

Enter the Kettlebell!

SPECIAL REPORT #1

**How to Complete
Your RKC Rite of
Passage Sooner**



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Comrade, you will complete your mission sooner if, on your second variety day, Thursday, you will add some special pulls and presses.

How to press a heavier kettlebell

Three things will make your press go up:

- First, doing more low-rep sets with the kettlebell you can comfortably press. You have learned how to do it with "ladders."
- Second, getting accustomed to the heaviness of the kettlebell you are planning to press with special "overload presses."
- Third, learning to "get tighter" with special "high-tension presses."

OVERLOAD PRESSES

- The long push press
- The backup press
- The floor press
- The loaded clean + the get-up

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The Long Push Press

I watched a very strong girevik struggle with heavy kettlebell military presses. I knew that her abs were rock hard, yet her waist was slack during presses. “Have you been doing push presses lately?” I asked. The answer was yes.

The push press is a “cheating” press that allows you to use a leg kick to help your arm and shoulder put up the weight. While the push press enables one to handle a heavier kettlebell, this exercise can easily make you forget how to stay tight in your midsection and hips. And without this tightness you will never strictly military press “the Bulldog” or “the Beast.”

You don’t have to give up on the push press, just modify it. Clean the kettlebell and go into a full front squat. Drive out of the squat and push press as you are nearing the top of the squat. Unlike a shallow knee dip, the kettlebell front squat is known to keep your abs, glutes, and quads tight.

The long push press.



1



2



3



4

The Backup Press

Clean the kettlebell and start pressing it in the familiar outward arc. As soon as the kettlebell clears your chin, push its body—not the handle, not your arm, but the ball itself—with your free hand. Don't push straight up, but up and to the side. You will feel the pec on the backup side if you do it right.

A note on the amount of help to give with your free hand. Don't make the press easy, but don't turn it into a shaky, forced rep either. Enable yourself to grind through with confidence, but not with ease. The bell must keep moving, albeit slowly. Keep your glutes tight for the sake of your back, because this press forces you to lean back somewhat.

The backup press.



1



2



3



4

When the kettlebell is clearing your head, let go with your backup hand if you feel up to it. Make the transition seamless. Lock out with the pressing arm. The kettlebell was moving out and up until now. Now it is moving in, completing the arc. In the finished position, your biceps is almost touching your ear, and the kettlebell is in the press-behind-the-neck position. The backup press is a great teacher of the proper press groove, a tight arc around the head.

To lower the kettlebell, pull your elbow toward the centerline and help with your backup palm.

A note to Comrades who apply the “Grease the Groove” program from my book *The Naked Warrior* to the kettlebell military press: lowering the lion’s share of your presses—say three-quarters of all the reps—two-handed will enable you to handle a greater volume without fatigue.



The Floor Press

Pick up the kettlebell as you would for the get-up. Press your shoulder down toward your feet and toward the deck. Pinch your shoulder blades together. Your forearm is now vertical and your elbow is resting on the deck, supporting the weight. Much as you would with the contemporary bench press technique, keep your elbow close to your body, almost brushing your lat. Flare that lat, by the way.

Press. Straight up or even slightly toward your feet.

Pull the bell down and relax momentarily when the grounded elbow takes over the load.

Retense and press again.

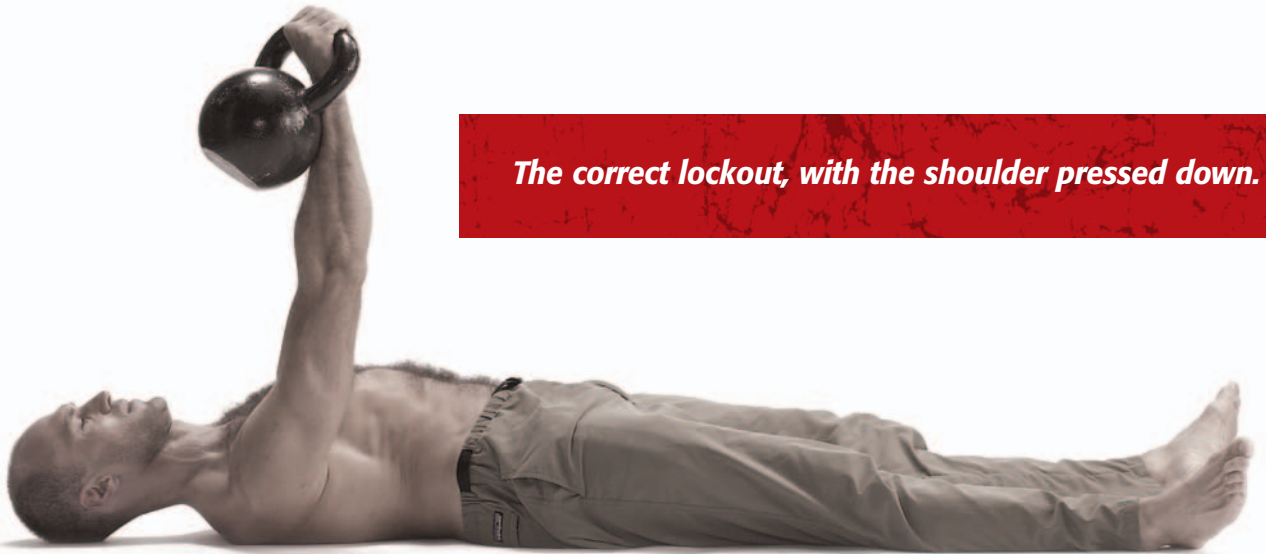


1



2

The floor press.



The correct lockout, with the shoulder pressed down.

3



The shoulder is separated from the torso—not good!

The Loaded Clean + The Get-Up

This combo makes you feel the starting and the finishing positions of the military press with a heavier kettlebell. It is also a great way to maintain and even improve your press with an injured shoulder.

Firearms instructors will tell you that even when you are practicing slow fire and firing single shots from a pistol, you should immediately load the trigger for another shot. Because in combat you will not be firing single shots, so in training, you want to form the correct muscle memory. Follow this line of thinking when you do your kettlebell cleans. Even though you do not plan on pressing the kettlebell, load your body as if you will. Tense the glutes, brace the abs, “root” your feet into the deck, flare the lats, crush the handle. Pause momentarily, a coiled spring of tension, then drop the kettlebell. Five sets of five will do the job.

The second exercise will help you keep your overhead strength, flexibility, and stability. It is the get-up. Do five singles with a kettlebell you cannot press. Fit them in between your clean sets.

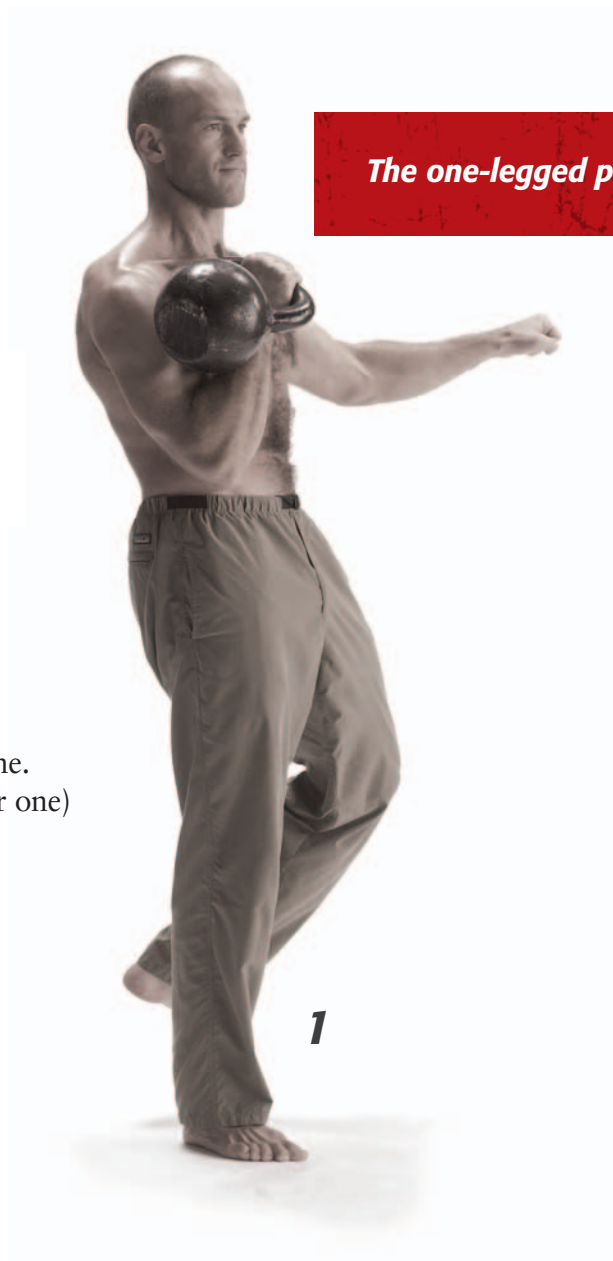
HIGH-TENSION PRESSES

- The one-legged press
- The bottom-up clean and press

The One-Legged Press

Senior RKC Steve Maxwell came up with this one. Clean a kettlebell as usual, then lift one foot (either one) and press.

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The one-legged press.

1

The purpose is not “balance training” because balance is highly specific to every activity. For instance, learning to balance on one foot when pressing a kettlebell is not going to improve your balance for, say, walking a tightrope or throwing high kicks. No, the reason behind the one-legged press madness is developing greater tightness throughout your body, from your toes to your armpits. As you press, stay balanced by staying tight, not by fidgeting like a circus seal. Any powerlifter will tell you that getting tight is the same as getting strong. Remember this feeling when you do your regular presses.

The one-legged press.



The Bottom-Up Clean & Press

Swing the kettlebell between your legs and then in front of you and freeze, holding it like a torch. You will have to crush the handle to a pulp and keep your whole body tensed like a karateka's on impact. Be ready to get out of the way of the falling kettlebell; don't try to rescue a rep that has gone bad!

Suddenly go loose and drop the kettlebell back between your legs. Clean again. Tight-loose-tight-loose.

The bottom-up clean.



Once you have got the bottom-up clean dialed in, try pressing the kettlebell. To do so, you will have to learn to keep your forearm vertical and use your lat—terrific advanced strength skills that will transfer to your regular presses.



The bottom-up press..

“I’ve been doing a lot of bottoms up cleans and presses, on separate training days,” writes Mark Reifkind, RKC, a former coach for the U.S. Women’s National Powerlifting Team, on our forum. “One of the things I’ve noticed is the incredible similarity between the muscles involved, the body positions required, and their firing sequence in the BU press and the bench press.



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“First, the forearm HAS to be perpendicular to the floor in the BU press to even stabilize the weight. Same as the bench. Second, the grip has to be very tight and the weight on the heel of the hand. Ditto for the bench. Third, and perhaps most important and similar, is that the lat has to be heavily involved in the bottom stabilization position in both exercises. The triceps has to be literally lying on it. Forth, the lat HAS to fire first to initiate the pressing for both moves. And fifth, the shoulders have to stay in their sockets for any kind of strength to be available. Same for the bench.

“The lat also has to stay involved throughout the whole press, or the elbow swings out and the press and the bench are lost. AND, more importantly, the shoulder is severely destabilized. This is when rotator cuff injuries occur when pressing.

“I had stopped regular kettlebell presses as I couldn’t stabilize with my lat well on my weird right side. I subbed the BU press for the lat stabilization effect and wow, what a difference!

“I trained my powerlifting partner on the BU press today and he really got the connection to his bench. The lats are the thing. Plus, you have to stay totally tight throughout the entire movement or it falls apart in a second. Good stuff.”

FYI, George Halbert and Donnie Thompson do bottom-up kettlebell presses—the 106-pounder is no big deal—to up their enormous benches.

A cool bottom-up press variation is the bottom-up floor press by Senior RKC Steve Cotter. If you have done regular BUPs and FPs, you will have no problem with the technique. One warning: keep your free hand up over your face, ready to push the kettlebell away from your mug should you lose the press.

How to Get the Most Out of Your Overload and High-Tension Presses

- ★ Do these special presses on a separate day from your regular press ladder days. The day is the second variety day, Thursday. The rule of thumb for both types of assistance presses is *finish feeling stronger than when you started*. This is not a workout but a tension practice.
- ★ For one month, do overloads of one type. Next month switch to one of the high-tension presses. The third month calls for a different type of overload, etc. In other words, alternate overloads and high-tension presses every other month, staying with one variation for a month. If you have not bought a heavier kettlebell yet, rotate one-legged and bottom-up presses every month.
- ★ For overloads, use a kettlebell you cannot clean and military press yet. Pick one of the four overload options:
 2. Long push press (5 x 1-2)
 3. Backup press (5 x 1-3)
 4. Floor press (5 x 2-5)
 1. Loaded clean + get-up (5 x 5, 5 x 1; alternate sets of each)
- ★ Use the same kettlebell you are doing ladders with, or even a lighter one, for your high-tension presses. Pick one of the two high-tension options:
 1. One-legged press (5-10 x 1-2)
 2. Bottom-up press (5-10 x 1-2)

The swing shaves his head, gets a white cat, and joins S.M.E.R.S.H.

“Special” pulls, like the special presses, are for Comrades who want to get there faster.

One obvious way to make your swings “special” is by using a heavy kettlebell. Two to three sets of 20 (10 left + 10 right) will do the job. You are not trying to get a workout; you are subduing a heavier kettlebell.

If your snatches are perfect, you may also do a few heavy snatches. If not, do heavy high pulls.

A more insidious thing to do is to do one-arm swings with your usual kettlebell with your hand soaped up . . .

Soap up your hand liberally and enjoy the pain! Even if you are a serious grip training freak, you will be humbled by the rip-your-fingers-out-of-the-joints stress of the soap swing. And your fore-arms will respond with Popeye growth in days.

An important technique point. Subconsciously you will try to slow down the swing at certain points, make the transitions smoother, and do a few slick grip-saving techniques kettlebell sport pros use. Don't! Drive your hips as hard as you can, aggressively hike-pass the kettlebell, go all out. If the kettlebell shoots out of your hand after the second rep, so be it. You are not doing this drill for numbers but for a great grip. Do you want to get stronger or do more reps?

I am not going to tell you how many sets and reps to do; use your judgment. A total of 10 reps per arm in as many sets as necessary (5 sets of 2?) is enough your first time out. Overdo it and you will not be able to do most mundane tasks—pouring vodka, signing a check, that sort of thing. (RKC certified instructors, remember to make your victims pay in advance!)

It goes without saying, do soap swings only where you can safely release the kettlebell in any direction. And don't forget to reapply soap and water as soon as your hand starts drying up.

Another grip-intensive swing variation Russian gireviks use is the mitten swing. Wear a mitten or a work glove. Unlike the sissy workout glove favored by metrosexuals in fancy health spas, the mitten will make the exercise harder. You will find the handle hard to grip because of the mitten's thickness. The effect is similar to that of Iron Mind's Rolling Thunder™ device.

Senior RKC Steve Maxwell uses an oven mitt. Thanks to its padding and a slick surface, it is even more evil than the work glove. Comrades with large hands will have to cut the webbing to spare their thumbs. And when he was training Ukrainian judoka Anatoly Kennis, a former European champion who decided to give elite competition another go in the United States, Steve wrapped a hand towel around the kettlebell's handle to make it extra thick and smoke the Ukrainian's grip . . . in addition to making him throw up. Pain and gain at their best.

The mitten swing.



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Jim Smith of the Diesel Crew simply does the regular towel swing one-handed. Just feed a towel through the handle as I taught you in *Enter the Kettlebell!* earlier and swing away—one-handed. Another one of Smitty's inventions is wrapping the kettlebell's handle with duct tape. No Russian could have thought that one up, that is for sure. Treat the mitten and wrapped towel swings the same way you do the soap swing—with respect.



How to Get the Most out of Your Special Swings

★ Do these special pulls after special presses on the second variety day, Thursday.

★ Choose one of the following drills. You may vary them every week.

1. Swings with a heavier kettlebell (two-handed, one-handed, or hand-to-hand). 2–3 sets of 20 (10 left + 10 right if one-handed)
2. Snatches with a heavier kettlebell. 2–3 sets of 5–10 reps per arm.
3. One-arm swings with a soaped-up hand. Enough sets and reps to fatigue your grip.
4. One-arm swings wearing an oven mitt. Enough sets and reps to fatigue your grip.
5. One-arm swings with a hand towel wrapped around the handle. Enough sets and reps to fatigue your grip.
6. One-arm swings with a towel looped through the handle. Grip both ends of the towel with one hand a few inches away from the handle. Enough sets and reps to fatigue your grip.

★ Enjoy the pain!

Russian kettlebell power to you!

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.

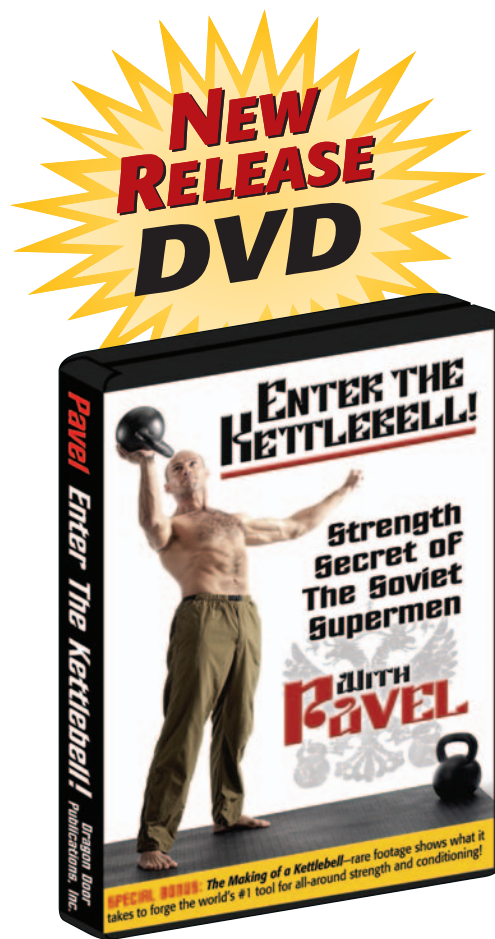
With *Enter the Kettlebell!* Pavel delivers a significant upgrade to his original landmark work, *The Russian Kettlebell Challenge*. Drawing on five years of developing and leading the world’s first and premiere kettlebell instructor certification program, and after spending five years of additional 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

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DVD Running time: 46 minutes

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“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.

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- 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.

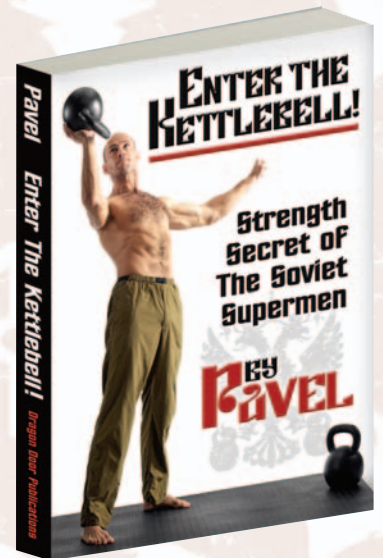
2. The RKC Rite of Passage

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

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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*

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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?



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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
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Dragon Door Strength & Conditioning Forum

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 3:53 pm
- Grip Question: (10) Jim Madden (6) - (Training Log) - Today 3:52 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 09:49 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

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