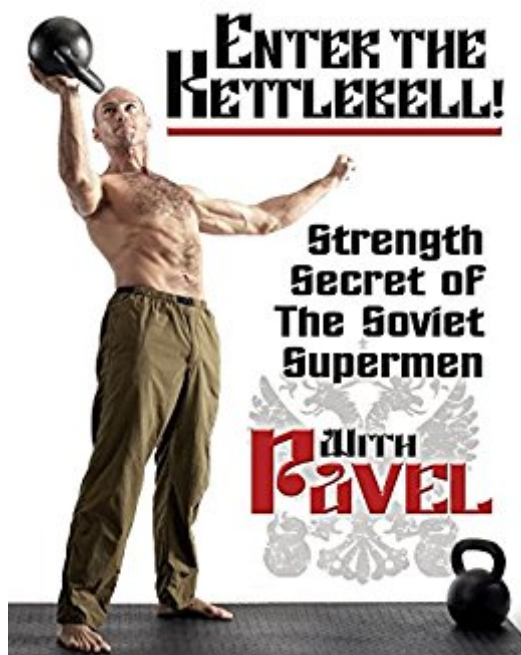




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# Enter The Kettlebell!: Strength Secret Of The Soviet Supermen



## Synopsis

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.

## Book Information

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## Customer Reviews

Young and old alike can benefit from Pavel's book. If you know nothing, this book is for you. If you think you know something, this book is for you. Don't want to sound too obvious, the man is single handedly made kettle bell a household word. In my book he is the Founder of the Feast. Absolutely, no way to go wrong. Go old school; go with Pavel, the Russian special forces trainer. Jt. Merlin.

I think this a great book, I have started to do a kettlebell workout to help rehabilitate my shoulder. I hadn't ever heard of them, then one day at the gym I saw them and had to do some research. Read a couple articles and BAM! my torn rotator cuff that had developed a lot of scar tissue and had very poor mobility is now back at full range of motion. I am not doing the whole crossfit stuff, I used to be very fit before a series of injuries about five years ago. And I feel that kettle bells are really doing a lot to get me back to where I need to be. Just go slow and steady. Kettle bells are a different kind of work out. I LOVE KETTLE BELLS. Also, check used sporting goods stores for kettle bells - its not like they wear out or anything.

Great book for foundation work with kettlebells. I used this along with the enter the kettlebell video and Anthony Diluglio's enter the kettlebell workbook with great results. At 45 yrs old I hadn't run more than 2 miles in years and hadn't done a pullup in years. After going through the program with a 16kg kettlebell, I did 185 snatches with a 16kg kettlebell. On another day ran 5 miles in hills and could do 10 strict pullups easily. Leaned up pretty well too. Hard work but it paid off much better than anything else I've done. The book instructs you as if you want to be serious about gaining strength endurance with a kettlebell for the long haul. If you want a quick instruction book to put together a couple of circuits to get in shape, I'd look elsewhere. I bought the kindle version to replace the book I loaned to someone. I like the kindle version because you can highlight and bookmark it. Get the video to go with it or check out some RKC or Strong First video demonstrations of the exercises as you read. Good Luck!

pavel is the man. clear guide to getting started with kettle bells without injury and with good fundamentals.

Pavel Tsatsouline does nice work here presenting his ever-evolving RKC-issue hardstyle kettlebell training. The technique cues are solid and the stories of Soviet strongmen are entertaining. Even if you've been playing with kettlebells a while, as I had, you will pick up some knowledge from this

volume. The exercises are kept so few, the words so curt, and the program so simple that a reader is tempted to think he isn't getting value from the work. But then, that reader should pick up a kettlebell and start working. Thought crushed. Admittedly, a few notes about incorporating kettlebells into a more comprehensive strength program could stand to be included, but as a guy who almost exclusively trains with bodyweight and kettlebells, you really don't need that. I would, however, like to see some windmills or pistol squats, even if just in pictures, with some form cues: buying *Return of the Kettlebell* when even Pavel says it has been transcended by EtK seems wasteful. Short version: If you want to get strong with kettlebells, want to improve your cueing and teaching of hardstyle techniques, or just want to expand your collection of great training volumes (*RKC Program Minimum* will get you going!), EtK is the book for you. If you want an integrated program, hand holding, or any illusion of coddling, cutesy "bodybuilding" programs, get far, far away. EtK is about strength and power, kettlebell style. If you don't think so, go for a 5 or 10 min snatch test at 24kg. Then get back to reading.

Fun to read and makes you think about the usual approach of specific lists of reps and sets. This is more of replicating real work using your whole body rather than isolating muscle groups. It helps convince you that simple really is better.

Kettlebells can be one of the best exercises for strength, but if you're brand new to them, as I was, then I highly recommend this book and Pavel's "Entering..." DVD. Even with these, it would be a piece of cake to seriously damage your back if your form isn't spot on. Your probability of self-injury will be higher still if you've had prior back problems (I have.) So, I'd also recommend at least one lesson from a certified expert (I had 2; so far,) IN ADDITION to the book and DVD, which will then serve as valuable references and guides to use your training. Take your time and spend the money to learn how to do it right and you'll have fun workouts and great results too. By the way, if you've never tried them, the swing drills are cardiovascular and aerobic and quite different from your typical gym-variety squats, deadlifts, and cleans. For me they're a fun addition to, but not a replacement for, the latter. I love them, but if you're cardio-phobic, you may not, so you may want to get your initial training first if you have doubts. Recommended. (I only subtracted one star because I don't think the book alone is enough to begin safely.)

I enjoyed the book very much. The history of the kettlebell gave me an unexpected appreciation for it. The exercises were also very detailed. I appreciated the do's and don't parts since its very easy

to do things incorrectly when your only instructor is yourself. This book is money well spent.

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