

ENTER THE KETTLEBELL TSATSOUTINE PAVEL%0A

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[Enter the Kettlebell - Pavel Tsatsouline](#)

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[Pavel Tsatsouline: Return Of The Kettlebell Master](#)

Pavel Tsatsouline swung into prominence on the rounded handle of the kettlebell back in 2001, with the release of his training manual "The Russian Kettlebell Challenge." But today, this now-common iron ball only forms part of his prolific body of work.

[Enter the Kettlebell Review - Bodyweight Training Arena](#)

Meet Pavel Tsatsouline, creator of the workout program, Enter the Kettlebell! Strength Secret of The Soviet Supermen . For years, Pavel fine-tuned his training program by testing it out on Russian Special Forces, and produced some of the toughest military experts in the world.

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Enter The Kettlebell Strength Secret Of The Soviet Supermen by Pavel Tsatsouline. If you've been reading my blog for a while you know that kettlebells are a big part of my approach to self-defense training.

[Enter the Kettlebell!: Strength Secret of the Soviet ...](#)

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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 th e subject of kettlebell training.

[Enter the Kettlebell! by Pavel Tsatsouline OverDrive ...](#)

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 pro

Amazon.com: Enter the Kettlebell! Strength Secret of the ...

The kettlebell is everything Pavel Tsatsouline advertises it to be. It is an excellent piece of exercise equipment. The Enter the Kettlebell DVD is shorter than I expected, but not disappointingly so. Pavel concisely delivers all of the information required to perform a complete exercise regimen. The moves involved in the kettlebell exercises appear simple, but are complex in that they require