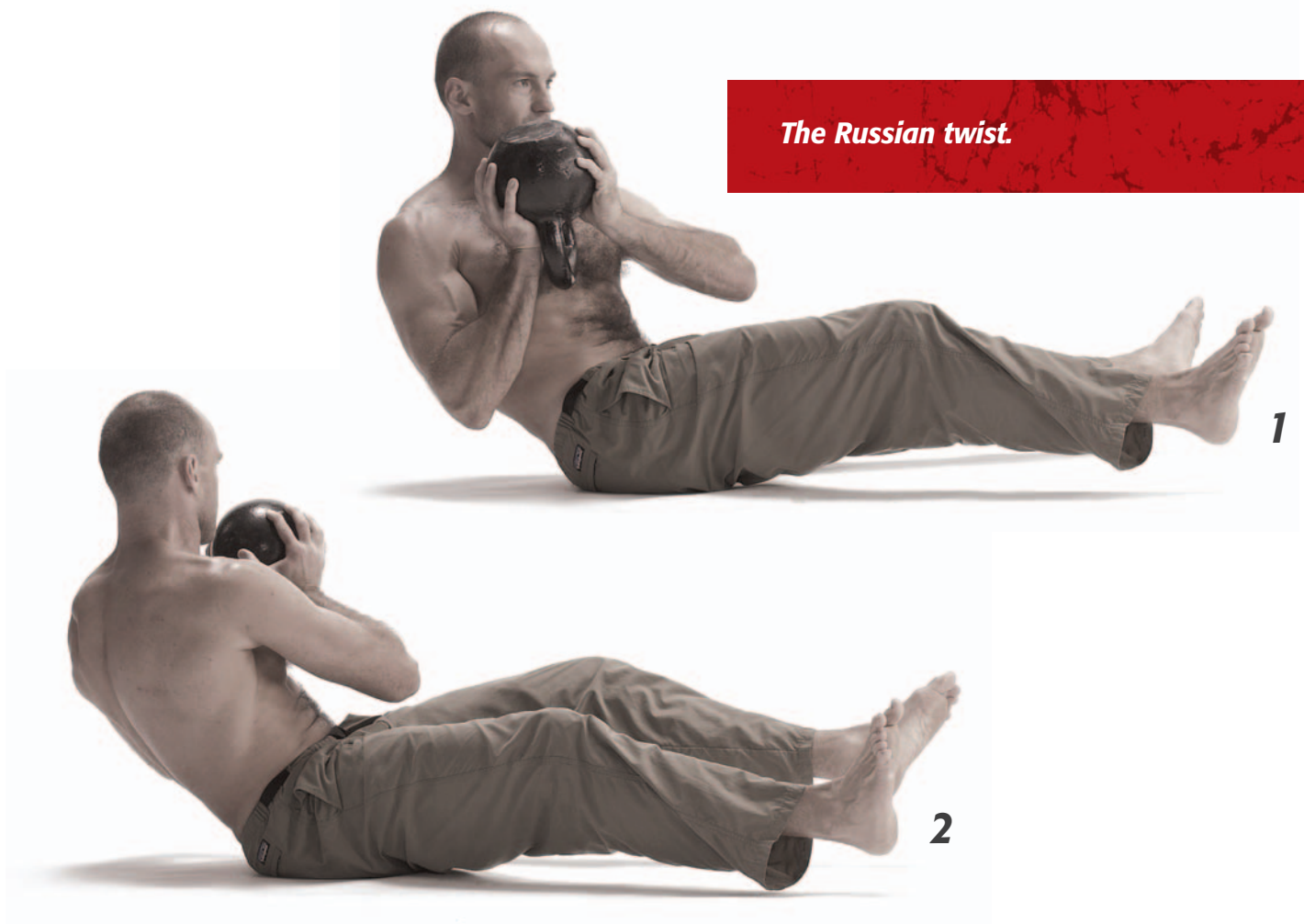
You may have done the traditional Russian twist with a barbell plate. This is much worse.

Sit on the floor and palm a kettlebell with its handle down. Keep your wrist rigid and press your elbow against your torso. Tense your glutes and lean back until you are almost falling backward.

Pass the kettlebell from hand to hand like a hot potato. In the beginning, you may keep your other hand on the bell to spot yourself.

Your hips will naturally turn. Keep your mouth closed and breathe sharply through your nose like a boxer. The drill kicks butt when you are sucking wind after swings or snatches.

Recommended reps: 5–20





The hot potato Russian twist.



www.enterthekettlebell.com

THE FIGURE EIGHT TO A HOLD— FOR DEVASTATING ROTATIONAL POWER

A great drill for rotational power by Anthony Diluglio, RKC. Start with your right arm pressed against your ribs, palming the kettlebell handle down in your right hand, while holding the handle with your left.

The figure eight to a hold.



1



2



3

Push your hips back and swing the kettlebell back between your legs diagonally to the right. All of the swing mechanics apply: the hip crease, the hip thrust, compressed breathing, and so on.

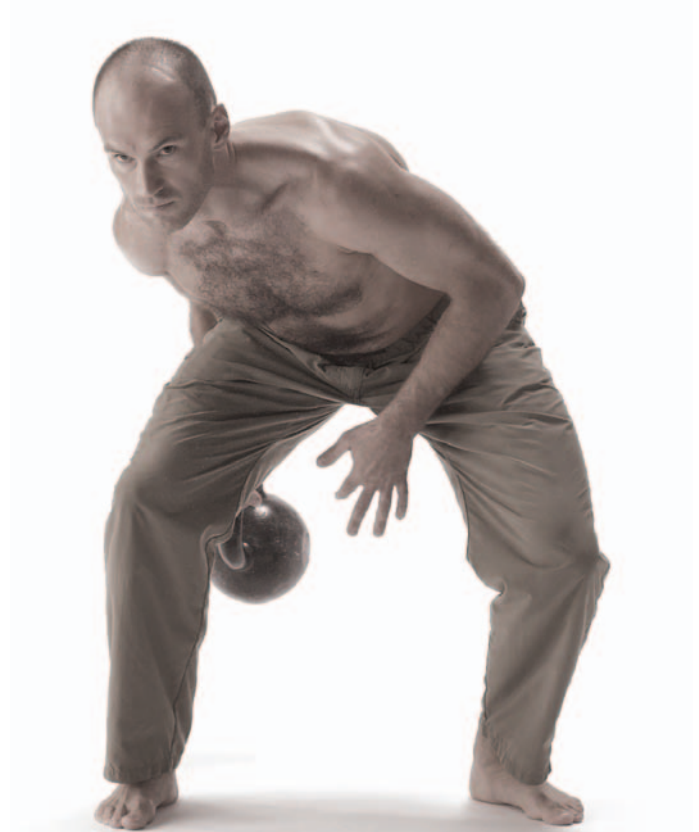
Switch hands behind your back, and swing the kettlebell with your right –don't forget to drive with your hips! –in a counterclockwise arc up and around your body.

By now you have pressed your left arm against your ribs, and your left palm is open and waiting for the kettlebell.

The figure eight to a hold.



4



5

Push the kettlebell away with your left palm, and repeat the drill in the other direction: swing the kettlebell behind you to your left with your right hand; pass to the left hand behind you; and come around the body clockwise.

It may take you a few tries to get the hang of this drill, but it is worth it.

Recommended reps: 5–20

The figure eight to a hold.



6



7

THE CRUSH CURL—THE MANLY CURL

Crush a kettlebell between your palms, and then curl it. Try to extend your elbows completely on the bottom of each rep. The drill develops the elbow flexors and the pecs' crushing power. In the Russian military, this drill is used to condition the shooting muscles—for keeping an assault rifle snug and operating it without fatigue. Fortunately for you, they also happen to be the beach muscles.

Recommended reps: 3–5

Russian kettlebell power to you!



www.enterthekettlebell.com

The crush curl.



DISCOVER **THE PAVEL SYSTEM** —And **Master** The Key Kettlebell Secrets For **Rapid** Development of Exceptional **Power, Strength and Endurance**

The Kettlebell. K-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, high-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.

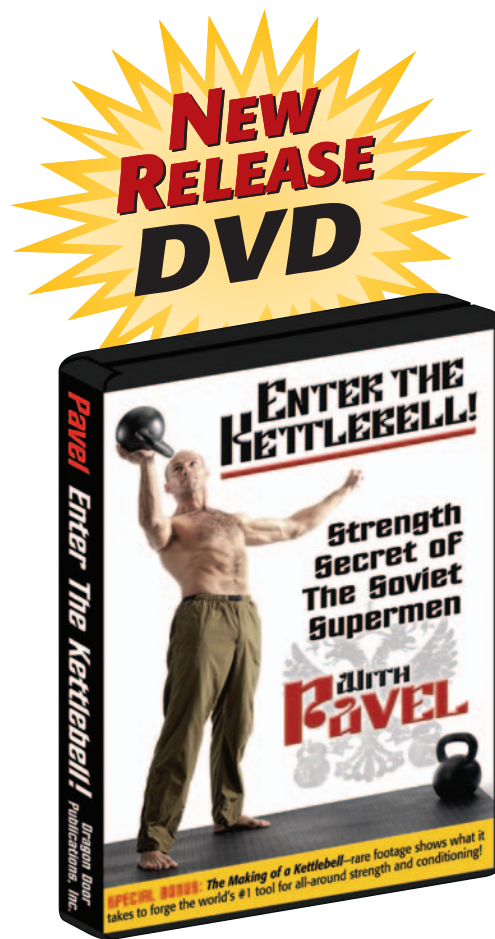
With *Enter the Kettlebell!* Pavel delivers a significant upgrade to his original landmark work, *The Russian Kettlebell Challenge*. Drawing on five years of developing and leading the world’s first and premiere kettlebell instructor certification program, and after spending five years of additional research into what really works for dramatic results with the kettlebell—we have *Enter the Kettlebell!*

Inside, discover the absolutely essential kettlebell training secrets anyone—from the rawest newbie to most grizzled of vets—can use to rapidly develop exceptional power, strength and endurance.

Pavel lays out a foolproof master system that guarantees you success—if you simply follow the commands!

- **Develop** all-purpose strength—to easily handle the toughest and most unexpected demand
- **Maximize** staying power—because the last round decides all
- **Forge** a fighter’s physique—because the form must follow the function

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.



Enter the Kettlebell!
Strength Secret of The Soviet Supermen
with Pavel

#DV036 \$29.95
DVD Running time: 46 minutes

www.russiankettlebells.com

Visit the Russian Kettlebells.com website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!

www.russiankettlebells.com



“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!*

Pavel lays out a foolproof master system that guarantees you success—if you simply follow the commands!

- Develop all-purpose strength—to easily handle the toughest and most unexpected demand
- Maximize staying power—because the last round decides all
- Forge a fighter’s physique—because the form must follow the function

Enter the kettlebell! and follow the plan:

1. The New RKC Program Minimum

With just two kettlebell exercises, takes you from raw newbie to solid contender—well-conditioned, flexible, resilient and muscular in all the right places.

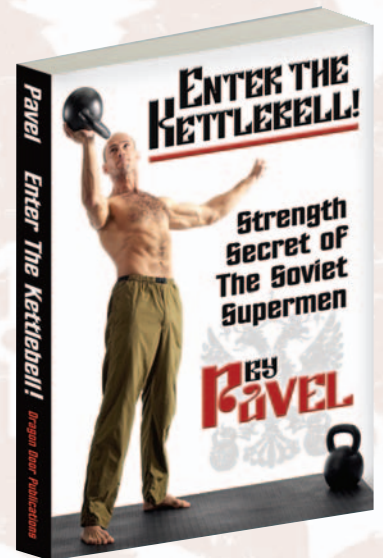
2. The RKC Rite of Passage

Jumps you to the next level of physical excellence with Pavel’s proven RKC formula for exceptional strength and conditioning.

3. Become a Man Among Men

Propels you to a Special Forces level of conditioning and earns you the right to call yourself a man.

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.



Enter the Kettlebell! Strength Secret of The Soviet Supermen by Pavel

#B33 \$34.95
Paperback 200 pages
8.5" x 11"
246 full color photos, charts, and workouts



www.russiankettlebells.com

www.russiankettlebells.com

Visit the Russian Kettlebells.com website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



RUSSIAN KETTLEBELLS

The World's #1 Handheld Gym For Extreme Fitness

Use Kettlebells to:

- **Accelerate your all-purpose strength**—so you can readily handle the toughest demands
- **Hack away your fat**—without the dishonor of dieting and aerobics
- **Boost your physical resilience**—to repel the hardest hits
- **Build your staying power**—to endure and conquer, whatever the distance
- **Create a potent mix of strength-with-flexibility**—to always reach your target
- **Forge a fighter's physique**—so form matches function
- **Be independent**—world's #1 portable gym makes you as strong as you want to be, anywhere, anytime

Kettlebells Fly Air Force One!

“There's a competitive reason behind the appearance of kettlebells at the back doors and tent flaps of military personnel. When Russian and US Special Forces started competing against each other after the Soviet Union broke up, the Americans made a disturbing discovery. “We'd be totally exhausted and the Russians wouldn't even be catching their breath,” says... [a] Secret Service agent... “It turned out they were all working with kettlebells.”

Now, half the Secret Service is snatching kettlebells and a set sometimes travels with the President's detail on Air Force One.”—*Christian Science Monitor*



Pavel's Kettlebell FAQ

What is a 'kettlebell'?

A 'kettlebell' or girya (Russ.) is a traditional Russian cast iron weight that looks like a cannonball with a handle. The ultimate tool for extreme all-round fitness.

The kettlebell goes way back – it first appeared in a Russian dictionary in 1704 (Cherkikh, 1994). So popular were kettlebells in Tsarist Russia that any strongman or weightlifter was referred to as a girevik, or 'a kettlebell man'.

“Not a single sport develops our muscular strength and bodies as well as kettlebell athletics,” reported Russian magazine Hercules in 1913.

“Kettlebells—Hot Weight of the Year”—*Rolling Stone*

Why train with kettlebells?

Because they deliver extreme all-round fitness. And no single other tool does it better. Here is a short list of hardware the Russian kettlebell replaces: barbells, dumbbells, belts for weighted pullups and dips, thick bars, lever bars, medicine balls, grip devices, and cardio equipment.

Vinogradov & Lukyanov (1986) found a very high correlation between the results posted in a kettlebell lifting competition and a great range of dissimilar tests: strength, measured with the three powerlifts and grip strength; strength endurance, measured with pullups and parallel bar dips; general endurance, determined by a 1000 meter run; work capacity and balance, measured with special tests.

Voropayev (1983) tested two groups of subjects in pullups, a standing broad jump, a 100m sprint, and a 1k run. He put the control group on a program that emphasized the above tests; the experimental group lifted kettlebells. In spite of the lack of practice on the tested exercises, the kettlebell group scored better in every one of them! This is what we call “the what the hell effect”.

Kettlebells melt fat without the dishonor of dieting or aerobics. If you are overweight, you will lean out. If you are skinny, you will get built up. According to Voropayev (1997) who studied top Russian gireviks, 21.2% increased their bodyweight since taking up kettlebelling and 21.2% (the exact same percentage, not a typo), mostly heavyweights, decreased it. The Russian kettlebell is a powerful tool for fixing your body comp, whichever way it needs fixing.

Kettlebells forge doers' physiques along the lines of antique statues: broad shoulders with just a hint of pecs, back muscles standing out in bold relief, wiry arms, rugged forearms, a cut-up midsection, and strong legs without a hint of squatter's chafing.

Liberating and aggressive as medieval swordplay, kettlebell training is highly addictive. What other piece of exercise equipment can boast that its owners name it? Paint it? Get tattoos of it? Our Russian kettlebell is the Harley-Davidson of strength hardware.

“Kettlebells—A Workout with Balls”—*Men's Journal*

www.russiankettlebells.com

1-800-899-5111 24 hours a day
fax your order (866)-280-7619



Who trains with kettlebells?

Hard comrades of all persuasions.

Soviet weightlifting legends such as Vlasov, Zhabotinskiy, and Alexeyev started their Olympic careers with old-fashioned kettlebells. Yuri Vlasov once interrupted an interview he was giving to a Western journalist and proceeded to press a pair of kettlebells. "A wonderful exercise," commented the world champion. "...It is hard to find an exercise better suited for developing strength and flexibility simultaneously."

The Russian Special Forces personnel owe much of their wiry strength, explosive agility, and never-quitting stamina to kettlebells. *Soldier, Be Strong!*, the official Soviet armed forces strength training manual pronounced kettlebell drills to be "one of the most effective means of strength development" representing "a new era in the development of human strength-potential".

The elite of the US military and law enforcement instantly recognized the power of the Russian kettlebell, ruggedly simple and deadly effective as an AK-47. You can find Pavel's certified RKC instructors among Force Recon Marines, Department of Energy nuclear security teams, the FBI's Hostage Rescue Team, the Secret Service Counter Assault Team, etc.

Once the Russian kettlebell became a hit among those whose life depends on their strength and conditioning, it took off among hard people from all walks of life: martial artists, athletes, regular hard comrades.

"I can't think of a more practical way of special operations training... I was extremely skeptical about kettlebell training and now wish that I had known about it fifteen years ago..."

—Name withheld, Special Agent, U.S. Secret Service Counter Assault Team

Am I kettlebell material?

Kettlebell training is extreme but not elitist. At the 1995 Russian Championship the youngest contestant was 16, the oldest 53! And we are talking elite competition here; the range is even wider if you are training for yourself rather than for the gold. Dr. Krayevskiy, the father of the kettlebell sport, took up training at the age of forty-one and twenty years later he was said to look fresher and healthier than at forty.

Only 8.8% of top Russian gireviks, members of the Russian National Team and regional teams, reported injuries in training or competition (Voropayev, 1997). A remarkably low number, especially if you consider that these are elite athletes who push their bodies over the edge. Many hard men with high mileage have overcome debilitating injuries with kettlebell training (get your doctor's approval). Acrobat Valentin Dikul fell and broke his back at seventeen. Today, in his mid-sixties, he juggles 180-pound balls and breaks powerlifting records!

"... kettlebells are a unique conditioning tool and a powerful one as well that you should add to your arsenal of strength... my experience with them has been part of what's led me to a modification in my thoughts on strength and bodyweight exercises... I'm having a blast training with them and I think you will as well."

—Bud Jeffries, the author of *How to Squat 900lbs. without Drugs, Powersuits, or Kneewraps*

How do I learn to use the kettlebell?

From Pavel's books and videos: *The Russian Kettlebell Challenge* or *From Russia with Tough Love* for comrades ladies. From an RKC certified instructor; find one in your area on RussianKettlebell.com. Kettlebell technique can be learned in one or two sessions and you can start intense training during the second or even first week (Dvorkin, 2001).

"...I felt rejuvenated and ready to conquer the world. I was sold on the kettlebells, as the exercises were fun and challenging, and demanded coordination, explosion, balance, and power... I am now on my way to being a better, fitter, and more explosive grappler, and doing things I haven't done in years!"

—Kid Peligro, *Grappling* magazine

What is the right kettlebell size for me?

Kettlebells come in 'poods'. A pood is an old Russian measure of weight, which equals 16kg, or roughly 35 lbs. An average man should start with a 35-pounder. It does not sound like a lot but believe it; it feels a lot heavier than it should! Most men will eventually progress to a 53-pounder, the standard issue size in the Russian military. Although available in most units, 70-pounders are used only by a few advanced guys and in elite competitions. 88-pounders are for mutants.

An average woman should start with an 18-pounder. A strong woman can go for a 26-pounder. Some women will advance to a 35-pounder. A few hard women will go beyond.

"Kettlebells are like weightlifting times ten."

"Kettlebells are like weightlifting times ten. ...If I could've met Pavel in the early '80s, I might've won two gold medals. I'm serious."

—Dennis Koslowski, D.C., RKC,
Olympic Silver Medalist in Greco-Roman Wrestling

Announcing:

Two New Sizes!

Many of you have asked for an intermediate kettlebell between the 4kg and 8kg. So here it is... the 6kg (13lb), which like its sisters has a steel handle and core with rubber casing. Great for weighted joint mobility drills!

And then, we've uncaged "THE BEAST", a monstrous 48kg (106lb) of solid iron, for the ultimate in hardcore training. Swing it, clean it, snatch it —and, if you dare, try pistols, pullups and presses! Are you man (or woman) enough to tame THE BEAST — or will THE BEAST tame you?



RUBBER CASED



CLASSIC STYLE



STEEL HANDLE & CORE/RUBBER CASING

	Price	MAIN USA	AK&HI	CAN
#P10D 4kg (approx. 9lb) —.25 poods	\$89.95	S/H \$11.00	\$49.00	\$27.00
#P10K 6kg (approx. 13lb) — .50 poods	\$97.95	S/H \$14.00	\$56.00	\$32.00
#P10E 8kg (approx. 18lb) — .50 poods	\$99.95	S/H \$17.00	\$65.00	\$38.00

CLASSIC KETTLEBELLS (SOLID CAST IRON)

#P10G 12kg (approx. 26lb) — .75 poods	\$82.95	S/H \$21.00	\$79.00	\$47.00
#P10A 16kg (approx. 35lb) — 1 pood	\$89.95	S/H \$27.00	\$94.00	\$58.00
#P10H 20kg (approx. 44lb) — 1.25 poods	\$99.95	S/H \$32.00	\$109.00	\$70.00
#P10B 24kg (approx. 53lb) — 1.5 poods	\$109.95	S/H \$36.00	\$125.00	\$81.00
#P10J 28kg (approx. 62lb) — 1.75 poods	\$129.95	S/H \$38.00	\$142.00	\$90.00
#P10C 32kg (approx. 70lb) — 2 poods	\$139.95	S/H \$43.00	\$158.00	\$99.00
#P10F 40kg (approx. 88lb) — 2.5 poods	\$179.95	S/H \$57.00	\$190.00	\$124.00
#P10L 48kg (approx. 106lb) — 3 poods	\$247.95	S/H \$67.00	\$223.00	\$158.00

SAVE! ORDER A SET OF CLASSIC KETTLEBELLS & SAVE \$17.00

#SP10 Classic Set (one each of 16, 24 & 32kg)	\$322.85	S/H \$106.00	\$377.00	\$238.00
---	----------	--------------	----------	----------

ALASKA/HAWAII KETTLEBELL ORDERING

Dragon Door now ships to all 50 states, including Alaska and Hawaii, via UPS Ground.

CANADIAN KETTLEBELL ORDERING

Dragon Door now accepts online, phone and mail orders for Kettlebells to Canada, using UPS Standard service. UPS Standard to Canada service is guaranteed, fully tracked ground delivery, available to every address in all of Canada's ten provinces. Delivery time can vary between 3 to 10 days.

IMPORTANT — International shipping quotes & orders do not

include customs clearance, duties, taxes or other non-routine customs brokerage charges, which are the responsibility of the customer.

- KETTLEBELLS ARE SHIPPED VIA UPS GROUND SERVICE, UNLESS OTHERWISE REQUESTED.
- KETTLEBELLS RANGING IN SIZE FROM 4KG TO 24KG CAN BE SHIPPED TO P.O. BOXES OR MILITARY ADDRESSES VIA THE U.S. POSTAL SERVICE, BUT WE REQUIRE PHYSICAL ADDRESSES FOR UPS DELIVERIES FOR THE 32KG AND 40KG KETTLEBELLS.
- **NO RUSH ORDERS ON KETTLEBELLS!**

www.russiankettlebells.com

www.russiankettlebells.com



Visit the Russian Kettlebells.com website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!

How to stay informed of the latest advances in strength and conditioning visit WWW.RUSSIANKETTLEBELLS.COM

Dragon Door Forum: Kettlebells, Strength, Fitness, Martial Arts

http://forum.dragondoor.com/training

Dragon Door Strength & Conditioning Forum

Forum Search User Search Site Search

This Forum is for the posting of fitness-related subject matter only. All OT (off-topic) posts or posts with links to OT subjects will be removed by Dragon Door staff. Posts deemed obscene, prejudicial or inflammatory will also be removed at Dragon Door's discretion. Thank you for your cooperation.

110 users logged on. 126 new posts today. 49611499 accesses

- See 350 photos from Feb 2006 Unlock! (next workshop Oct 2006): (297) John Du Cane (1315) -- Yesterday 10:47 pm
 - Jeez...David Whitley...you did great with the full split: (93) Randy Hauer RKC (522) - (Training Log) - Today 01:24 am
 - Thanks...: (68) David Whitley, RKC (2860) - (Training Log) - Today 03:03 am
 - David, a few questions...: (49) JonFrost (719) -- Today 03:11 pm
 - Jon, A few answers: (24) David Whitley, RKC (2860) - (Training Log) - Today 3:31 pm
 - Thanks for your answers!! n/m: (2) JonFrost (719) -- Today 3:36 pm
 - I was impressed more with your pain tolerance n/m: (1) Steve Maxwell (1880) - (Training Log) - Today 4:51 pm
 - shrugs: (10) Michael Singh (5) -- Today 3:45 pm
 - question for Pavel on complex training: (38) paul S (3) -- Yesterday 10:36 pm
 - Bud Jefferies: (156) hameyb (1) -- Yesterday 10:27 pm
 - NAKE GS NATIONALS!!! Role call: (30) Steve Cotter (1240) -- Today 3:40 pm
 - I'll be there, n/m: (2) Marty RKC (2167) -- Today 3:47 pm
 - Need help with back squats.: (4) ammo (66) - (Training Log) - Today 3:33 pm
 - Grip Question: (10) Jim Madden (6) - (Training Log) - Today 3:32 pm
 - For anyone interested in how Fedor Emelianenko trains: (36) Krajisnik (188) -- Today 3:28 pm
 - On his old web site, it showed kettlebells, pullup bars, throwing dummies etc. n/m: (1) Steve Maxwell (1880) - (Training Log) - Today 4:53 pm
 - Post Trauma Training, Com.Pavel and other please help: (8) ebenezer (62) - (Training Log) - Today 3:22 pm
 - Resilient in the mail and Mike Mahlers newsletter...: (56) TPerruso (166) -- Today 2:23 pm
 - Glad to help out and I think that all of us: (42) Mike Mahler (4868) - (Training Log) - Today 2:50 pm
 - McGill, KBs & Naked Warrior: (72) Cayenne (812) -- Today 2:01 pm
 - Com. Cayenne, give the 1ed to a friend and but the 2nd. It's well worth it, n/m: (17) Pavel Tsatsouline (18426) -- Today 2:49
 - "Most exercises that are totally safe are also totally useless" - Louie Simmons n/m: (29) orsted (8) -- Today 11:41 am
 - That's a great quote, reminds me of this one: (91) JT_76 (109) -- Today 11:52 am
 - Need help with PTP: (43) Diomedes (1) -- Today 06:27 am
 - What are your current weights, cycles, sets, etc.?: (25) mmmclellan (844) - (Training Log) - Today 05:49 am
 - Com. Diomedes, welcome to the Party! In a new thread post your training log, n/m: (6) Pavel Tsatsouline (18426) -- Today 2:44 am

Visit www.russiankettlebells.com and sign up for Pavel Tsatsouline's free monthly e-newsletter, giving you late-breaking news and tips on how to stay ahead of the fitness pack.

Visit www.dragondoor.com/cgi-bin/tpost.pl and participate in Dragon Door's stimulating and informative **Strength and Conditioning** Forum. Post your fitness questions or comments and get quick feedback from Pavel Tsatsouline and other leading fitness experts.

Visit www.dragondoor.com and browse the **Articles** section and other pages for ground-breaking theories and products for improving your health and well being.



1-800-899-5111 24 hours a day
fax your order (866)-280-7619



