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# The Dragon Door Mission: Enhancing Global Health By Building Stronger, More Mobile and Better-Balanced Bodies...

**O**ur life is a series of choices about what to create and what to share with others. My creative choices have always involved sharing my passion for physical cultivation. Dragon Door was founded in 1991 as a vehicle to share my passion for Tai Chi, Qigong, Eastern healing modalities and internal martial arts in general. In the late nineties the mission evolved to share a passion for advanced fitness methods, from Russia and the West both. A huge breakthrough was Dragon Door's initiation of the modern kettlebell movement in 2001. The next great breakthrough occurred in 2009, with our publication of *Convict Conditioning*, arguably the most influential bodyweight training book of all time.

I feel fortunate that—after numerous struggles and uncertainties—I have been able to powerfully affect the health of the planet, through such a sharing. A hyperbolic claim? Well, around 15 years ago, no one in the Western world but a handful of aging strongmen was paying any attention to kettlebells. Now, hundreds of thousands—if not millions—of people worldwide have had their health and well being often radically transformed thanks to the kettlebell. And it all started with Dragon Door. Beginning with the kettlebell dreams of a boyish Russian immigrant—working in St. Paul as a small-time personal trainer—we forged a fitness movement that changed the planet.

A second great surge came from the sharing Paul Wade's *Convict Conditioning* with the world—and all that has arisen from it, through the association with the Kavadlo brothers and the creation of the PCC system. It is early days yet, but I see the PCC movement having the same impact on world health as Dragon Door's RKC kettlebell movement.

Dragon Door's initiative to enhance global health—by building stronger, more mobile and better-balanced

bodies—is poised to develop exponentially in 2014. Do you wish to join us in this mission? Then we invite you to take advantage of the many health-enhancing resources on offer in this issue of *HardStyle*. May the *Dragon Door Health Advantage* be your Health Advantage and together let's impact World Health in the most fundamental, practical and noble manner. By cultivating ourselves as superb humans—and helping others do the same...



Yours in friendship, strength and health,

John Du Cane

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Publisher & Editor-in-Chief  
John Du Cane

Editorial  
Editorial Assistant  
Dennis Armstrong

Art Direction & Design  
Derek Brigham  
[www.dbrigham.com](http://www.dbrigham.com)

Dragon Door Corporate  
Customer Service  
Dennis Armstrong,  
Tammy Drury,  
call 651-487-2180  
[support@dragondoor.com](mailto:support@dragondoor.com)

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Dragon Door Publications  
corporate address:  
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# FOUR COMMANDMENTS FOR BUILDING MUSCLE MASS—WITH CALISTHENICS ONLY

by Paul “Coach” Wade

## COMMANDMENT I: EMBRACE REPS!

These days, low reps, high sets and low fatigue are the “in” methodology. Why low reps with low fatigue? Coz it’s great for building *skill*. If you want to get really good at a movement—be it a handstand or an elbow lever—the key is to train your *nervous system*. That means performing an exercise perfectly plenty of times, to beat the ideal movement pattern into your “neural map”. The best way to achieve this is to do a few low reps—not hard or long enough to burn out or get too tired—then rest for a bit and try again. Wash, rinse, repeat. This is typically how very lean, low-weight bodyweight guys train to get hugely strong but without adding too much muscle. It’s a phenomenal way to drill efficient motion-pathways into your nervous system, while keeping fresh. Like I say, it’s ideal for training a *skill*.

But for stacks of jacked up muscle? Sorry, this method just won’t cut it. Muscle isn’t built by training the *nervous system*. It’s built by training the **MUSCLE!** And for this, you need reps, kiddo. Lovely, lovely, reps.

To cut a long story short, you build big muscles by draining the chemical energy in your muscle cells. Over time, your body responds to this threat by accumulating greater and greater stores of chemical energy in the cells. This makes them swell, and voila—bigger muscles. But to trigger this extra storage, you gotta exhaust the chemical energy in those cells. This can only be done by *hard, sustained work*. Gentle work won’t do it—if the exercise is too low in intensity, the energy will come from fatty acids and other stores, rather than the precious muscle cells. Intermittent work—low reps, rest, repeat—won’t do it either, because the chemical energy in the cells rapidly regenerates when you rest, meaning stores never get

dangerously low enough for the body to say “uh-oh—better stockpile bigger banks of this energy!”

The best way to exhaust the energy in your muscles is through tough, grit-ya-teeth, continuous reps. Learn to love ‘em. For huge gains, temporarily drop the single, double, and triple reps. Definitely start looking at reps over five. Six to eight is great. Double figures are even better. Twelve to fifteen is another muscle-building range. I’ve met very strong guys training with low reps for years who couldn’t build a quarter inch on their arms. They switched to performing horizontal pulls for sets of twenty reps, and gained two inches per arm in a *single month!* These kind of gains aren’t uncommon on *Convict Conditioning*, due to the insistence that you pay your dues with higher reps. They work!

## COMMANDMENT II: WORK HARD!

This Commandment directly follows from the last one. Using low reps, keeping fresh, and taking lots of rest between sets is a fairly easy way to train. But pushing through continuous rep after rep on hard exercises is much, *much* tougher. The higher the reps, the harder it gets.

Your muscles will burn and scream at you to quit. (That “burning” is your chemical energy stores being incinerated for fuel, which is exactly what you want!) Your heart-rate will shoot through the roof; you will tremble, sweat, and feel systemic stress. You may even feel nauseous.

Good! You are doing something *right!*

Like I say, the current trend is towards easy sets, keeping fresh, working on skill. These days you don’t “work out”, you *practice*. “Working” and “pushing yourself”....these are filthy terms in gyms today. They are considered old-fashioned, from outta the seventies and eighties. (Remember those decades? When drug-free dudes in the gym



To be big, you must first become weak—pay your dues with some serious reps.

actually had some f\*\*\*ing *muscle*?) I mean Christ, some coaches take this philosophy so far that you’d think if an athlete went to “failure”, their goddam balls would drop off. Jesus!

Sure, I don’t recommend going to complete failure on bodyweight exercise—at least, most of the time. I’d prefer it if you left a *little* energy in your body after a set to control your movements, and maybe defend yourself if you have to. But that doesn’t mean you shouldn’t work hard. Damn hard.

Far from destroying you physically, brutal effort—when moderated by plenty of rest and sleep—causes the body to release testosterone, growth hormone, endorphins, and plenty of other goodies Mother Nature always intended to reward Her hunters and warriors with.

So accept the challenge. Balls, wall—together, okay? Don’t ever be afraid to push yourself into new zones of pain and effort if you want to get bigger. I have seen *twigs* turned into *oaks* this way, and you can do it too—I believe in you!





Whatever modern coaches may say, don't be afraid of pushing yourself.

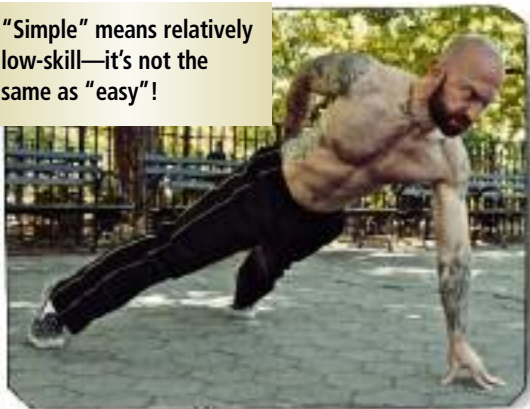
### COMMANDMENT III: USE SIMPLE, COMPOUND EXERCISES!

Again, this Commandment is related to the two which have gone before. If you are going to push yourself *hard* on moderate-to-high reps, the exercises you are doing can't be complex, high-skill exercises. If handstands and elbow levers cause you to concentrate to balance, you can't overload using them—your form would collapse (and so would you) before you were pushing yourself hard enough to drain your muscles.

So if you want to work with high-skill exercises, use the low reps/keep fresh/high sets philosophy. But if you want to get *swole*, you need relatively low skill exercises—this is what I mean by “simple” exercises. “Simple” doesn't mean “easy”. Doing twenty perfect one-arm pushups is “simple”—it ain't easy!

Stick to exercises you can pour a huge amount of muscular effort into, without wasting nervous energy on factors like balance, coordination, gravity, body placement, etc. *Dynamic* exercises—where you go up and down—are generally far better than *static holds*, because they typically require less concentration and they drain the muscle cells more rapidly.

“Simple” means relatively low-skill—it's not the same as “easy”!



The best dynamic exercises are *compound* exercises, which involve multiple muscle groups at once. Not only are these simpler—the body works as a whole, which is more natural—but you are getting a bigger bang for your buck by working different muscles at the same time. (No weak links for you, Daniel-san.) For example, focus on:

- Pullups
- Bodyweight squats, pistols and shrimp squats
- Pushups
- Australian pullup variations
- Dips
- Bridges
- Handstand pushups (against a wall—lower skill, more effort)
- Leg raises

All of these movements can be made increasingly difficult to suit your muscle-building rep range (see Commandment V). There are *no* excuses for not kicking your own ass, here.

Don't get me wrong. This is not to say that skill-based techniques—like elbow levers and handstands—don't have a place in your program. They are valuable exercises and are taught extensively as part of the PCC curriculum. But using them exclusively for muscle gain is definitely a big mistake. Throw in simple, compound moves and watch those muscles sprout like never before!

### COMMANDMENT IV: LIMIT SETS!

This is another pretty controversial suggestion—but, as always, it flows from the previous Commandments perfectly. Why? Well, if you are hitting your body with hard exercises, and pouring that effort into enough reps to completely exhaust the muscles, why would you need to perform lots of sets?

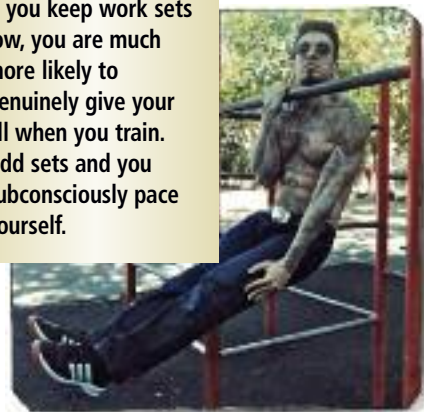
Depleting your muscle cells beyond the point your body is comfortable with is what causes the biological “survival trigger” that tells your body to add more energy (i.e., extra muscle) for next time. That's all you need to do. Once you have pulled that trigger and told your body to make more muscle...why keep pulling the trigger, again and again? It's a waste of time and energy—worse in fact, because it damages the muscles further and eats into your recovery time. In the words of infamous exercise ideologist, Mike Mentzer:

*“You can take a stick of dynamite and tap it with a pencil all day and it's not going to go off. But hit it once with a hammer and ‘BANG’—it will go off!”*

Many folks disagree with Mentzer's training philosophy—I don't agree with all of it—but he certainly nailed it when he said this. The biological switch for muscle growth needs to be triggered with a hammer, not a f\*\*\*ing pencil. One hard, focused, exhausting set on a compound exercise is worth more than twenty, thirty half-hearted sets.

I usually advise folks looking for maximum growth to perform two hard sets per exercise, following a proper warm-up. Growth will happen with one set, but two sets feels like a belt-and-braces approach. I sometimes advise more sets for beginners, but this not for growth—it's to help them get more experience with a movement. It's practice, basically. Once you know how to perform an exercise properly, two hard sets is all you need.

If you keep work sets low, you are much more likely to genuinely give your all when you train. Add sets and you subconsciously pace yourself.



Many eager trainees ask me if they should perform more sets. The trouble is, adding sets does not encourage hard, high-performance training—*just the opposite*. Once you are doing five, six sets, one of two things happens; either you give your all and your last sets are pathetic compared to the first couple of sets, or you pace yourself, making all the sets weaker than they would be otherwise. Neither of these situations will promote extra growth. They just hinder recovery and increase the risk of injury.

Avoid “volume creep”. Training *hard* is very different from training *long*—in fact, the two are mutually exclusive. Keep workouts short and sharp and reap the rewards, kemosabe!

This article by Paul “Coach” Wade's was adapted from his “Ten Commandments” PCC blog on Dragon Door. To read the complete “Ten Commandments, visit: <http://pccblog.dragondoor.com/>

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# SQUAT AND HOLD THE STRETCH

An excerpt from *Stretching Your Boundaries* by Al Kavadlo

## Deep Squat Hold

Holding the bottom position of a Squat as a stretch can help increase your active range of motion when performing Squats in your strength workouts. Start by squatting down as low as you can with your feet flat on the floor. Keep your back as straight as possible, focusing on bending from your hips instead of your spine. From here, slowly slide your elbows inside of your knees and bring your palms together into a prayer position. Use your elbows for leverage against your inner thighs to get deeper into the stretch. Be careful to keep your knees in alignment with your toes.



Holding the bottom position of a Squat as a stretch can help increase your active range of motion when performing squats in your strength workouts.



**Inhale:** Fill your belly and lengthen your spine

**Exhale:** Sit down deeper into your squat, using your arms for leverage to open your hips

**Common Mistakes:** Excessive hunching, heels coming off the ground, knee torquing

**Primary Muscle Groups:** Hips, hamstrings, groin, calves

**Calisthenics Counterpart:** Squat





# Deep Squat with Internal Shoulder Rotation

The Deep Squat with Internal Shoulder Rotation is a great combination stretch for your upper and lower body. Begin in a Deep Squat Hold and reach your left hand behind you, like you were reaching for your left back pocket. The back of your left wrist will rest on the outside of your left hip. Slowly bring your left elbow inside of your left knee, using the leverage of your leg to gently squeeze the elbow closer to your body. Repeat on your right side, doing each arm separately.



**Inhale:** Sit back into your squat and lengthen your spine

**Exhale:** Use your leg to gently squeeze your arm in toward your body

**Common Mistakes:** Overly hunched back, knee torquing

**Primary Muscle Groups:** Rear delts, hips, hamstrings

## Noose

The Noose pose takes the Deep Squat With Internal Shoulder Rotation a bit farther while adding a degree of trunk rotation to the picture. From the previous position, release your hand from behind your hip, instead reaching it around your shin and knee. Look over your opposite shoulder and begin twisting your trunk while bringing your free arm behind your back to bind your hands. As with all binds, you may need to start by holding a cloth in your hands before you will be ready to clasp them together.



**Inhale:** Squeeze your hands together and lengthen your spine

**Exhale:** Sit your hips down and twist through your trunk

**Common Mistakes:** Rushing toward the full bind before your body is ready

**Primary Muscle Groups:** Shoulders, chest, hamstrings, hips, spine

**Calisthenics Counterpart:** Clutch Lever

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# Sample Spreads From The Interior of *Stretching Your Boundaries*



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Foreword by Elliott Hulse

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# Stretching and Flexibility Secrets To Help Unlock Your Body—Be More Mobile, More Athletic, More Resilient And Far Stronger...

“The ultimate bodyweight mobility manual is here! Al Kavadlo’s previous two Dragon Door books, *Raising the Bar* and *Pushing the Limits*, are the most valuable bodyweight strength training manuals in the world. But strength without mobility is meaningless. Al has used his many years of training and coaching to fuse bodyweight disciplines such as yoga, martial arts, rehabilitative therapy and bar athletics into the ultimate calisthenics stretching compendium. *Stretching your Boundaries* belongs on the shelf of any serious athlete—it’s bodyweight mobility dynamite!”

—“COACH” PAUL WADE, author of *Convict Conditioning*

“In this book, Al invites you to take a deeper look at the often overlooked, and sometimes demonized, ancient practice of static stretching. He wrestles with many of the questions, dogmas and flat out lies about stretching that have plagued the fitness practitioner for at least the last decade. And finally he gives you a practical guide to static stretching that will improve your movement, performance, breathing and life. In *Stretching Your Boundaries*, you’ll sense Al’s deep understanding and love for the human body. Thank you Al, for helping to bring awareness to perhaps the most important aspect of physical education and fitness.”

—ELLIOTT HULSE, creator of the Grow Stronger method

“An absolutely masterful follow up to *Raising The Bar* and *Pushing The Limits*, *Stretching Your Boundaries* really completes the picture. Both easy to understand and fully applicable, Al’s integration of traditional flexibility techniques with his own unique spin makes this a must have. The explanation of how each stretch will benefit your calisthenics practice is brilliant. Not only stunning in its color and design, this book also gives you the true feeling of New York City, both gritty and euphoric, much like Al’s personality.”

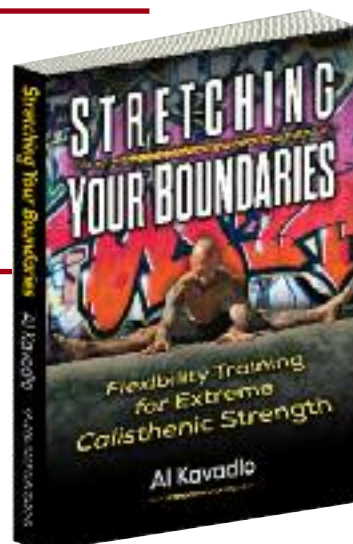
—MIKE FITCH, creator of Global Bodyweight Training

“Stretching Your Boundaries is a terrific resource that will unlock your joints so you can build more muscle, strength and athleticism. Al’s passion for human performance radiates in this beautifully constructed book. Whether you’re stiff as a board, or an elite gymnast, this book outlines the progressions to take your body and performance to a new level.”

—CHAD WATERBURY, M.S., author of *Huge in a Hurry*

“Al Kavadlo has done it again! He’s created yet another incredible resource that I wish I had twenty years ago. Finding great material on flexibility training that actually enhances your strength is like trying to find a needle in a haystack. But look no further, because *Stretching Your Boundaries* is exactly what you need.”

—JASON FERRUGGIA, Strength Coach



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Well, both Al Kavadlo—the author of *Pushing the Limits!*—and his brother Danny, are supreme testaments to the primal power of body culture done the old-school, ancient way—bare-handed, with your body only. The

brothers Kavadlo walk the bodyweight talk—and then some. The proof is evident on every page of *Pushing the Limits!*

Your body is your temple. Protect and strengthen your temple by modeling the methods of the exercise masters. Al Kavadlo has modeled the masters and has the “temple” to show for it. Follow Al's progressive plan for primal body power within the pages of *Pushing the Limits!*—follow in the footsteps of the great bodyweight exercise masters—and you too can build the explosive strength and possess the magnificent physique you deserve.

“When people ask me about bodyweight strength training, I point them to Al Kavadlo. *Pushing the Limits!* is a must-have for bodyweight training enthusiasts or anyone looking to build strength without lifting weights. Al lays out dozens of effective exercises for every fitness level, while making the journey fun and encouraging.”

—MARK SISSON, author of *The Primal Blueprint*

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“Whether you are an advanced bodyweight conditioning athlete or a wet behind the ears newbie, Al's *Pushing the Limits!* has something for you. Easy to follow progressions allow you to master advanced push up, squat and bridging variations. All you need is the will to do it! No gym required.”

—ROBB WOLF, author of *The Paleo Solution*



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## Reader Reviews of *Pushing the Limits* submitted on DragonDoor.com

### Time to work smart hard!

"I'm a physical therapist in orthopedics with all the frame wear and tear of a lifter. I use Al's stuff for myself and for patients and always get good outcomes. On my field there are those that make it happen, those that watch it happen, and those that dash in afterwards and ask "Hey, what just happened?" Grab a copy of Al's book. Make it happen."

—Garrett McElfresh, PT, Milwaukee, WI

### Al you did it again!

"I'm a doctor that uses functional rehab to get my patients better. This book has helped so much with all the great pics and showing and explaining what and why they are doing these exercises. Also when I get down and show them myself they can see that it is totally achievable! If you are wavering on getting this book, get it! I promise you won't regret it!

From a functional stand point Al, Danny, and Paul are spot on! I've seen and experienced "miracles" from doing these workouts! I have had a bad shoulder, low back, and hyperextended both knees in college football and was told I needed multiple surgeries and was always going to have pain..... WRONG! I am completely pain free and thank these hard working guys for everything they do! I can't wait to see what's next!"

—Dr. Rob Balza, Cincinnati, OH

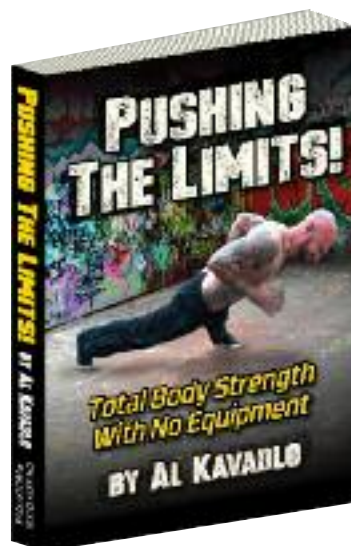
### One of the best fitness books I have purchased!

"I recommend this book to anyone who enjoys being active. No matter what sport or training regimen you are currently following, Al's book has something for everyone. Novices and advanced practitioners alike, will find detailed movements that help increase their strength, mobility, and flexibility. Great read with beautiful photography."—Lance Parvin, Las Vegas, NV

"I LOVE this freaking Book!!! Every time you put out a new book it becomes my NEW favorite and my inspiration! I love the blend of strength, power, health and overall athleticism in this book! This book covers the BIG picture of training for ALL aspects of human performance.

I will use it with my athletes, with the adults I train, in my own training and absolutely these books will be the books I share with my kids. This stuff reminds me of the old school Strength & Health Magazine, I'm fired UP!"—ZACH EVEN-ESH, author of *Bodyweight Bodybuilding Training System*

"This is the book I wish I had when I first started working out. Knowing Al's secrets and various progressions would have saved me years of wasted time, frustration and injuries. The variations of The Big Three and progressions Al lays out will keep you busy for years."—JASON FERRUGGIA



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# "How to Develop Pure Power— Combined With an Amazing Capacity for Sustained Strength Output..."

Here's A Detailed Look At Just Some of What You're Going To Discover In Neuro-Mass...

"Jon Bruney brings his straightforward, cohesive and clear approach to training in *Neuro-Mass*, telling you what to do, why and how—combining grinders, dynamic movements and isometrics in a training program that can help you redefine your best."

—RANDALL J. STROSSEN, Ph.D., Founder & President, IronMind Enterprises, Inc.; Publisher & Editor-in-chief, *MILQ: A Journal For Serious Strength Athletes*.

- Why *Neuro-Mass* is the fastest way to add slabs of **functional muscle** to your frame.
- Why SMART muscle is THE answer for the serious athlete and how to build it.
- How to avoid being one-dimensional in your strength training. Discover the secret to arming yourself with multi-tasking, multi-dimensional, "can-do", martial muscle—intelligent and ready to handle any challenge.
- How to carve a frame of godly granite—while turbo-charging your **functional strength and athleticism**.
- How to **increase your ability to generate power**... do this and you'll jump higher, run faster, kick harder, punch with more venom – basically, you'll improve at any explosive physical activity you care to name!

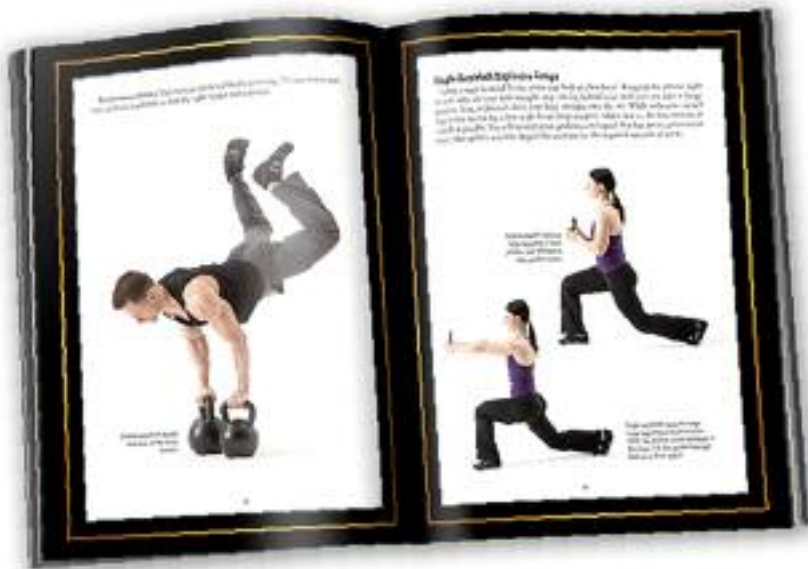


- How to cut through the confusion—and get the exact protocols you need to **create a truly impressive athletic physique**.
- How Neuro-Sets create RAPID physique transformation—using multiple stressors to create a BIGGER and BETTER body.
- How to build tremendous overall structural strength—with grinds.
- How to develop your body's ability to absorb shock... essential if you do a contact sport like rugby, football, boxing or any martial art.
- How to **simultaneously enhance your strength and conditioning**... so you get more results in less time – leaving you free to 'have a life' and not waste endless extra hours in the gym.
- How isometric exercises can be used to **build unbelievable strength**... this technique was used by old-time strongmen and is used by gymnasts to build 'freakshow' strength – in *Neuro-Mass* you'll learn EXACTLY how to use this 'long lost' strength building technique.
- How to shatter slabs of concrete with your bare fist—without injury.
- Why the kettlebell makes regular lifts more difficult than standard dumbbells and why this leads to FASTER results.
- **The secret that separates those who achieve elite performance from those who never rise above mediocrity** (if you want to be 'elite' in your chosen physical pursuit – you NEED to know this).
- The 4 ways *Neuro-Mass* develops prodigious mental toughness – important because a strong body with a weak mind is virtually useless.
- The proper Load, Speed, Intensity, and Time during a Neuro-Set. The right combination of these factors will allow the Neuro-Set to provide you **astonishing gains in muscle, strength, speed, power and work capacity**
- What load to use to get the biggest strength bang for your buck with kettlebell and bodyweight grinds – know this and MAXIMUM results will be yours.



- The exact duration for optimal gains on your power drills – important to know if you want to **achieve your true speed and power potential** and become the most explosive athlete you possibly can be.
- Perform your isometrics for THIS length of time for optimal gains and **develop unreal static strength**.
- How to forge real-deal body-armor—to handle the nastiest hit and the hardest blow... a 'must' if you compete in any contact sport, martial art or have a 'hard' job in the military or law enforcement.
- How to use Jon's 'Neuro-Burner' to **build even more work capacity**... unlike regular 'cardio', the Neuro-Burner won't hurt your muscle and strength gains. This technique has been tested on **elite MMA fighters and Basketball players and they were sucking wind within seconds!**
- Simple, yet highly effective exercises for focusing your mind – use these and you'll get EVEN MORE gains from your *Neuro-Mass* training sessions
- How to recover from your brutal *Neuro-Mass* training sessions using cheap, quick and easy methods that are proven to work.
- **Nutritional recommendations for building the most 'smart muscle' you can in the shortest time possible**... that means more muscle, strength, speed, power, and work capacity





“Jon Bruney’s *Neuro-Mass* is a masterpiece in the world of strength and conditioning. *Neuro-Mass* is a must read for anyone wanting to succeed in athletics, coaching, training or life in general. The methods and principles in Jon’s book teach you to sustain and work through difficulty. These principles in return will make you strong and successful in every aspect of your life. Finally, a book that teaches real life-changing methods to help you succeed in your chosen battlefield.”

—JOHN BROOKFIELD, multiple world record holder, creator of the Battling Ropes training system, Chain Reaction program and Beyond Bodyweight training

“Jon Bruney’s *Neuro-Mass* book is groundbreaking both in vision and in practice. Jon offers a unique regimen that methodically triggers neuromuscular improvements while upgrading muscle fiber quality. The exercises are simple and effective as demonstrated by Jon himself.” —ORI HOFMEKLER, author of *The Warrior Diet*

“*Neuro-Mass* is a great workout program for people looking to combine weight training with bodyweight calisthenics. Jon Bruney presents a unique take on program design that will test both the body as well as the mind. If you’re looking for maximum strength, how better to learn from than a world record-holding strongman?”

—AL KAVADLO, author of *Pushing the Limits*

“Anyone looking to blast themselves out of whatever quagmire they find themselves mired in need look no further than the protocols and strategies outlined in this excellent book. Any team sport athlete would be well advised to immediately commence a cycle incorporating Jon Bruney’s methods.

Athletes need what Jon is offering: pure power combined with amazing capacity for sustained and continual strength output. This type of training can provide users an entirely new strength approach that will prove particularly beneficial to fighters, athletes, military and law enforcement types. The approach will also allow regular folks a method with which to round out their current capacities and capabilities.”

—MARTY GALLAGHER, 3-time World Master Powerlifting Champion, author of *The Purposeful Primitive*

“I keep thinking I have seen it all in the fitness industry, but *Neuro-Mass*, by Jon Bruney has taken the gems from the world of Strongman competition and linked it with the systematic approach of the kettlebell world’s grinds and ballistics. So, what you have is something different: it’s the connection between strongman, armor building, grinding and ballistics that I’m not sure any one has explored before in print.

Jon is a big guy and this is a big book. I keep shaking my head as I go through this and realize that we are still learning amazing things about how to improve performance. I love the book.” —DAN JOHN, author, *Never Let Go*

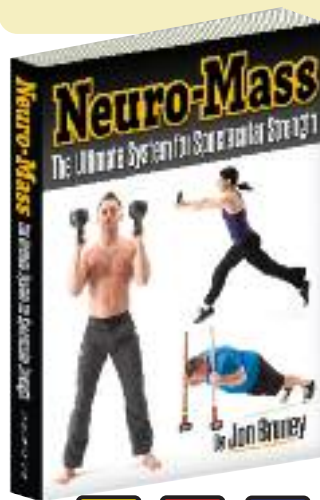
“I love *Neuro-Mass*! Books like this are the reason Dragon Door remains the world’s finest strength and conditioning publisher. Jon’s knowledge of advanced strength and muscle-building strategies is just off the scale. The training tactics in *Neuro-Mass* go from cutting edge, to ancient, to downright strange and arcane—and the principles here all work like hell for weights or bodyweight training. If you are looking to inject some nitrous into your program, buy this book today.”  
—PAUL WADE, author of *Convict Conditioning*

## This is the book I wish I would have had from day one

“The Effective Answer to Programming Design... Easy to use, plug and play guide to effective and exciting programming. I picked up this book before it was even offered online. I have had an early jump on the *Neuro-Mass* training effect. Once started there has been no turning back. My copy already has dog ears and multiple post it notes from continuous use. The wide range of clients I train have been both stoked and outraged. Their workouts have multiplied in physical stimulation and mental challenge. The book is laid out with 3 easy to apply concepts for program design GRINDS, DYNAMIC POWER DRILL, and ISOMETRICS. Each exercise is illustrated clearly making it easy to apply immediately.

Working with clients’ personal needs and goals has rocketed to a whole new level. Planning classes for the masses takes a much less time by resourcing The *Neuro-Mass* extensive library of options.

I would recommend this book to any newcomer looking to quickly improve their knowledge of program design. I would recommend this book to any colleague stuck in program monotony.” —Laura Robertson, Saint Anthony, MN



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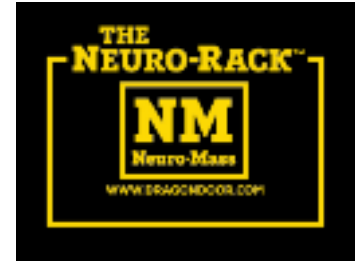


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# Neuro-Rack Isometrics

An excerpt from *Neuro-Mass* by Jon Bruney

**T**he Neuro-Rack is a piece of equipment that I invented to produce tremendous strength gains. Many people would like to perform heavy-duty isometric exercise, but don't have access to a power rack. The solution is the Neuro-Rack. It is portable, heavy-duty, and accessible. The Neuro-Rack is the perfect companion for champion powerlifters, as well as bodyweight enthusiasts. The Neuro-Rack is a great isometric tool for Neuro-Mass workouts.



## The Neuro-Rack Bench Press

Start by setting the bar and chains to the middle position of a bench press. Lay down with your back flat against the platform. Grasp the bar with a wider than shoulder length grip. Now, try to break the chains as you press straight up against the immovable resistance. As you gradually increase the tension, power exhale through the mouth. Continue this isometric contraction for 7 to 12 seconds.

## The Neuro-Rack Overhead Press

To perform this exercise set the bar and chains so that they are just above eye level. Stand on the platform with your feet shoulder length apart. Grasp the bar, and try to break the chains as you press upward against the immovable resistance. As you gradually increase the tension, power exhale through the mouth. Continue this isometric contraction for 7 to 12 seconds.



*By incorporating Neuro-Rack isometrics into your Neuro-Mass program, you'll see your strength levels skyrocket.*

## The Neuro-Rack Squat

Begin by setting the bar and chains to the middle position of the power squat. Step onto the platform and allow the bar to rest on your upper back as you grasp the bar with your hands. Now, try to break the chains as you squat straight up against the immovable resistance. As you gradually increase the tension, power exhale through the mouth. Continue this isometric contraction for 7 to 12 seconds.



## The Neuro-Rack Deadlift

To begin this exercise, set the bar and chains so that they are at knee level. Now, stand on the platform and grasp the bar with an overhand grip. Try to break the chains as you pull straight upward against the immovable resistance. As you gradually increase the tension, power exhale through the mouth. Continue this isometric contraction for 7 to 12 seconds.





# How to Make Life Harder for Yourself—So You Can Get Stronger and More Conditioned, Faster

**Jon Bruney's "Neuro" devices add dramatic intensity to your isometric, cardio and push-up drills...**

***Torture Your Core, Develop a Vice-Like Grip, Strengthen Your Wrists, Explode Your Forearms, Hammer Your Pecs—With the Neuro-Grip Push-Up Challenge!***



"Normally I can bang out fifty straight push-ups without much trouble, but the first time I used Neuro-Grips I struggled to perform just ten reps! The unique stability challenge of Neuro-Grips activated muscles in my hands and forearms that I've never felt before during push-ups!"—Al Kavadlo, author of *Pushing the Limits*

## **Neuro-Grips™**

2 Neuro-Grips per box, Solid, Anodized Aeronautics-Grade Aluminum, Black, Approx 2lb 11oz.

#NM002 \$57 plus SH

Strongman, Jon Bruney, specializes in blitzing the body with special combinations of grinds, isometrics and explosives. Jon calls them Neuro-Sets. When performed with proper intensity and in the correct sequence, Neuro-Sets put your system into neural overdrive—and they explode your strength.

When choosing an exercise for a Neuro-Set, Jon looks for what will place the greatest possible demand on his muscles—then savagely attacks with every ounce of effort. The concept is: "what can make this harder?" The practice is: to DO IT.

No surprise, then, that Bruney sought ways to intensify the Granddaddy of all bodyweight exercises, the push-up. Jon created a suitably tough device that was up to the challenge—The Neuro-Grip. These solid, one-piece, aeronautics-grade aluminum Neuro-Grips come in a grip-friendly, anodized finish, are space-age light and will stand up to years of abuse from the most demanding athlete.

**Superior!** "Just a superior, effective product. I use them as an alternative workout, in-between weight sets workout, or finishers. WOW! Lot a bang for the buck, and I can take them anywhere. I love the effect it has on my Central Nervous System, not to mention the improvement I've made with other workouts. Great product!"— Gary Garrett, Hightstown, NJ

***Jack Your Heart Rate Up In Record Time—With The Deceptively Intense Neuro-Burner Cardio Challenge!***

Who would have thought that the rapid oscillations of the Neuro-Burner could leave even seasoned cage-fighters gasping for wind in short order? But that's exactly what you can expect when you employ Jon's Neuro-Burner with the proper intensity.

Neuro-Burners create the perfect storm of partner-assisted, frenzied smokers. The rapid fluctuations of intensity, resistance and force simulate full-contact sport activities where your body is constantly forced to adjust to sudden, sharp, changes in challenge.

## **Neuro-Burner™**

Tactical parachute material, Approx. 38" x 70", with 4 corner, 1" webbing handles, Black, Approx 1lb 9oz.

#NM001 \$97 plus SH



***Explode Your Strength With Neuro-Rack Isometrics...***

Jon invented the Neuro-Rack as a piece of equipment to produce tremendous strength gains, by isometric versions of high-yield barbell lifts. Many people would like to perform heavy-duty isometric exercise, but don't have access to a power rack. The solution is the Neuro-Rack. It is portable, heavy-duty, and accessible. The Neuro-Rack is the perfect companion for a wide range of users, from champion powerlifters to bodyweight enthusiasts.

## **Neuro-Rack™**

- Steel Diamond Plate with 2 Links, 40" x 16", Black, powder coated
- Chain & Hooks: 2 - 1/4 Steel 9ft Chains
- 4 - 3/8 Straight Spring Snap Hooks
- Steel Bar with 4 Links, 1" diameter, 60" length, Black, powder coated

Total Weight: approx 72lbs

#NM003 \$357 plus SH

**Perfect fit** "I have wanted to get an Isometric rack for years but could not find a space for it. The Neuro-Rack solved this problem. This sets up and stores away in a minute. It is heavy duty and seems to be very durable. I have no regrets about making this purchase."— Bill Kelley, Woburn, MA



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# BE TRUE TO YOURSELF

An excerpt from *Everybody Needs Training* by Danny Kavadlo

**U**ltimately you are selling you. You're selling the experience of being with you. You must believe in the power and value of you, as all successful career trainers do.

Nobody can believe in themselves if they're trying to be someone else. If there is anything in this book that goes against who you are then don't do it.

## Diff'rent Strokes

There are more gyms and fitness centers than ever before. They are hiring more trainers every single day. To consumers, working with a trainer is no longer considered to be a luxury. It's the standard. Personal training is the norm, not the exception.

Training is getting more exposure than ever. Celebrity trainers appear everywhere, each with a book, a reality show, and a publicity campaign. With such media overload, we are bombarded with many, often contradicting images of what a personal trainer is. Is it the tough-as-nails drill sergeant from VH-1? Or the hippie I saw on YouTube? Perhaps it's that cheerleader-type from late night infomercials or the tattooed fighter dude in the fitness mag?

Different trainers for different folks.

Just like the TV-show trainers, we professional trainers sometimes fit these caricatures, and there's nothing wrong with that. Find your identity. A soft-spoken guy would sound silly trying to come off as a hard-ass, just as a jock-type would have a tough time acting like a yogi. It's possible to adapt to your client while still being true to yourself. Keep it real is all I'm saying.

I understand that we act as chameleons from time to time, wearing different masks (or hats) for different roles, but when we are true to ourselves, every single mask is still part of the real you.



Be yourself, not what you think a trainer should be. The first trainer of any sort that I was ever aware of was Burgess Meredith's portrayal of Mickey in the classic motion picture *Rocky*. Yet I would sound ridiculous if I screamed "Yer a bum!" at the people I train. Even though Mickey was an awesome character, it's not who I am.

Give great workouts, build strong relationships, sell personal training, and be yourself. In time, you will attract the right clients for you.



"Danny Kavadlo's training helped me to discover strengths I never knew I had, and I can take those lessons with me wherever I go, for the rest of my life. The wisdom and insight contained in *Everybody Needs Training* not only relates to being a successful fitness trainer, but can be applied for peace and success in many of life's ventures. Danny is the best!" —ELIZABETH GILBERT, #1 New York Times Best Selling Author, *Eat, Pray, Love*. One of TIME Magazine's 100 Most Influential People in the World

**M**ost folk who embark on a career as a trainer, do so initially out of a personal passion for fitness and a strong desire to help other achieve results. Be it weight loss, conditioning, strength gains, flexibility or enhanced performance.

But a passion for working out and an earnest desire to help others—alone—does not a successful personal trainer make. The sad fact is that the turn over rate for personal trainers after one year is over 80%. Why? It's almost always because the trainer didn't have a proper understanding of the BUSINESS of being a fitness professional.

The bottom line is that without the appropriate success blueprint, the most skilled and knowledgeable personal trainer is usually doomed to failure. Unfortunately, until now, there has been no such battle-tested blueprint available either to the novice trainer or the professional struggling to stay alive. Now, however that's all changed, thanks to Danny Kavadlo's *Everybody Needs Training*. Follow the hard-earned wisdom within these pages and failure will no longer be an option.

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"*Everybody Needs Training* is quite 'something.' I don't think I have ever seen this kind of depth in the field. It's both obvious and 'wow' as you read it. Amazing stuff. It fills a gap in the community that, frankly, surprises me no one has really filled." —DAN JOHN, author, *Never Let Go*

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"Danny Kavadlo has personally helped me become a more successful trainer and coach. I cannot recommend *Everybody Needs Training* enough. It's the best book I've ever seen on the subject of being a professional trainer." —ADEL GABER, World Class Trainer & 3-Time Olympic Wrestling Coach

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"*Everybody Needs Training* is a solid collection of tried-and-true best practices that can help personal trainers on any level reach their full potential in their chosen field." —ROLANDO GARCIA, RKC II, CK-FMS

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"*Everybody Needs Training* is a must-read for every personal trainer wanting to take it to the next level, and everyone who has ever dreamed of becoming a personal trainer. This book allows you to get inside the genius PT mind of Danny Kavadlo, a master of his craft, speaking off the cuff to you about training—priceless!" —ERRICK MCADAMS, Personal Trainer, Model, Fitness Personality

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### Good for any profession or business

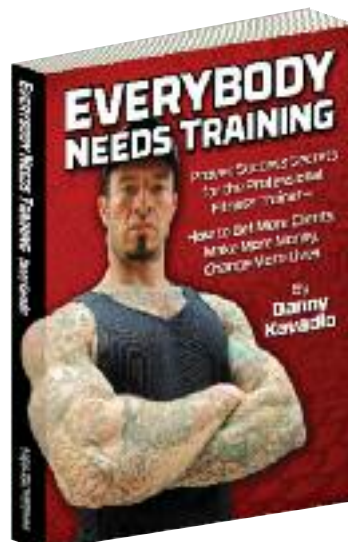
"I'm not a trainer, but took Danny and Al's PCC Class. This is a great book for anyone going into business as either an employee or owner, whether a fitness trainer or any other kind of business. I'm a lawyer, and I'm thinking about making it required reading for my newly hired lawyers. Good practical advice, with the focus on the customer, which is a focus that seems to be lost these days. Easy reading, but pithy, with lots of great tips and ideas, with an excellent overriding theme. Oh yea -- well written too!" — Mark Walker, McAllen, Texas



"Christmas wishes DO come true... Danny Kavadlo has written a training book! Imagine if you could squeeze all the hard-earned wisdom, secrets and tactics of one of the world's hottest personal trainers between the covers of a beautifully illustrated tell-all manual, and you have imagined *Everybody Needs Training*.

Like Danny himself, this groundbreaking book is incredibly smart, brutally honest, laugh-out-loud funny, and totally out of left field... if you train others (casually or professionally), want a career training others, or if you just love the now-famous "Kavadlo approach" to getting in shape, you owe it to yourself to grab a copy of this masterpiece. I cannot recommend it highly enough."

—PAUL WADE, author of *Convict Conditioning*



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# Get Harder, Stronger, More Powerful and Ripped to Shreds—with PCC, the World's Premier Bodyweight Exercise Training Program

Based on the teachings of Convict Conditioning founder, PAUL WADE... led by AL and DANNY KAVADLO



## The Progressive Calisthenics Certification Workshop (PCC)

Dragon Door's Progressive Calisthenics Certification (PCC) provides you the world's most comprehensive training in the core principles and fundamentals of bodyweight exercise for strength and conditioning.

Master the cutting-edge bodyweight exercise progressions developed by *Convict Conditioning* founder **Paul Wade**—and earn the right to teach this acclaimed system to athletes, martial artists, trainers, coaches and all men and women dedicated to the cultivation of supreme strength and rugged toughness.

- **Discover how** to generate tigrish power, enhance your coordination and balance, protect your joints, transform your physique, build steel-like tendon integrity and blowtorch fat from your body.
- **Boost your value** as a coach or personal trainer. Not only are the movements extraordinarily cool—and adjustable to any skill level—they are also amongst the most effective, functional techniques on earth.
- **The PCC** represents the *ultimate bodyweight cert*, and whatever your field or specialization—from strength training to rehab, bodybuilding to team sports—you will come away from this three-day cert with vast resources of training knowledge unavailable anywhere else.



# Your Body Is Best: A Crash Course in Calisthenics

By Jen Sinkler

**Y**ou don't need a full-blown gym or even a single piece of equipment to get incredibly strong. The Progressive Calisthenics Certification imparts a lifetime's worth of bodyweight exercises in just three short days.

"I've got a strong arm...and a really strong arm," says **Al Kavadlo**, lead instructor of the *Progressive Calisthenics Certification (PCC)*, to the group of nearly 60 rapt participants who have signed up for the three-day course in St. Paul, Minnesota.

He means it as a shift in perspective, a way of considering your body's abilities in a more positive light, but he isn't joking. Over the course of the next three days, we witness feats of profound strength, hypnotic grace and acts of calisthenic derring-do normally relegated to grainy, jostling YouTube videos of muscle-bound men working out on playground equipment in urban environments.

In fact, Kavadlo himself, along with his older brother, Danny, is the star of many such viral videos. The Kavadlo brothers have long been a staple in New York City's Tompkins Square Park, where people come from all over to watch them work out — without using any of the equipment available in a gym setting.

The Kavadlos are part of a movement back to minimalist fitness, using only the levers of your body — plus whatever sturdy implements happen to be on hand. Fair game: trucks, benches, railings, scaffolding, street signs, trees, and so on.

"What I love about calisthenics is the simplicity and purity. As a culture, we have a tendency to think more is more, but that is not always the case," says **Danny Kavadlo**. "When I first became a trainer, I thought that there had to be a secret move or piece of equipment out there that the masses didn't know about yet, but I was wrong. As the years went by, I distanced myself from the equipment. The more Al and I learned about leverage, the less interested we were in weight stacks."

Recently, the brothers have taken their show on the road, presenting *Convict Conditioning* author **Paul Wade's** bodyweight-training tactics in a structured workshop format not just in the States, but also in places like Sweden, Australia, Holland, Germany and Ireland. Sold on the convenient, do-anywhere approach to getting strong and shredded — not to mention the super-sweet party tricks, such as the human flag — participants are responding by packing the house.

## Calisthenics on the Move

The flow is the same regardless of location: three full days of skills, followed by the potentially daunting "Century Test," which consists of 100 total reps of squats, pushups, hanging knee raises and pull-ups in under eight minutes. Participants must pass it in order



to be deemed a PCC instructor, and not everyone does (though, as with other Dragon Door certifications, there is an option to send in videographic evidence of completion later). Assisting the Kavadlos at these workshops is a growing number of PCC instructors, including Senior PCC, Stephen Low, author of the Amazon bestseller *Overcoming Gravity*, and PCC Team Leaders Adrienne Harvey, Beth Andrews, Angelo Gala and **Logan Christopher**. Each of them is strong in his or



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her own right, and they elicit oohs and ahhs from us as they demonstrate even difficult drills with ease.

The instructors' skills are impressive, to be sure, but so are many of the participants' abilities, as new skills are developed rapidly under intense tutelage. In my group is

**Phil Ross**, owner of American Eagle MMA & Kettlebells in Ho-Ho-Kus, N.J., and my training partner and I grumble as we watch him perform increasingly difficult pushup variations with apparent ease. "Who invited that guy?" we joke, but in truth, the vibe of the group is highly supportive.

We clap for each other each time we accomplish something new, and the din during the Century Test the last day is deafening — and uplifting. "This group of people, some with sports backgrounds and many not, all came there to learn something new," says **Kelly Stranahan**, personal trainer at DKB Fitness in Santa Fe, N.M., who learned to do a one-armed handstand and a one-armed elbow lever that weekend. "It was so beautiful to see such camaraderie in such a diverse group."

Calisthenics draws a broad crowd. Though many workshop participants know each other from Dragon Door's kettlebell-training community, the PCC also attracts traceurs from the parkour and freerunning community, along with yogis, peripherally curious fitness newbies and strongman types. The allure? Calisthenics is "true movement in its most basic, fluid, and beautiful form," says **Brendan McCormack**, senior at the Minnesota State University: Mankato and parkour enthusiast. "I gladly would've gone pretty much anywhere for this event."

During lecture portions, Danny Kavadlo serves as an accidental foil to his more serious, mellow younger brother. He is pure animation, visually acting out what Al is saying in the background (much to the room's delight), and piping in with the wisdom of his own experience with a pronounced Brooklyn accent.

The mood remains jovial even as participants concentrate on getting the hang — sometimes literally — of new skills. Pleasingly, everyone in the room seems to find something they're good at, and plenty more to work on. For instance, **Alby Owens**, a personal trainer out of Australia, proves to be a headstand master, picking up new skills in that domain readily ("Look, Ma, no hands!"), but when it's time for bridge variations, his lack of shoulder mobility limits him, for the time being.



### Accessibility and Exercises

The PCC is based on four guiding principles: strength, versatility, minimalism and progression. And thus, by implication, regression, as well. The many exercise regressions embedded in the course material provide a low barrier to entry.

"Anyone of any fitness level can jump in wherever is appropriate for them," says Al Kavadlo. "You don't have to be strong to start — you just have to be willing to put aside your ego and work hard." (He later qualifies the statement, saying that participants should be able to pass the Century Test in order to attend.) Steven Low estimates 70 percent of the clients he works with come to him with no prior experience with gymnastics-type movements.

The process can be as simple as you make it. When the Kavadlo brothers started focusing on calisthenics over 20 years ago, they began with one exercise: pushups. Then they added pull-ups. "Over the years, we added more and more, but we never abandoned the basics," says Danny Kavadlo.

The PCC is constructed around 14 categories of movement, each of which gets its own module during the three-day course. Seven are classified as "dynamics" (pushups, pull-ups, handstand pushups, horizontal pull-ups, dips, leg raises and squat movements), seven are "statics" (press holds, midsection holds, bridge holds, handstands, back levers, front levers and side levers), and all provide a framework for full-body strength in every capacity.



"Pull-ups are abdominal exercises," says Al Kavadlo. Lordosis, that common tendency toward a swayed back, inhibits the anterior core muscles' ability to engage properly. The instructors teach us this flexed-ab, hollow-body position as we lie on our backs on the floor like so many dead bugs, arms and legs gently angled to the ceiling. Next, they have us hang from the bar in this manner before progressing to various more difficult maneuvers. Sure enough, the next day my midsection is slightly tender to the touch.

Including "progressions and regressions", the PCC Instructor's 626-page manual includes nearly 70 vertical pull-up variations, with the key 16 of these exercises being fully illustrated, the toughest of which is a one-armed number. "If you can do 15 consecutive two-armed pull-ups, you can start transitioning to a one-armed pull-up," says Al Kavadlo.

This is a theme of the weekend: All the instructors emphasize progressing slowly, within your limits, and although participants do attempt daring maneuvers, the pace of each day is quite manageable — slow even, but necessarily so, considering how physically taxing some of the exercises are. "I like to call these 'assistols,'" Al Kavadlo jokes as he grips a pole (to be clear, they are dancing poles, and plenty of jokes are cracked) while performing a body-weight pistol squat.

From there, the situation escalates quickly, with increasingly difficult squat variations being introduced. During the pushup module, Danny Kavadlo demonstrates pushups on four fingertips per hand, then three, two, and...one. This occurs with each of the 14 main categories of movement, the instructors taking us far beyond the first stage, to as far as we're able to safely go.

"The beauty of the PCC is the progressions and regressions. I can go back to basics while rehabbing without worrying about getting set too far back," says Dave Clancy, who is prepping for a shoulder surgery. "I will be challenged yet not killed by the exercises." Clancy goes on to perform a full handstand on the handles of kettlebells later in the weekend — and lives to tell about it.



## The Anti-Dogmatic Approach

The PCC version of a “hook grip” involves wedging your thumb against the rest of your fingers to bolster hand strength. When I ask about the potential confusion between that and the Olympic weightlifting hand position of the same name, Al Kavadlo replies: “Movement is movement. People are going to use different terminology in different schools of movement.” In other words, he is not interested in a debate about labels — it’s all under the same umbrella.

The decidedly calm, balanced energy he brings to every element of his coaching style is no accident. A practitioner of Zen Buddhism and meditation for a decade, he has cultivated these qualities intentionally over time.



It should not be surprising, then, that the entire curriculum is presented without dogma or demand — participants are encouraged to experiment with form variations that feel good to them. This is a welcome departure for many in attendance, who comment how unlike the PCC is in this regard compared to other fitness certifications. But it makes sense,

when you consider that each person’s body is going to have slightly (or even dramatically) different leverages and weight distributions. The ‘square peg, round hole’ tactic of assigning everyone identical form without giving thought to such differences does not apply here. “What’s best for you may not be what’s best for me and vice versa,” says Al Kavadlo.

“The steps you take may not always be linear,” he continues. “I’m from New York, and a visitor might ask you how to get to Central Park. And it’s like, ‘Well, you can take the Q train, a different train, you can walk, you can take a taxi. All of them will get you to Central Park.’” Most of his answers to participants’ questions essentially boil down to, “If it works for you, do it.”

As Kavadlo points out, it doesn’t matter how you get there, as long as you are willing to go. “I love helping people tap into their potential — it’s great to be able to motivate clients to achieve things they once thought were impossible,” he says. “The carryover between physical strength, and the way it leads to a stronger mental attitude is also a wonderful thing to behold.”

## Success Stories

The instructors aim to provide us with an arsenal of new tools and plenty of ideas for how to improve. And, although we learn plenty of techniques that increase our success rate at each skill, at the heart of it all is hard work. “Everyone always wants to know, ‘What’s the trick to doing a human flag?’” says Al Kavadlo. “There is no trick — you have to be really freakin’ strong!”

Over the course of each day, new PRs are tallied up into the hundreds. “I nailed my first Back Lever at the PCC,” says Sekou Olayinka, an educator and priest from Philadelphia. “I’d been training for it in the months leading up to it, but was unable to get it right before then. I also learned the clutch flag on both sides, did my first crow stands, a free-standing handstand and wall-walking bridges.”

Many attendees return home and share their new knowledge with others, Olayinka included. Marine LeAnn Splitter put a group of military students through

their PCC paces, and Chain Reaction Fitness gym owner **Benji Williford** says he uses PCC progressions in every one of client sessions now. For his part, Clancy took his clients back to basics on pushups and pullups, slowing them down to really dial in technique. “We have seen some new PRs in pressing since then,” he adds.



This is to be expected, it seems. “When you’re working on developing a new skill, you need to give all of your attention to the task at hand,” says Al Kavadlo. “When you are completely focused on your training, the division between body and mind breaks down and everything else seems to fall away.”

For my part, I am more willing to road trip without a kettlebell, knowing I have plenty to keep myself fit... without bringing anything at all. “I love bodyweight training because it requires nothing more than your body, your mind and your warrior spirit,” says Al Kavadlo. “You don’t need to buy anything, go anywhere or put on any special clothing — anybody can start right now.”



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Jen Sinkler, PCC, RKC, PM, is a longtime fitness writer and editor. She trains clients at The Movement Minneapolis, [www.movementminneapolis.com](http://www.movementminneapolis.com) and her website, Thrive, <http://www.jensinkler.com> was recently named one of Shape magazine’s “Best Health and Fitness Sites for Women.” Sign up for her fitness newsletter there, and follow her on Twitter @jensinkler.

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# The Best Training Resolution You Can Make: Log Yourself—All Year Long!

**The Fastest Way to Make Physical Progress a Guarantee—Besides Dedicated, Skillful Practice—Is to Keep a Training Log**

**W**e've all heard the phrase 'the spirit is willing but the flesh is weak'. And never was this more true than in the quest for strength!

So, what are the two golden keys, or secrets to bending the flesh to the spirit's desire?

The first secret is the system—and the system is dedicated, organized application over time. And in the hard world of strength that means keeping track of your goals and measuring your progress. When it comes to serious training, you keep a log or you fail. The sins of sloppiness, haphazardness, laziness and disorganization lay waste to our dreams of physical achievement—and sabotage the best intentions to beat our flesh into righteous steel. We invite you to exorcize the demons of weakness from your flesh—with a "religious" dedication to tracking and measuring—*Convict Conditioning* style.

The second secret for strength success is inspiration. In this stunning companion to his bestselling bodyweight exercise masterpieces, *Convict Conditioning* author Paul Wade, goes far, far beyond the traditional log book—by delivering a bucket-load of inspiring stories and jewel-like training tips to push you forward in your quest for ever-greater strength.

This book is the first-ever training log designed specifically for bodyweight athletes. Other logs are structured to contain sections where you detail the amount of weight you used, the type of equipment or machine you worked out on, even what your heart-rate was and what vitamins you took today. You won't find any of this distracting information in this log. It's a log for pure, unadulterated, hardcore bodyweight training. We provide the inspiration and the structure—you provide the perspiration and bloody-mindedness to seize the plan and make it happen.

There is a window of opportunity awaiting you. The strength gains that have continued to elude you can finally be yours. That window of opportunity lies within these pages and within your heart. Bring it!

**By far the best log book we have seen, frankly, is Paul Wade's *Convict Conditioning Ultimate Bodyweight Training Log*. But don't think that you have to use it just for your bodyweight work. It'll serve just as well to document your progress with kettlebells, martial arts or any other practice.**





# Reader Praise for *Convict Conditioning Ultimate Bodyweight Training Log*



## **Above and Beyond!**

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—Noel Price, Chicagoland, IL

## **A unique training log**

“This log book is one of a kind in the world. It is the only published body weight exclusive training log I have personally seen. It is well structured and provides everything for a log book in a primarily body weight oriented routine. The book is best integrated with the other books in the convict conditioning series however has enough information to act as a stand alone unit. It is a must have for anyone who is a fan of the convict conditioning series or is entering into calisthenics.”  
—Carter D., Cambridge, Canada

## **Excellent Companion to Convict Conditioning 1 & 2**

“This is an amazing book! If you are a fan of Convict Conditioning (1 & 2) you need to get this training log. If you are preparing for the Progressive Calisthenics Certification then it's a must-have!!! The spiral bound format is a huge improvement over the regular binding and it makes it that much more functional for use in the gym. Great design, amazing pictures and additional content! Once again - Great job Dragon Door!”  
—Michael Krivka, RKC Team Leader, Gaithersburg, MD

## **Excellent latest addition to the CC Program!**

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—Joshua Hatcher, Holyoke, MA

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# How Do YOU Stack Up Against These 6 Signs of a TRUE Physical Specimen?

According to Paul Wade's *Convict Conditioning* you earn the right to call yourself a 'true physical specimen' if you can perform the following:

1. AT LEAST one set of 5 one-arm pushups each side—with the ELITE goal of 100 sets each side
2. AT LEAST one set of 5 one-leg squats each side—with the ELITE goal of 2 sets of 50 each side
3. AT LEAST a single one-arm pullup each side—with the ELITE goal of 2 sets of 6 each side
4. AT LEAST one set of 5 hanging straight leg raises—with the ELITE goal of 2 sets of 30
5. AT LEAST one stand-to-stand bridge—with the ELITE goal of 2 sets of 30
6. AT LEAST a single one-arm handstand pushup on each side—with the ELITE goal of 1 set of 5

Well, how DO you stack up?

Chances are that whatever athletic level you have achieved, there are some serious gaps in your OVERALL strength program. Gaps that stop you short of being able to claim status as a truly accomplished strength athlete.

The good news is that—in *Convict Conditioning*—Paul Wade has laid out a brilliant 6-set system of 10 progressions which allows you to master these elite levels.

And you could be starting at almost any age and in almost in any condition...

Paul Wade has given you the keys—ALL the keys you'll ever need—that will open door, after door, after door for you in your quest for supreme physical excellence. Yes, it will be the hardest work you'll ever have to do. And yes, 97% of those who pick up *Convict Conditioning*, frankly, won't have the guts and the fortitude to make it. But if you make it even half-way through Paul's Progressions, you'll be stronger than almost anyone you encounter. Ever.



Here's just a small taste of what you'll get with *Convict Conditioning*:

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# Dragon Door Customer Acclaim for Paul Wade's *Convict Conditioning*



## A Strength Training Guide That Will Never Be Duplicated!

"I knew within the first chapter of reading this book that I was in for something special and unique. The last time I felt this same feeling was when reading *Power to the People!* To me this is the Body Weight equivalent to Pavel's masterpiece.

Books like this can never be duplicated. Paul Wade went through a unique set of circumstances of doing time in prison with an 'old time' master of calisthenics. Paul took these lessons from this 70 year old strong man and mastered them over a period of 20 years while 'doing time'. He then taught these methods to countless prisoners and honed his teaching to perfection.

I believe that extreme circumstances like this are what it takes to create a true masterpiece. I know that 'masterpiece' is a strong word, but this is as close as it gets. No other body weight book I have read (and I have a huge fitness library)...comes close to this as far as gaining incredible strength from body weight exercise.

Just like *Power to the People*, I am sure I will read this over and over again...mastering the principles that Paul Wade took 20 years to master.

Outstanding Book!"—*Rusty Moore - Fitness Black Book - Seattle, WA*

## A must for all martial artists

"As a dedicated martial artist for more than seven years, this book is exactly what I've been looking for.

For a while now I have trained with machines at my local gym to improve my muscle strength and power and get to the next level in my training. I always felt that the modern health club, technology based exercise jarred with my martial art though, which only required body movement.

Finally this book has come along. At last I can combine perfect body movement for martial skill with perfect body exercise for ultimate strength.

All fighting arts are based on body movement. This book is a complete textbook on how to max out your musclepower using only body movement, as different from dumbbells, machines or gadgets. For this reason it belongs on the bookshelf of every serious martial artist, male and female, young and old."—*Gino Cartier - Washington DC*

## I've packed all of my other training books away!

"I read CC in one go. I couldn't put it down. I have purchased a lot of bodyweight training books in the past, and have always been pretty disappointed. They all seem to just have pictures of different exercises, and no plan whatsoever on how to implement them and progress with them. But not with this one. The information in this book is AWESOME! I like to have a clear, logical plan of progression to follow, and that is what this book gives. I have put all of my other training books away. CC is the only system I am going to follow. This is now my favorite training book ever!"—*Lyndan - Australia*

## Brutal Elegance.

"I have been training and reading about training since I first joined the US Navy in the 1960s. I thought I'd seen everything the fitness world had to offer. Sometimes twice. But I was wrong. This book is utterly iconoclastic.

The author breaks down all conceivable body weight exercises into six basic movements, each designed to stimulate different vectors of the muscular system. These six are then elegantly and very intelligently broken into ten progressive techniques. You master one technique, and move on to the next.

The simplicity of this method belies a very powerful and complex training paradigm, reduced into an abstraction that obviously took many years of sweat and toil to develop.

Trust me. Nobody else worked this out. This approach is completely unique and fresh.

I have read virtually every calisthenics book printed in America over the last 40 years, and instruction like this can't be found anywhere, in any one of them. *Convict Conditioning* is head and shoulders above them all. In years to come, trainers and coaches will all be talking about 'progressions' and 'progressive calisthenics' and claim they've been doing it all along. But the truth is that Dragon Door bought it to you first. As with kettlebells, they were the trail blazers.

Who should purchase this volume? Everyone who craves fitness and strength should. Even if you don't plan to follow the routines, the book will make you think about your physical prowess, and will give even world class experts food for thought. At the very least if you find yourself on vacation or away on business without your barbells, this book will turn your hotel into a fully equipped gym.

I'd advise any athlete to obtain this work as soon as possible."—*Bill Oliver - Albany, NY, United States*



# More Dragon Door Customer Acclaim for *Convict Conditioning*

## Fascinating Reading and Real Strength

"Coach Wade's system is a real eye opener if you've been a lifetime iron junkie. Wanna find out how really strong (or weak) you are? Get this book and begin working through the 10 levels of the 6 power exercises. I was pleasantly surprised by my ability on a few of the exercises...but some are downright humbling. If I were on a desert island with only one book on strength and conditioning this would be it. (Could I staple Pavel's "Naked Warrior" to the back and count them as one???) Thanks Dragon Door for this innovative new author."—*Jon Schultheis, RKC (2005) - Keansburg, NJ*

## Single best strength training book ever!

"I just turned 50 this year and I have tried a little bit of everything over the years: martial arts, swimming, soccer, cycling, free weights, weight machines, even yoga and Pilates. I started using *Convict Conditioning* right after it came out. I started from the beginning, like Coach Wade says, doing mostly step one or two for five out of the six exercises. I work out 3 to 5 times a week, usually for 30 to 45 minutes.

Long story short, my weight went up 14 pounds (I was not trying to gain weight) but my body fat percentage dropped two percent. That translates into approximately 19 pounds of lean muscle gained in two months! I've never gotten this kind of results with anything else I've ever done. Now I have pretty much stopped lifting weights for strength training. Instead, I lift once a week as a test to see how much stronger I'm getting without weight training. There are a lot of great strength training books in the world (most of them published by Dragon Door), but if I had to choose just one, this is the single best strength training book ever. BUY THIS BOOK. FOLLOW THE PLAN. GET AS STRONG AS YOU WANT. —*Wayne - Decatur, GA*

## Best bodyweight training book so far!

"I'm a martial artist and I've been training for years with a combination of weights and bodyweight training and had good results from both (but had the usual injuries from weight training). I prefer the bodyweight stuff though as it trains me to use my whole body as a unit, much more than weights do, and I notice the difference on the mat and in the ring. Since reading this book I have given the weights a break and focused purely on the bodyweight exercise progressions as described by 'Coach' Wade and my strength had increased more than ever before. So far I've built up to 12 strict one-leg squats each leg and 5 uneven pull ups each arm.

I've never achieved this kind of strength before - and this stuff builds solid muscle mass as well. It's very intense training. I am so confident in and happy with the results I'm getting that I've decided to train for a fitness/bodybuilding comp just using his techniques, no weights, just to show for real what kind of a physique these exercises can build. In sum, I cannot recommend 'Coach' Wade's book highly enough - it is by far the best of its kind ever!"—*Mark Robinson - Australia, currently living in South Korea*

## A lifetime of lifting...and continued learning.

"I have been working out diligently since 1988 and played sports in high school and college before that. My stint in the Army saw me doing calisthenics, running, conditioning courses, forced marches, etc. There are many levels of strength and fitness. I have been as big as 240 in my powerlifting/strongman days and as low as 185-190 while in the Army. I think I have tried everything under the sun: the high intensity of Arthur Jones and Dr. Ken, the Super Slow of El Darden, and the brutality of Dinosaur Training Brooks Kubic made famous.

This is one of the BEST books I've ever read on real strength training which also covers other just as important aspects of health; like staying injury free, feeling healthy and becoming flexible. It's an excellent book. He tells you the why and the how with his progressive plan. This book is a GOLD MINE and worth 100 times what I paid for it!"—*Horst - Woburn, MA*

## This book sets the standard, ladies and gentlemen

"It's difficult to describe just how much this book means to me. I've been training hard since I was in the RAF nearly ten years ago, and to say this book is a breakthrough is an understatement. How often do you really read something so new, so fresh? This book contains a complete new system of calisthenics drawn from American prison training methods. When I say 'system' I mean it. It's complete (rank beginner to expert), it's comprehensive (all the exercises and photos are here), it's graded (progressions from exercise to exercise are smooth and predetermined) and it's totally original. Whether you love or hate the author, you have to listen to him. And you will learn something. This book just makes SENSE. In twenty years people will still be buying it."—*Andy McMann - Ponty, Wales, GB*



**Convict Conditioning**  
How to Bust Free of All Weakness—Using the Lost Secrets of Supreme Survival Strength  
By Paul "Coach" Wade  
#B41 **\$39.95**  
eBook **\$19.95**  
Paperback 8.5 x 11 320 pages  
191 photos, charts and illustrations



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# The Experts Give High Praise to *Convict Conditioning 2*

“Coach Paul Wade has outdone himself. His first book *Convict Conditioning* is to my mind THE BEST book ever written on bodyweight conditioning. Hands down. Now, with the sequel *Convict Conditioning 2*, Coach Wade takes us even deeper into the subtle nuances of training with the ultimate resistance tool: our bodies.

In plain English, but with an amazing understanding of anatomy, physiology, kinesiology and, go figure, psychology, Coach Wade explains very simply how to work the smaller but just as important areas of the body such as the hands and forearms, neck and calves and obliques in serious functional ways.

His minimalist approach to exercise belies the complexity of his system and the deep insight into exactly how the body works and the best way to get from A to Z in the shortest time possible.

I got the best advice on how to strengthen the hard-to-reach extensors of the hand right away from this exercise Master I have ever seen. It's so simple but so completely functional I can't believe no one else has thought of it yet. Just glad he figured it out for me.

Paul teaches us how to strengthen our bodies with the simplest of movements while at the same time balancing our structures in the same way: simple exercises that work the whole body.

And just as simply as he did with his first book. His novel approach to stretching and mobility training is brilliant and fresh as well as his take on recovery and healing from injury. Sprinkled throughout the entire book are too-many-to-count insights and advice from a man who has come to his knowledge the hard way and knows exactly of what he speaks.

This book is, as was his first, an amazing journey into the history of physical culture disguised as a book on calisthenics. But the thing that Coach Wade does better than any before him is his unbelievable progressions on EVERY EXERCISE and stretch! He breaks things down and tells us EXACTLY how to proceed to get to whatever level of strength and development we want. AND gives us the exact metrics we need to know when to go to the next level.

Adding in completely practical and immediately useful insights into nutrition and the mindset necessary to deal not only with training but with life, makes this book a classic that will stand the test of time.

Bravo Coach Wade, Bravo.” —Mark Reifkind, Master RKC, author of *Mastering the HardStyle Kettlebell Swing*



**Convict Conditioning 2**  
Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints  
By Paul “Coach” Wade

#B59 **\$39.95**

eBook **\$19.95**

Paperback 8.5 x 11 354 pages

261 photos, charts and illustrations

**2**

Mid-Level

**3**

Advanced

“The overriding principle of *Convict Conditioning 2* is ‘little equipment-big rewards’. For the athlete in the throwing and fighting arts, the section on Lateral Chain Training, Capturing the Flag, is a unique and perhaps singular approach to training the obliques and the whole family of side muscles. This section stood out to me as ground breaking and well worth the time and energy by anyone to review and attempt to complete. Literally, this is a new approach to lateral chain training that is well beyond sidebends and suitcase deadlifts.

The author's review of passive stretching reflects the experience of many of us in the field. But, his solution might be the reason I am going to recommend this work for everyone: The Trifecta. This section covers what the author calls The Functional Triad and gives a series of simple progressions to three holds that promise to oil your joints. It's yoga for the strength athlete and supports the material one would find, for example, in Pavel's *Loaded Stretching*.

I didn't expect to like this book, but I come away from it practically insisting that everyone read it. It is a strongman book mixed with yoga mixed with street smarts. I wanted to hate it, but I love it.”  
—Dan John, author of *Don't Let Go* and co-author of *Easy Strength*

“I've been lifting weights for over 50 years and have trained in the martial arts since 1965. I've read voraciously on both subjects, and written dozens of magazine articles and many books on the subjects. This book and Wade's first, *Convict Conditioning*, are by far the most commonsense, information-packed, and result producing I've read. These books will truly change your life.

Paul Wade is a new and powerful voice in the strength and fitness arena, one that is commonsense, inspiring, and in your face. His approach to maximizing your body's potential is not the same old hackneyed material you find in every book and magazine piece that pictures steroid-bloated models screaming as they curl weights. Wade's stuff has been proven effective by hard men who don't tolerate fluff. It will work for you, too—guaranteed.

As an ex-cop, I've gone mano-y-mano with ex-cons that had clearly trained as Paul Wade suggests in his two *Convict Conditioning* books. While these guys didn't look like steroid-fueled bodybuilders (actually, there were a couple who did), all were incredibly lean, hard and powerful. Wade blows many commonly held beliefs about conditioning, strengthening, and eating out of the water and replaces them with result-producing information that won't cost you a dime.” —Loren W. Christensen, author of *Fighting the Pain Resistant Attacker*, and many other titles

“*Convict Conditioning* is one of the most influential books I ever got my hands on. *Convict Conditioning 2* took my training and outlook on the power of bodyweight training to the 10th degree—from strengthening the smallest muscles in a maximal manner, all the way to using bodyweight training as a means of healing injuries that pile up from over 22 years of aggressive lifting.

I've used both *Convict Conditioning* and *Convict Conditioning 2* on myself and with my athletes. Without either of these books I can easily say that these boys would not be the BEASTS they are today. Without a doubt *Convict Conditioning 2* will blow you away and inspire and educate you to take bodyweight training to a whole NEW level.”  
—Zach Even-Esh, Underground Strength Coach



“Paul Wade’s section on developing the sides of the body in *Convict Conditioning 2* is brilliant. Hardstyle!” —Pavel Tsatsouline, author of *The Naked Warrior*

# Online Praise for *Convict Conditioning 2*

## Best Sequel Since *The Godfather 2*!

“Hands down the best addition to the material on *Convict Conditioning* that could possibly be put out. I already implemented the neck bridges, calf and hand training to my weekly schedule, and as soon as my handstand pushups and leg raises are fully loaded I’ll start the flags. Thank you, Coach!”

—Daniel Runkel, Rio de Janeiro, Brazil

## The progressions were again sublime

“Never have I heard such in depth and yet easy to understand description of training and physical culture. A perfect complement to the first book although it has its own style keeping the best attributes of style from the first but developing it to something unique. The progressions were again sublime and designed for people at all levels of ability. The two books together can forge what will closely resemble superhuman strength and an incredible physique and yet the steps to get there are so simple and easy to understand.”

—Ryan O., Nottingham, United Kingdom

## Well worth the wait

“Another very interesting, and as before, opinionated book by Paul Wade. As I work through the CC1 progressions, I find it’s paying off at a steady if unspectacular rate, which suits me just fine. No training injuries worth the name, convincing gains in strength. I expect the same with CC2 which rounds off CC1 with just the kind of material I was looking for. Wade and Dragon Door deserve to be highly commended for publishing these techniques. A tremendous way to train outside of the gym ecosystem.”

—V. R., Bangalore, India

## Very Informative

“*Convict Conditioning 2* is more subversive training information in the same style as its original. It’s such a great complement to the original, but also solid enough on its own. The information in this book is fantastic— a great buy! Follow this program, and you will get stronger.”

—Chris B., Thunder Bay, Canada

## Just as brilliant as its predecessor!

“Just as brilliant as its predecessor! The new exercises add to the Big 6 in a keep-it-simple kind of way. Anyone who will put in the time with both of these masterpieces will be as strong as humanly possible. I especially liked the parts on grip work. To me, that alone was worth the price of the entire book.”

—Timothy Stovall / Evansville, Indiana

## If you liked CC1, you’ll love CC2

“CC2 picks up where CC1 left off with great information about the human flag (including a version called the clutch flag, that I can actually do now), neck and forearms. I couldn’t be happier with this book.”

—Justin B., Atlanta, Georgia

## From the almost laughably-simple to realm-of-the-gods

“*Convict Conditioning 2* is a great companion piece to the original *Convict Conditioning*. It helps to further build up the athlete and does deliver on phenomenal improvement with minimal equipment and space.

The grip work is probably the superstar of the book. Second, maybe, is the attention devoted to the lateral muscles with the development of the clutch- and press-flag.

*Convict Conditioning 2* is more of the same - more of the systematic and methodical improvement in exercises that travel smoothly from the almost laughably-simple to realm-of-the-gods. It is a solid addition to any fitness library.”

—Robert Aldrich, Chapel Hill, GA

## Brilliant

“*Convict Conditioning* books are all the books you need in life. As Bruce Lee used to say, it’s not a daily increase but a daily decrease. Same with life. Too many things can lead you down many paths, but to have Simplicity is perfect.”

—Brandon Lynch, London, England

## Convict Conditioning 2

Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints

By Paul “Coach” Wade

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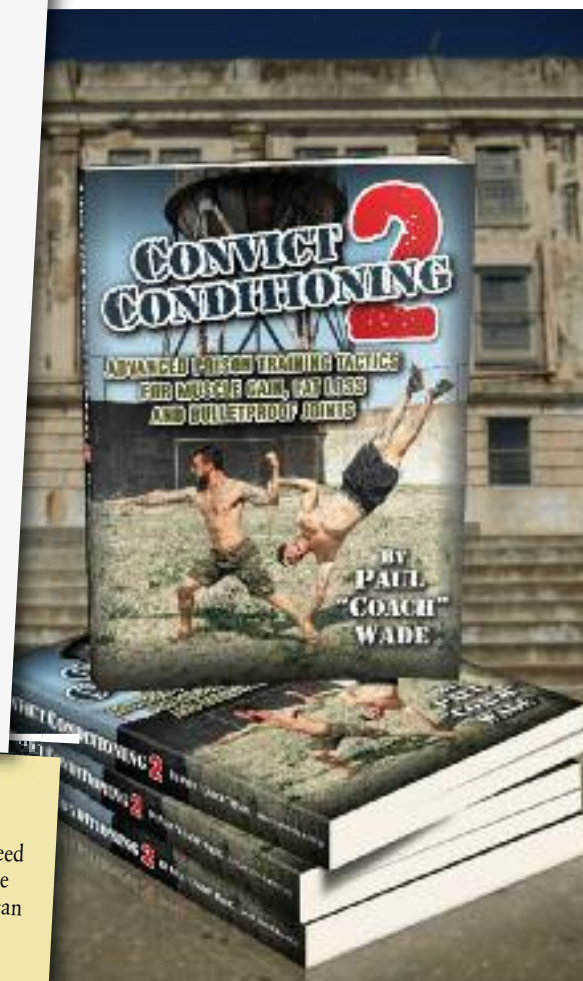
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**2**

Mid-Level

**3**

Advanced



## Foreword

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Opening Salvo:  
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## ! BONUS CHAPTER!

Pumpin' Iron in Prison: *Myths, Muscle and Misconceptions*





# The 4 Essential Flexibility Steps You Need for the Perfect Front Bridge

An excerpt adapted from Paul Wade's *Convict Conditioning 2*

To perform the front bridge correctly, there are four postural stages to progress through that'll get you where you need to be:

**STAGE 1.** Get into as wide a stance as is comfortable, and bend over at the hips until you feel a stretch. Bend your knees if you really need to, and support your torso a little by placing your palms on your thighs or knees. Build up to holding this position for a full minute. This will gradually condition the muscles and ligaments of your back, hips and thighs to forwards stretching techniques. Once you get comfortable with this position, move to stage 2.

**STAGE 2.** Get into a wide stance again. By now your feet should be able to go a little wider—at least twice shoulder width. Lock the legs straight at the knees. Now bend at the waist and touch the floor below you. At first you may not be able to touch the floor. This will be especially true if you are the average stiff-as-a-board guy. Keep trying. Eventually you will be able to touch the floor with your fingertips. Then with bent fingers. As the weeks pass your back and hamstrings will loosen and you'll be able to touch your knuckles to the floor. Finally, you'll be able to rest your palms on the floor. When you can rest your palms on the floor for a full minute, move to stage 3.

**STAGE 3.** Once you have mastered the palms on floor position from a wide stance, begin bringing your torso even closer to the floor by bending your arms. This may take some time, but eventually you will be loose enough to rest your forearms and elbows on the floor for a few seconds. Build up over the weeks until you can hold this forearms-on-floor position for a full minute, then move to stage 4.

**STAGE 4.** While resting your forearms on the floor, continue stretching forwards—still with the legs fairly straight at the knee—until your forehead touches the ground, however gently. When you can do this, place your palms on the floor again, and try placing the crown of your skull on the floor between your hands. When you can do this, build up to holding the position for a minute. Once you have mastered stage 4, you'll be supple enough to try the basic *front bridge* position.

Work on these techniques for a short while after your neck training sessions—and perhaps on a second day during the week—and by the time your neck muscles are ready for full front bridges your back and legs will be more than supple enough to allow you to tackle this brilliant exercise.



STAGE 1



STAGE 2



STAGE 3



STAGE 4

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# GET DYNAMIC, CHISELLED, POWER-JACK LEGS AND DEVELOP EXPLOSIVE LOWER-BODY STRENGTH— WITH PAUL “COACH” WADE’S ULTIMATE BODYWEIGHT SQUAT COURSE



**P**aul Wade's *Convict Conditioning Ultimate Bodyweight Squat Course* explodes out of the cellblock to teach you in absolute detail how to progress from the ease of a simple shoulderstand squat—to the stunning “1-in-10,000” achievement of the prison-style one-leg squat. Ten progressive steps guide you to bodyweight squat mastery. Do it—and become a Bodyweight Squat Immortal.

This home-study course in ultimate survival strength comes replete with bonus material not available in Paul Wade's original *Convict Conditioning* book—and numerous key training tips that refine and expand on the original program.

A heavily and gorgeously-illustrated 80-plus-page manual gives you the entire film script to study at your leisure, with brilliant, precise photographs to remind you of the essential movements you absorbed in the DVD itself.

Paul Wade adds a bonus Ten Commandments for Perfect Bodyweight Squats—which is worth the price of admission

alone. And there's the additional bonus of 5 major Variant drills to add explosivity, fun and super-strength to your core practice.

Whatever you are looking for from your bodyweight squats—be it supreme functional strength, monstrous muscle growth or explosive leg power—it's yours for the progressive taking with *Convict Conditioning, Volume 2: The Ultimate Bodyweight Squat Course*.

## WHY EVERY SELF-RESPECTING MAN WILL BE RELIGIOUS ABOUT HIS SQUATS...

Leg training is vital for every athlete. A well-trained, muscular upper body teetering around on skinny stick legs is a joke. Don't be that joke! The mighty squat is the answer to your prayers. Here's why:

- Squats train virtually every muscle in the lower body, from quads and glutes to hips, lower back and even hamstrings.
- Squat deep—as we'll teach you—and you will seriously increase

your flexibility and ankle strength.

- All functional power is transmitted through the legs, so without strong, powerful legs you are *nothing*—that goes for running, jumping and combat sports as much as it does for lifting heavy stuff.

## ARE YOU FAILING TO BUILD MONSTROUS LEGS FROM SQUATS—BECAUSE OF THESE MISTAKES?

Most trainees learn how to squat on two legs, and then make the exercise harder by slapping a barbell across their back. In prison, this way of adding strength wasn't always available, so cell trainees developed ways of progressing using only bodyweight versus gravity. The best way to do this is to learn how to squat all the way down to the ground and back up on just one leg.

Not everybody who explores prison training will have the

dedication and drive to achieve strength feats like the one-arm pullup, but the legs are much stronger than the arms. If you put in the time and work hard, the one-leg squat will be within the reach of almost every athlete who pays their dues.

But the one-leg squat still requires very powerful muscles and tendons, so you don't want to jump into one-leg squatting right away. You need to build the joint strength and muscle to safely attempt this great exercise. Discover how to do that safely, using ten steps, ten progressively harder squat exercises.

## IN THE STRENGTH GAME, FOOLS RUSH IN WHERE ANGELS FEAR TO TREAD

The wise old Chinese man shouted to his rickshaw driver: "Slow down, young man, I'm in a hurry!" If ever a warning needed to be shouted to our nation of compulsive strength-addicts, this would be it. You see them everywhere: the halt, the

lame, the jacked-up, the torn, the pain-ridden—the former glory-seekers who have been reduced to sad husks of their former selves by rushing helter-skelter into heavy lifting without having first built a firm foundation.

Paul Wade reveals the ten key points of perfect squat form. The aspects of proper form apply to all your squats, and they'll not only unlock the muscle and power-building potential of each rep you do, but they'll also keep you as safe as you can be.

Bodyweight training is all about improving strength and health, not building up a list of injuries or aches and pains. They are so fundamental, we call them the Ten Commandments of good squat form.

Obey the Ten Commandments, follow the brilliantly laid out progressions religiously and you simply CANNOT fail to get stronger and stronger and stronger and stronger and stronger—surely, safely and for as long as you live...



## Convict Conditioning

Volume 2: The Ultimate Bodyweight Squat Course  
By Paul “Coach” Wade featuring Brett Jones and Max Shank  
#DV084 \$69.95

DVD 56 minutes with full color Companion Manual, 88 pages

**1**  
Beginner

**2**  
Mid-Level

**3**  
Advanced

## COMPLEX MADE SIMPLE

Having read both *Convict Conditioning* and *Convict Conditioning 2*, the complementary DVD series is an excellent translation of the big six movement progressions into a simple to follow DVD. The demonstration of movement progression through the 10 levels is well described and easy to follow.

As a Physical Therapist it is a very useful way to teach safe progressions to patients/clients and other professionals. I have already used Volume 1 (the

push up progression) to teach high school strength coaches how to safely progress athletes with pressing activity and look forward to using volume 2 with these same coaches. I think anyone who studies movement realizes very few athletes can properly squat with two legs, let alone one.

You will not find an easier way to teach the squat. Well done again Paul. Look forward to the rest of the series.”

—Andrew Marchesi PT/MPT, FAFS, Scottsdale, AZ

## NAVY SEAL ON THE ROAD

“My whole team uses it. We can work out effectively anywhere and I mean anywhere!”  
—Tyler Archer, Navy



# GET A ROCK-HARD, BRUTISHLY POWERFUL UPPER FRAME AND ACHIEVE ELITE-LEVEL STRENGTH— WITH PAUL “COACH” WADE’S PRISON-STYLE PUSHUP PROGRAM



**P**aul Wade’s *Convict Conditioning* system represents the ultimate distillation of hardcore prison bodyweight training’s most powerful methods. What works was kept. What didn’t, was slashed away. When your life is on the line, you’re not going to mess with less than the absolute best. Many of these older, very potent solitary training systems have been on the verge of dying, as convicts begin to gain access to weights, and modern “bodybuilding thinking” floods into the prisons.



Thanks to Paul Wade, these ultimate strength survival secrets have been saved for posterity. And for you...

Filmed entirely—and so appropriately—on “The Rock”, Wade’s *Convict Conditioning Prison Pushup Series* explodes out of the cellblock to teach you in absolute detail how to progress from the ease of a simple wall pushup—to the stunning “1-in-10,000”

achievement of the prison-style one-arm pushup. Ten progressive steps guide you to pushup mastery. Do it—and become a Pushup God.

This home-study course in ultimate survival strength comes replete with bonus material not available in Paul Wade’s original *Convict Conditioning* book—and numerous key training tips that refine and expand on the original program.

A heavily and gorgeously-illustrated 80-plus-page manual gives you the entire film script to study at your leisure, with brilliant, precise photographs to remind you of the essential movements you absorbed in the DVD itself.

Paul Wade adds a bonus **Ten Commandments for Perfect Pushups**—which is worth the price of admission alone. And

there’s the additional bonus of **5 major Variant drills** to add explosivity, fun and super-strength to your core practice.

Whatever you are looking for from your pushups—be it supreme functional strength, monstrous muscle growth or explosive upper-body power—it’s yours for the progressive taking with *Convict Conditioning, Volume 1: The Prison Pushup Series*.



## AWESOME RESOURCE FOR COACHES & STRENGTH DEVOTEES

“I am using this manual and DVD not just for my own training, but for the training of my athletes. It shocks and amazes me how varsity high school athletes can NOT perform a solid push up.... not even !! Getting them to perform a perfect push up requires regressions, progressions, dialing in the little cues that teach them to generate tension and proper body alignment, ALL of which carry over to other exercises.

This manual is an awesome resource for Coaches. It can & should be used to educate those you train as well as shared with your staff. For those who have a love for strength, you will respect all the details given for each and every push up progression and you will use them and apply them.

As a Strength devotee for over 2 decades, I’ve been through the grinder with free weights and injuries, push ups are something I KNOW I’ll be doing for the rest of my life which is why I RESPECT this course so much!

The lay out of this manual and DVD are also BIG time impressive, the old school look and feel fires me up and makes me wanna attack these push ups!”  
—Zach Even-Esh, Manasquan, NJ

## I RECOMMEND IT

“I fully expected to be disappointed with Paul Wade’s *Convict Conditioning, Volume 1: The Prison Pushup Series*. John Du Cane will tell you: I am not a fan of some of the stuff in these books. It’s been said by others that this might be one of the most striking DVDs ever made. It’s on location in Alcatraz and the graphics are pretty amazing. So, yes, stunning. This DVD from Wade is stunning and very cool.

The manual that supports the DVD is very helpful as much of the material is done too well in the DVD. Many of us need to take some time looking at the DVD then flipping the manual back and forth to ‘get it.’

Once again, there are parts of this DVD and the series that rub me the wrong way. Having said that, I am frankly amazed at the insights of the product here. As a coach, I am better than when I popped the box open. I have a whole set of tools, and the progressions, that I can use tomorrow with my group. That to me is the testimony that people should hear from me: I watched it and I applied it instantly! This one ‘gets it.’ You can apply what you learn instantly and know where you are going from there. I highly recommend it.”

—Dan John, Master RKC, Burlingame, CA



## Convict Conditioning

Volume 1: The Prison Pushup Series  
By Paul “Coach” Wade featuring  
Brett Jones and Max Shank

#DV083 \$69.95

DVD 59 minutes with full color Companion Manual, 88 pages

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# DEMONIC ABS ARE A MAN'S BEST FRIEND—DISCOVER HOW TO SEIZE A SIX-PACK FROM HELL AND OWN THE WORLD... LEG RAISES

**P**aul Wade's *Convict Conditioning 3, Leg Raises: Six Pack from Hell* teaches you in absolute detail how to progress from the ease of a simple Knee Tuck—to the magnificent, "1-in-1,000" achievement of the Hanging Straight Leg Raise. Ten progressive steps guide you to inevitable mastery of this ultimate abs exercise. Do it, seize the knowledge—but beware—the Gods will be jealous!

This home-study course in ultimate survival strength comes replete with bonus material not available in Paul Wade's original *Convict Conditioning* book—and numerous key training tips that refine and expand on the original program.

Prowl through the heavily and gorgeously-illustrated 80-plus-page manual and devour the entire film script at your animal leisure. Digest the brilliant, precise photographs and reinforce the raw benefits you

absorbed from the DVD.

Paul Wade adds a bonus **Ten Commandments for Perfect Bodyweight Squats**—which is worth the price of admission alone. And there's the additional bonus of 4 major Variant drills to add explosivity, fun and super-strength to your core practice.

Whatever you are looking for when murdering your abs—be it a fist-breaking, rock-like shield of impenetrable muscle, an uglier-is-more-beautiful set of rippling abdominal ridges, or a monstrous injection of lifting power—it's yours for the progressive taking with *Convict Conditioning, Volume 3, Leg Raises: Six Pack from Hell*

## PRISON-STYLE MIDSECTION TRAINING—FOR AN ALL SHOW AND ALL GO PHYSIQUE

When convicts train their

waists, they want real, noticeable results—and by "results" we don't mean that they want cute, tight little defined abs. We mean that they want thick, strong, muscular midsections. They want *functionally* powerful abs and hips they can use for heavy lifting, kicking, and brawling. They want guts so strong from their training that it actually hurts an attacker to punch them in the belly. Prison abs aren't about all show, no go—a prison-built physique has to be all show and all go. Those guys don't just want six-packs—they want six-packs from Hell.

And, for the first time, we're going to show you how these guys get what they want. We're not going to be using sissy machines or easy isolation exercises—we're going straight for the old school secret weapon for gut training; progressive leg raises.

If you want a six-pack from Hell, the first thing you need to do is focus your efforts. If a weightlifter wanted a very thick, powerful chest in a hurry, he wouldn't spread his efforts out over a dozen exercises and perform them gently all day long. No—he'd pick just one exercise, probably the bench press, and just focus on getting stronger and stronger on that lift until he was monstrously strong. When he reached this level, and his pecs were thick slabs of meat, only then would he maybe begin sculpting them with minor exercises and higher reps.

It's no different if you want a mind-blowing midsection. Just pick one exercise that hits all the muscles in the midsection—the hip flexors, the abs, the intercostals, the obliques—then blast it.

And the one exercise we're going to discover is the best midsection exercise known to man, and the most popular amongst soldiers, warriors, martial artists and

prison athletes since men started working out—the leg raise.

You'll discover ten different leg raise movements, each one a little harder than the last. You'll learn how to get the most out of each of these techniques, each of these ten steps, before moving up to the next step. By the time you get through all ten steps and you're working with the final Master Step of the leg raise series, you'll have a solid, athletic, stomach made of steel, as well as powerful hips and a ribcage armored with dense muscle. You'll have abs that would've made Bruce Lee take notice!

## THE TEN COMMANDMENTS YOU MUST OBEY TO EARN A REAL MONSTER OF AN ATHLETIC CORE

Paul Wade gives you ten key points, the "Ten Commandments" of leg raises, that will take your prison-style core training from just "okay" to absolutely phenomenal. We want the results to be so effective that they'll literally shock you. This kind of accelerated progress can be achieved, but if you want to achieve it you better listen carefully to these ten key pointers you'll discover with the DVD.

Bodyweight mastery is a lot like high-level martial arts. It's more about *principles* than individual techniques. Really study and absorb these principles, and you'll be on your way to a six-pack from Hell in no time.

The hanging straight leg raise, performed strictly and for reps, is the Gold Standard of abdominal strength techniques. Once you're at the level where you can throw out sets of twenty to thirty rock solid reps of this exercise, your abs will be thick and strong, but more



importantly, they'll be functional—not just a pretty six-pack, but a real monster of an athletic core, which is capable of developing high levels of force.

Hanging will work your serratus and intercostals, making these muscles stand out like fingers, and your obliques and flank muscles will be tight and strong from holding your hips in place. Your lumbar spine will achieve a gymnastic level of flexibility, like fluid steel, and your chances of back pain will be greatly reduced.

The bottom line: If you want to be stronger and more athletic than the next guy, you need the edge that straight leg raises can give you.



**1**

Beginner

**2**

Mid-Level

**3**

Advanced

## Convict Conditioning

Volume 3: Leg Raises  
Six Pack from Hell

By Paul "Coach" Wade featuring  
Brett Jones and Max Shank

#DV085 \$59.95

DVD 57 minutes with full color Companion Manual, 82 pages

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# ERECT TWIN PYTHONS OF COILED BEEF UP YOUR SPINE AND DEVELOP EXTREME, EXPLOSIVE RESILIENCE—WITH THE DYNAMIC POWER AND FLEXIBLE STRENGTH OF **ADVANCED BRIDGING**



**P**aul Wade's *Convict Conditioning* system represents the ultimate distillation of hardcore prison bodyweight training's most powerful methods. What works was kept. What didn't, was slashed away. When your life is on the line, you're not going to mess with less than the absolute best. Many of these older, very potent solitary training systems have been on the verge of dying, as convicts begin to gain access to weights, and modern "bodybuilding thinking" floods into the prisons. Thanks to Paul Wade, these ultimate strength survival secrets have been saved for posterity. And for you...

This home-study course in ultimate survival strength comes replete with bonus material not available in Paul Wade's original *Convict Conditioning* book—and numerous key training tips that refine and expand on the original program.

Prowl through the heavily and gorgeously-illustrated 80-plus-page manual and devour the entire film script at your animal leisure. Digest the brilliant, precise photographs and reinforce the raw benefits you absorbed from the DVD.

Paul Wade adds a bonus **Ten Commandments for Perfect Bridges**—which is worth the price of admission alone. And there's the additional bonus of **4 major Variant drills** to add explosivity, fun and super-strength to your core practice.

Filmed entirely—and so appropriately—on "The Rock", Wade's *Convict Conditioning Volume 4, Advanced Bridging: Forging an Iron Spine* explodes out of the cellblock to teach you in absolute detail how to progress from the relative ease of a Short Bridge—to the stunning, "1-in-1,000" achievement of the Stand-to-Stand Bridge. Ten progressive steps guide you to inevitable mastery of this ultimate exercise for an unbreakable back.

Whatever you are looking for from your pushups—be it supreme functional strength, monstrous muscle growth or explosive upper-body power—it's yours for the progressive taking with *Convict Conditioning Volume 4: Advanced Bridging: Forging an Iron Spine*.



**Convict Conditioning**  
*Volume 4: Advanced Bridging: Forging an Iron Spine*  
 By Paul "Coach" Wade featuring Brett Jones and Max Shank  
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**1**

Beginner

**2**

Mid-Level

**3**

Advanced

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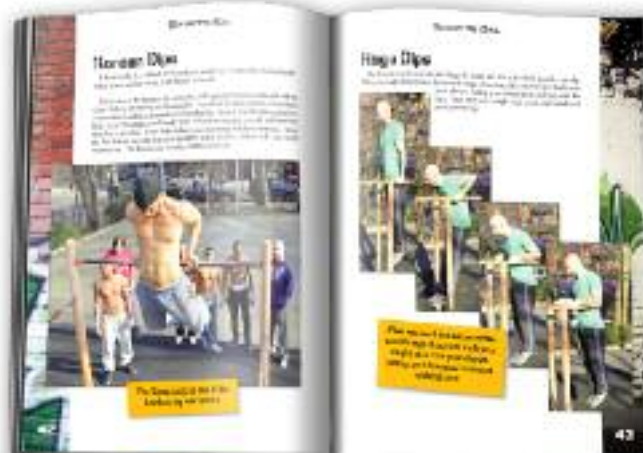
# High Praise for *Raising the Bar*



## Brilliant Book— simply brilliant

“This is a fantastic book—period! Al has provided some basic cues which have made my chin ups and leg raises much easier. This is a great piece of work and EVERYONE can benefit from it—Olympic lifter, powerlifter, bodybuilder etc. You don’t have to do all the moves—you can pick a couple and run with them. Al shows some great progressions and tons of different movements. I could go on and on but the best thing would be to buy the book—you won’t regret it.”

—Darius Rana, Sydney, Australia



## Raise YOUR Bar

“Unlike much of the trash in the modern fitness industry, Al takes a structured approach to coaching and programming. *Raising The Bar* starts at a level that everyone can handle and then builds on it—it’s not a random selection of exercises but a reasoned approach to improving skill in a number of key movements.

This, in my opinion, is the key to progression and Al delivers it in his own enigmatic style. And if you’re in any doubt as to the effectiveness of the approach then you need to see what Al can do! You’ll be blown away!”—Matt Palfrey, Bath, UK



## Best book ever written!

“As a personal trainer, I’ve spent years convincing my clients that they don’t need any fancy, overpriced, useless junk to get a great workout. The greatness is within the simplicity. I’ve watched every trainer in the area mess up the concept of functional fitness with their ‘ideas’. Balancing on stacks of bosu balls, using the other leg to pull on rubber bands, one arm using a shaky weight, and the

other arm doing curl to presses with a half pound pink dumbbell, all while balancing a medicine ball on your nose sounds good in theory, but at the end of the day, nothing gets accomplished.

Al, just like everything else Dragon Door publishes, manages to take the simplest of tools, and make it the most important. These movements are something that everyone not only CAN do, but we are all SUPPOSED to do them. They’re in our DNA. Not like all the machines and circus tricks.

Al has been a huge inspiration to me for quite sometime. This goes far beyond simple pullups and dips. This is the perfect book to go along with *The Naked Warrior*, *Convict Conditioning 1 & 2*, and Pavel’s flexibility work. Thank you Al, for writing such an awesome book.”

—Rick Chafon HKC, FMS, Crystal Lake, IL

## Worth every dime

I was gun shy about spending the money. It’s not the best of times. I could not afford to blow that kind of money on a stinker. Thankfully this book is anything but. I have been a life long aerial guy. I just always had this conviction that being able to push and pull my own weight around was a key survival attribute. That said, I also thought I knew it all and there was nothing left to learn about the subject. Wrong. There is, there was, and this book had it.”

—Steve Shear, Lawrence, NY

## A must have for any bodyweight practitioner!

“Al put together an outstanding book! It reads very easy in a way anyone could understand. He gives some awesome and doable progressions along with some of his favorite routines. If you want to become a BAR-STAR, then you need this book!”

—Tim Stovall, Evansville, IN



# Go Beyond Mere “Toughness” — When You Master The Art of Bar Athletics and Sculpt the Ultimate in Upper Body Physiques



## Raising the Bar

The Definitive Guide to Bar Calisthenics

By Al Kavadlo

#B63 \$39.95 eBook \$19.95

224 pages, 330 Photos



“*Raising the Bar* is very likely the most important book on strength and conditioning to be published in the last fifty years. If you only ever get your hands on one training manual in your life, make it this one. Buy it, read it, use it. This book has the power to transform you into the ultimate bar athlete.” —Paul “Coach” Wade, author of *Convict Conditioning*

**R**aising the Bar breaks down every type of exercise you can do with a pull-up bar. From the basic two arm hang, to the mighty muscle-up, all the way to the elusive one arm pull-up, “bar master” Al Kavadlo takes you step by step through everything you need to do to build the chiseled frame you’ve always wanted.

Whether you’re a die-hard calisthenics enthusiast or just looking to get in the best shape of your life, *Raising the Bar* will meet all your expectations—and then some!

The message is clear: you can earn yourself a stunning upper body with just 3 basic moves and 1 super-simple, yet amazingly versatile tool.

And what’s even better, this 3 + 1 formula for upper body magnificence hides enough variety to keep you challenged and surging to new heights for a lifetime of cool moves and ever-tougher progressions!

Cast in the “concrete jungle” of urban scaffolding and graffiti-laden, blasted walls—and sourced from iconic bar-athlete destinations like Tompkins Square Park, NYC—*Raising the Bar* rears up to grab you by the throat and hurl you into an inspiring new vision of what the human body can achieve. Embrace Al Kavadlo’s vision, pick up the challenge, share the Quest, follow directions—and the Holy Grail of supreme upper body fitness is yours for the taking.



“With *Raising the Bar*, Al Kavadlo has put forth the perfect primal pull-up program. Al’s progressions and demonstrations make even the most challenging exercises attainable. Anyone who is serious about pull-ups should read this book.” —Mark Sisson, author of *The Primal Blueprint*.

### A Kick Ass Encyclopedia of Bodyweight Exercises

“Al Kavadlo has put together a kick ass encyclopedia of the most powerful and most commonly used bodyweight exercises amongst the various groups of bodyweight masters.

From the most simple form of each exercise progressing to the most challenging form of each exercise, Al covers it. As a Coach and bodyweight training addict I loved all the variations shown. This book is far beyond just pull ups and there are countless exercises for upper body and abs. Al covers what is probably EVERY exercise he knows of, uses and teaches others, breaking down proper techniques, regressions and progressions. This is HUGE for the trainers out there who do NOT know how to adapt bodyweight exercises to each individual’s fitness level.

If you're a fan of bodyweight training, between this book and *Convict Conditioning* you can turn your body into a deadly weapon!!!” —Zach Even-Esh, Manasquan, NJ

“Al has put together the companion manual for all the crazy bar calisthenics videos that you find yourself watching over and over again—a much needed resource. Within this book is a huge volume of bar exercises that will keep your pullup workouts fresh for years, and give you some insane goals to shoot for.”

—Max Shank, Senior RKC



## Raising the Bar

The Definitive Guide to Bar Calisthenics

DVD with Al Kavadlo

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# 6 TRAINING TIPS TO EXPONENTIALLY INCREASE YOUR TRANSFORMATIONAL FITNESS RESULTS

## By Marty Gallagher

The men I work with are the best of the best—modern samurai warriors and the finest strength athletes on the planet. My job is to take the best in the world and make them better. Here are five tactical training tips that I use on a regularly reoccurring basis with the uber-elite.

### 1. DIVIDE AVAILABLE TRAINING TIME BETWEEN RESISTANCE AND CARDIO.

We seek a balanced blending of two distinctly different types of exercise. Combining resistance and cardio far exceeds the potential of performing one type to the exclusion of the other. Combining the two triggers transformation—if the training is sufficiently intense, periodized, and synchronized with a nutrient-dense diet strategy. Lifting and cardio are two sides of the same fitness and strength coin. One discipline does not trump the other; we need to practice both.

Power training maximizes brute strength and builds functional athletic muscle; cardio burns off body fat and keeps the metabolism revved-up while ensuring internal organ health. We need to strengthen and improve the functionality of our internal organs as much as we need to strengthen our skeletal muscles. To ignite a radical physical transformation, we need to practice “Not one, or the other—both!”

### 2. SIMPLIFY RESISTANCE TRAINING.

Clear the table of every resistance exercise you're currently doing and begin anew. Practice a purposefully limited menu of compound multi-joint exercise movements. The irreducible “core four” resistance exercises are squat, bench press, deadlift, and overhead press. A second small tier of assistance exercises complements the core four. Our philosophy is to do fewer things better. Sessions are short, intense, infrequent, and body shattering.

We worship at the altar of exercise technique, continually striving to hone and refine our lifting. Unlike bodybuilding, pure strength training values *intensity* over *volume*. A bodybuilder will train long and often with moderate weight, while a

strength athlete will train in short infrequent sessions with maximum intensity. A strength athlete uses heavy weight for low reps with a full range-of-motion. Pristine exercise technique results in maximum muscle fiber stimulation.

### 3. SWEAT DURING CARDIO.

You'd think this was a given. It's mind-blowing to see how many cardio machine riders never sweat. Coincidentally, their physiques also never change. When physical exertion generates sweat, progress occurs. We need to breathe hard and continually bump up against our oxygen-debt threshold. Use cardio to burn calories, stimulate the metabolism, and improve internal organ health and functionality.

The goal is to trigger an adaptive response to cardio. 90% of the gym goers tool along at 60% of their capacity—a comfortable pace on a comfortable, familiar machine. Why would the body burn fat in response to 60% exertion? Why would we reap outstanding results from easy workouts? Unless we work at and past our capacities, the body will stubbornly stay the same.

### 4. WORK AT OR PAST YOUR (SHIFTING) LIMITS IN EVERY WORKOUT.

Limits and capacities shift day to day and workout to workout. On a peak day, we might be capable of a 102% effort, while on an off day our 100% capacity might only be 77% of our actual capability. However—and this is critical—we can have a hypertrophy-inducing, strength-increasing, productive workout on an off day if we still work up to or past that day's actual capacity.

In resistance training we record our best weight and rep performances in all our lifts. We know our one-rep max best in a particular lift, and we also record rep/weight records for double rep sets, triples, 5-rep set max, and 8 and 10-rep sets. We know our all-time best lifts in each rep range so we know the capacities to equal or exceed. The elite lifter will also have different rep records at different bodyweights.

### 5. HAVE A PERIODIZED BATTLE PLAN.

Elite athletes think in three-month chunks. Time and experience have shown that the optimal length for a transformational program is 12-weeks. Within the 12-week, three-month timeframe, sets and reps (along with cardio and nutrition) are tweaked every four weeks to drive poundage ever upward. The first step is to establish realistic but motivating strength and muscle goals. The goal in strength training is to continue increasing the amount of weight lifted in the core four lifts. By becoming significantly stronger in the core four lifts, all our athletic attributes are improved. We gain significant muscle as we push and pull our way through the 12-weeks.

The main idea is to reverse-engineer small, weekly, mini-goals. We start off light and easy, but three months later we've often made it past our goal threshold. Typically, our 12-week power cycle will start at 10% below capacity, with the goal set at 2%- 5% past current lifting capacity. Simultaneously, we'll experience a proportional increase in functional muscle mass.

### 6. REPLENISH POST-WORKOUT.

After a body-crushing progressive resistance workout—the only kind worth a damn—a ‘window of opportunity’ opens. During that time, any nutrients ingested are distributed and assimilated at a dramatically accelerated (some say 300% faster) rate. Science and experience dictates that the right nutrients in the right amounts after a high-intensity workout will *improve* workout results. And workout results are greater if the athlete consumes these nutrients while the window is open.

The window of opportunity opens at the end of the workout and remains open for one to three hours. The ideal post-workout meal or drink should consist of 50% high-value protein and 50% non-insulin spiking carbs. Most of the iron elite prefers to drink a fast-acting shake containing 30 to 50 grams of protein and carbs at the conclusion of the workout.

To read more such training tips, visit [Marty Gallagher's blog at ironbible.dragondoor.com](http://MartyGallagher's blog at ironbible.dragondoor.com)





# THE PURPOSEFULLY PRIMITIVE STRENGTH TRAINING

## SEMINAR

Obtain Maximum Power and Strength—Using Primal, Minimalist Training Modes, Methods, Techniques And Tactics

With IPF world champions Marty Gallagher, Brad Gillingham and Kirk Karwoski — accompanied by Dr. Mike Davis and multi-time national champion, Chuck Miller  
At: The University of Pennsylvania, Philadelphia, PA • March 8—9, 2014

**M**arty Gallagher's squad of trainers are credentialed beyond belief: the collective knowledge of this group on any and all strength and transformative techniques is staggering. When Gallagher, Karwoski and Gillingham stand together and address the group, you are being instructed by men that between them have 12 IPF world titles, 22 national titles and 100 collective years of combined experience in high-level strength training.

The Purposefully Primitive strength system is not time intensive but it is intense: most trainees can add 25-50% to their base strength levels in 60-90 days by devoting a mere 60 minutes (cumulative) *per week!* Imagine a progressive resistance program that dramatically ups your power and muscle in as little as two 30-minute sessions or three 20-minute sessions per week...

### Get your complete blueprint and action-implementation plan on how to acquire greater raw power and strength with:

- A detailed outline of the philosophy, intricacies and subtleties behind this champion-generating system.
- Razor-sharp guidance on setting realistic goals; a set of proven strategies to help you achieve those goals every time they are properly implemented and executed.
- Personal coaching from Hall-of-Fame athletes, world-level coaches and strength strategists; learn from the very best of the ultra-basics used by the uber-elite.
- Nuts-and-bolts advice on the highest-yield tactics for rapid and sustained progress in your strength training.
- Strength self-empowerment: obtain the theoretical knowledge YOU need to customize YOUR very own transformative training program.

#### Saturday, Module One

Our participatory workshop goal is to instill

perfect techniques: in Module 1, we explore squat technique in each of five sequential squat variations. **Kirk Karwoski**—widely considered the greatest squat technician of all time—will personally coach on how to perform the King of all progressive resistance exercises.

#### Saturday, Module Two

- Purposeful Primitive overview, philosophy and approach to bench pressing – the 5 sequential variants
- Bench press workshop with current world champion and 600 pound raw bencher Brad Gillingham and dumbbell bench expert Mike Davis.
- Kirk Karwoski will teach the underground "Fantano bench technique."

Get drilled by the greats; learn perfect technique in each of the five bench press variations. **Brad Gillingham** has bench pressed 600 pounds (raw) and is a bench

press grand maestro. He will relate barbell techniques. **Mike Davis** will enlighten seminar participants on subtle bench techniques using dumbbells. **Kirk Karwoski** will relate the bench press technique that allowed him to progress from 440 to 600.

#### Sunday, Module Three: 8 am-2 pm

- Purposeful Primitive overview, philosophy and approach to deadlifting – the 5 sequential variants
- Purposeful Primitive overview, philosophy and approach to overhead pressing – 5 variants
- World record holders Kirk Karwoski and Brad Gillingham to workshop both lifts
- Tactics: periodization – Chuck Miller on the pre-planning secret of strength champions
- Recapitulation and final thoughts and questions

*"These men take the best in the world and make them better!"*

—Spec Ops Commando leader, introducing the Purposefully Primitive squad to his troop

World Powerlifting Champion, Brad Gillingham



For more information on The Purposefully Primitive Strength Training Seminar, visit: <http://www.dragondoor.com/workshops/wg001/>

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# Praise for Marty Gallagher's *THE PURPOSEFUL PRIMITIVE*

"I would venture to say that I have read every book pertaining to weightlifting over the last three decades, and I have probably read the majority of the articles in this area. There are two things I can say unequivocally about what I have read. One, Marty Gallagher is the best writer in the world of physical fitness and strength, bar none, and two, Gallagher's newest book *The Purposeful Primitive* is the best manuscript ever produced in this field.

Teeming with esoteric information on training, biomechanics, nutrition, and sport psychology, *The Purposeful Primitive* is a wealth of information that every serious lifter needs to read. You are going to like this book. NO! You are going to LOVE it. I promise you that. It's Gallagher's best work, and that means it is strictly world class."

—Dr. Judd Biasiotto, author of 46 fitness and health-related books, world powerlifting champion

"I really only have two things to say about Marty Gallagher that bear on his new book, *The Purposeful Primitive*. The first is that there are two classes of writers in powerlifting: 1) Marty Gallagher and 2) all others. The second is that one day, ten years ago, Marty called to say he knew a Russian guy who he thought might be a good writer for MILO, so we invited the guy to submit an article: It was called *Vodka, Pickle Juice, Kettlebell Lifting and other Russian Pastimes*, the author was Pavel Tsatsouline, and rest, as they say, is history."

—Randall J. Strossen, Ph.D, Publisher and Editor-in-chief, Milo Magazine

"As a student, athlete, teacher, researcher, professional coach, and businessman I have spent over 60 years in health, fitness and sport, devoted to 'how to become the best

you can be'. *The Purposeful Primitive* has been a very interesting journey for me... back-to-the-future...

Marty does a wonderful job bringing out the art and science of training, extracting many of the critical universal and specific principles (guiding rules to action—social, emotional, mental, physical and spiritual) that are applicable to living a productive life in general, and in training for health, fitness and sport, specifically. In addition, I like the way Marty personalizes the lives of outstanding athletes and shows how they applied these fundamental, can't-miss principles in their training to help them become the best they could be in their sport. My recommendation: if you want to achieve something 'great in your life', add *The Purposeful Primitive* to your training library... yesterday."

—Dr. Bob Ward, Sports Science Network, former head strength and conditioning coach, Dallas Cowboys

"For the intellectual athlete who actually thirsts for knowledge and sees content as King, you will get 30 years of genius and experience in the Iron Game mixed with the passion and ability of Hemmingway all wrapped up in one book and the result is *The Purposeful Primitive*. From me to you—Go buy the book and enjoy!!"

—Rickey Dale Crain, IPF/WPC/AAU World Champion, 2000 Powerlifting Hall of Fame Inductee

"Marty Gallagher is a brilliant writer who thinks deeply about subjects he knows and loves. His manifesto/encyclopedia contains a ton of wisdom, one-of-a-kind role models, awesome color photos... a truly fascinating read."

—Clarence Bass, author of the Ripped series, Lean For Life, Challenge Yourself, and Great Expectations

"From Olympic lifting to power lifting and bodybuilding, whether muscle gain or fat loss, from cooking to supplements, from changing exercise and eating habits to molding the psychology of a champion (whether one is even remotely interested in competition or not), Marty has covered it all. I only wish I had had a book like this when I was growing up and trying my best to get bigger and stronger. Marty has demonstrated, without question, that he is the current and undeniably best 'trainer of champions' and 'ultimate guide to physical—and mental—transformation.' This book not only provides the simplest instructions and cheapest financial and lifestyle requirements, it is absolutely the single best book ever written on being the best you can be physically and otherwise."

—James E. Wright, Ph.D, former Director of Sports Science, U.S. Army Physical Fitness School; former Health and Science Editor, Flex Magazine

"Absolutely magnificent. What a breathtaking book on a life with iron. Marty Gallagher delivers an outstanding, comprehensive book with a writing style worthy of Hemingway himself. This book takes you on a journey through the iron-history of the great ones and in the most sophisticated way Marty presents probably the best ever written material on life, iron and mental fortitude.

This book is impossible to put down once you start reading it. It should be the first read of any who aspire to lift weights and be healthy. There are not enough words in the English language (or Danish for that matter) to describe how excellent this book is. It is an absolute must to any Strength & Health enthusiast. I give it my highest recommendation!!"

—Kenneth "the Dane of Pain" Jay



"Marty Gallagher has written the Great American Novel of Strength." —Pavel Tsatsouline

"Marty Gallagher has produced an absolute classic! I couldn't put it down... packed with real no b.s info from real ironmen. I am proud to be included with the outstanding athletes and their stories... A breath of fresh air!" —Dorian Yates, 6-time IFBB Mr. Olympia

# THE PURPOSEFUL PRIMITIVE

From Fat and Flaccid to Lean and Powerful—Using the Primordial Laws of Fitness to Trigger Inevitable, Lasting and Dramatic Physical Change

Since the birth of the Olympics in 776 BC, humanity has celebrated the struggle for physical transformation—and exalted to almost godlike status those men and women who have succeeded in transcending their "common mortal frames" through a combination of supreme effort and dedicated will.

In the 21st century, this drive, this search for the Holy Grail of physical perfection has climbed to ever-greater heights—but has also plunged us to unforeseen depths.

Elite athletes worldwide continue to shatter records that would have been considered inconceivable only decades earlier. Our current stars are unimaginably bigger, stronger and faster than their earlier counterparts. And yet, for the general populace the story is quite different. Obesity and abject weakness have exploded across our land like an all-consuming virus. And the gap between the super-fit and the obscenely unfit widens by the day.

While an elite minority seems to possess the secret to supreme physical transformation, our fitness landscape is littered with the road kill of those who failed to make genuine progress in their quest for change.

According to leading fitness author, world powerlifting champion and coach extraordinaire, Marty Gallagher, the reasons for this sorry state of affairs are clear and the solution obvious. In *The Purposeful Primitive*, Gallagher exposes the flaws and myths rampant in the modern fitness community, then reveals what could be termed "The Way of the Masters"—his foolproof program for guaranteeing physical transformation,

based on the received wisdom of the greats who have gone before us.

As someone who has trained with some of the greatest strength athletes of the century, as someone who has coached numerous world champions to ever more impressive records and as someone who has had spectacular results applying these same methods to average folk, Marty Gallagher knows whereof he speaks. His inspirational message: simply follow The Way of the Masters—with the necessary drive and desire—and you CANNOT fail, you WILL transform physically. Change—change for the better—is inevitable.

The problem with modern day fitness, says Gallagher, lies in the sheer plethora and over-complexity of methods, the fragmented partiality of specialized systems and the general confusion about what really works to gain and retain muscle while losing significant body fat.

The great masters of fitness became masters by following a four-fold path: right weight training, right cardio, right eating and right mind-training. All four modes have to be practiced together as a synergistic whole. Then  $1+1+1+1=16$ , or even more... For those who are up to the challenge, Gallagher lays out every detail of this four-fold path to supreme physical greatness—teaching only the methods that worked for his masters, for himself, for his champions and last—but far from least—his every day clients.

The purposefully primitive Way of the Masters is deliberately and potentially stripped down to the core essentials of truly effective training methods. Cutting-edge science combines with Old School basics—forcing the body to transform, whether it likes it or not.

## Discover:

- ▶ How to completely transform your body—in 90 days or less
- ▶ How to train for only five hours a week—yet be superbly lean and strong
- ▶ The two best eating plans to optimize your fat loss while gaining muscle
- ▶ Training protocols favored by the legends of champion-level strength
- ▶ How combining an Eastern mystic's mind secrets with a Western scientist's brain train methods can lead to massive leaps in your performance
- ▶ What foods will certainly sabotage your progress and what foods put you on the fast track for glory
- ▶ The very best cardio methods to complement rather than hinder your weight training



## The Purposeful Primitive

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By Marty Gallagher

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198 photos, charts and illustrations  
Original drawing of The Purposeful Primitive by Ori Hofmekler



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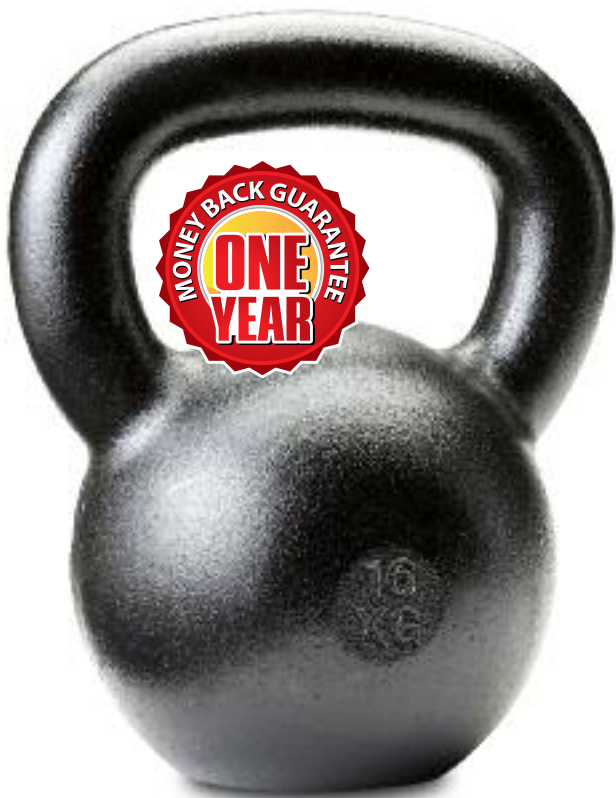


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Authentic Russian kettlebell, w/rust resistant e-coat

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## Excellent Quality

“Unlike other kettlebells I have used, Dragon Door is of far superior quality. You name it, Dragon Door has got it! Where other bells lack, Dragon Door kettlebells easily meet, if not exceed, what a bell is supposed to have in quality! Great balance, nice thick handle for grip strength, and a finish that won't destroy your hands when doing kettlebell exercises.”

—Barry Adamson, Frederick, MD

## Continually Impressed

“Dragon Door never fails to impress with their quality service and products. I bought the 16kg last month and since adding it to my kettlebell 'arsenal', I am seeing huge improvement from the heavier weight. I have larger hands for a woman so the handle on the 16kg fits my hands perfectly and it feels great... This is my fifth month using kettlebells and I cannot imagine NOT using them. They have changed my life.” —Tracy Ann Mangold, Combined Locks, WI

## Dragon Door bells just feel better

“I purchased this 35lb bell for a friend, and as I was carrying it to him I was thinking of ways I could keep it for myself. Everything about this bell is superior to other brands. The finish is the perfect balance of smooth and rough. The handle is ample in both girth and width even for a 35 lb bell, and the shape/ dimensions make overhead work so much more comfortable. There is a clear and noticeable difference between Dragon Door bells and others. Now I am looking to replace my cheap bells with Dragon Door's. On a related note, my friend is thrilled with his bell.” —Raphael Sydnor, Woodberry Forest, VA

## Made for Heavy-Duty Use!

“These kettlebells are definitely made for heavy-duty use! They are hefty than they appear, and the centrifugal force generated while swinging single or two-handed requires correct form. I have read numerous online reviews of different companies who manufacture kettlebells, and it I have yet to read a negative review of the kettlebells sold by Dragon Door. I have both the 35 and 44 lbs KBs, and I expect to receive a 53 lbs KB from Dragon Door by next week. And as I gain in strength and proficiency, I will likely order the 72 lbs KB. If you like to be challenged physically and enjoy pushing yourself, then buy a Russian Kettlebell and start swinging!”

—Mike Davis, Newman, CA

## New Dragon Door Bells—Best Ever!

“Just received a new e-coat 16 yesterday. Perfect balance, perfect texturing, non-slip paint, and absolutely seamless.”

—Daniel Fazzari, Carson City, NV

## Dragon Door Kettlebells: The Real Deal!

“The differences between Dragon Door's authentic Russian kettlebell and the inferior one which I had purchased earlier at a local big box sports store are astounding! The Dragon Door design and quality are clearly superior, and your kettlebell just 'feels' right in my hand. There is absolutely no comparison (and yes, I returned the substandard hunk of iron to the big box store for a credit as soon as I received your kettlebell). I look forward to purchasing a heavier kettlebell from dragondoor.com as soon as I master the 16kg weight!” —Stephen Williams, Arlington, VA

















# Whatever Your Athletic Challenge, Dragon Door Has the Perfect Kettlebell Size to Meet Your Demand!

Classic Russian Kettlebells—All Cast Iron/E-Coated



 <p><b>Russian Kettlebell</b> <b>10 lbs.</b> #P10N \$41.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>16kg (35 lbs.)</b> #P10A \$96.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>32kg (70 lbs.)</b> #P10C \$153.94 <i>Call for shipping costs</i></p>
 <p><b>Russian Kettlebell</b> <b>14 lbs.</b> #P10P \$54.95 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>18kg (40 lbs.)</b> #P10W \$102.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>36kg (79 lbs.)</b> #P10Q \$175.95 <i>Call for shipping costs</i></p>
 <p><b>Russian Kettlebell</b> <b>18 lbs.</b> #P10M \$65.95 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>20kg (44 lbs.)</b> #P10H \$107.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>40kg (88 lbs.)</b> #P10F \$197.65 <i>Call for shipping costs</i></p>
 <p><b>Russian Kettlebell</b> <b>10kg (22 lbs.)</b> #P10T \$71.45 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>22kg (48 lbs.)</b> #P10X \$112.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>44kg (97 lbs.)</b> #P10R \$241.95 <i>Call for shipping costs</i></p>
 <p><b>Russian Kettlebell</b> <b>12kg (26 lbs.)</b> #P10G \$76.95 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>24kg (53 lbs.)</b> #P10B \$118.75 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>48kg (106 lbs.)</b> #P10L \$263.95 <i>Call for shipping costs</i></p>
 <p><b>Russian Kettlebell</b> <b>14kg (31 lbs.)</b> #P10U \$87.95 <i>Call for shipping costs</i></p>	 <p><b>Russian Kettlebell</b> <b>28kg (62 lbs.)</b> #P10J \$142.95 <i>Call for shipping costs</i></p>	

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Dragon Door now ships to all 50 states, including Alaska and Hawaii, via UPS Ground. 32kg and above available for RUSH [2-day air] shipment only.

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# **NEW:** Dragon Door's Premium, Heavy-Duty Kettlebell Rack is Built Like a Tank— And is Ready to Easily Handle Your Complete Arsenal of Bells

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**Fourth shelf** can hold up to 250 kg  
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messing with the professional elegance of your  
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highly accessible storage device for your kettlebells—  
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premier kettlebells, don't you want to match them  
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## **Dragon Door Kettlebell Rack**

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Weight: 63.50 kg

[Approx. 140 lbs]

Durable powdercoat

# **ALMOST ¾ OF A TON OF LOAD-BEARING CAPACITY!**



# HOW TO SELECT THE RIGHT EXERCISES FOR YOURSELF AND YOUR CLIENTS—TO GUARANTEE YOU GET MAXIMAL RESULTS FROM YOUR FMS PROTOCOLS

## **FMS** *Applying the Model to Real Life Examples* fills in the blanks and answers your questions about using the

Functional Movement Screen when working with your clients, athletes and patients. Although different people have a variety of programming needs, we all require a baseline movement map to enhance safety and maximize results, and this 4-DVD set lays down that foundation.

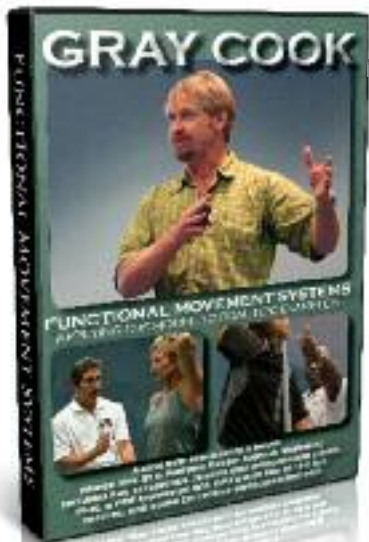
A properly executed movement screen provides a unique perspective; Gray shows us how to use the basic technology as a tool to develop programming unique to each individual. But it's much more than a movement screen discussion, because what



Gray is best at it seeing how people move, how we learn to move, and how we re-learn movement. He's gifted at explaining what most of us don't even see, and you'll find yourself pausing the video over and over to stop and ponder concepts that he makes sound obvious, but that you've never considered.

Each time you watch the DVDs, listen to the audio file and read the included transcript, you will discover something new, something you missed before or that has a deeper meaning as you get more familiar with the ideas. For many trainers, strength coaches and medical professionals, this material could be the key to how you work with clients, patients and athletes in the years to come.

The workshop covers the age spectrum of fitness clients, post-rehab clients and athletes of all levels. With tremendous insight and enthusiasm, Gray discusses the logic of movement that all of us share. And because this movement logic is common to all of us, you'll be able to apply this new material in your work the very next day.



**1**

Beginner

**2**

Mid-Level

**3**

Advanced

### Disk One

- Introduction
- Standard Operating Procedures
- Movement Matters
- Squat Discussion
- Stabilization and Repatterning
- Our Movement History



### Disk Two

- Functional Movement Screen Review
- Scoring the Screens
- Filters and Key Points
- Live Screens
- Scoring Criteria
- Programming the Results



### Disk Three

- Screen Results Analysis
- Order of Screen Priority
- Hip Hinge and Deadlift



### Strategies

- Movement Motor Learning
- Movement Principles
- Self-Limiting Exercise

### Disk Four

- Extra corrective strategies footage
- Full lecture in MP3 audio format for listening in your car or on your portable device
- A 61-page typeset transcript of the lecture
- Movement Principles excerpt from the Movement book
- FMS scoring criteria and verbal instructions
- Presentation slides PDF
- Video clips from Gray's Powerpoint presentation
- Self-limiting activities chart



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# Why the *RKC Beast Tamer* and the *RKC Iron Maiden* Define All-Around, Elite Strength—And How YOU Can Train to Master the Challenge Yourself...

In Dragon Door's RKC kettlebell instructor training system, the *Beast Tamer* and *Iron Maiden* challenges represent the ultimate athletic achievement of an elite few men and women. To earn the accolade of "Beast Tamer" men must flawlessly perform a Pistol, a Pullup and a Press—with a 108-lbs kettlebell. To earn the accolade of "Iron Maiden" women must flawlessly perform a Pistol, a Pull Up and a Press—with a 53-lbs kettlebell.

These three lifts comprise elements of strength, mobility and skill that make each different enough from the others as to make performing all three a feat worthy of great respect. The RKC ranks are filled with strong, able men and women. That only around 1% have accomplished The Beast or the Iron Maiden Challenges, speaks volumes about their difficulty.

As with any great feats of strength, success comes from a combination of dedicated training, careful programming, a clear understanding of the

necessary progressions and the cultivation of particular skill-sets. Without the correct formula applied in the correct manner, the RKC Beast Tamer and RKC Iron Maiden are just not going to happen.

When Senior RKC, Andrew Read did a deep dive to research what exactly it took to master the *Beast Tamer* or *Iron Maiden*, he discovered some clear commonalities in the training methodologies of successful Tamers and Maidens. Success leaves clues. Andrew Read shines a masterful light on those clues, building a foolproof blueprint for the achievement of elite strength.

What works in real life to become an all-around, elite strength champion? Andrew Read gives you the tools, tips and techniques that can turn you from ordinary to extraordinary. Want to tap into your inner Beast or inner Iron Maiden? Bring passion, dedication and supreme determination to your training table—and you CANNOT FAIL. We look forward to welcoming down the road to the RKC Beast Tamer and RKC Iron Maiden Halls of Fame!

## Excellent

"The best strength book I have read in 25 years. Please keep up the good work. You know your stuff." —Willard Sloan, Sedona, AZ

## Way more than "just" Taming the Beast

"Andrew Read has done a fantastic service in synthesizing some of the best material available (from Pavel, Charlie Poliquin, Kenneth Jay, the FMS, etc.) on presses, pulls, and pistols with his own 20+ years of experience. I love how personalized the programming is. For instance, Read offers different program guidelines for people who are more endurance-gear (slow twitch) and power-gear (fast twitch) so that his templates match his athletes. In addition to his programs, he also shares the programming/personal insights of a host of *Beast Tamers*/*Iron Maidens*.

Finally, the book is full of correctives and drills to give aspiring *Beast Tamers* that little edge they need AND provide relative novices with a great point of access to these three crucial lifts. I've already started implementing the "Pistol Lite" progressions with my mostly middle-aged clients who are just trying out one-leg squats for the first time. —Mark Bixby, RKC Team Leader, Santa Fe, NM

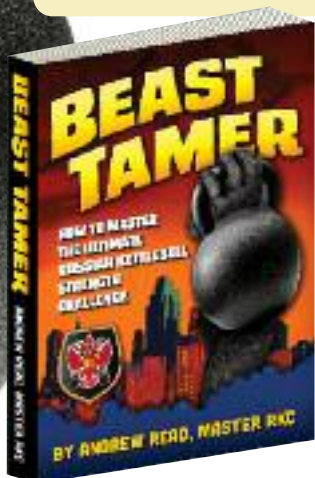
## An intelligent program designed to get us stronger

"Master Read does a great job of bridging the gap between FMS and strength. It is not good to be only strong, we also need to have good mobility and stability as well. So kudos to Master Read for putting together an intelligent program designed to get us stronger. I look forward to trying my hand at the *Beast Tamer* challenge in the near future with this book's help!" —Moses Correa RKC, Hainesport, NJ

## Andrew Read is a programming Genius

"I LOVED the Book...from the opening paragraph to the interviews with IM's and BT's at the end. I loved the program options/ideas/drills! It's simple, easy programming. When you can take something that seems complicated and make it simple...I believe that is genius! If you have an interest in IM/BT training or to just simply want to get better at one or all the lifts ...this book is for you!

I had the privilege of Andrew programming my *Iron Maiden* training. The program worked! It was just what I needed to work my weaknesses with FMS correctives/drills and of course ..the program! It all came together and was a 'beautiful thing' in the end...Thanks to Andrew!" —Beth Andrews, Senior RKC, Iron Maiden, Cartersville, GA



## Beast Tamer

How to Master the Ultimate Russian Kettlebell Strength Challenge

By Andrew Read, Master RKC

#B71 \$29.95

eBook \$19.95

Paperback 8.5 x 11 138 pages



Mid-Level Advanced





# Discover how the magic of kettlebell exercise can keep you powerful, strong and supple—at any age...

**N**othing ages us faster than the lack of regular, effective exercise. Muscles melt away, bones go brittle, posture stoops, skin sags, flab hangs—and joints creak. Pain, fear and fatigue become our constant companions.

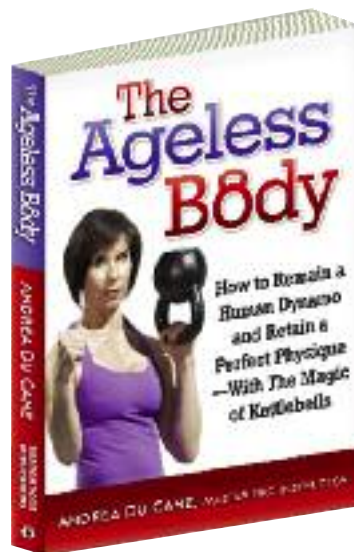
The less you exercise, the faster you decline. However, not all exercise is created equal. Many forms of exercise may at best put you in a holding pattern, while other forms of exercise might even exacerbate your health issues.

The good news is that there is one form of exercise which can give you immeasurable health benefits, whatever your age. Regular, well-designed kettlebell workouts may not only reverse many symptoms of aging, but will actively contribute to building your strength and power well into your 50s, 60s, 70s and 80s.

Kettlebells are the only handheld weight that allows you to exercise aerobically, for cardio as well as anaerobically, for strength training. The kettlebell is the unique “gym in your hand” that can reward you with decades of high-yield health benefits.

Andrea Du Cane’s *The Ageless Body* presents a complete De-Aging Masterplan, that gives everyone from the raw novice to the experienced athlete an opportunity to defy physical decline and hone themselves—safely, simply and progressively—into the muscular, energetic, magnetic specimens they deserve to be.

*The Ageless Body* provides everything you need to start training with kettlebells, whatever your current age or condition. Bonus sections cover warm-ups, joint mobility, balance and stability—to ensure your anti-aging kettlebell program covers all the essential elements for a long, active, safe and pain-free life. Enjoy!



**The Ageless Body**  
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**By Andrea Du Cane, Master RKC**  
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# How to Build Supreme Strength, Massive Muscle and Explosive Power—Faster, More Effectively and More Safely

## A Progressive Program of Proven Methods for Getting Stronger and Bigger—The World Champion’s Way...

### In Deadlift Dynamite you’ll discover:

- How to build a massive deadlift using proven strength techniques
- A step-by-step beginner’s plan for getting started in the iron game and getting big and STRONG
- How to carry on getting STRONGER, year after year, even if you are an intermediate or advanced lifter
- Assistance exercises to take your strength and muscle mass to the next level
- How to build enough speed and explosive power to dominate in any hard-core sport
- Secrets for smashing your bench press and squat PRs
- How to minimize your injury risk and ensure your strength training longevity

The deadlift can lay serious claim to be the single most important exercise you can ever do—if your goal is to develop supreme strength and total body power. And who better to help you to achieve your ultimate strength and power gains than 6-time world champion and multiple record holder, Andy Bolton—backed by the expertise of strength authority, Pavel?

The first section of *Deadlift Dynamite* “How to Lift”, provides a safe, progressive, technically-detailed plan on how to get started right in the iron

game, avoid the typical mistakes and years of frustration, and see extraordinary results in even the first year of training.

Intermediate lifters will appreciate the world of subtle tips and masterly insights—which will help them bust through plateaus and surge forward in their gains. And the savvy coach will recognize he now owns the ultimate blueprint for producing champions—in many athletic fields.

Whether your goal is to excel in the sport of powerlifting or you just want to become stronger and more muscular—*Deadlift Dynamite* is for you.

There are many approaches to muscle and strength building, some effective, more marginal, most nearly worthless. Powerlifting’s half century of existence has undeniably proven that this sport offers the

most time-efficient methods for making you BIG and STRONG.

As one of the strongest men on the planet, Andy Bolton’s contribution to is unassailable—yet couched in a simple, direct and totally accessible style. Pavel’s goal is to compress the period it would take you to master championship lifting technique, like Andy’s, from decades to years and even months—while avoiding the many health problems lifters who train incorrectly develop along the way.

When it comes to programming for world-class lifts, Andy Bolton is the undisputed results-master. In the champion reveals his classic templates that have helped him earn title after title—and can forever turn around your own success as a conqueror of the unforgiving iron.

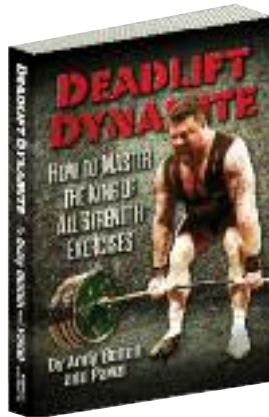
The second section “How to Lift More” is aimed at the experienced lifter. Pavel and Andy go into great detail describing the deeper subtleties of world-class deadlift technique and teach you state of the art assistance exercises.

While the deadlift is the focal point of the book, the squat and the bench press also receive the attention they deserve—to provide lifters, of all levels, the absolute essentials to excel in these great lifts as well.



# What You'll Get When You Possess *Deadlift Dynamite*...

- Why the deadlift is the single most important exercise you can ever do—if **ultimate strength** and size is your goal... Pages 1—2
- How mastering the deadlift can explode your jump and add horsepower to your sprint... Page 2
- How THIS unique, little-known 'hinge drill' can be a lifesaver for serious deadlifts—giving you way more power and flexibility... Page 8
- How to choose between the conventional deadlift and the sumo—get this right and you'll **reach your strength potential**, get it wrong and you won't... Page 12
- Here is a specific alignment you MUST employ if you want to superpower your dead. Get the goods here... Page 16
- Making THIS mistake could be devastating and has injured thousands before you—learn the hows and why of **how to save yourself from disaster**... Page 16
- Why chest-puffing like a regular weightlifter can hurt your gains when deadlifting... Page 21
- **How to bombproof your often-vulnerable mid-back**—for safer, more powerful lifts... Page 21
- Why choosing "energy efficiency" in your dead technique can spell disaster for your back—and what to do instead... Page 24
- Inferior lifters often doom themselves with this all-too-common mistake. Discover **how to avoid being doomed to the ranks of the inferior**... Page 25
- Here's the best bridge technique to **magically enhance your deadlift lockout**—the rewards will speak for themselves... Page 27
- Discover the secrets of "incremental racking" for **super-solid gains**... Page 33
- The "martial advantage" that comes from the mixed grip—get the full story here... Page 36
- How to employ the subtle-and-vital skill of recruiting your \_\_\_\_\_ for additional power and strength... Page 38
- Here's exactly how to supercharge your pressing power... Page 41
- Why 99% of people bench appallingly—and **what it takes to become a one-percenter**... Page 41
- There's a double-whammy to good technique. Knowing the nature of the double-whammy will inspire you to supersize your lifts by sticking to this advice from Pavel and Andy... Page 43
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- The 8 keys to lowering the bar for **optimal results**... Pages 49—50
- **How to best blast the bar to lockout**... Pages 51—53
- What you can learn from how Andy achieved a 1,214 lb squat... Page 53
- Here are proven and crucial methods guaranteed to **improve your hip mobility and ensure a more massive power squat**... Page 57
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- How to reap the strength benefits of this "spine-lengthening" technique... Page 63
- How to pull yourself down into the hole and the gains you'll get from mastering this method... Page 64
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- Learn this stronger way to "spread the floor"—for way safer loading... Page 84
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- Absolute strength is good, but in sports, SPEED rules—Here's why... Page 109
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- How to benefit fully from wave cycles... Page 121
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- This "towel swing" will help you nail perfect timing on your deadlift... Pages 178—183
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# DID YOU GET YOUR *GODDESS* YET?

## Acclaim for Andrea Du Cane's *The Kettlebell Goddess Workout DVD*

### Finally!!!

"I am so excited about this DVD! I have been training with KB's for three years now off and on, and I have to admit that my motivation has been running low in the past year, and this is just what I needed! Someone to push me, something simple, something structured. I have been waiting for a DVD like this for a looong time and now it is finally here! What I like best with it is how it is laid out. It is a complete foolproof way to get your butt kicked a different way each and every day! I love it. And the PDF that came with the DVD shows different ways to schedule your workout or combine different exercises and it gives me absolutely no excuse not to swing that bell! Andrea, great job!"  
—Ulrika, Detroit, MI



### The Complete Package— Astonishing

"If I could I would give this DVD a 20 instead of a 10. Most DVD's only give you a stripped down version of a workout. This marvelous DVD gives you not only 1 workout, like most DVD's. It gives you an infinite amount of them, and they include a warm-up portion and a cool-down routine that is out of this world. These workouts will work you out even if you use a light kettlebell. The instructions are clear cut, and concise for all to understand. Guys will love this DVD as well."—Karen R. Queen, Tampa, Florida

### Excellent!

"This DVD is brilliant! I love the way it is structured to either follow along with the goddess workouts or to create your own. The instruction is great and the workouts are awesome. I can never see myself getting sick of this DVD with all the variety! I'm newly addicted

to kettlebells; I have only been working out with them for a few months now and I think this DVD is excellent for beginners. I'd recommend it to both beginners and advanced kettlebellers alike. If you are looking for a serious workout DVD, this is definitely worth it! I love it! I can't thank Andrea enough!"  
—Jen, Maine

### Hard Core Workout!

"Andrea Du Cane provides some tough workouts on *The Kettlebell Goddess DVD*. This DVD is not for beginners, but it is a great way for someone familiar with basic kettlebell exercises to get a great challenging workout. Each of the goddess workouts are great no-frills, no-nonsense, kick-butt exercise routines. I really enjoy the relax into stretch segment at the end of each workout.

By the way, this DVD is not just for women! My boyfriend loves it as much as I do (though he did complain about not being able to keep up with women wearing pink shirts)."  
—Mary - Saratoga, CA



### Become the Goddess!!

"WOW!! I purchased this DVD at the RKC in October and I am in LOVE!! I will recommend this DVD to EVERYONE!! This has to be the most kick-butt workout I've tried. My clients will love it! I love the structure of being able to design my own workout with the formulas provided, or just follow along with the workouts already created for us. Andrea - You are awesome! Thanks so much for this DVD! I feel like I'm back at the RKC. [well...almost!]"  
—Rae Chitwood, RKC, Mansfield, OH

### The Kettlebell Goddess Workout is the Best!

"This is one of the best DVD's that I have ever purchased. It is so complete with workouts and instructions. The variety is terrific. I really enjoyed Andrea in *From Russia with Tough Love*, but this is the best. Nicole and Kristann are a wonderful complement to her and very much inspire me to keep working to get better. I tried to just watch the video without picking up the kettlebells, but I couldn't. I had to jump right into a workout. I am glad I did. First the warm up was one of the most thorough that I have ever had. Then the exercises really hit the mark. I had such a pump in my lower body and an overall rush all over. Then the nice cool down made me feel like I really accomplished something. I plan to keep on doing the workouts. Thanks for the *Kettlebell Goddess Workout*. Please keep up the good work!"  
—Robin McGill, Tampa, FL



### Nothing but positive feedback!!!

"This is a great DVD. I have been getting nothing but positive feedback from my clients. I tried a few of them myself and trust me guys, this DVD is not just for the Goddess' but the Gods' can also get worked on these programs as well. The different combinations and ways Andrea shows you how to come up with your own personal routine makes this a must for anyone who wants to get in shape."—Lance Mosley, RKC, CSCS - Palm Beach County, FL



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“Watch *The Kettlebell Goddess Workout* and you will know why Andrea Du Cane is the leader in women’s kettlebell training.” —Pavel Tsatsouline

# “Stay Strong, Young, Toned and Vibrant With Andrea Du Cane’s High-Powered, Super-High-Energy Kettlebell Cardio and Strength Workouts”



**T**he ancient Greek Goddesses were famous for their vigorous and vibrant strength, their power, their grace and their physical elegance.

Now you have a realistic chance to make even a Greek Goddess green with envy as you match—if not surpass—them for athletic grace and high performance!

In this superbly produced, interactive, menu-based DVD, **Senior Russian Kettlebell Instructor, Andrea Du Cane** challenges and inspires you to seize that ideal of elegant strength and make it your own.

Andrea’s powerful array of authentic kettlebell workouts, plus cool downs and stretches, are guaranteed to reward you with greater energy, greater well being, greater strength and a superb figure. Fit for the Goddess you know you are!

Choose from a wide variety of **Upper Body, Lower Body, Abs and Cardio** workouts, then mix and match to create your own customized training program for godly perfection. Your results will be strictly divine...

Or simply follow along with one of the six **Goddess Workouts** for a complete, carefully targeted session designed to carve away the fat and sculpt lean, toned muscles—ready and willing to take on the world and win it all. Just like Athena... Just like Nike...

Once the hard-kept secret of elite Russian athletes, special forces and ‘manly’ men, the kettlebell is now becoming the preferred tool for women who are tired of being merely human and tired of mediocre results—and who demand fast fat loss, high energy and exceptional physical performance, now! Let Andrea show you the way...

- Receive inspiring, first-class personal instruction from one of the nation’s top female kettlebell athletes.
- Renew yourself with a constant variety of targeted, high-yield workouts that meet your changing needs.
- Redefine your body and exceed your mortal limits, with the divine challenge of Andrea’s patented *Goddess Workouts*.

Includes a **Special Bonus Section** of additional drills to add further variety and power to your workouts.

Contents include a PDF on **How to Get the Most Out of Your Kettlebell Goddess Workout DVD**—plus special programming tips.



## The Kettlebell Goddess Workout

**Andrea Du Cane, Master RKC with Kristann Heinz, MD, RKC and Nicole Du Cane, RKC**

Running time:  
2 Hours and 25 minutes  
DVD #DV040 \$29.95

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**2**

Mid-Level

**3**

Advanced

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**53**

**“If you choose to reclaim your youth, look no further than *The Kettlebell Boomer*. Andrea Du Cane possesses a razor sharp mind and the kind of attention to detail that separates the high-end professionals from the also-rans. Which shall become obvious once you watch her DVD. Youth is a choice. Make it.” —Pavel Tsatsouline, author of *Enter the Kettlebell!***

### **Possibly the Most Important DVD Made Since *Enter the Kettlebell!***

“Watching *The Kettlebell Boomer* reminded me of my parents and the necessity to get the transformative power of the kettlebell into the hands of the Baby Boomer Generation. This DVD will do just that.

*The Kettlebell Boomer* truly demonstrates that kettlebells are for EVERYBODY and no bodies need it more right now than the Boomers. This DVD is the solution to aging gracefully and it couldn't come at a better time than now. My hope is that members of the Boomer generation, with the help of my generation (Gen-X), experience what we already know - that ‘when we say kettlebells, we mean strength. And when we say strength, we mean kettlebells.’”

—GEOFF NEUPERT, Master RKC, Durham, NC

### **76 million people need this DVD**

“Andrea Du Cane is not a Master Instructor for nothing. She has been there from the beginning of the Kettlebell Invasion and is still leading from the front. In fact, she was my Team Leader when I got certified in 2005 and was a tough, fair and exacting instructor.

She only wanted you to do things technically correct so that you could make the best progress you could, safely. Her emphasis on technique and execution over sheer loads makes a big difference, especially when one is in the second half of their journey.

Her interest in working with the general population led her to always emphasize corrective drills, stretching, mind body connection and safety first, way before it became so popular.

Her newest DVD *The Kettlebell Boomer* is perfect for those that want a solid introduction to all the basic kb exercises as well as progressions and techniques that let them go slowly into this brave and perhaps scary new world of the kettlebell.

Given that there are 76 million people in this age range this is a product that needed to be made.

One of the charges we ask of ourselves when certifying potential RKC's is whether we would feel safe having them train our mothers. With this

DVD any instructor will have even more tools to safely bring deconditioned, older people into the kettlebell community with confidence.”

—MARK REIFKIND, Master Instructor RKC, San Jose, CA

### **Excellent DVD**

“*The Kettlebell Boomer* by Andrea Du Cane is full of excellent progressions, variations and techniques targeted at the ‘senior’ population.

Trainers will want this product so they can effectively integrate the Kettlebell into the routines of their ‘senior’ clients and Seniors will want this product to enhance their own Kettlebell practice or to enter into Kettlebell training. With 4 experience levels, the ‘self screen’ and the variations and progressions provided, this DVD can open the world of KB training to the older clientele.”

—BRETT JONES, Master RKC, CSCS, CK-FMS, Pittsburgh, PA

### **What You Should Know About Andrea Du Cane and The Kettlebell Boomer**

“Have you ever wondered how to overcome your physical limitations (or your clients’) to optimize your performance and get real results from your kettlebell workouts?

When I owned my gym, 90% of my clients were boomers who came to me with some sort of pre-existing injury or impingement that limited the progress we could make together. Of course as an RKC, I had some tools in my toolbox to help them make breakthroughs, but I didn't have *The Kettlebell Boomer*. I remember both of us walking out of some training sessions frustrated that we didn't make the progress we intended to make. Has this ever been you?

If the answer is yes, you have to watch *The Kettlebell Boomer* with Master RKC, Andrea Du Cane. Du Cane's DVD is one of the most important kettlebell DVDs available for both trainers and kettlebell enthusiasts—here is why:

Students in the DVD are varied in their limitations and you will find either yourself or your client in this DVD.

Du Cane teaches you with sound methods how to work within and even overcome limitations.

You will learn how to reverse the effects of aging in a easy to understand format—Du Cane is professional and engaging.

Complete and thorough instruction on how to adapt certain exercises to specific limitations.

Du Cane demonstrates how to shatter plateaus, boost performance and maximize results!

Did you know boomers are estimated to be 80 million strong by 2020? As a trainer you must know how to train this group of people and as a boomer you should know that you don't need to be limited in your kettlebell training.

What was the experience you had recently that left you feeling frustrated after a training session? I am willing to bet that after you watch *The Kettlebell Boomer* you will no longer feel like you (or your client) just didn't do enough or that you (or your client) just can't perform certain kettlebell exercises. Get *The Kettlebell Boomer* now!”

—SARAH LURIE, Author of *Kettlebells For Dummies*, Montecito, CA



**The Kettlebell Boomer**  
*How to Defy Aging and Be a Human Dynamo Throughout Your Senior Years—Thanks to Kettlebells*  
**With Master RKC, Andrea Du Cane**  
**#DV074 \$39.95**  
Running time: 2 hours 50 minutes



# COULD THIS POWERFUL TURKISH WRESTLING EXERCISE BE THE **SINGLE BEST SECRET** FOR THE CULTIVATION OF “BEAUTIFUL” STRENGTH?

Modern-day athletic performance experts hail rewards of the ancient “Turkish Get-Up”—reveal cutting edge program for both correcting and radically enhancing your physical movement

**“Kettlebells From the Ground Up** is ‘an inch wide and a mile deep’ exploration of one of the most important exercises anyone can do. The Turkish Get-Up, as taught by Cook, Jones, and Cheng, offers a wealth of benefits: identifying the problems with your movement, correcting them, teaching you to move well, to love to move. I am hard pressed to find a sport or activity which would not benefit from this one of a kind product. Yes, it will even make your bench press go up!” —Pavel Tsatsouline, author of *Enter the Kettlebell!*

**C**an one exercise sequence do it all? Can one exercise provide insight into how you move? Could one exercise be the key to achieving a balanced and strong body?

Well, according to the two of the most highly regarded “Engineers of Movement Mastery”, Gray Cook and Brett Jones, the answer is a resounding Yes!

When past Super Bowl champion teams have wanted to ensure their athletes are moving at full potential, Gray Cook has been their go-to guy. When Pavel and Dragon Door wanted similar results with their certified RKC instructors, they invited Gray Cook and Brett Jones to design the **CK-FMS certification program** to fill that need.

Turns out, one of the absolute cornerstones, one of the greatest success breakthroughs Gray and Brett contributed was an astonishingly thorough re-engineering of the revered Turkish Get Up.

Although the Turkish Get Up has always been a staple, core exercise taught at the RKC, Gray and Jones consider it a vastly under-appreciated and under-used method. A fundamental drill, as important to high-level performance as the classic kettlebell Swing.

So Gray and Brett, with additional masterly contributions from Dr. Mark Cheng, have created a brilliantly comprehensive instructional guide that every RKC and every serious athlete will want to watch and learn from many, many times.

*Kettlebells From the Ground Up* not only introduces you to the basics of the Turkish Get Up, but provides you with all the tools you need to master this movement. In a carefully progressive, 7-step process Gray and Brett help you toward Get Up perfection.

And as you would expect of these Masters of Movement Engineering, they don't just stop at showing you how to perform the exercise. Discover why the Turkish Get Up is simultaneously a

profound and broad-ranging assessment tool, a tremendously effective corrective strategy and a formidable workout where the sky's the limit for athletic accomplishment.

For lay comrades, the language is kept simple and clear. But for the pros who need the extra background, each of the 7 Steps has a “tips for Pros” section that alone is worth the price of admission.

The old time strongmen used the Get Up as an “entrance exam” requiring a 100-pound Get Up on each side before beginning any other training. The Turkish Wrestlers used the Get Up to train for combat and grappling. And today the Get Up represents an opportunity for everyone to regain the “beautiful strength” and symmetry that our so-called fitness routines should bring us—but invariably don't!

## **AN ASSESSMENT AND AN EXERCISE...**

As Gray Cook has so eloquently stated: “modern fitness techniques can actually allow us to stack fitness on dysfunction.” Meaning that we can actually take a “bent frame” and put a bigger engine in that car. Not a great idea...

To perform safely at our peak, year-in, year-out, we need to cultivate a “symmetry of strength and movement”. Enter the Get Up!

Because the Get Up can provide us with that crucial Left to Right assessment of movement and strength... At each of the 7 steps on the *Kettlebells from the Ground Up* DVD you will know if the movement, stability and strength is equal. The exercise actually becomes an assessment.

## **SHOULDERS AND HIPS**

“Some schools of Chinese medicine... refer to the shoulder and hip joints as the Four Knots and where there is an imbalance of tension or strength in any of the Four Knots problems...can occur...” Dr. Mark Cheng brings us this excellent description of the interplay between

shoulders and the hips. Modern reductionist fitness philosophy has people attempting to isolate pieces and parts of the body into something called “fitness”. But this is simply not how the body works. Movement is an incredibly complicated concert of agonist/antagonist muscle action coordinated by a web of neurological input.

So how about simply cutting to the chase—while maintaining this exquisite integrity— by performing an exercise that requires us to move our body around a stable shoulder coordinated through mobile hips? Sounds like the Get Up doesn't it? Correct. Correct...

## **GETTING PRIMITIVE...**

The beginning for the Get Up represents a very primitive rolling pattern. Many of us actually lose this rolling pattern as we age. But loss of this fundamental pattern can—and usually does—create a cascade effect through the body of dysfunction and compensation.

If an individual is having issues with the beginning of the Get Up it could be because of a defective rolling pattern—and working on the first part of the exercise can “bring back” this primitive movement pattern. With a welcome upgrade to your overall athletic performance.

When you progress through each step of *Kettlebells from the Ground Up*, you'll be self-engineering a whole series of similar athletic performance breakthroughs, one building on the next for an ever more elegant and powerful overall result.

If you're currently dissatisfied in ANY WAY, by the quality of your movement, then you owe it to yourself to grab a copy of *Kettlebells from the Ground Up* NOW—and fix what needs to be fixed.

If you don't oil your vehicle or don't put air in a flat tire, you're heading for serious trouble. It's not a case of if, it's a case of when. Our bodies are no different.

Unfortunately, we often scrimp and shortchange our bodies by neglecting or procrastinating on this crucial self-maintenance. Ironically, often the more skilled we are as athletes the more we procrastinate on fixing our dysfunctions. Bad idea!

The *Kettlebells from the Ground Up* program—designed by two absolute masters of the game—could just be a life-saver for your athletic performance. Go for it!



Mid-Level Advanced



## **Kettlebells from the Ground Up**

**The Kalos Sthenos With Gray Cook, RKC and Brett Jones, Master RKC · Manual co-authored with Dr. Mark Cheng, Senior RKC #DVS017 \$79.95**

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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 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.

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!*

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.

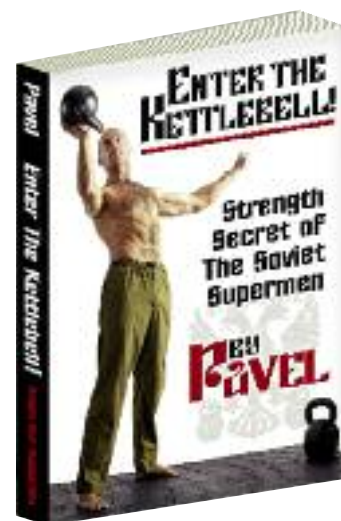
### 2. The RKC Rite of Passage

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 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

#B33 \$34.95

eBook \$19.95

Paperback 200 pages 8.5" x 11"  
246 full color photos,  
charts, and workouts

1

Beginner

2

Mid-Level



### DVD with Pavel

#DV036 \$29.95

DVD Running time: 46 minutes

### The Bible of Kettlebell Training

If you get any book this year on training and fitness, it should be this book. Pavel is the leading authority on kettlebell training. If you want to learn from the best, he is knocking at your door here. LET HIM IN! You will be glad you did.  
—*Jim Chandler*, Brazilian JiuJitsu World Champion, Huntington Beach, CA





# Are You Injured or Out of Whack?— You Can Only Excel if You Get to Play!

“Now Legendary ‘**Secrets of**’ Treasure Chest Provides Ultimate Body Fixes for the Competitive Athlete, Weekend Warrior and Resident Tough Guy Alike...”

▶ How to recapture the perfect mobility and effortless ease you had as a kid—for an immediate improvement in your current athletic abilities.



## Secrets of Primitive Patterns

By Gray Cook and Lee Burton  
#DV059 \$69.95

2-DVD Set



▶ Discover how to spot—and quickly fix—the once-helpful but now suspect survival strategies that may secretly be sapping your strength and power.

“I’ve long been of the opinion that people spend way too much time trying to fix advanced movements when they should be going back to the building blocks and finding out what is cracked in the foundation to begin with. *Secrets of Primitive Patterns* does just that. Gray and Lee present the information in an easy to understand manner and give you several options that will fit anyone’s training style. Highly recommended.”  
—Jordan Vezina RKC, Palo Alto, CA

**Worth 10 times what it costs—at least!**



## Secrets of the Shoulder

By Gray Cook, RKC and Brett Jones, Master RKC

#DV043 \$69.95

2-DVD Set Running time: 82 minutes



“I am a trainer and an RKC, currently recovering from an overuse injury in my shoulder—put simply, I set a bunch of new personal bests but didn’t back off afterwards, and I’ve since been paying the price.

I cannot state strongly enough how valuable *Secrets of the Shoulder* has been to me. Literally every section has included something I simply didn’t know before—and all these tips and tricks really work. I do the drills on the DVD, and I can move my shoulder, pain-free, in ways I couldn’t just a few minutes earlier. There is nothing quite like instant results to convince you of the value of an approach to training and rehab.

Any one of the tips I learned here would have made this DVD, which costs less than a single visit to my orthopedist, a worthwhile purchase. I will be incorporating what I’ve learned not only in my own training, but in helping those clients who come to me with shoulder problems. This sort of information, presented in a clear, no-nonsense manner by Gray and Brett, is priceless. If you have long-standing shoulder problems or work with those who do, you owe it to yourself to purchase *Secrets of the Shoulder*.”  
—Steve Freides, RKC II, NSCA-CPT, Ridgewood, NJ

## Excellent, helpful DVD

“I got *Secrets of Core Training* because of back pain related with the deadlift. It is excellent and really has given me a clear set of instructions to tackle my core stability issues. Looking forward to a new PR in the Deadlift in the next few months.”—Michael Corrales, Bay Area, CA



## Secrets of Core Training: “The Backside”

By Gray Cook, RKC and Brett Jones, Master RKC

#DV045 \$39.95

Running time: 82 minutes



## It just keeps getting better

“It seems impossible, but Gray and Brett have topped *Secrets of the Shoulder*. It’s full of fantastic information, laid out in an easy to follow manner. No matter what your background, you will learn from this DVD.”—Jeff O’Connor, Senior RKC, Talala, OK

## Priceless

Let me tell you that as a clinician with a practice that is focused on orthopedics, sports medicine, and chronic pain, just Gray & Brett’s intro on the first DVD gives you so many immediately applicable tips that the INTRO ALONE is worth the price of the DVD set. If you teach any sort of movement science (from dance, to martial arts, to phys ed, to elite sports), GET THIS DVD SET & STUDY IT CAREFULLY!!!  
—Mark Cheng, L.Ac., Ph.D., RKC Team Leader, Los Angeles, CA



## Secrets of the Hip and Knee

By Gray Cook, RKC and Brett Jones, Master RKC

#DV051 \$69.95

2-DVD Set Running time: 131 minutes



## Phenomenal DVD!!!

“Brett Jones and Gray Cook absolutely spill the beans on this two part DVD. Having been through many postural and biomechanics certifications, this DVD is more relevant and applicable. The principles they teach are based on anatomy, physiology and logic. Their is so much nonsense out there that is very refreshing to see Brett and Gray de-mystify the common physical therapy protocols based on research that just doesn’t work and has never worked. Watch this DVD and you will immediately increase your ability to help people today!!! I highly recommend this to any strength coach, therapist or person who wants to learn how the body actually works and how to fix it when it goes wrong! Great job guys!!!!—Franz Snideman RKC Team Leader, NMT, CHEK

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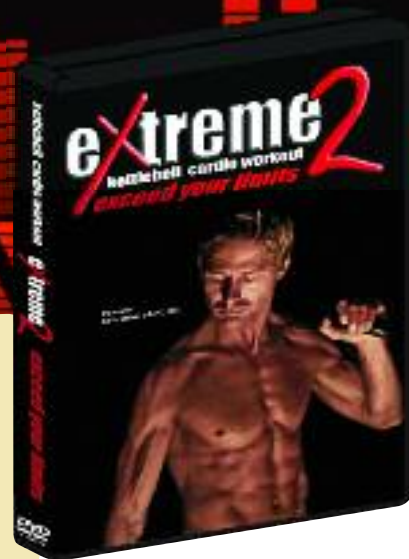
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# Ignite ALL Burners, Crank Up the Heat to High—And Ascend to Tough-Guy Heaven



Revisit Your Manhood Challenge with another patented Weber set of sizzling kettlebell grillouts—the ultimate package for scorching enduro and lean-to-the-bone strength...

“Keith Weber’s second kettlebell DVD is every bit as good as the first one. Perfect for an athlete’s general physical preparation. Perfect for a non-athlete out to make radical changes in body composition. I could easily overlook marginal audio quality, an occasionally flexed elbow in overhead squats, and high rep abs routines in favor of eight solid, interesting, and intense workouts. If you have your basics down, get this video.”  
—Pavel Tsatsouline, author of *Enter the Kettlebell!* and *Return of the Kettlebell*



**K** eith Weber’s landmark *Extreme Kettlebell Cardio Workout* proved to be one of the most acclaimed kettlebell workout programs we have ever offered, rapidly ascending to and maintaining its position in Dragon Door’s Top Ten.

A superbly muscled specimen of righteous manhood himself, physical therapist Keith Weber returns to grill you with a blistering set of muscle-burning kettlebell drills designed to raise the bar on your athletic potential—then leap over it.

Weber’s agonizing *Extreme Kettlebell*

*Cardio Workout 2* will give even the most seasoned athlete more power—and the inspiration to take his game to the next level.

Become a well-oiled, unstoppable machine and discover what toughness is really all about, with *The Extreme Kettlebell Cardio Workout 2*.



Mid-Level Advanced

## Extreme Kettlebell Cardio Workout 2

Exceed Your Limits

By Keith Weber, BScPT, RKC

DVD # DV067 \$29.95



## SO YOU THINK YOU'RE TOUGH?

Challenge your manhood with this set of ferocious kettlebell workouts—the ultimate package for kickass enduro and lean-to-the-bone strength

### IT'S EXTREME AND YOU NEED IT!

“This is a Must for those of you who are serious athletes and kettlebell fanatics. We highly recommend *The Extreme Kettlebell Cardio Workout*. It will challenge you to your bones even if you’re tough as nails and build your strength and cardiovascular capacity fast.. You can feel satisfied after doing just one killer 5 - 10 minute session or you can simply do as Keith Weber does in this nicely shot video by the ocean - and go non-stop like the Terminator. No matter what weight you use or where you’re at physically, this will get you into tremendous shape fast. Great Video!”—Garin Bader/ Vanessa Bader, Las Vegas, NV

### I THOUGHT I WAS TOUGH

“The title of this DVD does not lie, it is extreme! I thought I was tough but was humbled by Keith Weber. This android has motivated me to reach a new level of conditioning. I have lost five pounds in two weeks!”—Josh Nelson, San Diego, CA



## The Extreme Kettlebell Cardio Workout

By Keith Weber, BScPT, RKC  
DVD # DV052 \$29.95



Mid-Level Advanced



Order *ExtremeKettlebellCardio* online:  
[www.dragondoor.com/DV052](http://www.dragondoor.com/DV052)



“A seamless marriage of corrective and performance exercise, *Dynami* digs deep into the RKC kettlebell fundamentals with sophisticated FMS tools. A serious program for a serious practitioner.” —Pavel Tsatsouline, author of *Return of the Kettlebell!*

# How to Develop and Issue Bone-Jarring Power—Without Shattering Your Own Body in the Process

**N**o one but a certified lunatic or a suicidal fool would punch up a Bugatti Veyron to its full 253 mph—while rigged with four different-sized wheels, paper-thin brakes—and a dodgy steering wheel...

Yet, athletes of every ilk take this risk with their own bodies on a serial basis. Every time he thinks he's up-grading himself, chances are the average athlete is simultaneously degrading himself... And the more skilled the athlete, the more savage the likely damage. Why? Disregard for balance, folk...disregard for balance...

In our hunger to express ever-more power, most of us fail to create the foundational structure to safely express that power. It's Pavel's analogy of firing a cannon out of a row boat. Disaster waiting to happen. And correct foundational structure implies perfect balance, perfect proportion... Anything less and you're on the slippery slide of dysfunctional, ugly movement—the inevitable precursor to activity-crippling injury.

No team has done more this century to offer a working solution to this athletic dilemma than Gray Cook and Brett Jones.... Beginning with his trailblazing *Athletic Body and Balance*, his creation of the FMS system, and now with his magisterial new Movement, Gray

Cook has established himself as without peer in the realm of functional movement, screening, assessment and corrective strategies.

Then, thanks to the rock-star combo with Brett Jones, we saw the creation of the *CK-FMS*, the *Secrets Of series*, *Kettlebells from the Ground Up* and now the latest masterly program, *Kettlebells from the Center—Dynami*.

As any good martial artist or football player will tell you, issuing power without a solid structure is just begging for injury. *Dynami* offers a blueprint to ensure not only you possess the power, but you possess the structure and foundation to handle your power safely. For what you'd pay for one average sports massage, *Dynami* gives you a lifetime of strategies to ensure you continue to deal out your punishment in the right direction: your opponent, not your own self.

To quote Brett and Gray:

*“Do not build your house on a foundation of sand—this is time honored and excellent advice. A rock-solid foundation means a house that will last. Power training should follow the same mind set.*

*Kettlebells from the Center—Dynami* lays out a systematic approach to develop the proper pattern or foundation for the two best power moves – the Kettlebell Swing and Kettlebell Push-Press. Once a pattern has been formed the program continues to cement the proper pattern with strength moves like the Kettlebell Squat and Kettlebell Tall Kneeling Press. Then the program takes a unique approach to symmetry. Symmetry of strength is checked using Single Leg and Bottom Up kettlebell drills. Then everything comes together to form the *Dynami* or *Power*.”



## Kettlebells From the Center - Dynami

With Gray Cook, RKC and Brett Jones,  
Master RKC, CSCS  
#DVS031 \$79.95

2-DVD set Running time 1 hour 56 minutes with  
102 page, fully-illustrated, spiral-bound manual



Mid-Level Advanced

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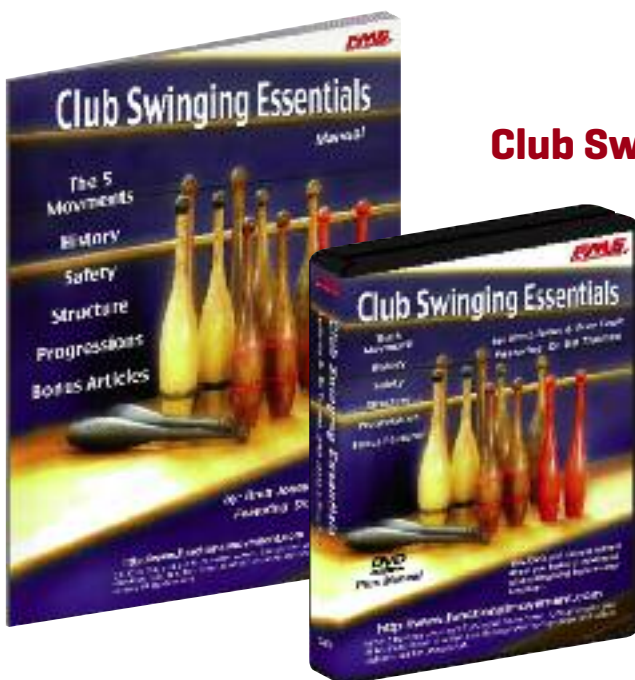


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[www.dragondoor.com/DVS031](http://www.dragondoor.com/DVS031)

# **The Indian Club:** Ancient Martial Arts Tool for Fluid Movement, Strength and Joint Health Becomes Favored Secret Weapon Amongst the Elite for Refining Athletic Performance and Restoring Lost Function...



Check out the *Club Swinging Essentials DVD and Manual* to begin your club swinging journey...



## **Club Swinging Essentials**

With Gray Cook, RKC  
and Brett Jones, Master RKC,  
featuring Dr. Ed Thomas  
DVD #DVS020 **\$79.95**

DVD, 1 hour 28 minutes,  
with 72 page spiral-bound manual



# Use Indian Clubs to enhance your sport—be it mixed martial arts, golf, tennis, wrestling, swimming, bowling, basketball, gymnastics, hockey, lacrosse, football, volleyball, archery, karate, boxing—or any other activity where physical efficiency is at a premium

**L**ike the Kettlebell, the ancient Indian Club was a once-prized exercise tool that fell on hard times. Once a favored training device of royalty, military, elite athletes and enthusiastic amateurs alike, the club became relegated, by the 1930s, to dusty attics, damp basements and the moldy memories of old-school fitness diehards.

In its final, most refined incarnation, the Indian Club had been developed, in turn, by British, German and American military and civilian experts into a highly sophisticated system of restorative health drills. The unique circular weight lifting movements of the Indian Club were considered to promote not only greater overall strength and flexibility but to act as a magnificent “neural tune-up” for the whole body. Sadly, as the exercise community changed its focus, the Indian Club—and its myriad of health benefits—all but disappeared. Just like the kettlebell.



Yet Indian Club Swinging Exercises—in just minutes a days—WILL:

- **Strengthen your back, shoulders, pecs, biceps, triceps, forearms, grip—and most importantly—your connective tissue, ligaments and tendons**
- **Enhance your shoulder efficiency, mobility, elbow and wrist flexibility—and range of motion**
- **Develop your grace, coordination, balance and agility**
- **Counteract the negative impact of too many hours sitting hunched at a computer keyboard**

For ultimate durability, hand feel and superb balance Dragon Door recommends the 21st century breakthrough in Indian Club design used by modern Indian Club master and pioneer, Dr. Ed Thomas. These beautiful black resin Indian Clubs are virtually impervious to the elements, dimensionally stable and will last you a lifetime. They look and feel... fantastic.

(The Indian Clubs are made of reinforced, talc-filled polypropylene—a space age material providing maximum durability that won’t crack, break, chip or fade/discolor over time. This polymer is comprised of specially formulated molecular properties and additives during its manufacture, which make these clubs virtually impervious to the elements: sun, water, heat and



cold. That’s why these Indian Clubs are the Dragon Door choice: they meet our love for toughness, hardness, tensile strength—and superb craftsmanship!

## Which size Indian Club should you get?

Begin with the **1lb Indian Club**, whatever your current strength, to ensure you perfect your technique. When you are ready to progress, the **2lb Indian Clubs** will help you develop additional strength and power. Both size clubs will not only increase shoulder and extreme range of motion strength but also enhance your grip, wrist, and forearm strength. Both sizes of Indian Clubs will help you reduce injuries due to the full circular movement patterns.

**Here are your Indian Clubs choices:**

Dragon Door Item  
# **MRXC01**  
**\$39.95**  
Pair 1 lb., 16.5"  
Indian Clubs



Dragon Door Item  
# **MRXC02**  
**\$49.95**  
Pair 2 lb., 18.5"  
Indian Clubs



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Order Dragon Door Indian Clubs:  
[www.dragondoor.com/MRXC02](http://www.dragondoor.com/MRXC02)

# Remarkable self-hitting system invigorates, strengthens and “weaponizes”—let’s you repel strikes with effortless ease while dishing it out with formidable power...

Stephan Berwick’s **True Strength™** regimen draws on ancient Chinese warrior secrets to present a sophisticated and highly effective program for developing formidable internal power—without the help of any devices, medicines, or forced breathing.

Most Western-based strength training programs concentrate on building “external” muscular strength. But that is only one link in the true strength chain—which according to Chinese internal martial arts should also include strengthening your fascia/tendons/ligaments, your joints, your internal organs, your internal energy system and even your skin.

## Is your strength package complete?

Without strengthening all the links in your strength-chain simultaneously, you remain as vulnerable as the weakest links in that chain. We’ve all see relatively small internal martial arts masters throw apparently way stronger men around like they were rag dolls. Some of this power comes from martial skill, but much, much more it’s coming from the uncanny strength-package the master has developed from a truly all-around approach to strength cultivation.

Many of these internal masters demonstrate this astonishing strength well into their sixties, seventies—even eighties. How do they do it?

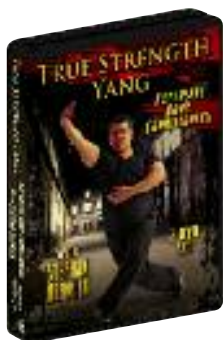
Stephan Berwick likes to call this quality “Tangible, True Strength”. The kind of strength you really need to survive not only a worst-case scenario in combat or years of full-contact sport, but the rigors and stresses of daily life. Tangible strength is the power to survive. Tangible, true strength helps you ward off illness and injury and allows you to rebound from adversity with supreme resilience.

The kind of strength cultivation where you only seem to get stronger as you get older—rather starting to fall apart at the seams as early as your late thirties or early forties...

Ancient warriors needed to handle blows, wield heavy weapons, and survive on meager rations, while maintaining their victor’s edge. Their strength was of the hands, feet, torso, neck, and legs—a total body power designed to meet any challenge thrown at it.

## Gain a warrior’s formidable toughness with this unique program

For the first time on DVD, Stephan Berwick reveals his regimen for healthy body toughening derived from his unique expertise in secret Chinese martial art body toughening methods. Combining hard and soft forms of conditioning inspired from his intimate knowledge of ancient military-origin Chinese martial arts, Berwick’s **True Strength Yang™** program offers quick results—conditioning your body to withstand blows, falls, and twists, in an easy to digest, highly intense regimen of warrior conditioning, reminiscent of the best classical martial body practices.



## True Strength Yang

**Explosive Body Toughening With Stephan Berwick**

#DV061 **\$39.95**

2-DVD set

Running time: 1:06 minutes



Beginner



Mid-Level



Advanced

# A Simple System of Secrets for Regaining Your Youthful Mobility and Mastering the Art of Flexible Strength

**7th Degree Black Belt and Taekwondo Grandmaster, Jon Engum** currently displays an uncanny combination of flexibility and whipcord strength. Jon moves with speed, suppleness and enviable power—a model to his younger students and a terror to those who face him in a fight. But it wasn’t always this way. Because there was a time of crisis in Jon’s martial career where he began to lose his edge—from the

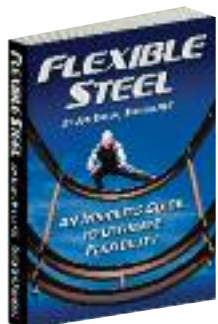
effects of aging, plus the wear and tear of constant combat.

This book reveals the complete “**Flexible Steel**” system Jon Engum developed to regain and maintain his edge as a fighter. But even more importantly, **Flexible Steel** can give you the most priceless gift of all: the freedom to move, pain-free, with easy power, graceful strength and a sense of fluid well being.

“When it comes to flexibility Jon Engum knows his stuff. I had the opportunity to learn these techniques directly at one of his flexibility workshops where the results were literally instant and dramatic. For that reason I bought this book the moment I learned about it and it was exactly what I was hoping for.

What I love about **Flexible Steel** is the author takes picks up where other books leave off and simply says “do this”. Jon Engum’s **Flexible Steel** is the most direct approach to effective flexibility I’ve found anywhere. It’s a concise step-by-step manual that eliminates all the guesswork. A structured approach to stretching that tells the reader exactly what stretches to do, in what order, and for exactly how many reps and sets. Within seconds of getting the book I was able to skim the table of contents, open up to the Frog Stretch routine, follow along... and start seeing the results. Thanks to doing this routine twice a week my hips have never felt better.

If you want a no-nonsense instruction manual without fluff for instant and dramatic gains in flexibility, this is it. Your body will thank you, your competition will respect you and your clients will love you.”—John Scott Stevens, RKCI, CK-FMS, 5th degree black belt Taekwondo



## Flexible Steel

**An Insider’s Guide to Ultimate Flexibility**

**By Jon Engum**

#B66 **\$39.95**

eBook **\$19.95**

Paperback 8.5 x 11 90 pages



Beginner



Mid-Level



Advanced

“**Flexible Steel** is my favorite stretching book. Jon Engum reached his forties before he reached his first split. Follow his remarkable journey and achieve the flexibility you never thought possible” —PAVEL, author of *Relax into Stretch* and *Super Joints*

Order **True Strength Yang** online:  
[www.dragondoor.com/DV061](http://www.dragondoor.com/DV061)



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**“Easy Strength** is a masterpiece from two of the best in the business of strength and conditioning. Pavel and Dan John’s book will help you improve your performance— no matter what your sport. It doesn’t matter whether you are a weekend gym warrior, competitive athlete or coach... you owe it to yourself to read this book. The bottom line is that it will help you become stronger, faster and more powerful in the most efficient way possible...” —Andy Bolton, 6-Time World Powerlifting Champion, author of **Deadlift Dynamite**

# How To Look Like Tarzan, Play Like Tarzan— And Win Like Tarzan

## What It Takes to Stack the Strength-Deck in Your Favor

If football were played in the weight room or on the track, I could guarantee that each year, the team that won the championship would NOT be the team that won on the field of play. And that is absolutely true in every sport and every game. It’s a rare track meet that you don’t hear someone rhapsodize about training numbers and then see him or her lose badly. In football, we have a phrase for this: ‘Looks like Tarzan, plays like Jane.’

Pavel and my goal in writing this book is to clarify the role and impact of strength training in fitness, sports, and life. We are committed to clarity, even though at times, it’s impossible to navigate the sea of conflicting information regarding the lifting sports. Pavel’s experience and research provides grounding and a confidence to ‘Do this!’ as we often joke.

### What can you expect from reading this book?

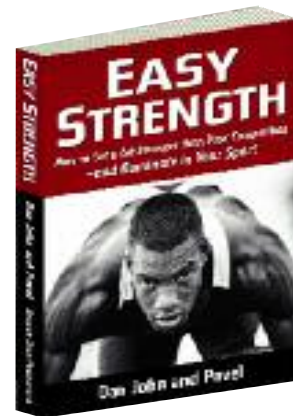
- You will learn some history. You will discover that almost everything discussed in the fitness industry has been done before—and often better.
- You will reexamine the role of strength training as it applies to sport. Doing so may serve as the greatest timesaver in history!
- You will find that, like a medical doctor, a strength coach must be committed above all to ‘Do no harm’—a pledge that’s often disregarded.
- You will be exposed to the concept of systematic education and the need to build an athlete (or anyone!) using some kind of intelligent approach.
- You will be exposed to another educational system—along with a way to harness its powers—that will give you clarity into all the various fitness, health, and nutritional information being tossed at you daily.
- You will discover the tools for teaching an entire team to improve in a sport—and why these great tools may be of no value to you in your training!
- You will be exposed to what the best in sports do in the weight room, and you will discover why it will apply to everything you decide to do.
- You will learn many of the ‘champion’s secrets’ and be amazed at the simplicity, as well as the insightfulness, of what the best do.”

—Dan John, from the preface to *Easy Strength*.

“*Easy Strength* is what I see as the blend of science, real world experience and application blended together in an easily understood manner without needing a PhD. to understand what you’re reading. You just can’t go wrong when reading what Dan and Pavel put together.” —Zach Even-Esh, Founder, Underground Strength Gym



**2**  
Mid-Level  
**3**  
Advanced



### Easy Strength— The Seminar

How to Get a Lot Stronger Than Your Competition— And Dominate in Your Sport

With Pavel and Dan John

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# Beyond Bodybuilding—a treasure chest of strength training secrets

## Every aspect of training is covered

"I wholeheartedly recommend *Beyond Bodybuilding*: I view it as a summation of the accumulated knowledge Pavel Tsatsouline has gathered to this point in his career. Every body part is covered and a blueprint provided for how to build and strengthen every conceivable muscular target. The detail and description is tremendous. The mix between text and photos is spot on; the clarity of the exercise description leaves nothing to the imagination.

Every aspect of training is covered in Pavel's *Beyond Bodybuilding* from flexibility to all types of strength development, U.S.M.C. training, R.K.C. training tips from many of the greatest strength experts around the world, plus a glossary of exercises to fit everyone's needs. I salute Pavel and *Beyond Bodybuilding*." —Louie Simmons, Westside Barbell



"*Beyond Bodybuilding* is a treasure chest of strength training secrets."

—Larry Scott, first Mr. Olympia

"Thanks for your recent contribution to the empire of muscle and might. Very interesting and valuable."

—Dave Draper, Author *Brother Iron*, *Sister Steel*, former Mr. America, Mr. Universe and Mr. World

"If you are serious about physical renovation and want a new approach to progressive resistance training, then purchase *Beyond Bodybuilding*."

—Marty Gallagher, former washingtonpost.com columnist, five-time world master powerlifting champion, USA co-coach, 1991 world powerlifting team champions

"When I first received *Beyond Bodybuilding*, I blocked out an entire day so I'd have enough time and undivided attention to savor its contents... If you think you've already seen everything Pavel has to offer, this book will prove you wrong. Don't make me come over there — get over to dragondoor.com and get your copy today!"

—Charles Staley, creator of the Escalating Density Training (EDT) system.

## Beyond Bodybuilding Muscle and Strength Training Secrets for The Renaissance Man By Pavel

#B31 \$49.95

8.5 x 11 Paperback  
365 pages · 255 Photographs  
38 workout charts

1

Beginner

2

Mid-Level

3

Advanced

## You Just Have To Get this Book!!

"Pavel focuses on what the trainee needs to make his program effective, whether it is for building mass, or just increasing strength without adding bulk. To the point, and in step-by-step detail. I am nearing completion of his 5x5 routine, and by following it, have made average gains of 18% in strength in just three [3] weeks."

—Mindanao Mike, Mindanao, Philippines

## This is a must have for people interested in strength and getting bigger

"I keep reading this book again and again, there's so much in it. With the "Hit The Deck Program" I added about 25 pushups to my max in 2 weeks, and before I knew it I could do 100. There are lots of routines in this book, they will keep you busy for a long time. If you want to get strong, or big and strong, than this book is your choice."

—Yoeri, Bocholtz, Netherlands

## If you buy one of Pavel's books, make it this one!

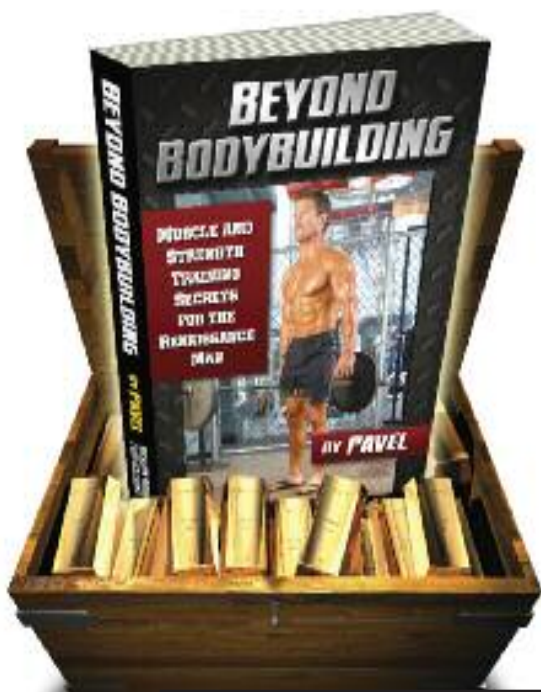
"Using the "Modified Delorme Method" I gained 40 lbs. on my deadlift and 10 lbs. on my bench press over the course of 8 weeks. I also gained 7 pounds of lean body mass. My training partner saw similar gains with a 40lb. gain on his DL and 15lb. gain on his BP."

—Greg Gonzales, Albuquerque, NM

## Immediate relief and gratification

"I've been lifting weights since I was 12. As a Martial Artist and ex USAF Pararescue Specialist I have seen all kinds of products and gimmicks through the years. I'm 45 now and what I have read and learned in this book changed my outlook on lifting weights and saved my back forever. In just 3 days of working with a few techniques explained in "Solutions for a Tight Back" I eliminated my lower and upper back pain that I have lived with for many years. A must for all serious athletes and professionals who need clear, concise instruction and tips to a STRONGER, PAIN FREE BODY. Pavel has taken the B.S out and has given us information way ahead of its time. It's your choice—you can be mediocre or you can excel to great strengths!"

—David Cogswell, Shoreacres, TX



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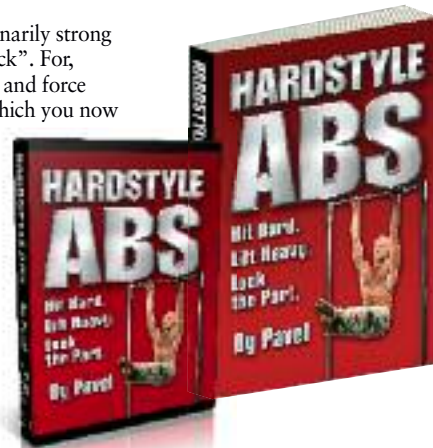


# How to Develop the Ultimate in Wrought-Iron Muscle, Mid-Section Body Armor and Core Generation of Explosive Power

**T**he sole goal of Pavel's *Hardstyle Abs* system is to achieve an extraordinarily strong midsection. But not simply to swivel heads with your rippling "six-pack". For, according to Pavel, your abs should be simultaneously weapon, armor and force generator. The six-pack is just a side effect of the coiled power with which you now operate. *Hardstyle Abs* will give you impenetrable body armor—to withstand a direct hit of the greatest magnitude. And *Hardstyle Abs* will give you the generative force to retaliate with a devastating backlash.

After years of dedicated research and experimentation, Pavel has identified three "killer" drills, as all you need to achieve this level of mid-section mastery. Follow Pavel's battle plan to the T and the results are guaranteed—noticeable within weeks, extraordinary within months. Pavel provides the laser focus. You? Simply obey the commands.

"I've attended nearly 180 hours of Dragon Door workshops, certifications and miscellaneous training and have nearly the entire library of Dragon Books and DVDs. I can honestly say that this is definitely the best resource yet on all things abs. I've read the entire book, taken furious notes and practiced the drills. As an RKCII this is a great recap of material covered in last years RKCII cert as well as wealth of new info. Pavel continually improves upon his previous works and this is no exception. This book is one of Pavel's best, guaranteed to provide enough challenge to last a lifetime. If you're an RKC, a fan of the *Naked Warrior*, *Convict Conditioning* or *ETK* then this book will blow you away."—John Scott Stevens, RKCII, CKFMS, Omaha, NE



**1** Beginner **2** Mid-Level **3** Advanced

**Hardstyle Abs**  
Hit Hard. Lift Heavy.

Look the Part.

By Pavel  
#B64 **\$34.95**  
eBook **\$19.95**

Paperback 8.5 x 11 148 pages  
DVD #DV089 **\$29.95**  
Running time: 29 minutes \$29.95



10-25 lb Olympic plate required for correct use. (You will need to supply your own plate)

**Ab Pavelizer II**  
Hit Hard. Lift Heavy.

Look the Part.

By Pavel  
#P12 **\$97.00** plus SH

"I work my abs a lot and they are probably stronger than the average guy but I found out just

how pathetic they were when my Pavelizer arrived. This is an amazingly effective piece of equipment. By taking the hip flexors out of play and isolating the abs, they have to work like never before. Combined with the power breathing, my abs are getting stronger by the day."—Charles Long, Burlington, CO

**T**he Ab Pavelizer™ II's new sleek-'n'-light design guarantees a perfect sit-up by forcing you to do it right. Now, escape or half-measures are impossible. Sit down at the Ab Pavelizer™ II and a divine slab of abs will be served up whether you like it or not. The secret to the Ab Pavelizer™ II is in the extra-active resistance it provides you. It is astonishingly hard to sit up all the way when the new Ab Pavelizer™ II is loaded with enough weight, 25-35 pounds for most athletes.

## The Graduate Course In Instant Strength Gains

Have you noticed—the greater a man's skill, the more he achieves with less? And the skill of strength is no exception. From the ancient days of Greek wrestling, to the jealously guarded secrets of Chinese Kung Fu masters, to the hard men of modern spec ops, warriors and allied strongmen have developed an amazing array of skills for generating inhuman strength.

But these skills have been scattered far and wide, held closely secret, or communicated

in a piecemeal fashion that has left most of us frustrated and far from reaching our true strength potential.

Now, for the first time, Russian strength expert and former *Spetsnaz* instructor Pavel has gathered many of these devastating techniques into one highly teachable skill set. In *The Naked Warrior* Pavel reveals exactly what it takes to be super-strong in minimum time—when your body is your only tool.



**The Naked Warrior**  
Master the Secrets of the Super-Strong—Using Bodyweight Exercises Only

By Pavel  
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Over 190 photos and illustrations

DVD #DV015 **\$34.95**  
Running time 37 minutes

**1** Beginner **2** Mid-Level **3** Advanced

"I could do one wobbly one-legged squat... [Two weeks later] I did 5 clean, butt-to-ground pistols."

"Last night I did 15 one-arm pushups with each arm. Two months ago I couldn't do one complete rep."

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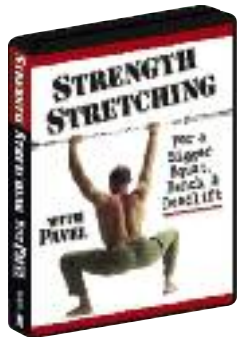


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## Discover the world's only stretching protocol specifically and uniquely designed to increase—not reduce—a powerlifter's strength.

**T**he iron elite knows that 'being tight' is critical to making that big lift. At the same time you can't put up a big squat, bench press, or deadlift without having just the right amount of flexibility and only in the right places. A paradox. Ignore stretching altogether — and lose power to the joints that 'don't bend easy'. Do stretches designed for fighters or other athletes — and toss away strength by the bucket... because you'll lose your crucial 'tightness'. Either way, a dead end. Not any more. Enter **Strength Stretching** by Pavel, the only flexibility program custom designed to up your squat, up your bench, up your dead!

- Gain up to 15% on your pulling strength — by learning how to properly arch your back
- How to arch higher — and bench more — without killing your back
- Master the **Kettlebell Depth Squat** — the Russian powerlifting secret for teaching perfect squat and pull form and developing championship flexibility
- Discover how to release the hidden brakes that are silently sabotaging your deadlift
- How to squat with the big boys — without killing your shoulders and elbows



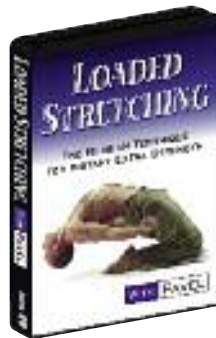
**Strength Stretching**  
For a Bigger Squat, Bench & Deadlift  
DVD with Pavel #DV024 **\$39.95**  
DVD Running time: 38 minutes

## Instantly Develop Greater Power, Intensity and Strength—by Turning Your Muscles into Coiled Springs of Explosive Steel!

**C**an you easily and instantly turn yourself into a coiled steel spring — ready to burst into action and leap past your previous athletic best? Or are you more like an overstretched rubber band — no longer capable of suddenly generating performance-busting power? Now, for the first time in the West, Russian strength master Pavel reveals the Soviet secret of **Loaded Stretching** — guaranteed within MINUTES of its application to have you:

- Pulling heavier
- Jumping higher
- Throwing farther
- Squatting more
- Kicking and punching harder
- Pressing bigger!

"Loaded Stretching can provide everyone an edge. Pavel leads you thru a series of stretching techniques that can immediately increase stamina. As one approaches their limits, little strength secrets can make the difference between winning and losing. **Loaded Stretching** is that, secrets." —LOUIE SIMMONS, Westside Barbell



**Loaded Stretching**  
The Russian Technique for Instant Extra Strength  
DVD with Pavel  
#DV023 **\$24.95**  
DVD Running time: 20 minutes



## How to Become the Man Without a Weakness

**L**ife has a habit of body-slammng us when we least expect it. And the more active we are, the more likely we're gonna be wrenched, tossed, torn, torqued, twisted, scrunched, hammered and generally whacked around. Hit your forties—let alone fifties—and you can be reduced to a tangled mess of injuries and performance-cripping tensions.

Pavel knows what it takes—personally and professionally—to remove crucial flaws and weaknesses from your body armor—so you can bounce back, time and time again, from the toughest challenge life throws at you. It's the winner's edge. It's called RESILIENCE. It's called "don't know how to spell quit."

So, in this specialized program, Pavel's put together 19 of his favorite drills for restoring and reinforcing your body's "rebound strength." Pavel's concentrated on the weak links—the knees, the elbows, the shoulders, the spine, the neck—and shows you how to change a liability-waiting-to-happen into a strength—weapon-of-choice. Discover what it really means to be RESILIENT. Add years of wiry, tensile, pliant strength back into your life—and hurt a whole lot less while you're doing it.



**Resilient**  
Advanced Kettlebell Drills and Insider Secrets for Playing Harder & Hurting Less  
DVD with Pavel #DV017 **\$47.00**  
Running time: 36 minutes

## Discover the 36 most effective techniques for super-flexibility

- How the secret of mastering your emotions can add immediate inches to your stretch
- How to wait out your tension the surprising key to greater mobility and a better stretch
- How to fool your reflexes into giving you all the stretch you want
- Why contract-relax stretching is 267% more effective than conventional relaxed stretching
- How to breathe your way to greater flexibility
- Using the Russian technique of Forced Relaxation as your ultimate stretching weapon
- How to stretch when injured faster, safer ways to heal
- Young, old, male, female learn what stretches are best for you and what stretches to avoid
- Why excessive flexibility can be detrimental to athletic performance and how to determine your real flexibility needs



**Relax into Stretch**  
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Book By Pavel  
#B14 **\$34.95**  
Paperback 150 pages 8.5" x 11" Over 100 photos  
DVD #DV006 **\$34.95**  
Running time: 37 minutes



# Here's just some of what you'll discover, when you possess your own copy of **Power to the People!**:

- How to get super strong without training to muscle failure or exhaustion
- How to hack into your 'muscle software' and magnify your power and muscle definition
- How to get super strong without putting on an ounce of weight
- Or how to build massive muscles with a classified Soviet Special Forces workout
- Why high rep training to the 'burn' is like a form of rigor mortis—and what it really takes to develop spectacular muscle tone
- How to mold your whole body into an off-planet rock with only two exercises
- How to increase your bench press by ten pounds overnight
- How to get a tremendous workout on the road without any equipment
- How to design a world class body in your basement—with \$150 worth of basic weights and in twenty minutes a day
- How futuristic techniques can squeeze more horsepower out of your body-engine
- How to maximize muscular tension for traffic-stopping muscular definition
- How to minimize fatigue and get the most out of your strength training
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- Why it's safer to use free weights than machines
- How to achieve massive muscles and awesome strength—if that's what you want
- What, how and when to eat for maximum gains
- How to master the magic of effective exercise variation
- The ultimate formula for strength
- How to gain beyond your wildest dreams—with less chance of injury
- A high intensity, immediate gratification technique for massive strength gains
- The eight most effective breathing habits for lifting weights
- The secret that separates elite athletes from 'also-rans'
- How to become super strong and live to tell about it

"Pavel Tsatsouline, Russian strength training expert, wrote a wonderful book... I used these strength building secrets for one week and my max deadlift went up 18%."

—Larry Scott, author of *Loaded Guns*, World's First Mr. Olympia



**1** Beginner **2** Mid-Level **3** Advanced

## Power to the People!

Russian Strength Secrets for Every American

By Pavel Tsatsouline  
#B10 \$34.95

Paperback 8.5" x 11"

DVD With Pavel Tsatsouline  
#DV004 \$29.95

Running Time 47 Min

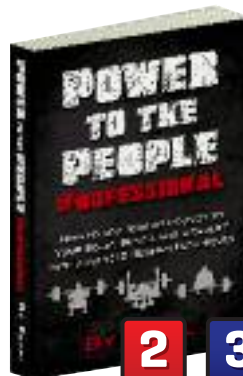
## Get Stronger and More Powerful—Using Proven, yet Little-Known Training Secrets and Strategies From the Greatest of the Russian Strength Masters

**P**avel's landmark classic, *Power to the People!* has helped tens of thousands—be they world-class athletes or basement enthusiasts—achieve and maintain remarkable strength gains, by employing a set of radically effective lifting principles in a scientific manner. Pavel took the guesswork out of strength training and honed in with an elegant simplicity on what really worked to get stronger—and continue getting stronger.

Pavel's great contribution has been to research and identify the proven "battle" strategies that give us the best chance to keep making those strength gains—whatever the odds. And in this, Pavel has succeeded admirably, thanks to his access to the best training secrets not only in the West but in Russia—justly famous for its history of achievement in the world of strength and powerlifting. And thanks to his ability to ground theory in the proof of hard experience and earned results.

In *Power to the People Professional*, Pavel broadens and deepens this knowledge base to encompass a vast range of little-known but highly effective methods to keep tricking our stubborn bodies into ever-greater strength gains. Some of the chapters are straightforward coverage of "how they do it in Russia", others represent Pavel's own original work based on years of research and experimentation.

While elite athletes and powerlifters are those most likely to benefit from the advanced training information contained within *Power to the People Professional*, there remains a wealth of cutting-edge tips and tactics that intermediate lifters, athletes from various power sports, and power bodybuilders can use to immediately enhance their strength and power.



**2** Mid-Level **3** Advanced

## Power to the People Professional

How to Add 100s of Pounds to Your Squat, Bench, and Deadlift with Advanced Russian Techniques

by Pavel #B51 \$29.95

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# Welcome to Pavel's masterly body-software program for debugging, unblocking, unlocking and completely restoring your body's capacity to stretch and flex the way it was born and meant to do!

## Hands down the best flexibility product available

"I have purchased every book, dvd, machine, and gizmo to help me get more flexible. Since I found Pavel's first book, *Beyond Stretching*, the only books and dvd's I buy are from DragonDoor. The *Beyond Stretching* dvd set has so much information on it, and so much that was new to me, I was really surprised. There are many different techniques and exercises for all levels of ability, from someone just beginning to someone looking to complete a full split. I believe if you are a personal trainer, coach, or a martial arts instructor (as I am) this dvd set is invaluable. I sincerely think this is as good as it gets when it comes to stretching and flexibility training. I am very happy with this product and in all honesty would have paid a lot more for all of the information that is on the dvds."—Jon Frost, Naples, FL



## Beyond Stretching: The Seminar

*Instant Flexibility and The Master Principles of Stretching with Pavel #DVS012 \$97.00*  
5-DVD Set Running time: 4 hours 48 minutes



Since his early days when he honed the physical fighting capacity of the legendary Soviet Spetsnaz, to his current incarnation as a bestselling American fitness expert, Pavel has tirelessly researched and then implemented the best-kept secrets for function-based flexibility.

Using his own body and the bodies of countless thousands of warriors, athletes, martial artists, gymnasts, dancers and coaches as the proving ground, Pavel has refined his stretching program into a brilliantly simple-yet-powerful, 5-step operating system for ultimate flexibility.

In this seminar, Pavel excelled himself, with his most succinct, practical and honed program ever. Participants were wild about the stunning flexibility changes they were able to experience in just a few hours—all by implementing just a few simple but deep and far-reaching Master Principles of Stretching.

## Pavel continues to amaze!

"I've been a practicing martial artist for 30 years. I ordered this seminar hoping that it would facilitate my recovery from injury and help restore my lost flexibility. It taught me safe and mechanically correct assessment and training methods that none of my six previous martial arts teachers ever touched on. I experienced immediate improvement from my first training session. Now I can pass on this information to my students and hopefully they won't have to suffer like I have. I give this seminar my highest recommendation."—Scott A. Dollinger Psy.D., Glen Ellyn, IL

## Get Stronger and More Powerful—Using Proven, yet Little-Known Training Secrets and Strategies From the Greatest of the Russian Strength Masters

*The Do-It-Now, Fast-Start, Get-Up-and-Go, Jump-into-Action Bible for High Performance and Longer Life*

There is no better way to insure a long, pain-free life than performing the right daily combination of joint mobility and strength-flexibility exercises. In *Super Joints*, Pavel shows you exactly how to quickly achieve and maintain peak joint health—and then use it to improve every aspect of your physical performance.

Only the foolish would deliberately ignore the life-saving and life-enhancing advice Pavel offers in *Super Joints*. Why would anyone willingly subject themselves to a life of increasing pain, degeneration and decrepitude? But for an athlete, a dancer, a martial artist or any serious performer, *Super Joints* could spell the difference between greatness and mediocrity.

### Discover:

- The 28 most valuable drills for youthful joints and a stronger stretch
  - How to save your joints and prevent or reduce arthritis
  - The one-stop care-shop for your inner Tin Man—how to give your nervous system a tune up, your joints a lube-job and your energy a recharge
  - What it takes to go from cruise control to full throttle: The One Thousand Moves Morning Recharge—Amosov's "bigger bang" calisthenics complex for achieving heaven-on-earth in 25 minutes
  - How to make your body feel better than you can remember—active flexibility for sporting prowess and fewer injuries
  - The amazing Pink Panther technique that may add a couple of feet to your stretch the first time you do it



## Super Joints

*Russian Longevity Secrets for Pain-Free Movement, Maximum Mobility & Flexible Strength*

by Pavel #B16 \$34.95  
Paperback 197 pages 8.5" x 11"

DVD With Pavel #DV003 \$24.95  
Running time: 33 minutes



## Fast & Loose

*Secrets of the Russian Champions: Dynamic Relaxation Techniques for Elite Performance*

DVD With Pavel #DV021 \$29.95  
Running time: 27 minutes



# How to Catapult Yourself into the Ranks of the Elite Athlete, Coach and Personal Trainer

## Is the CK-FMS Home Study Course right for you?

The CK-FMS Home Study Course is for those athletes, trainers and coaches who want to:

- Dramatically improve their own and others' functional and athletic performance
- Significantly reduce the potential of training and sports injuries for themselves and their clients
- Significantly reduce the recovery time from prior sports injuries for themselves and their clients
- Exponentially increase their potential income as a winning athlete or as a coach and trainer
- Significantly upgrade their own personal strength, conditioning and resilience

### PRICELESS

"I've been a physical therapist since 1985, and have been actively learning as much as I could ever since. This was one of the most immediately useful trainings ever. So much useful info on every video. So good I HAD to order the FMS test kit. I used to get excited when I would learn a new technique or have an amazing manual therapy treatment which eased my chronic pains along with improving my movement. My wife would wearily say 'It always comes back'. Now it is obvious why. Thank you Gray, Brett, and everyone else that made this available."—Herb Pike PT, Cortez, CO

### A must-have for RKC's

"I haven't been able to take the CK-FMS course yet, so I was thrilled to see the home study course available. These DVDs are absolutely packed with practical information that will help my clients and me. I will be watching the DVDs repeatedly because there is so much information to absorb. I am still looking forward to attending the CK-FMS, but thanks to the home study course at least my clients won't be missing out on this knowledge in the meantime."—Carrie Dale, RKC, Exton, PA

## The Certified Kettlebell-Functional Movement Specialist (CK-FMS) Home Study Course

With Gray Cook, MS, PT, RKC

and Brett Jones, Master RKC, MS

# DVS018 \$97.77

15-DVD set



# How to Master Advanced Kettlebell Drills—And Explode Your Strength!

*A hard man's plan for dramatic strength gains—combining the sharpest edge of scientific research with the inherent power of the ancient kettlebell*

**R**eturn of the Kettlebell's protocols were born from Pavel's insights while training elite power athletes. Several champions made astonishing, almost mysterious, strength and muscle gains—at least two broke new powerlifting world records—thanks to kettlebell training. Pavel decided to reverse engineer this "What the Hell" effect experienced by the champions—so all others could benefit from their success.

*Return of the Kettlebell* presents the final fruit of Pavel's research—combining the very best of ancient lifting wisdom with modern day scientific breakthroughs. Central to Pavel's new program for explosive muscle gain is the skillful use of double kettlebells. Discover smokers like the Double Clean, classic strength builders like the Double Snatch and Double Press and enjoy the supreme intensity of the Double Clean and Jerk. Like the Breakfast of Champions, consume what's on the Return of the Kettlebell menu and watch yourself grow—and grow!

### Well, here it is...the book I always wanted

"I'm not sure I can speak highly enough about *Return of the Kettlebell*. Maybe it's the little things, like how we are walked through the squat with pictures that answer so many questions for the novice or the several pages dedicated to the Hip Flexor stretch. Honestly, the devil is in the details when it comes to working the hips and shoulders and the RKC system is clearly miles ahead of anybody else when it comes to exacting explanations of how to deal with the 'four knots'.

It could be the 'big things.' I never thought much of Double Kettlebell Cleans because I have such a history with the O lifts. Maybe, just maybe, it could be because I never did them right! Something as simple as the V position changes the lift forever and, if you need to be gassed, go right ahead and do a set of ten. Not enough, add some Front Squats.

To say that this work is 'amazing' is an understatement. Anyone who plays with kettlebells must use this book as a resource. Completing the program and goals set in this book is a worthy fight for any man."—Dan John, author, *Never Let Go*, Murray, UT



## Return of the Kettlebell

Explosive Kettlebell Training for Explosive Muscle Gains by Pavel #B40 \$29.95

Paperback 197 pages 8.5" x 11"

DVD With Pavel

#DV062 \$19.95

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2

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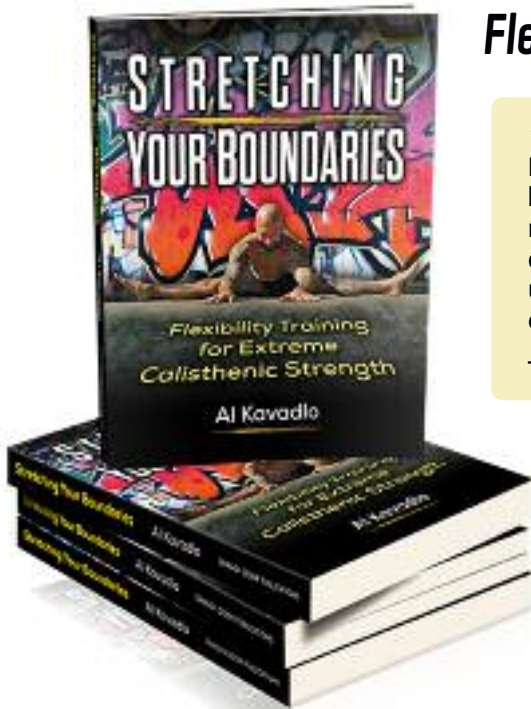
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# Stretching Your Boundaries



## Flexibility Training for Extreme Calisthenic Strength

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—**"COACH" PAUL WADE**, author of *Convict Conditioning*

"*Stretching your Boundaries* is a terrific resource that will unlock your joints so you can build more muscle, strength and athleticism. Al's passion for human performance radiates in this beautifully constructed book. Whether you're stiff as a board, or an elite gymnast, this book outlines the progressions to take your body and performance to a new level."

—**CHAD WATERBURY, M.S.**, author of *Huge in a Hurry*

## Stretching Your Boundaries

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By Al Kavadlo #B73 \$39.95

215 pages, 277 Photos



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» See pages 8–11  
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