



The Russian Kettlebell Challenge: Xtreme Fitness for Hard Living Comrades

Pavel Tsatsouline

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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

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Richard Crowe:

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Jennifer Valdovinos:

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