



# **The Russian Kettlebell Challenge: Xtreme Fitness for Hard Living Comrades**

*Pavel Tsatsouline*

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If you are looking for a supreme edge in your chosen sport—seek no more!

Both the Soviet Special Forces and numerous world-champion Soviet Olympic athletes used the ancient Russian Kettlebell as their secret weapon for xtreme fitness. Thanks to the kettlebells's astonishing ability to turbocharge physical performance, these Soviet supermen creamed their opponents time-and-time-again, with inhuman displays of raw power and explosive strength.

Now, former Spetznaz trainer, international fitness author and nationally ranked kettlebell lifter, Pavel Tsatsouline, delivers this secret Soviet weapon into your own hands.

You NEVER have to be second best again! Here is the first-ever complete kettlebell training program—for Western shock-attack athletes who refuse to be denied—and who'd rather be dead than number two.

-Get really, really nasty—with a commando's wiry strength, the explosive agility of a tiger and the stamina of a world-class ironman

-Own the single best conditioning tool for killer sports like kickboxing, wrestling, and football

-Watch in amazement as high-rep kettlebells let you hack the fat off your meat—without the dishonor of aerobics and dieting

-Kick your fighting system into warp speed—with high-rep snatches and clean-and-jerks

-Develop steel tendons and ligaments—and a whiplash power to match

-Effortlessly absorb ballistic shocks—and laugh as you shrug off the hardest hits your opponent can muster

-Go ape on your enemies—with gorilla shoulders and tree-swinging traps

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