

All Press Releases for September 25, 2004

**Kettlebells, the Ancient Russian Exercise Tool, May Provide Surprising Solution to America's Growing Obesity Problem**

*In growing numbers, Americans are solving their obesity problem by using kettlebells, the ancient Russian exercise tool. To meet the increasing need for high quality kettlebell instruction, kettlebell expert Pavel offers Russian Kettlebell Instructor certification in April, 2005.*

St. Paul, MN, (PRWEB) September 25, 2004 -- Despite low-fat diets, aerobics and jogging, Americans are fatter than ever. It's 2004, and now two out of every three Americans are overweight. Perhaps, we've got it all wrong? Yes we have, claims Russian Pavel Tsatsouline, who will be certifying another sixty kettlebell instructors at the Russian Kettlebell Challenge Certification Workshop in St. Paul, Minnesota, April 15—April 17, 2005. <http://www.dragondoor.com/wpkb11.html>

"Avoid the dishonor and futility of dieting and aerobics," claims the outspoken kettlebell expert, "the real way to lose weight and bodyfat is through building dense muscle, from low-rep, high intensity weightlifting exercise. And nothing achieves that faster than the ballistic exercise tool, kettlebells."  
<http://www.russiankettlebell.com/>

Pavel introduced kettlebells to America three years ago, as an elite fitness tool for athletes, the military and other hardcore types. To his happy surprise, the kettlebells' remarkable ability to strip unwanted fat off the body (in record time), has resulted in a stampede of kettlebell "addicts", featuring not only elite athletes, but a spectrum running from physicians, chiropractors and personal trainers to the everyday, deskbound computer jockeys and harried mother looking for a fast way to lose unwanted pounds.

To meet the growing national need for quality kettlebell instruction, Pavel and his publisher Dragon Door Publications now conduct kettlebell instructor certifications, the first of their kind in the US. A recent participant was Dr. Dennis Koslowski, Silver Medalist in Greco-Roman Wrestling in 1992, who had this to say after the kettlebell certification "If I could have met Pavel in the 80's, I might have won two gold medals. I'm serious."

Other kettlebell instructors and kettlebell users agree with Dr. Koslowski: Dragon Door's kettlebell website at [www.dragondoor.com](http://www.dragondoor.com) contains hundreds of testimonials about the fat-burning and strength-gaining results from kettlebells. An added plus for many: kettlebell exercises can be done at home, so there's no more need to waste time with lengthy trips to the gym.

For additional information on kettlebells or Pavel's Russian Kettlebell Certification, to arrange interviews or receive review copies contact John Du Cane at 651-487-3828.

Kettlebells and kettlebell training resources are available online at [www.dragondoor.com](http://www.dragondoor.com) or by calling 1-800-899-5111.

Dragon Door Publications, Inc is the leading provider in the United States of information and equipment for elite fitness, including the kettlebell.

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