

DRAGON DOOR PUBLICATIONS PRESENTS  
**HARD-STYLE**

HARD CORE TOOLS FOR HARD LIVING TYPES

Kettlebell Sport World Champion  
**Valery Fedorenko**, at the  
National Kettlebell  
Convention in Las Vegas

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May 21, 2005 • St. Paul, MN

## The First National Kettlebell Convention, Las Vegas, March 2005—a wild success

**D**ragon Door's first-ever *National Kettlebell Convention* featured a series of superb workshops by Pavel and the entire Dragon Door faculty of RKC Senior Instructors. Further highlights were the presentations by Dan John, Tim Larkin and Charles Staley. I heard several people commenting in amazement at the value they were receiving in terms of advanced instruction.

On pages 16 & 17 you'll find a great photo-spread of all the kettlebell convention presenters in action, including the Kettlebell Sport World Champion, Valery Federenko, featured also on our front cover this issue. Go to our website, [dragondoor.com](http://dragondoor.com) to see over 780 photographs from the Convention and be on the lookout for the next issue of our *KettlebellNews*, with more coverage of the event.

Hot news: Pavel has just released two excellent new DVDs of cutting-edge stretching techniques, *Loaded Stretching* (see Page 3) and *Strength Stretching* (see Page 11). You will not find the information on these DVDs anywhere else—in both cases expect to make significant gains when you implement these great new training secrets.

Speaking of Pavel's stretching knowledge, he's joining up with myself and Brazilian Jiu Jitsu World Champion Steve Maxwell for our new *Unlock!: The Course in Effortless and Unrestricted Movement* workshop in July (see Page 13). I guarantee you will be exposed to more instantly useful and practical techniques in this workshop than most people would get in a lifetime!

Also new to this issue are two new DVD products from Senior Kettlebell Instructors Steve Cotter and Brett Jones (with RKC Michael Castrogiovanni.) In *Full KOn tact Kettlebells Vol. 2, Applied Strength* Steve Cotter does a tremendous job of showing how to transfer kettlebell skills into self-defense applications. And any personal trainer or strength coach who doesn't devour and implement the Jones/Castrogiovanni two-volume *Kettlebell Basics for Strength Coaches and Personal Trainers*, risks being overtaken by their competitors who do take advantage of this highly comprehensive training program.

## Have you checked out the Dragon Door author blogs?

Most of you know by now that blogs are relatively personal, often opinionated yet highly informative pieces that are a highly effective way for authors to talk to their people. Go the [www.dragondoor.com](http://www.dragondoor.com) home page and see Pavel's kettlebell and strength/flexibility blogs. I do my level best to entertain you up close and personal with my qigong blog—and make sure to give you a good tip or two while I'm at it. Dr. Al Sears gives you great advice on building a stronger heart through his PACE exercise program and with a diet that I personally strongly endorse.

We have three pieces by Pavel in this issue that should whet your appetite for his new DVDs and for *Beyond Bodybuilding*, if you are one of those laggards who hasn't got with the program yet... see pages 9, 10 and 12.

In his article 1+1=3: *How to Successfully Blend Training Approaches* Brett Jones discusses how to have your cake and eat it too—combining the low-rep, high weight philosophy of *Power to the People* with the explosive conditioning routines of the Russian kettlebell. The secret is in knowing how to do “just enough”, so adaptation is forced, without fatiguing the body. When you know how to negotiate this fine and shifting line, you will own the keys to the strength kingdom.

In *How an Old-Time Strongman Feat will Make You a Better Wrestler or Grappler* National Kung Fu Champion Steve Cotter explores the role of the Bent Press in developing a powerful torso. As Steve puts it in his article: “A strong torso is fundamental to generating the type of leveraged forces needed to successfully grapple with an opponent. This area of the body controls the degree of force that can be transferred to the limbs.” Steve does a terrific job of explaining the relationship of strength development to martial applications.

On a parting note: does the idea of possibly doubling your income without working any more hours appeal to you? Many of our certified kettlebell instructors have created this new and improved lifestyle for themselves. See Page 23 for more details.



All the Best,

*John Du Cane*

John Du Cane  
Publisher



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# JUMP START YOUR BENCH WITH A PTP/LADDER HYBRID!

AN EXCERPT FROM BEYOND BODYBUILDING BY PAVEL

## QUESTION:

***My bench press has stalled.  
Do you have any cool routines to get it going?***

**T**ry the following program by Jason Brice of Johnson City, Tennessee. Jason combined one of the power cycles from my book *Power to the People!* with ‘ladders’, a technique popular in the Russian military for improving pull-ups.

On June 30th, 2001 Brice started out with one set of five reps with 225 pounds, or 67% of his 335-pound max bench (naturally, you will need to plug in your own numbers). Jason did only one set of five reps per workout, adding five pounds each time. What will surprise you is that he benched five days a week, Monday through Friday. The reasoning behind such an unorthodox schedule is outside the scope of this piece; it is explained in *Power to the People!*

Since you cannot keep on adding five pounds a workout forever, even if you started the cycle with a light weight, eventually you will reach your five-rep max. When Jason reached his he switched from powerlifting style cycling to ladders. ‘A ladder’ means doing one rep, resting briefly, doing two reps, etc., then starting all over when you cannot top the reps of the last set. Brice did sets of 1-2-3-1-2... with his 5RM until his form started to get sloppy. He did this every other day for two weeks.

Then Jason backed off ten pounds from his 5RM established two weeks earlier and resumed a linear cycle: one set of five Monday through Friday adding five pounds a day. When he had a tough time completing his fiver Jason took two days off and tested his one-rep max, something he did every two months. Here is what he accomplished:

	June 30th	August 30th	October 31st
<b>Bench press 1 RM</b>	335	385	420
<b>Bench press 5 RM</b>	285	325	360

“After benching I did one-arm snatch pulls with dumbbells and heavy ab work, wraps up Jason Brice. “...My lifts were witnessed by my co-workers as well as a few powerlifters who compete with me. If I lied about my results they would call my bluff.”



# ARCH LIKE A PRO AND LIFT MORE

BY PAVEL

**Y**ou should arch your back when pulling or squatting. Although there are a couple exceptions such as wrestling or lifting Atlas stones, most of the time this rule stands. Because your lower back is better protected that way and because you are stronger. According to the number one expert on weightlifting technique and former world champion from Russia Robert Roman, you lose up to 15% of your leg and hip strength when pulling with your back rounded. Now there is a way of teaching a beginner to arch like a pro in no time flat and making the pro arch better than ever.

One of the exercises in John Du Cane's excellent program, *Qigong Recharge*, caught my attention. The Chinese wall squat. In order to avoid the confusion with the popular skiing exercise I shall refer to this move as 'the face-the-wall squat'. You are facing the wall after all.

The authentic Qigong face-the-wall squat is performed rock bottom in a narrow stance (see photo 1). In addition to developing knee mobility the exercise is known to deliver a number of health benefits, all explained in *Qigong Recharge*. But they are not the subject of the article, stretching for strength is.

If you take a wider stance and stand very close to the wall you will notice something interesting. You will not get very deep but the wall will force you to arch your upper and lower back (see photo 2).

And if you insist on proving me wrong and mindlessly go down you will quickly learn that not only will you fail to descend lower than a couple of inches, your forehead will hit the wall and make you fall back (see photo 3). As Jeff Martone would put it, the drill is 'self-correcting'.

Let us review the proper form. Stand a couple of inches away from a wall facing it, your arms hanging free, your feet as you would position them for the kettlebell swing or the sumo deadlift. Without 'frogging' your knees outward or rolling on the outer edges of your feet, squat down as low as you would when performing the swing or the deadlift—above parallel. If you have succeeded, get even closer to the wall; your forehead should be almost brushing it. Squat for repetitions and note how your spine, upper and lower, is locked in on the bottom. Reproduce this position when pulling iron.

The face-the-wall squat will not only teach you how to align your spine properly but will also develop the required back and hamstring flexibility. Have patience, it may take weeks and months. Until you can successfully keep your back arched in the face-the-wall squat, don't squat or pull.

Eventually work up to the point where your thighs are parallel to the deck. Do not go any lower, for arching flexibility purposes. Once you clear the parallel your hips will come closer to the wall again and you will no longer be forced to arch. That does not mean that the original rock bottom face-the-wall squat is no good; it is excellent for purposes other than developing a championship back arch.

Watch the modified face-the-wall squat, as well as other stretches uniquely designed for the strength athlete in action on my new DVD *Strength Stretching*.

Power to you!

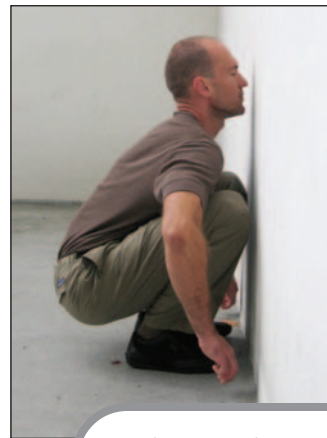


Photo 1. The original face-the-wall squat.

Photo 2. The Strength Stretching face-the-wall squat



Photo 3. How not to wall squat.



# Presenter Highlights at the First National Kettlebell Convention



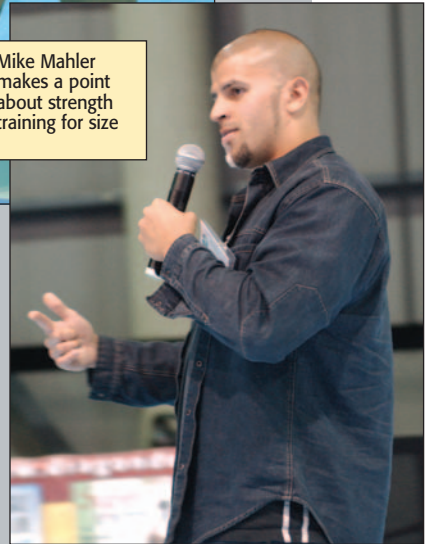
Pavel kicks off the Convention



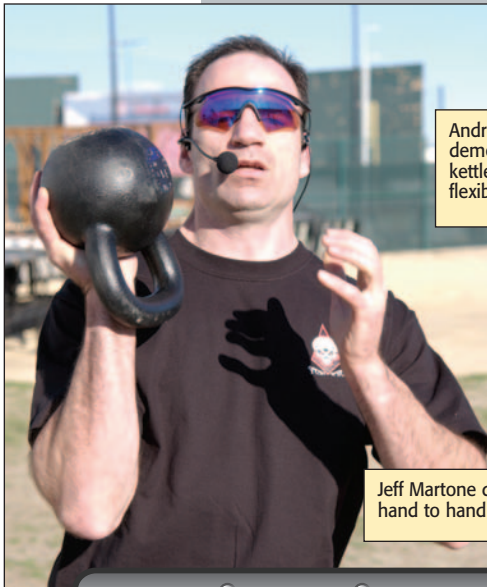
Dan John uses Pavel to demonstrate a point about throwing



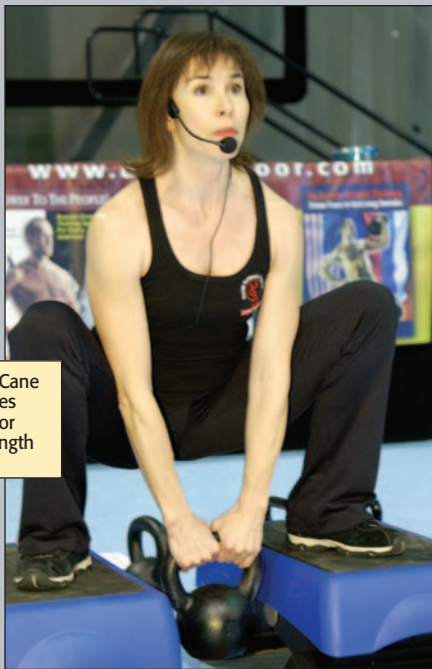
Charles Staley discusses EDT and kettlebells



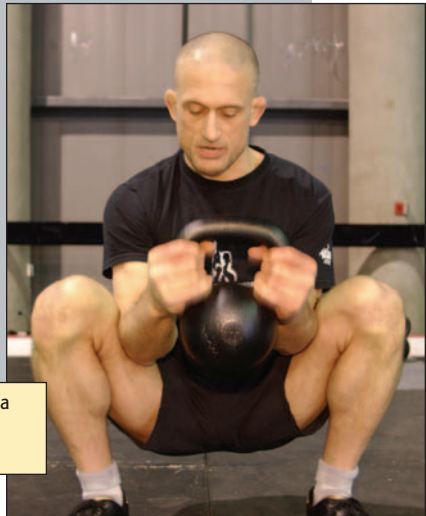
Mike Mahler makes a point about strength training for size



Jeff Martone demonstrates a hand to hand kettlebell drill

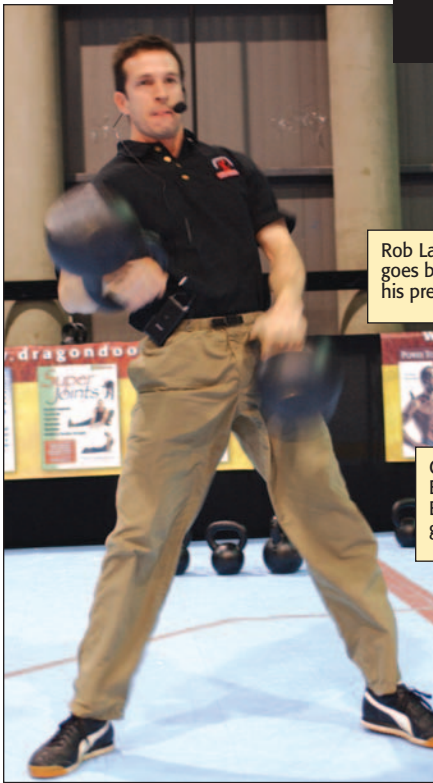


Andrea Du Cane demonstrates kettlebells for flexible strength



Steve Maxwell demonstrates a move from his Kettlebells Mobility routine

# Las Vegas, March 2005

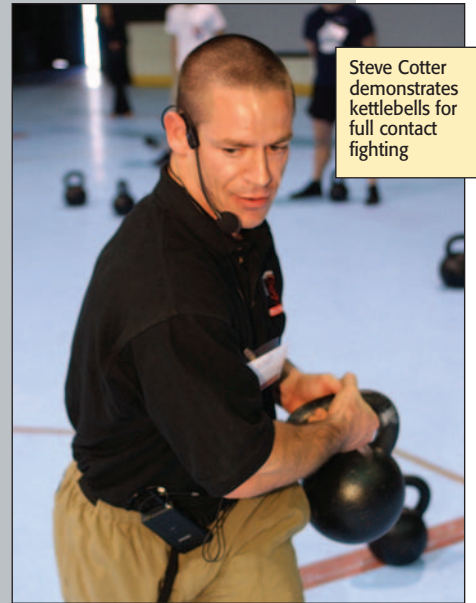


Rob Lawrence goes ballistic in his presentation

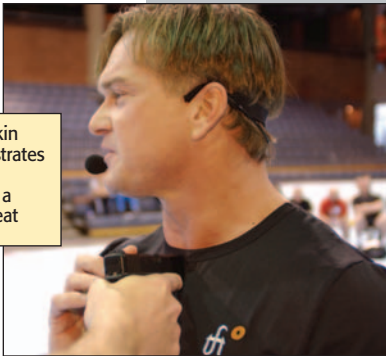
Nate Morrison illustrates the combat-applications strength derived from kettlebells



Grip Man Extraordinaire Brett Jones, getting it done



Steve Cotter demonstrates kettlebells for full contact fighting



Tim Larkin demonstrates how to counter a gun threat

## A Word from the World Champion



First of all, I would like to thank Dragon Door for the opportunity to talk to like-minded people. I also would like to express my respect for Pavel Tsatsouline, John Du Cane, Dennis Armstrong, Steve Cotter, Sarah Lurie, Rob Lawrence and many other fanatical individuals who enable our new cause to get ahead.

Kettlebells are new to America and the number of kettlebell fans will be going only up. The kettlebell is an all-around tool that takes up little space and can find a place in any household. The kettlebell enables you to do many exercises that are good for your body and your health, regardless of your age and gender. Pavel can teach you how it is done.

Another use of kettlebells is girevoy sport. I compete with kettlebells. I go for the max number of reps in the jerk, the snatch, and the long cycle. I can show you how it is done. In my seminars I teach the history of girevoy sport, how I achieved my records, and which qualities an athlete needs to achieve high results. I teach the technique of the jerk and snatch, program design and many other things. I am ready to share my knowledge and experience. I look forward to meeting you!

—Valery Fedorenko, Kettlebell Sport World Champion

Call V. Fedorenko at (415) 225-6134 if you are interested in kettlebell sport seminars, consultations, or private training.



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Visit the Hard-Style website today to take advantage of free author e-newsletters, product updates, cutting edge fitness articles and a highly-active Discussion Site. A goldmine of advice from leading experts, constantly updated!



# Unleashing a Powerful Force: Become a Leader in The World's Most Dynamic Exercise Method



Participants at *Pavel's 2004 and 2005 Russian Kettlebell Certifications* included world champions, elite athletes, special forces, law enforcement, firemen, doctors, personal trainers, martial artists...and regular folk just looking to achieve irregularly spectacular levels of strength and conditioning. The Party is On. The Party is Growing. We invite you to ride the wave. Go to [www.hard-style.com](http://www.hard-style.com) today and sign on!

Participants at Pavel's October, 2004 RKC Workshop



Participants at Pavel's April, 2005 RKC Workshop





# Action!



## Meet Your Senior RKC™ Instructors

**Steve Cotter**, CSCS is a U.S. Full Contact Kung Fu Champion and the author of *Full Contact Kettlebells* video. [FullContactKettlebells.com](http://FullContactKettlebells.com), California

**Andrea Du Cane**, a star of Pavel's *From Russia With Tough Love* program, has a background in classical ballet, kung fu, and qigong. [FromRussiaWithToughLove.com](http://FromRussiaWithToughLove.com), Minnesota

**Brett Jones**, MS, CSCS is a strength coach who specializes in athletic enhancement routines for the competitive athlete and weekend warrior. [InMotionAthletics.com](http://InMotionAthletics.com), California

**Rob Lawrence**, MA strictly presses an 88-lb kettlebell at 5' 11" and 160 lbs and emphasizes exacting technique, mental concentration, and the development of wiry strength. [PhiladelphiaKettlebellClub.net](http://PhiladelphiaKettlebellClub.net), Pennsylvania

**Mike Mahler** is a strength coach to MMA fighters and Ironman Japan kettlebell columnist, and the author of many articles in iron game magazines such as *Ironman*. [MikeMahler.com](http://MikeMahler.com), California

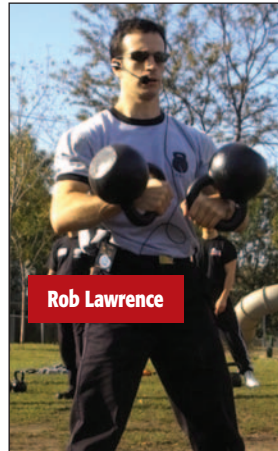
**Jeff Martone** is a defensive tactics, firearms, and special response team instructor, providing low-profile operational development training to a federal agency. He is the author of *Hand-to-Hand Kettlebell Drills: Explosive Strength and Stamina for the Combat Athlete* video. [h2hkettlebell.com](http://h2hkettlebell.com), Tennessee

**Steve Maxwell**, MS is one of three American Black Belts to hold a world title in Brazilian Jiu-Jitsu. Steve is the author of *Steve Maxwell's Cruel and Unusual Kettlebell Exercises for Real Men* video and the owner of the first kettlebell gym in the US. [maxercise.com](http://maxercise.com), Pennsylvania

**SSgt. Nate Morrison** is the combatives course project manager for the USAF Pararescue. He has taken his kettlebells on a 'world tour' with his elite unit and converted countless special operators into our way of training. [militaryfitness.org](http://militaryfitness.org), Arizona



Steve Cotter



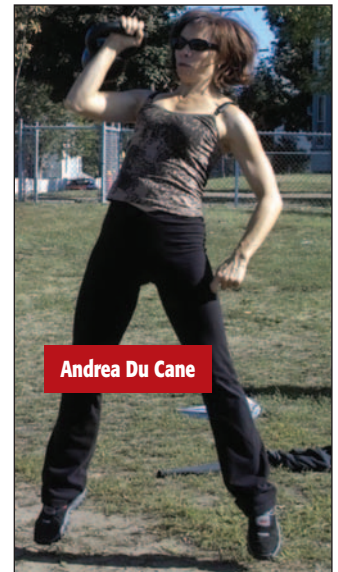
Rob Lawrence



Brett Jones



Steve Maxwell



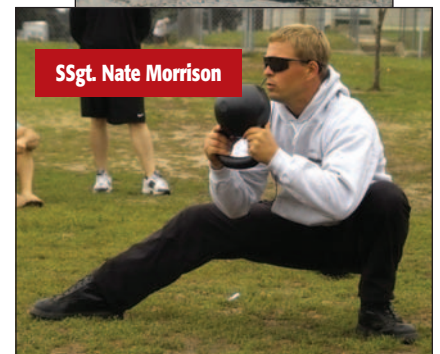
Andrea Du Cane



Mike Mahler



Jeff Martone



SSgt. Nate Morrison

**Comrade, you are in luck! The senior RKC's are available for seminars, private training, and correspondence coaching.**



# HOW AN OLD-TIME STRONGMAN FEAT WILL MAKE YOU A BETTER WRESTLER OR GRAPPLER

BY STEVE COTTER, CSCS, RKC SR.

Throughout time there has been an important connection between strength training and the fighting arts. In the grappling arts, such as wrestling or judo, every slight movement can end in a devastating throw, or painful lock. As in all martial arts, the movements and strategies must all develop from a balanced position.

For this reason, a strong torso is fundamental to generating the type of leveraged forces needed to successfully grapple with an opponent. This area of the body controls the degree of force that can be transferred to the limbs.

One of the best strength training exercises for learning how to develop powerful leverage is the classical strongman lift, the Bent Press. In *Applied Strength*, the new *Volume 2* of the *Full KOnTact Kettlebells* DVD series, I use kettlebells to demonstrate the Bent Press, or what I like to call the Shoulder-and-Hip Press, and then show you how the strength developed in that lift can be used to throw an opponent with a bone-jarring shoulder or hip throw.

Because of the valuable lessons that your body learns while practicing the Bent Press, you will be able to more effectively integrate the acquired strength into your shoulder and hip throwing techniques. For example, a primary component of throwing is learning how to establish a stable base and how to use the hip as a wedge. By establishing a solid position and wedging the hip into the opponent's center of mass, a smaller person can quite easily lift a larger person off the ground, effectively breaking his root and thus connection to the ground. Both of these fundamental skills, creating a solid base with the feet and leveraging the hip, are accentuated by the Bent Press technique.

Further, the Bent Press requires a solid linkage between the arm and the body. The ability of the arm to remain stable within the shoulder socket,

while simultaneously applying rotational force from the torso, is another important element that is required in grappling, in order to transfer power and avoid injury. The Bent Press is a tremendous tool for teaching this arm-body connection, because you discover how to engage the lat muscles in order to reinforce the arm. The increased stability that comes from this arm-body connection will provide more impact when you seize your opponent, because he will not be able to escape by working against your arm. He will have to work against the linkage of your entire musculature, which is very difficult to do.

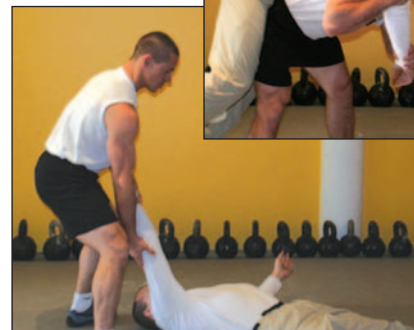
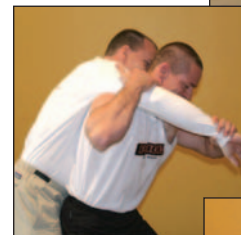
When applying the alignment principles found in the Bent Press to a grappling situation, you will find that you are able to place your feet more securely, wedge your hip deeper into your opponent's center, and link your arm to your body as you brace your opponent's arm, body, or clothing. More specifically, as it relates to martial art applications, the insertion of the hip under the KB, the positioning of the feet, and the degree of flexion in the torso all very closely mimic the ranges utilized in the execution of a shoulder or hip throw.

Developing strength and freedom throughout a complete range of motion means that you have more variables at your disposal, making your technique more versatile and effective. For example a flexible low back and strong hips allow for low basin techniques, in which you can drop down below the opponent to increase leverage, while maintaining mobility. As the Bent Press teaches, you will learn how to drop your stance and wedge your center below the point of counter, making your throws more difficult to defend against.

Practice this classical lift to develop the strength, balance, and coordination and learn how to apply this strength into more effective throwing techniques.



The Bent Press is a tremendous tool for teaching this arm-body connection, because you discover how to engage the lat muscles in order to reinforce the arm.



**Steve Cotter** is the creator of Full KOnTact Kettlebells™, the acclaimed strength and conditioning DVD series. A 2-time USA National Full Contact Kung Fu champion and a Senior Russian Kettlebell Challenge instructor, Steve is regarded as the world authority on single leg squatting and deep stance training. His unique approach bridges time-tested training methods of the internal martial arts and the latest research-based modalities for athletic training. The end results are maximal mind-body performance, deep strength, and unsurpassed athleticism. For information on Steve's Full KOnTact products and services, visit his website, [www.fullkontakt.com](http://www.fullkontakt.com).

# 1+1=3: HOW TO SUCCESSFULLY BLEND

## TRAINING APPROACHES

BY BRETT JONES, CSCS, RKC SR.

One of the most common questions asked by people pursuing strength and conditioning is: "How do I combine the approach A and the approach B?" In reference to the Hard Style of training this usually means combining the *Power to the People!* style of strength training with the RKC style of kettlebell conditioning. While there are many ways to accomplish this, most trainees either seek to separate the two or do both and end up with too much on their training plate.

The hard truth of combining methodologies is that you have to be willing to walk the line between doing too little and just enough. Deadlifting places a great strain on the lower back musculature as maximum strength is built. Kettlebell ballistics place an additional strain on the lower back as strength-endurance is developed.

The answer to combining the two is to perform enough to force adaptation and treat the training as a way to produce results rather than a workout. This is an expansion on the idea of approaching training as 'practice' rather than a 'workout'. Doing just enough and not being fatigued and 'worked out' is a bitter pill to swallow for most trainees. Trusting that enough work has been done to produce results is a must.

So a sample routine combining PTP and RKC style training might look something like this:

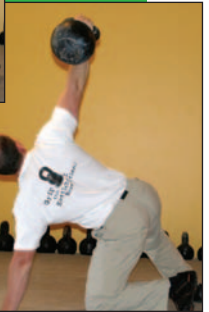
1. Windmill - 1 set of 4 reps each side (light to moderate weight)
2. Barbell Side press - 2 sets of 5 reps
3. Weighted pull-ups - 2 sets of 3 reps
4. Deadlift - 7 singles @ 75% of 1RM

5. Pistol squats - 1 set of 5 reps each side
6. Kettlebell Snatch - 5 sets of 5 reps each side (moderate to heavy weight). Substitute swings for snatches if wanted.
7. Stretching

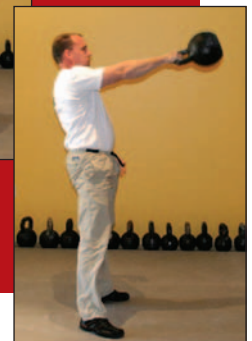
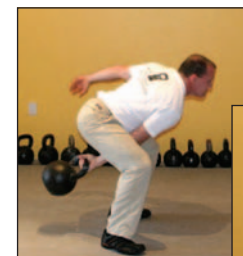
The above routine is a general training routine focused a bit more on strength than endurance. If endurance were the goal then you would cut the sets to one and increase the kettlebell work at the end. Performing a 5-minute Secret Service Snatch test at the end instead of the 5 sets of swing would do the trick. While the above routine could be implemented for a three day a week type of training, you could easily make it a daily routine either by dropping a set or decreasing the reps; another option is to reduce and cycle the resistance. Do the same thing all the time without doing the same thing all the time. Simply make the routine look different each time you perform it. 'Same but different.'

So there you have it, a simplified method of combining two training approaches that respects the fact that the whole is greater than the sum of the parts. In the world of training only the weights add up in a linear fashion. When you start blending methodologies 1+1 will equal 3 or more. So the art becomes adding enough of a specific approach to the mix so that it enhances the brew and doesn't turn it sour.

**Brett Jones**, RKC Sr., CSCS is the eleventh person in the world to bend Iron Mind's Red Nail™ and the author of the *Kettlebell Basics for Strength Coaches and Personal Trainers* DVD. A San Diego based strength and conditioning professional, Brett specializes in combining a variety of training tools and approaches, including grip training, to maximize athletic performance. E-mail Brett Jones at [breakingstrength@yahoo.com](mailto:breakingstrength@yahoo.com) to enquire about his consultation and training services.



Brett Jones mixes it up with Turkish get-ups and swings. Bending iron is next.



*“Beyond Bodybuilding is a treasure chest of strength training secrets.”*  
**—Larry Scott, first Mr. Olympia**

“Congratulations ! You have done it again Pavel. *Beyond Bodybuilding* is a treasure chest of strength training secrets. I love reading your stuff. Your books are never a rehashed... dashed out... serving of the same old thing or even close to it. It's truly ‘arm pit soaking’, exciting stuff. You are a credit to the game Pavel. I am better for having known you.” —**Larry Scott**, Author of *Loaded Guns*, former Mr. America, Mr. Universe and the first Mr. Olympia

"I thoroughly enjoyed *Beyond Bodybuilding*. Every few pages, at least, your book reveals another clever kick-ass, air tight, super-intense training modality that I hadn't even considered in my own investigative research as a muscle writer. Talk about thinking many moves ahead of us other writers, training modality wise! *Beyond Bodybuilding* builds the physique page by page." —**Dennis B. Weis**, Author of *Mass!*, *Raw Muscle!* and *Anabolic Muscle Mass*, *MuscleMag Int'l* Columnist

“Thanks for you 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

"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* covers just about any physical topic you could think of. It's one of those books that will speed you toward your goals by giving you the knowledge to remove training obstacles that it would take you forever to learn how to do on your own. This is a book I wish I would've had when I started training. Pavel is one of those few people who can really deal in the science-meets-real world training area. I would jump on it if I were you. You really need this book.” —**Bud Jeffries**, Author of *How to Squat 900lbs*.

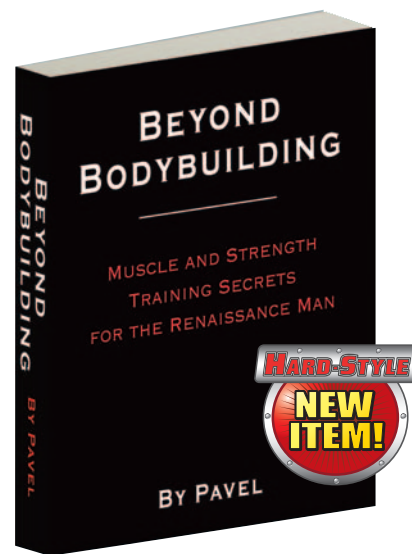
“I wholeheartedly recommend *Beyond Bodybuilding*: I view it as a summation of the accumulated knowledge Pavel Tsatsouline has gathered to this point in his career. Every body part is covered and a blueprint provided for how to build and strengthen every conceivable muscular target. The detail and description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

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

**Beyond Bodybuilding**  
**Muscle and Strength Training Secrets for The Renaissance Man**

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