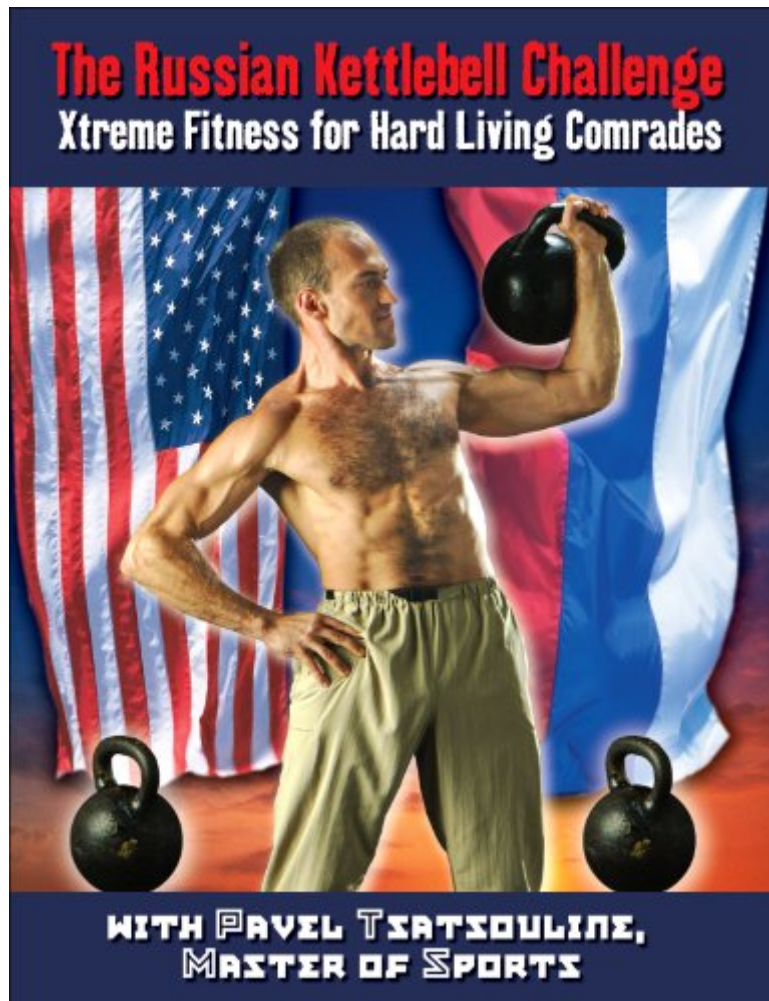


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# The Russian Kettlebell Challenge: Xtreme Fitness For Hard Living Comrades



## Synopsis

In 2001 Dragon Door launched the modern kettlebell movement with publication of the Russian Kettlebell Challenge book and video, the world's first ever kettlebell instruction certification program, the RKC, plus a line of American-manufactured kettlebells. Here is the book that created one of the greatest shifts ever in the modern fitness world, where individuals could achieve startling physical transformations without ever having to set foot in a gym or grind out extended cardio sessions. Whether you are looking for rapid strength and conditioning gains or wish to lose weight--and keep it off permanently--then kettlebells have proved the answer. What inspired hundreds of thousands of people to switch to the simple kettlebell as their ultimate fitness tool? What was the original program from which all other kettlebell programs have been developed? You will find the answers in the book that began it all: The Russian Kettlebell Challenge. Get really, really tough -- 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 -- with a whiplash power to match Effortlessly absorb ballistic shocks -- and laugh as you shrug off the hardest hits your opponent can muster

## Book Information

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## Customer Reviews

The "Russian Kettlebell Challenge" companion book and video are well-crafted and user-friendly re-introductions to the lost (in America) art of kettle-bell lifting. I took a flyer on the video, which I found sufficiently intriguing that I bought the book and a KB, then another, larger KB, and am poised to buy a third implement. Pavel and his publisher promote KBs as a tool of "extreme fitness," but the average fitness enthusiast ought not be scared off by the advertising hyperbole. KBs are unique in my experience in combining functional strength and endurance training in a single workout which you really can do at home. My 4-month experiment with kettlebells has been very rewarding and an awful lot of fun. RKC (as this book is known among Pavel's "Party" faithful) is the best of his books to date. It describes in words and pictures the how-to's of basic KB moves and variants and gives you the parameters for designing your own workout. Many of the exercises can be done with dumbbells in lieu of kettlebells for those who are reluctant to pop for the implements until they've given the program a try. While the book and the video can each stand alone, they are designed to work best together. The video augments the book by visually presenting the unusual movements. In RKC, as in all of his books and videos, Pavel teaches his lessons with an appealing sense of humor and a heavy emphasis on safe performance. I started with the smallest KB (about 36 pounds) and found it a little daunting at first. After a few weeks, however, I eagerly moved up to the "medium" bell (about 54 pounds) and now, a few months later, plan to complete my set with the big boy (72 pounds).

It must be said that Pavel is prone to excessive hyperbole in his writing. That said his overall themes with respect to weightlifting and fitness are a great change of pace from the typical body-building game. The best way to review this book would be to list its positives and negatives, so here they are. **NEGATIVES**1) Price: \$34.95 is a lot to ask someone to drop for a workout book. This is especially true when it discusses an implement that will run you an extra \$80+.2) While Pavel has the ability to condense information into short, powerful sections, he uses this as an excuse to add pages to the book.3) Literally 18 pages of the book is advertisement for other Dragondoor products.4) If you believe the hyperbole you will believe that the only way to get in top shape is to lift the "Russian Kettlebell" way. It is great exercise, especially if you're in decent shape already, but it's not the only way **POSITIVES**1) Great pieces of workout information packed into short, easy to read

sections<sup>2</sup>) Much of this information, while it is aimed at kettlebell training, can be transferred to other forms of lifting and exercise. To be frank, the idea that specific kettlebell training is so rare in this book is a positive. Pavel discusses many of the basic ideologies behind effective training that can be transferred to any type of exercise you choose. This is one of the strengths of the book.<sup>3</sup>) He gives a bibliography of very authoritative books. You RARELY find that today.<sup>4</sup>) The book discusses ways to get in top aerobic, anaerobic, and muscular condition all in one workout.

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