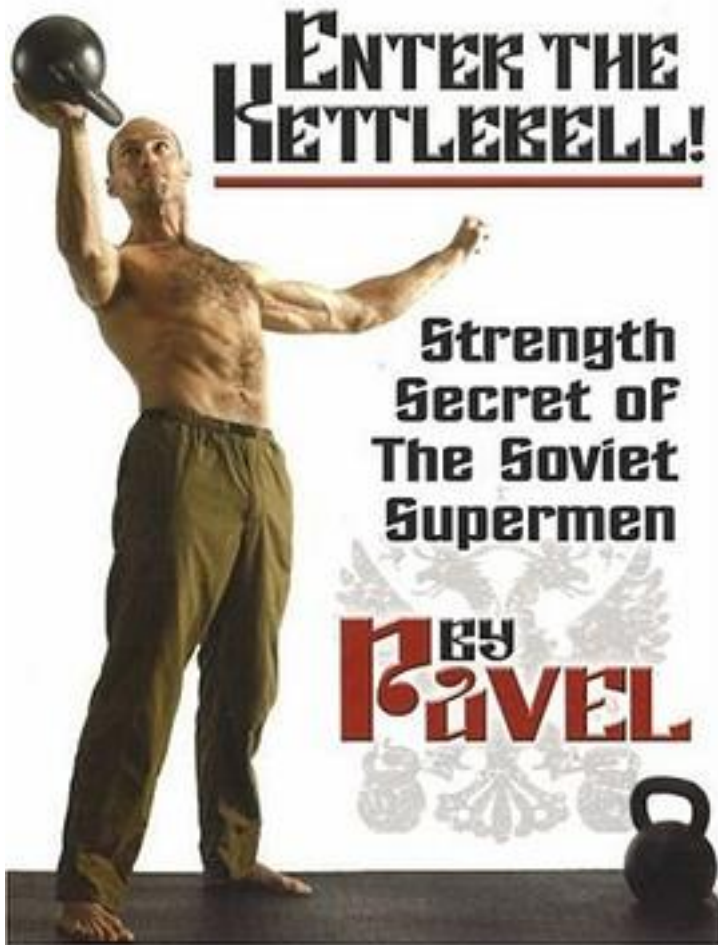


Enter The Kettlebell! Strength Secret of The Soviet Supermen



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著者:Pavel Tsatsouline

出版者:Dragon Door Publications

出版时间:2006-05-01

装帧:Paperback

isbn:9780938045694

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 fool-proof 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. Maximise staying power -- because the last round decides all. Forge a fighter's physique -- because the form must follow the function. Features 3 plans. 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. Plan 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. Plan 3: Become a Man Among Men -- Propels you to a Special Forces level of conditioning.

作者介绍:

帕维尔·塔索林被誉为运动大师，现为美国海军海豹突击队、美国海军陆战队以及美国特勤局的训练和主题专家。

2001年，帕维尔与龙门出版社联手，将壶铃和俄式壶铃挑战（RKC）训练课程引入美国，并陆续出版了壶铃训练三部曲，建立了壶铃训练的黄金标准。2009年，他被《滚石》（Rolling Stone）杂志评选为“年度热门教练”，被《真理》（Pravda）以及《福克斯新闻》（Fox News）等媒体争相报道。兰德尔·斯特罗森（Randall Strossen）博士是力量界最受尊敬的人物之一，他这样评价帕维尔：“在我们看来，帕维尔·塔索林是当之无愧的现代壶铃之王，因为正是他普及了壶铃，让整个美国痴迷于壶铃训练。”

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标签

健身

壶铃

评论

越来越喜欢壶铃了，来改一下分数

硬式壶铃技术大全，不过建议先练ss之后再练这本书。欢迎加入轧钢者q群664188，开源非盈利的壶铃爱好者团体，群内有丰富教程

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书评

如同题目，没有之一。
怎么玩壶铃，都在书里，不用我说。如同《囚徒健身》，老帕（帕维尔）写书一样喜欢引经据典，叨叨逼逼之中隐藏着各种有价值的知识点，循着这些隐藏的知识点总会有意想不到的收获！我就爱看这种，不喜欢教科书字典式的书籍。
作为硬式壶铃教父，老帕的玩法...

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