

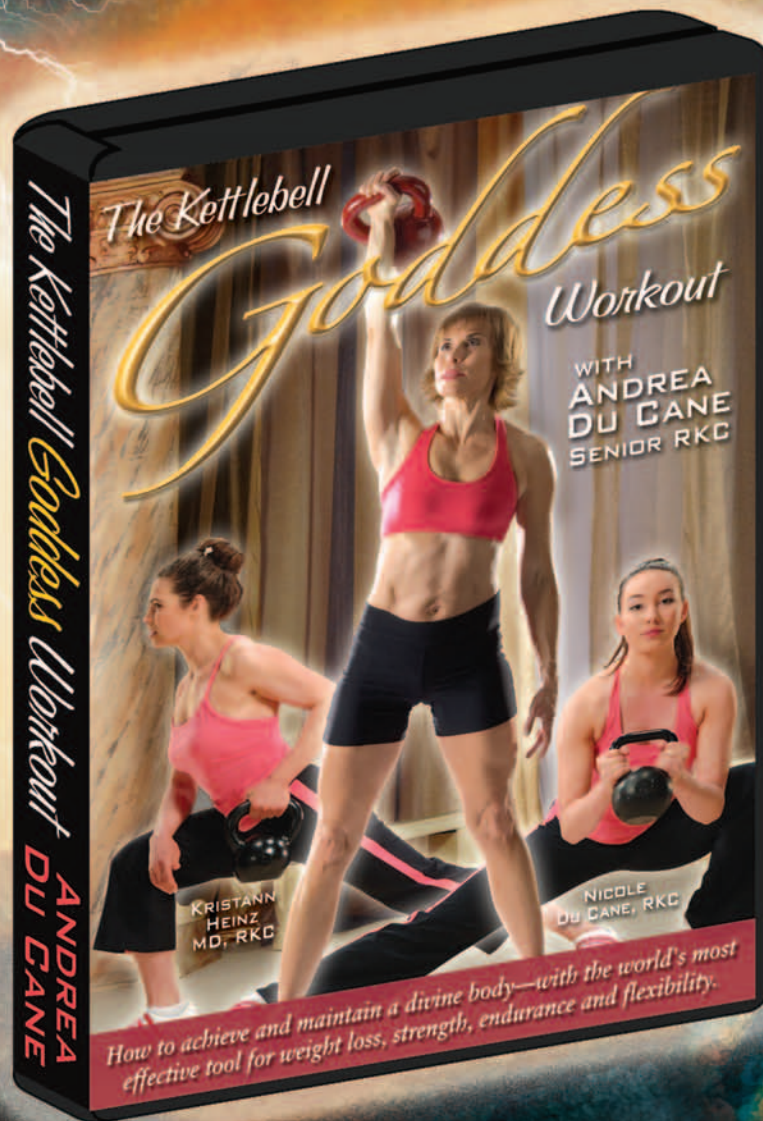
DRAGON DOOR PUBLICATIONS PRESENTS

\$6.95

# VITALICS

*Resources to Renew, Recharge and Rejuvenate*

[www.dragondoor.com](http://www.dragondoor.com) Vol. 2, No. 2



**FOR COMPLETE INFORMATION ON ANDREA DU CANE'S  
AMAZING NEW KETTLEBELL GODDESS DVD, SEE PAGES 3—6**

**1-800-899-5111** 24 hours a day fax your order (866)-280-7619



## Introducing two new Dragon Door authors

I love to share my enthusiasms for what I have personally discovered to be highly effective methods for enhancing health and well-being. And I am always particularly excited when I feel that one of our publications has the potential to dramatically improve the health of a nation.

New Dragon Door author, Dr. Sergey Dzugan's book, *The Migraine Cure* is exactly this kind of work...

Over 28 million Americans suffer from the excruciating and very debilitating pain of migraines. And let's face it... it doesn't matter what they have turned to, be it traditional Western medicine or the host of "alternative" remedies, most of those 28 million continue to suffer.

Well, according to Dr. Dzugan, if those 28 million American migraine-sufferers would simply follow his recommendations and protocols, the vast majority of that 28 million would quickly be migraine-free.

**So just for a minute, I want you to imagine... an America that is migraine-free. With *The Migraine Cure* what currently seems like a pipedream can become a reality.**

There has never been a migraine cure with this bold a promise, to my knowledge. Because no one has ever before been able to truly back up that promise.

Do you suffer from migraines? Do you have loved ones or friends whose lives are being damaged by migraines? Then I encourage you to jump on this new book. You have only your pain to lose!

If you go to a kettlebell class in your local area these days, you will find that despite its hardcore, macho reputation, over 70% of the participants are women.

Now Senior RKC Andrea Du Cane has developed the most comprehensive-ever DVD aimed at specifically helping women enjoy

optimal benefits from kettlebells in their own homes. Her *Kettlebell Goddess Workout* is a masterly effort with a highly interactive menu system allowing you to choose or create a wide variety of personalized workouts to meet your specific needs.

Pavel's new *Enter the Kettlebell!* book and DVD have been redefining kettlebell practice for both the beginner and the most advanced girevik. *His Enter the Kettlebell!* has received an avalanche of praise from reviewers on our website. To see a sample of these reviews see Page 9 of this issue.

One of the most amazing stories to come our way for a long time is told by Mike Lucas, RKC, who has lost over 160 pounds thanks to a combination of diet, exercise and now kettlebells. Mike literally reengineered his life—from being grotesquely obese with zero self-esteem at 344 pounds to achieving a fighting-fit 180-pound, steely frame with a glowing self-confidence to match. See page 24—25 for the full story.

Is there any sport that won't be significantly enhanced by a good, regular dose of kettlebell training? I seriously doubt it. And for sure there's a lurking explosion waiting to happen in the golf world, when golfers catch on to what the bells will do to ratchet up their game.

While we haven't published it ourselves, I recommend that all golfers wanting to improve their scores get hold of Terrence Thomas, RKC's excellent new book *HardStyle Golf Conditioning*.

RKC standout Anthony Diluglio has produced a second outstanding kettlebell workout DVD, *AOS Newport* and has contributed an article detailing one of his patented high-energy workouts. If you looking for a hard-driving follow-along workout to really bust your balls, then look no further...

Pavel's Grease the Groove protocol has continued to astonish people with its plateau-breaking results. Sara Cheatham, RKC contributes a very inspiring piece on Pages 38—39, and how she creatively aced her weighted pull up goals using Pavel's method.

Another must-read is powerlifting champ Michelle Kilikauskas, RKC's great article on her and her husband's success using the kettlebell for on-the-road fitness. Good stuff! (See pages 40—41).

# VITALICS

Resources to Renew, Recharge and Rejuvenate

**Dragon Door Publications presents Vitalics**  
[www.dragondoor.com](http://www.dragondoor.com)

**Publisher & Editor-in-Chief**  
John Du Cane

**Editorial**  
**Training Editor**  
Pavel Tsatsouline  
**Editorial Assistant**  
Dennis Armstrong

**Contributors**  
Andrea Du Cane, Pavel, Dr. Kristann Heinz, Dr. Al Sears, Dr. Sergey Dzugan, Zhongxian Wu, Terrence Tomas, Mike Lucas, Yoanna and Franz Snideman, Anthony Diluglio, Sara Cheatham, Michelle Kilikauskas.

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

**Internet Architect**  
James McConnell,  
[webmaster@dragondoor.com](mailto:webmaster@dragondoor.com)

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

**Orders & Customer Service on Orders: call 1-800-899-5111**

**Dragon Door Publications corporate address:**

**Dragon Door Publications**  
5 East County Rd B, #3  
Little Canada, MN 55117

Qigong's ability to help folk recover from the most serious conditions, never ceases to impress me. Case in point, the also truly inspiring letter and story I got from Jeanne Wiestling on how qigong helped her recover from the effects of a massive stroke. (See page 54).

Enjoy!



All the Best,

*John Du Cane*  
John Du Cane  
Publisher

**If you're currently or recently pregnant DON'T EVEN THINK ABOUT PICKING UP A KETTLEBELL until you've read every word of this article!**

# **BUT IS IT SAFE?** The Critical Dos and Don'ts of Exercising with Kettlebells During and After Pregnancy

**Kristann Heinz, Medical Doctor, Professional Mother and Certified Kettlebell Instructor Sets the Record Straight...**

This article is based on the talk by Dr. Heinz included in Andrea Du Cane's new *Kettlebell Goddess Workout* DVD.

**M**oderate exercise can greatly benefit a woman experiencing a low-risk normal, healthy pregnancy. But some pregnancies are special and it is recommended that all women check with their doctor before starting or continuing an exercise program.

Exercise is **not** for all pregnant women and women should not participate in a prenatal fitness program if they have: *pregnancy induced high blood pressure; a pre-existing medical condition such as heart disease or severe breathing disorder; persistent vaginal bleeding; a diagnosis of a weak cervix; a history of 2nd and 3rd trimester miscarriages; preterm rupture of membranes or a preterm labor in the current or previous pregnancy; a difficult time gaining weight during pregnancy.*

Pregnant women who have a low-risk healthy pregnancy can begin or continue a moderate exercise program if their doctor has approved such activity.

Do not start a kettlebell training program or any new vigorous exercise program when you discover you are pregnant. If you have been training with kettlebells for a least a year, show the *Kettlebell Goddess Workout* DVD to your obstetrician and together you can decide what kettlebell exercises, if any, are safe for you during your pregnancy.

Every pregnancy is unique and every women experiences pregnancy differently, therefore it is very important to continue to check with your doctor about your KB training to ensure safety throughout your whole pregnancy.

On her new DVD, Andrea Du Cane recommends that

kettlebell exercises starting in the first trimester should be performed with a light kettlebell weighting no more than 8kg, and exercises will need to be modified in form and weight as a normal pregnancy progresses. The modified exercises reflect normal physiologic changes that occur during pregnancy. Again, these exercises must be reviewed with your obstetrician to make sure your KB exercise program is safe for you and your baby.

The American College of Obstetrics and Gynecology recommends that most pregnant women participate in 30 minutes or more of moderate exercise on most days, if not all days of the week. Examples of moderate exercise include a brisk walk, gardening or dancing. **A pregnant woman should never exercise to the point of exhaustion.**

In normal pregnancies, exercise can:

- Boost overall energy
- Contribute to a sense of well being
- Help regulate weight gain
- Help stabilize blood glucose levels, which can reduce the risk of developing gestational diabetes
- Prevent or relieve back aches and leg cramps
- Prevent or reduce the occurrence of constipation
- Improve sleep
- Get the body ready for childbirth and reduce recovery time

Kettlebell exercises are particularly beneficial for pregnant women because core muscle groups are strengthened—which may help throughout the pregnancy, with childbirth and with post-partum recovery.

A pregnant women should stop exercising immediately and contact their health professional if she is experiencing any of the following: *chest pain, difficulty breathing, dizziness, nausea, light-headedness, vaginal bleeding, persistent uterine contractions, pelvic pain, a sudden gush or persistent leak of fluid from the vaginal, sudden swelling in your ankles or hands, have difficulty walking or experience muscle weakness.*

Normal physiologic changes that occur during pregnancy, will affect your workout and you may need to modify your workout as your pregnancy progresses.

Your respiratory rate and heart beat will increase during pregnancy to provide oxygen to your baby. This will reduce the amount of oxygen that you will have for exercise.

You will also expand your blood volume by approximately 40% as another way to provide oxygen to your baby. The increase in blood volume can cause some women to have anemia during pregnancy. This change

can cause you to feel lightheaded during exercise.

**During your 2nd and 3rd trimester, it is recommended by the American College of Obstetrics and Gynecology, not to perform exercises which require you to lay on your back.** Laying down shifts the weight of your baby back onto a vein called the vena cava. When you lay down on your back, you can compress the vein and decrease the amount of blood that is returning to the heart from the lower part of your body. Your heart rate will slow down. A slow heart rate can cause you to feel lightheaded and dizzy and interfere with normal blood flow to the uterus.

As your uterus and breasts grow, your physical shape will change your center of gravity. This can place stress on your back muscles and joints and can cause you to lose your balance easily.

Pregnancy increases the level of a hormone called RELAXIN in your pregnancy, which relaxes your joints and ligaments to prepare you for childbirth. **This hormone not only affects the muscles in your pelvic region but also your whole body. Therefore, it is easy to sprain and strain your muscles and joints.**

Your metabolism and caloric expenditure increases because of your pregnancy and you will need to eat more calories to meet your needs. If you exercise, that caloric requirement will increase even more. You will also need to eat more calories to ensure adequate weight gain.

Your core body temperature increases during pregnancy and when you exercise you will generate heat. **Excessive and sustained body temperatures can be harmful to you and your baby, particularly during the first trimester.** Exercise in light clothing where heat can escape easily. Do not exercise on hot days. Make sure to drink plenty of fluids before, during and after exercise.

After labor, it is important that a woman spend some time letting her body recover. It is always important that she check with her doctor before beginning any exercise program. Some doctors may extend a recovery period up to six weeks particularly if a woman underwent a cesarean section. After a doctor has approved that a woman may start exercising, she may find exercise helps her feel better emotionally during the PP time and will help her regain her pre-pregnancy figure.

It is important to start exercising slowly. If you are eager to start kettlebell training, remember many of the pregnancy related changes in the body systems, like the cardiovascular system, will continue for 4-6 weeks after giving birth. You should start slowly and check with your doctor about which KB exercises are right for you. Weight-less workouts with a focus on core strengthening drills should be mastered before you begin any kettlebell training.

# KETTLEBELL SWING MASTERY

## STEP #1: THE BOX SQUAT

AN EXCERPT FROM *ENTER THE KETTLEBELL!* BY PAVEL



**A** natural athlete moves from his hips, never from his back or knees. Hips-first movement is safest for your back and knees—and most powerful.

Stand up and place the edges of your hands into the creases on top of your thighs. Press your hands hard into your “hinges” and stick your butt out while keeping your weight on your heels. Same thing on the way up: hips first. Drive with your glutes and hamstrings, less with your quads, and not at all with your back. You should feel the muscles in your hinges, the hip flexors, tighten up as if you are doing sit-ups and your hamstrings stretch.

Once you got the idea how to hinge at your hips you are ready for the box squat. The box squat is just like sitting down on a chair or a curb. Powerlifters invented this drill to improve their squatting depth, flexibility, technique, and power. It will serve you well.

Now pick up a kettlebell and hold it in front of you by its horns. You need it for balance, at least in the beginning. Stand a foot or so in front of a sturdy bench or box facing away from it. Crease at your hips and push your butt back.

Before you squat, pick a spot on the wall at your eye level. Fix your gaze at the spot for the duration of the set. Stretch your chin and your tailbone away from each other, a great tip from weightlifting authority Dan John.

Keep pushing your rear end back. Your knees will bend, but only as an afterthought. Hips first!

Don't let your knees go forward. Ideally, your shins should be close to vertical. If you do not feel your hamstrings tighten up when you descend, you are squatting wrong. Imagine that you are wearing ski boots and your ankles cannot bend. If you own a pair, why imagine? Wear them. You cannot help but learn to fold in your hip joints.

Never let your knees bow in. The knees should track the feet, and the feet should be pointing slightly outward.

The movement is similar to the face-the-wall squat, except your butt is sticking out and your body is folded forward more.

Push the kettlebell forward to counterbalance, and keep sitting back.

Back, not down.

Keep sitting back until your backside softly touches down on the box. You must not fall even an inch! Control your descent all the way! You will feel tightness on the top of your thighs and a stretch in your hamstrings if you do it right.

Time to get up.

Rock back. Instantly rock forward and stand up while observing the following rules:

First, do not cross your ankles or push your feet underneath you. Plant your feet like you mean it, with your shins almost upright. Remember that you are stuck in cement up to your knees.

Second, fold over and reach forward. If you have set your feet far enough forward as instructed, trying to stand up while remaining upright is an exercise in futility, a challenge to the fundamental laws of physics.

The moment you feel that your weight has loaded your feet, push your feet hard straight down into the ground.

Tense your glutes—pinch a coin—and drive your hips forward until you stand up. Lock out your knees by pulling up your kneecaps. Lock out your hips by cramping the glutes. Do not even think about scooping forward! Your knees will slip forward only if you completely disregard the instructions. Drop and give me 50! Then get someone to restrain your shins by hand.

If the technique instruction for the box squat seems exhaustive, please realize that attention to details is what makes this, or any other effective program, work. Anything worth doing is worth doing right. Besides, once you get the box squat down pat, the swing, the exercise on which all kettlebell drills build on, will be a piece of cake to learn and master.

Russian kettlebell power to you!



Would You  
Like to  
**FINALLY AND  
FOREVER**  
Eliminate the  
Curse of  
Migraines

from Your Life—And Do It  
Naturally, With Absolutely  
No Drugs?

Now, For the First Time  
in History, There **IS** A  
Genuine, Clinically-  
Proven, All-Natural,  
Drug-Free,  
**100% CURE**  
for Migraine—  
A **CURE** That Is  
Permanently Eradicating  
Not Just the Symptoms  
**BUT THE CAUSES** of  
Even the Worst and Most  
Stubborn Cases

By Sergey Dzugan, MD, PhD

I can only imagine what it's like to wake up each and every day and not know whether I will welcome the sun in my face or need to hide in a darkened room; not know whether I will relish the sound of children playing or need to seek a haven of silence; not know whether I will delight in sitting down to a fine meal with friends or need to sequester myself, nauseous and retching, away from those I love; not know whether I will be able to feel satisfaction after a day's work or need to cut short another day at the office.

Never did I imagine I would find a cure for migraine, a debilitating disease which, according to the National Headache Foundation, affects approximately 28 million Americans.

But I did.

I didn't set out to cure migraine. Like many groundbreaking medical events, the discovery happened serendipitously. In fact, I wasn't even working with migraine patients or in neurology at the time. Rather, before I came to the United States, I was Chief of Cardiovascular Surgery and the Senior Heart Surgeon at the Donetsk District Regional Hospital in the Ukraine. But it was here, while I was working with cancer patients at the North Central Mississippi Regional Cancer Center with R. Arnold Smith, MD, that something curious occurred...

When cancer patients were treated with *immunorestitution*—a treatment approach that includes the use of hormones to help boost the immune system—patients who had once suffered with migraines reported that suddenly they were migraine-free. (We also noticed that high cholesterol was resolved, but that's another story.)

Why were these patients suddenly free of migraine and its many related symptoms, including fatigue, insomnia, depression, and constipation? Could restoration of specific, foundational hormones be the basis of a migraine cure?

I had to know. Suddenly, I had an "incurable desire" to take on one of the most crippling conditions people can experience. Although as physicians we have a wide array of treatment options at our disposal—from moderate and heavy-hitting prescription pain killers to broadly tested herbal remedies—few doctors have been able to successfully treat, much less eliminate this condition for their patients.

Until now, migraine has appeared to be impossible to cure. But it's not impossible any more.

## Now There **Is** A Cure for Migraine

For the first time, there is a safe, proven cure for migraine headache and its associated symptoms. I developed the treatment protocol out of a long-term clinical study in which all the patients—100 percent—got complete relief from migraine pain and related symptoms, including individuals who had difficult-to-treat migraine that had plagued them for more than thirty years.

*Continued on page 12*

*Migraine Cure continued from page 10*

It seemed too good to be true, and you know what they say about such situations. But this was not a one-time occurrence. Since that study, I have repeatedly gotten the same results with hundreds of men, women, and adolescents in the United States and from around the world, whether they have been suffering with episodes of migraine pain for a few months or for decades.

If they can find relief, you and your loved ones can find it as well. In my book *The Migraine Cure*, I share with you some of their success stories and how they achieved that success. More important, I explain how you can realize that success as well.

Some of the patients have called my treatment program a miracle. It is **not** a miracle: I do not wave a magic wand and make your migraine disappear. The treatment program is, however, soundly based in science, it is amazing, and it is effective. It is also natural, readily available, noninvasive, and fine-tuned for each individual to fit his or her unique needs.

Basically, I have developed a four-part program for migraine that is both simple and complex. I wanted it to be simple so people could understand it and follow it easily at home. This information is far too important to keep it out of the hands of everyone who needs it. The program's simplicity lies in the fact that the materials needed to achieve a cure are natural and readily accessible—hormones that are bioidentical to the body and which are available both over-the-counter and by prescription, as well as various nutrients or other natural supplements as needed, without prescription.

**You won't need to worry about taking drugs that will cause side effects or seeking the services of special practitioners or therapists; there aren't any medications in my program.**

The program is also complex because each and every hormone, nutritional supplement, or other natural compound you may take as part of the plan has an intimate and critical relationship with all the others, and all the substances work together to achieve and maintain balance in what is called the sympathetic/ parasympathetic nervous systems.

While it isn't necessary for you to have a thorough understanding of the equilibrium between the sympathetic and parasympathetic systems in order for you to benefit from the program, I do explain how this fascinating relationship works, with the aid of illustrations, because I believe it will provide you with a depth of appreciation not only of the migraine cure but of the intricate maneuverings required to achieve it.

A prominent professor has called my migraine treatment program "Nobel Prize material." Although it would be an honor to win such a prestigious prize, the real reward for me is the invaluable results it is providing the men, women, and young people who once suffered with migraine and who now are pain-free. I wrote this book so I could offer you the possibility of a cure.

In *The Migraine Cure*, you will learn about how the program works, why it works, and, most important, how you can take the steps necessary to make it work for you—all without the use of expensive therapies or traditional drugs and the side effects associated with them.

## How You Can Take Advantage of the Migraine Cure

Prior to publication of this book, the way most people heard about the *Migraine Cure* was through the nonprofit organization with which I am associated, **Life Extension Foundation** in Fort Lauderdale, Florida. The Foundation is, in a word, a **resource**, whose purpose is to provide the latest and relevant information on research from scientific and clinical studies to individuals and their health-care practitioners.

As president of **Life Extension Scientific Information Inc.**, I supervise a staff of knowledgeable advisors who assist individuals who contact the Foundation in search information and ways to help them improve their health, extend human life, slow aging, prevent disease, and find the most effective therapies and remedies for their needs.

No one on our staff forms a patient-physician relationship with any of the individuals who contact us, nor do they perform any type of physical examination, prescribe medications, or order tests or procedures. Once we provide people with information, they are encouraged to share it with their own health-care practitioners and to continue to seek additional information from the Foundation. We, in return, will continue to provide such assistance as long as people request it. If someone cannot find or does not have a health-care professional to consult, our advisors can provide a list of practitioners whom he or she can contact.

Among those who contact us are people with migraine who have read about the migraine management program in the articles I have written for the magazine published by the Foundation, and who heard about it by word of mouth. Good news, after all, does travel fast, and in this case it has circled the globe. When people with migraine contact the Foundation, I and my advisors explain how the **Migraine Cure** works, as I do in detail in my book. In fact, in the book you will meet many of the individuals who have benefited from making that phone call. They learn that the migraine program is highly individualized and involves (1) undergoing a few blood tests, and (2) taking various natural supplements on a daily basis. Both parts of the program are offered by **Life Extension Foundation**, but individuals can also choose to access and purchase them from other sources while following the program.

And the rest, as they say, is history. Most people who carefully follow the recommendations of the **Migraine Cure** are migraine-free in as little as one week. One patient recently revealed to me that after she had been on the program for only two days, she conducted her own little "test" of the program: she ate something that had always triggered migraine in the past—a big dish of chocolate ice cream with chocolate sauce. Her results? Surprise—no migraine!

Here's wishing you many migraine-free years filled with all the goodness and sweetness life has to offer.



# LEARN TO GENERATE BIGGER "HEART WAVES" AND BEAT DISEASES OF AGING

By Al Sears, M.D.

**A**re you one of those frustrated into believing that if you could just make yourself exercise more, then you'd be able to finally lose those love handles, eliminate that spare tire, beat your morning arthritis and stiffness or finally get your energy back?

Before you force yourself into blindly doing more, read the important lesson of Dr Irving Dardik. He was the first Chairman of the US Olympic Committee's Sports Medicine Council. Today I want to tell you about his Gold Medal winning discovery. This technique can actually reverse chronic diseases as diverse as Parkinson's, diabetes, multiple sclerosis and arthritis.

And, unlike the drudgery of the much touted aerobic regimens, this is fun, your benefits will be fast and it doesn't take more than just a few minutes a day.

## **For Natural Activity, Practice Recovery**

The story begins with Dr. Dardik's friend Jack Kelly. Jack was the brother of actress Grace Kelly. He was also an Olympic oarsman and the current president of the US Olympic Committee. He went out for his usual morning run and, shortly after, dropped dead of sudden heart failure.

Dr. Dardik knew that heart attacks often occur **after** running or jogging - not during the workout. He added that, "*People have been running for thousands of years, and they didn't die like that. It must be something in the way people run now that causes heart failure after exertion.*"

He also observed that long-distance runners were prone to infections and chronic diseases, especially heart disease. He compared their exercise practices to the habits of native people and animals.

He said that animals and natives in the wild run in short bursts. Then, they take time for recovery. And, they repeat this cycle of **exertion and recovery**. He concluded that long-distance runners die of heart attacks because they have not trained their hearts to recover. This is the same conclusion I reported in *The Doctor's Heart Cure*.

## **Your Natural Heart Wave**

These observations of cycles lead Dr. Dardik to his fascinating concept of viewing heart exertion and recovery as a wave - the "Heart Wave." When you begin exercise, your heart rate begins to climb. When you stop, it begins to come back down. Think about that. If you plot these changing rates going up, then down, through time, it does indeed form a wave.

Inside that wave of exertion, you have smaller waves from each heart beat - itself an alternating wave of exertion (systole) and recovery (diastole). Dardik was the first to see these as "*waves within waves*".

## **Generate Strong Heart Waves - and Reverse Disease**

So why should you care? If you mimic the natural rhythms of your heart, and exercise in intervals of exertion and recovery, you gradually increase your heart rate variability, or HRV. Simply stated, the greater your HRV, the better your overall health. The more limited your HRV, the greater your risk of chronic disease.

In addition to increasing their heart rate variability, non-athletic women in Dr Dardik's study also gained:

- Greater Lung Volume
- Lower Blood Pressure
- Improved Immune Function
- Lower Stress and Anxiety
- Greater Sense of Energy and Well-being

All of these changes were in just 8 weeks. To quote Dardik, "*Cyclic exercise really worked in reversing disease.*"

## **Your 10-Minute Plan for Reconnecting to the Rhythms of Life**

Of course, if you have a heart problem you should check with your personal physician before doing this or any other exercise. For this exercise, you can choose any activity that will provide exertion for your heart. A treadmill, elliptical machine, bicycle, jump rope, trampoline or alternating sprinting and walking will work well.

To maximize the amplitude of your heart wave, keep your exercise interval brief, 30 seconds is enough. Immediately upon finishing this brief sprint, put emphasis on your recovery. Instead of merely resting, participate in the process by calming your mind and imagining your heart rate slowing down.

To help with this, focus on each exhalation. As you breathe out, use your imagination to bring your heart rate down. In your mind's eye, see your heart relaxing - slowly and steadily returning to its resting rate. When your heart rate recovers, do another interval.

Here's a sample program you can do in about 10 minutes.

INT. 30 sec	Rest 2 min	INT. 40 sec	Rest 2 min	INT. 40 sec
Rest 2 min	INT. 30 sec	Rest 2 min	INT. 20 sec	Rest 2 min

Repeat this every couple of days but in the next session slightly increase the intensity. So if you're on a stationary bike, for example, increase the resistance a little each day so it's gradually harder to pedal. Now you are incorporating progressivity, a principle that Dr. Dardik neglected.

Progressivity is the first principle of my trademarked exercise program, Progressively Accelerating Cardiopulmonary Exertion (PACE). Any exercise you do will only continue to change your body through time if you incrementally increase something in the program.

By the time you've done this for 6 weeks you should be giving the 20-second interval all you've got then quickly changing your focus to recovering as fast as you can. This will focus your training on increasing your heart rate variability a most important cardiac capacity.

This article by Al Sears, MD is reprinted, with permission, from a recent issue of his Health Confidential E-Newsletter. To be sure to automatically receive, for free, every issue of Dr. Sears's highly informative e-newsletters visit the [www.dragondoor.com](http://www.dragondoor.com) website and subscribe to his newsletter.

# The World's #1 Handheld Gym For Extreme Fitness

## Use Kettlebells to:

- **Accelerate your all-purpose strength**—so you can readily handle the toughest demands
- **Hack away your fat**—without the dishonor of dieting and aerobics
- **Boost your physical resilience**—to repel the hardest hits
- **Build your staying power**—to endure and conquer, whatever the distance
- **Create a potent mix of strength-with-flexibility**—to always reach your target
- **Forge a fighter's physique**—so form matches function
- **Be independent**—world's #1 portable gym makes you as strong as you want to be, anywhere, anytime

## Kettlebells Fly Air Force One!

"There's a competitive reason behind the appearance of kettlebells at the back doors and tent flaps of military personnel. When Russian and US Special Forces started competing against each other after the Soviet Union broke up, the Americans made a disturbing discovery. "We'd be totally exhausted and the Russians wouldn't even be catching their breath," says... [a] Secret Service agent... "It turned out they were all working with kettlebells."

Now, half the Secret Service is snatching kettlebells and a set sometimes travels with the President's detail on Air Force One."—*Christian Science Monitor*



## Pavel's Kettlebell FAQ

### What is a 'kettlebell'?

A 'kettlebell' or girya (Russ.) is a traditional Russian cast iron weight that looks like a cannonball with a handle. The ultimate tool for extreme all-round fitness.

The kettlebell goes way back – it first appeared in a Russian dictionary in 1704 (Cherkikh, 1994). So popular were kettlebells in Tsarist Russia that any strongman or weightlifter was referred to as a girevik, or 'a kettlebell man'.

"Not a single sport develops our muscular strength and bodies as well as kettlebell athletics," reported Russian magazine Hercules in 1913.

*"Kettlebells—Hot Weight of the Year"—Rolling Stone*

### Why train with kettlebells?

Because they deliver extreme all-round fitness. And no single other tool does it better. Here is a short list of hardware the Russian kettlebell replaces: barbells, dumbbells, belts for weighted pullups and dips, thick bars, lever bars, medicine balls, grip devices, and cardio equipment.

Vinogradov & Lukyanov (1986) found a very high correlation between the results posted in a kettlebell lifting competition and a great range of dissimilar tests: strength, measured with the three powerlifts and grip strength; strength endurance, measured with pullups and parallel bar dips; general endurance, determined by a 1000 meter run; work capacity and balance, measured with special tests.

Voropayev (1983) tested two groups of subjects in pullups, a standing broad jump, a 100m sprint, and a 1k run. He put the control group on a program that emphasized the above tests; the experimental group lifted kettlebells. In spite of the lack of practice on the tested exercises, the kettlebell group scored better in every one of them! This is what we call "the what the hell effect".

Kettlebells melt fat without the dishonor of dieting or aerobics. If you are overweight, you will lean out. If you are skinny, you will get built up. According to Voropayev (1997) who studied top Russian gireviks, 21.2% increased their bodyweight since taking up kettlebelling and 21.2% (the exact same percentage, not a typo), mostly heavyweights, decreased it. The Russian kettlebell is a powerful tool for fixing your body comp, whichever way it needs fixing.

Kettlebells forge doers' physiques along the lines of antique statues: broad shoulders with just a hint of pecs, back muscles standing out in bold relief, wiry arms, rugged forearms, a cut-up midsection, and strong legs without a hint of squatter's chafing.

Liberating and aggressive as medieval swordplay, kettlebell training is highly addictive. What other piece of exercise equipment can boast that its owners name it? Paint it? Get tattoos of it? Our Russian kettlebell is the Harley-Davidson of strength hardware.

*"Kettlebells—A Workout with Balls"—Men's Journal*



## Who trains with kettlebells?

Hard comrades of all persuasions.

Soviet weightlifting legends such as Vlasov, Zhabotinskiy, and Alexeyev started their Olympic careers with old-fashioned kettlebells. Yuri Vlasov once interrupted an interview he was giving to a Western journalist and proceeded to press a pair of kettlebells. "A wonderful exercise," commented the world champion. "...It is hard to find an exercise better suited for developing strength and flexibility simultaneously."

The Russian Special Forces personnel owe much of their wiry strength, explosive agility, and never-quitting stamina to kettlebells. *Soldier, Be Strong!*, the official Soviet armed forces strength training manual pronounced kettlebell drills to be "one of the most effective means of strength development" representing "a new era in the development of human strength-potential".

The elite of the US military and law enforcement instantly recognized the power of the Russian kettlebell, ruggedly simple and deadly effective as an AK-47. You can find Pavel's certified RKC instructors among Force Recon Marines, Department of Energy nuclear security teams, the FBI's Hostage Rescue Team, the Secret Service Counter Assault Team, etc.

Once the Russian kettlebell became a hit among those whose life depends on their strength and conditioning, it took off among hard people from all walks of life: martial artists, athletes, regular hard comrades.

**"I can't think of a more practical way of special operations training... I was extremely skeptical about kettlebell training and now wish that I had known about it fifteen years ago..."**

—Name withheld, Special Agent, U.S. Secret Service Counter Assault Team

## Am I kettlebell material?

Kettlebell training is extreme but not elitist. At the 1995 Russian Championship the youngest contestant was 16, the oldest 53! And we are talking elite competition here; the range is even wider if you are training for yourself rather than for the gold. Dr. Krayevskiy, the father of the kettlebell sport, took up training at the age of forty-one and twenty years later he was said to look fresher and healthier than at forty.

Only 8.8% of top Russian gireviks, members of the Russian National Team and regional teams, reported injuries in training or competition (Voropayev, 1997). A remarkably low number, especially if you consider that these are elite athletes who push their bodies over the edge. Many hard men with high mileage have overcome debilitating injuries with kettlebell training (get your doctor's approval). Acrobat Valentin Dikul fell and broke his back at seventeen. Today, in his mid-sixties, he juggles 180-pound balls and breaks powerlifting records!

**"... kettlebells are a unique conditioning tool and a powerful one as well that you should add to your arsenal of strength... my experience with them has been part of what's led me to a modification in my thoughts on strength and bodyweight exercises... I'm having a blast training with them and I think you will as well."**

—Bud Jeffries, the author of *How to Squat 900lbs. without Drugs, Powersuits, or Kneewraps*

## How do I learn to use the kettlebell?

From Pavel's books and videos: *The Russian Kettlebell Challenge* or *From Russia with Tough Love* for comrades ladies. From an RKC certified instructor; find one in your area on RussianKettlebell.com. Kettlebell technique can be learned in one or two sessions and you can start intense training during the second or even first week (Dvorkin, 2001).

**"...I felt rejuvenated and ready to conquer the world. I was sold on the kettlebells, as the exercises were fun and challenging, and demanded coordination, explosion, balance, and power... I am now on my way to being a better, fitter, and more explosive grappler, and doing things I haven't done in years!"**

—Kid Peligro, *Grappling* magazine

## What is the right kettlebell size for me?

Kettlebells come in 'poods'. A pood is an old Russian measure of weight, which equals 16kg, or roughly 35 lbs. An average man should start with a 35-pounder. It does not sound like a lot but believe it; it feels a lot heavier than it should! Most men will eventually progress to a 53-pounder, the standard issue size in the Russian military. Although available in most units, 70-pounders are used only by a few advanced guys and in elite competitions. 88-pounders are for mutants.

An average woman should start with an 18-pounder. A strong woman can go for a 26-pounder. Some women will advance to a 35-pounder. A few hard women will go beyond.

## "Kettlebells are like weightlifting times ten."

**"Kettlebells are like weightlifting times ten. ...If I could've met Pavel in the early '80s, I might've won two gold medals. I'm serious."**

—Dennis Koslowski, D.C., RKC,  
*Olympic Silver Medalist in Greco-Roman Wrestling*

## Announcing:

# Two New Sizes!

Many of you have asked for an intermediate kettlebell between the 4kg and 8kg. So here it is... the 6kg (13lb), which like its sisters has a steel handle and core with rubber casing. Great for weighted joint mobility drills!

And then, we've uncaged "THE BEAST", a monstrous 48kg (106lb) of solid iron, for the ultimate in hardcore training. Swing it, clean it, snatch it —and, if you dare, try pistols, pullups and presses! Are you man (or woman) enough to tame THE BEAST — or will THE BEAST tame you?



### RUBBER CASED



### CLASSIC STYLE



### STEEL HANDLE & CORE/RUBBER CASING

	Price	MAIN USA	AK&HI	CAN
#P10D 4kg (approx. 9lb) —.25 poods	\$89.95	S/H \$11.00	\$49.00	\$27.00
#P10K 6kg (approx. 13lb) —.375 poods	\$97.95	S/H \$14.00	\$56.00	\$32.00
#P10E 8kg (approx. 18lb) —.50 poods	\$99.95	S/H \$17.00	\$65.00	\$38.00

### CLASSIC KETTLEBELLS (SOLID CAST IRON)

#P10G 12kg (approx. 26lb) —.75 poods	\$82.95	S/H \$21.00	\$79.00	\$47.00
#P10A 16kg (approx. 35lb) — 1 pood	\$89.95	S/H \$27.00	\$94.00	\$58.00
#P10H 20kg (approx. 44lb) — 1.25 poods	\$99.95	S/H \$32.00	\$109.00	\$70.00
#P10B 24kg (approx. 53lb) — 1.5 poods	\$109.95	S/H \$36.00	\$125.00	\$81.00
#P10J 28kg (approx. 62lb) — 1.75 poods	\$129.95	S/H \$38.00	\$142.00	\$90.00
#P10C 32kg (approx. 70lb) — 2 poods	\$139.95	S/H \$43.00	\$158.00	\$99.00
#P10F 40kg (approx. 88lb) — 2.5 poods	\$179.95	S/H \$57.00	\$190.00	\$124.00
#P10L 48kg (approx. 106lb) — 3 poods	\$247.95	S/H \$67.00	\$223.00	\$158.00

### SAVE! ORDER A SET OF CLASSIC KETTLEBELLS & SAVE \$17.00

#SP10 Classic Set (one each of 16, 24 & 32kg)	\$322.85	S/H \$106.00	\$377.00	\$238.00
---	----------	--------------	----------	----------

#### ALASKA/HAWAII KETTLEBELL ORDERING

Dragon Door now ships to all 50 states, including Alaska and Hawaii, via UPS Ground.

#### CANADIAN KETTLEBELL ORDERING

Dragon Door now accepts online, phone and mail orders for Kettlebells to Canada, using UPS Standard service. UPS Standard to Canada service is guaranteed, fully tracked ground delivery, available to every address in all of Canada's ten provinces. Delivery time can vary between 3 to 10 days.

**IMPORTANT** — International shipping quotes & orders do not

include customs clearance, duties, taxes or other non-routine customs brokerage charges, which are the responsibility of the customer.

- KETTLEBELLS ARE SHIPPED VIA UPS GROUND SERVICE, UNLESS OTHERWISE REQUESTED.
- KETTLEBELLS RANGING IN SIZE FROM 4KG TO 24KG CAN BE SHIPPED TO P.O. BOXES OR MILITARY ADDRESSES VIA THE U.S. POSTAL SERVICE, BUT WE REQUIRE PHYSICAL ADDRESSES FOR UPS DELIVERIES FOR THE 32KG AND 40KG KETTLEBELLS.
- **NO RUSH ORDERS ON KETTLEBELLS!**

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



# One Man's War Against The Obesity Epidemic

**"How I Lost 164 Pounds Through Diet, Determination And A Healthy Dose of Kettlebells"**

**By Mike Lucas, RKC**

**W**hen I first meet people they often ask me, "Mike, what does the RKC mean behind your name?" To some fitness trainers, it's just another certification for the resume. To me, it means much more.

Throughout my life, I was never really good at finishing what I started with anything that I set out to do. I wasn't the first pick for teams as a kid when it came to playing sports because I never practiced as much as I should have to make the team. My book smarts were average at best and I never really had any outstanding accomplishments when it came to education. I always had grandiose ideas when I started projects or hobbies; I never had the drive to finish anything once I started it. In short, I suffered from low self-esteem and a lack of confidence in myself growing up. I lacked motivation, passion, and desire.

Unfortunately, this carried over into adulthood and brought me to a very dark path in my life...

**I became my own worst nightmare when I gained over 150 pounds and became an obese adult.**

I held low paying jobs that overworked me and often made me a disgruntled employee that blamed the world for all of my problems. I would get depressed seeing my friends pass me by in the game of life as they began to settle down and start families. I soon became the womanless fifth wheel at birthday parties and weddings. My employment often suffered because of laziness and lack of initiative to keep up with my job requirements. It was impossible for me to finish what I started when it came to taking control of anything my life. Diets would come and go. Relationships would come and go too.

I never could cross the finish line...

Then I woke up and decided to change all of that!

I decided that the only thing keeping me down was my own fear and lack of conviction.

So what did I do? I became a Vegan and started working out every single day (Sometimes twice a day) for a little over a year to take the weight off. I pushed

and challenged myself to the limit every single time I hit the gym. When I was tempted to quit, I just kept going. When my knees were shot and my ankles buckled I kept on running and lifting.

My resolve grew stronger as time went by. This was one fight I was determined to go the distance on and nothing was going to stop me! **When I started my weight loss journey, I weighed 344 pounds.**

**With my newfound courage, determination, and faith, I lost 114 pounds to reach the 230-pound mark!**

I did so without any professional assistance or training the old fashioned way with diet and exercise. It was a great accomplishment!

There was still something missing though. I learned about a local televised *Biggest Loser* contest based on the hit reality TV show. I wanted desperately to reach my goal of 180 pounds so I decided to write a heart felt letter to the station in hopes of being a contestant. My letter was answered and I was contacted by a nice woman named Sarah Lurie. It was explained to me that I was going to train with Russian Kettlebells. I was quite excited about this, because I had recently read an article about them in a *Muscle and Fitness* before I started the contest.

The Kettlebell training I received was a prayer answered! I started my training at *Iron Core Studio* in La Jolla, CA. In six weeks of training with Sarah Lurie, RKC and Brett Jones, Senior RKC, **I lost 50 pounds to meet my goal of 180!**

Needles to say I won the contest! I won the war physically, but I was still not completely satisfied. That's when I was approached by my trainers to become a Russian Kettlebell Certified instructor.

This was an important moment in my life for me. One day, Sarah Lurie approached me and explained to me how impressed she was with my strong

work ethic. She told me I would make a good instructor and encouraged me to "Think about it." The idea of becoming an instructor was quite appealing to me. It had all the ingredients of a great profession. It's a job that has a lot of different positions within the position.

As an RKC you are a teacher, entertainer, motivator, diplomat, and service provider. You are also instrumental in improving the quality of someone's life to make them feel better. It's quite satisfying to know you have the opportunity to help someone conquer a new milestone. I was thrilled to accept the challenge.

I trained very hard to meet the RKC requirements. I endured ripped calluses on my hands, worked through sore shoulders, and spent many hours in the training studio preparing for the RKC Challenge. Brett Jones put me through punishing drills to help me develop quick gains in strength and endurance. I studied DVDs and Pavel's articles to learn about form. I clung to every single word about training that Brett and Sarah Lurie had to offer. I sat in on training sessions conducted by Sarah to learn everything I could about good instruction and class supervision. Correspondence with Mike Mahler was regular and instrumental in a lot of my success as well. I put every waking moment of my spare time into doing everything I had to do to become and RKC.

When I finally completed the program and the epic *Steve Maxwell Crucible* Kettlebell drill, I felt like I had finally finished something that I set out to do. **I lost the weight that held me captive for so many years. I also lost the emotional weight of not being able to finish what I started.**

It was truly one of the best days in my life when I earned that certificate with Pavel Tsatsouline's hallmark signature on the bottom of it. The certificate is not just a piece of paper to me at all. No sir! That certification is a symbol of my hard work, motivation, and determination to finish strong in the end. It's a symbol of me getting my life back and being a happy human being again.

I'm happy to say that I will never have to question myself or my abilities again in my life. The shackles are gone and the sky is the limit! I am now a Russian Kettlebell Certified Instructor for Iron Core and I am proud to wear that label as well!

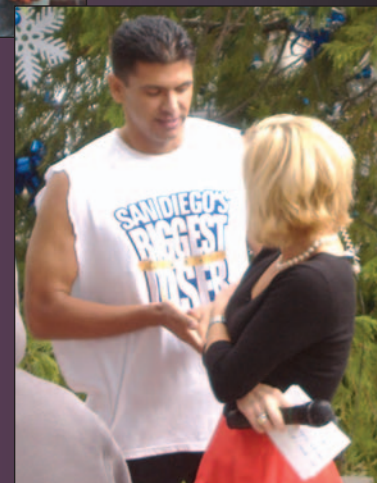
I promised everyone I would wage war on the obesity epidemic. It's the latest thing I've set out to do. This is another project I intend to start without quitting.

## Do the letters RKC mean something behind my name? You bet!

I went through the hardest year I've ever had in my life and I've earned my right to be called an RKC! I am proud to wear the title! I have the deepest respect for all of my comrades that share the title and those that are willing to go for the title too! Be strong and never be afraid to find out what you're made of!



◀ Mike at 344 lbs. then, and 180 lbs. now! ▶



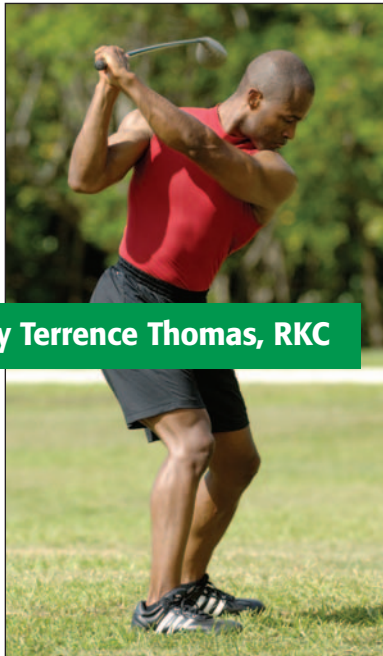
Since making his goal weight, Mike Lucas has devoted his life to promoting weight loss advocacy and physical fitness.

In addition to his education in fitness, Lucas plans to devote time to motivational workshops and non-profit work for childhood obesity awareness. A San Diego based trainer, Mike is available for personal training, motivational advice, and workshops. Contact Mike Lucas, RKC at 858-551-2673 or [mike@ironcorelajolla.com](mailto:mike@ironcorelajolla.com). To learn more about Mike's story visit <http://www.myspace.com/kingofkool858> and [www.ironcorelajolla.com](http://www.ironcorelajolla.com).

# “Power Up Your Golf Game with Russian Kettlebells”

The following is an excerpt from the book *Hard Style Golf Conditioning*

## Are Golfer's Athletes?



By Terrence Thomas, RKC

In the September 04 issue of *Golf Digest*, writer David Owen ranked golf low on the totem pole when it comes to physical demand. But to answer this question, we have to agree on what an athlete is. For our purposes, an athlete is one whose physical requirements demand a mastery of one or more of the seven primal movement patterns. Mastery can be defined as consistency and accuracy of performance. Paul Chek, author of the *Golf Biomechanics Manual* developed this system of primal pattern assessment. He coined these movements primal in that these specific tasks were required to survive during “primal” times. They can also be considered primal in that we use these basic movements in every life. The seven primal movements are the squat, lunge, bend, push, pull, twist, and gait. Gait has three parts; walking, jogging and running.

The physical requirements for golf, demand that the bend and twist patterns be done with great accuracy and consistency. However, golf is not limited to these two patterns. All of the primal patterns are required to function properly on the golf course. When judging the putting greens, a proper squat pattern is needed to stoop down. A functional gait pattern allows us to walk the golf course. We use a pull pattern when raking out bunkers. So are golfers real athletes? YES they are and kettlebell training will help improve athleticism.

Sports conditioning (golf included) is built on a system of progressions. A sound program will progress using a flexibility, balance, strength and power model. To maximize your golf game, adequate **Flexibility** is necessary to complete all phases of the golf swing. To maintain the body's center of gravity at the various swing positions, **Balance** must be maintained. Consistent golf performance demands a solid foundation of strength. **Strength** will prepare your body to generate the force needed to sustain power. Power is what creates club head speed needed for long drives. Kettlebell training will kill 4 birds with one stone as all of the above physical abilities can be developed with a single kettlebell. The following guidelines will help you progress through all phases of your golf conditioning program.



**I. Flexibility** The cyclical nature of the golf swing puts the golfer in a position to develop a variety of muscle imbalances. Muscle imbalances are disruptions in the length/tension relationships between tonic and phasic muscles. Tonic muscles have a tendency to get short and tight (hamstrings and neck musculature). Phasic muscles will get long and weak (buttocks and lower abdominals).

Muscles can be viewed like spokes on a bicycle wheel. If any of the spokes become too loose or tight, the entire frame comes out of alignment. This

analogy holds true for the human body when there are muscle imbalances present. The flexibility gained with kettlebell training is ideal for maintaining the muscle balance that is required for optimal golf performance. "Muscle Balance and Flexibility as well as "Static and Dynamic Stability" control 80% of ball flight factors."



**II. Balance** Balance and stability are essential for a consistent golf game. They allow the body to stay in control during the golf swing and avoid common faults such as excessive hip sway and taking your eye off the ball. Adequate levels of core strength and conditioning are essential for optimal balance and stability.

### “By Proxy” Abdominal Training

Paul Chek in his 2001 article titled *Back to the Future of Abdominal Training* summed it up best when he said “The actions of the abdominal wall are quite complex indeed. It is common for us to think of the abdominals as muscles whose primary function is the aesthetics they provide in front of a mirror. This sort of thinking is analogous to thinking that a car is a box on wheels, the sun is merely a light source for earth, or that having a headache is an indication of an Aspirin deficiency!” The abdominals play an important role in the health of the entire body and as such, they respond best with functional exercises. For our purposes functional exercises are those that require that the abdominals be involved in the movement, therefore improving abdominal conditioning “by proxy”. Kettlebells provide real world conditioning for the abdominals that will carry over to the golf course and in everyday life. Your Hard Style Golf Conditioning program will help you create a “six pack that works”!



**III. Strength** A solid foundation of strength, it increases your work capacity. In golf you must be capable of activating all of your muscles simultaneously and repeatedly. If you lack adequate strength, your ability to do this will diminish with every stroke. Kettlebells will develop your work capacity and a high level of physical resiliency like nothing else.

For any exercise to improve sports conditioning it must have a practical carryover to the sports environment. This carryover is dependent on the following criteria:

### 1. Comparable reflex profile.

The exercise must stimulate the body's balance reflexes in a way that is similar to golf.

CONTINUED PAGE 28

# how to develop Sustained Strength and Speed—With **Criminally Punishing** Kettlebell Workouts

“Sustained strength and speed.” That’s the short answer I give people asking about the difference between my two kettlebell workout DVDs, *The Art of Strength: Providence* and *AOS: Newport*.

Most folks are ecstatic about the way *Providence* provides a turnkey structure for their kettlebell training. I programmed *Providence* to instill the fundamentals of KB training in both beginners and experienced kettlebellers alike. I patterned a “kettlebell round” after the timed concept of a “round” in boxing. In most cases, I use time instead of repetition. I’ve tested this approach with thousands of clients and have found it to be the most productive approach. You can add this training philosophy to your own home gym with a professional gym timer of the kind you can find at everlastboxing.com.

I want my client to perform as much work as they can in a given period of time. In the case of *Providence*, the rounds are each 2 minutes. Consider the venerable “kettlebell swing”, for instance. Most beginners can’t swing the appropriate size KB for very long. For most, 30 seconds is a grueling lifetime. As a coach, it is easy to get that same client to swing a kettlebell for an extra 10 seconds and enable then to immediately see progress. **The average person relates better to time than number of repetitions.**

The AOS coaching series allows everyone to easily track their progress by simply doing more work in that same round. I maintain a fairly quick pace throughout, and it will take you awhile to match me rep for rep. This is not a workout you can outgrow! Very few people are able to complete an AOS DVD on the 1st or even the 10th attempt... that is by design. As I’ve said before, “nothing worth anything in life comes for free.” It takes hard, determined work. Once you do master AOS with your smallest KB, switch to a different style of background music, move up to the next size kettlebell, and feel the pain all over again!

No matter what fitness level you start at or what size kettlebell you’ve achieved with *AOS: Providence*, you should be in the shape of your life after a consistent month or two of workouts. Your strength gains will be palpable and obvious. Time to give *Newport* a go!

Now that you’ve created new strength with *Providence*, it’s time to put it to the test. Welcome to the *SSS Newport*—sustained strength and speed for all sports. Most who try *Newport* for the first time can’t believe how difficult it is. Let’s face it. We would all like to have the strength of old time strongman Eugene Sandow. **How about the best of both worlds? Sandow’s strength combined with Armstrong’s endurance!**

When you train for sustained strength and speed, you can’t simply go for a run or a bike ride. You need to hold your body under tension for a significant period of time without failure. Sure, you will brush up against your maximums in *Newport*—but just in time for a strategically placed break or drill switch. I have taken athletes from mediocre to extraordinary in a very short time with this technique.

The punishing rounds in *Newport* will create a more difficult and challenging scenario than any period, quarter, or round in

your favorite sport... leaving you more time to focus on your skill of the game rather than your endurance.

*Newport* is not about the manhandling “the beast” progressing to the next size kettlebell. It’s about survival. Just getting through 1 round at a time until you have no choice but to tap out and try harder next time. For most, this will be your “ultimate fight.”

One of the fighters I train, John, came to me before a title fight and asked if I could get him in shape.

**He was a bull and a good fighter, but he was a mess. No conditioning at all. His body was soft and flabby. He was relying on his boxing skill to win the fight. That wasn’t going to fly this time, and he knew it.**

I had to create more difficult “rounds” than he would encounter in the ring and transform him in just 6 weeks. This would also be his first 12 round fight. What if he had to go the distance? I created brutal 4 and 5 minute rounds (as featured in *Newport*) to push him harder than he had ever been pushed. The results were astonishing. **He walked in that ring looking like a champ. His body was rock solid, lean, and fast. The fight was stopped in the 10th round with John winning the title.** His opponent asked what the hell John did to get in that kind of shape. He told him he worked out with iron balls!

Don’t wait to purchase *AOS: Newport* to experience a sustained strength and speed workout. The sample circuit below is pulled directly from 3 of the rounds in *Newport*. You’ll need a stop watch and your lightest kettlebell. Try to last the full 4 minutes for each round. Take a 30 second rest between each round.

## 5 min: squat kick + sots press + standing oblique crunch

- 30 sec – kb racked on right, squat + kick on the left
- 30 sec – sots press (right arm)
- 30 sec – kb racked on left, squat + kick on the right
- 30 sec – sots press (left arm)
- repeat the sequence above twice - then
- 30 sec – standing oblique crunch (right)
- 30 sec – standing oblique crunch (left)

## 4 min: 2 handed swing + hot potato

- 30 sec – 2 handed swing
- 30 sec – hot potato
- repeat 4 times

## 3 min: punch matrix – plank

- 30 sec - punch matrix
- 30 sec - plank
- repeat 3 times

**Anthony DiLuglio, RKC**  
**Owner: Punch Kettlebell Gym & The Art of Strength**  
**Providence, RI USA**  
[www.theartofstrength.net](http://www.theartofstrength.net)  
[www.punchgym.com](http://www.punchgym.com)

**By Anthony Diluglio, RKC**



# “HOW BAD DO YOU WANT IT?”

Former Canadian Police Officer **Tricia Dong**, RKC Talks About Lighting Up Vancouver... Kettlebell-Style

John Du Cane interviewed Tricia Dong at Pavel's June 2006 Russian Kettlebell Certification Workshop

**T**ricia Dong: My background is in policing. I spent four years as a Police Officer at Vancouver BC Police Department. It was a great job, but it was very restrictive in where I could see myself going for the rest of my life and career.



So, I quit about five years ago and I went back to school to pursue my first passion, which was journalism. I worked as a journalist for a couple of different places, including our National Broadcaster CBC then switched sides to become a Communications Consultant.

Eventually, I started volunteering as a running instructor at a local YWCA. It was the same program that I had taken eight years prior to prepare me to get into the police department. So, I jumped at the chance.

When the current instructor retired, I took over the program. The people that came for help in improving their fitness levels for the police department really liked the way that I presented things. So, they were asking me to do more outside of that program.

So I went back to school again and got some more certifications and started up my company, which is Code5Fitness. “Code 5” is actually police radio code for airtime when you need priority because there is a possibly armed and dangerous suspect. It’s a very high volatile situation, hostage taking, and things like that. So it means, “Be ready.”

My clients needed to always be ready because fitness isn’t something they need to train for to pass the exam. They needed to be able to prepare for ANY encounter at ANY time for the rest of their career.

**My tag line is, “Be fit for duty.” There’s a double meaning there.**

My clients enjoyed the way that I was teaching because it was very much back to old school stuff, military tech calisthenics. I didn’t use any fancy gadgets or machines. They really liked that, because I made it fun for them.

Then it just took off for the more general fitness population that wanted to have a more challenging and real hard-core, hard-ass work out. They know that I push them quite hard, but with what we call “tough love Code 5 style.” They know that I want them to succeed at their goals. If their goal is to become a police officer, I am going to give them my undivided attention in getting them there safely and uninjured, but I don’t expect anything less than one hundred percent of their effort.

If people aren’t physically able to reach a certain level yet, I’m fine with that as long as they give me all of their effort. Slackers and whiners...they fall off by the wayside. I don’t spend time with those kinds of people.

So, I’ve kind of segmented myself in the market. My clients know that they get 100% of me if I get 100% of them.

How kettlebells came in, I was interviewed in a local paper about my company and how it was associated with a volunteer position that I do at Odd Squad Productions, which is another story. But lots of people were reading this article and this one fellow called me up and said, “There’s something that I train with that I think you should take a look at. It would probably be a really good fit.” His name was Jerome O’Charchin, who is an RKC living in Surrey. He was also a Royal Canadian Mounted Police Officer.

So, I had him come and do a demonstration, sort of a workshop “Intro to Kettlebells” and what are kettlebells, because I hadn’t even heard of them.

He was showing all of these things and I thought, “That’s pretty cool.” I didn’t have the time or the effort to just get them all, because I didn’t know anything about training with them. My clients really liked it. So, I thought, “Okay, well I better look more into this.”

In September, I attended a Ryan Lee Bootcamp in Connecticut. An amazing experience! The best trainers in the world were presenting. The most motivated trainers were attending. One of the presenters I met there was Steve Cotter, your Senior RKC and he became a mentor for me.

I saw that a lot of the trainers I met at Lee’s Bootcamp were using kettlebells and I thought, “Wow! We’ve got to do more kettlebells in Canada...at least in Vancouver!” So, I talked to Jerry. I said, “You’ve got to do something. I’m psyched up! I’m like, ‘Let’s go! Let’s go!’”

Now that I’m here and I’ll come back with the RKC designation, I’ll be able to properly market and get the word out there, do proper press releases and media kits and really promote kettlebells and the way of training with them.

**In fact, you don’t have to sell kettlebells. They sell themselves. As soon as you get someone to come to a class, they are hooked. It’s amazing. The results are quick and fast and devastating!**

Oh, it’s great! One of my clients, he came into my program a size 38 waist and he’s a 34 now. He’s gone from extra large clothing to like he’s wearing small stuff now. He’s just so happy! He’s just really happy.

Kettlebells are going to be a great tool for me to make a niche in the market and ground break/change the face of training in Vancouver. Now, I'll start with my small little corner of the world, but what I really want to do is to change the way that people think about training in Vancouver because we are very much a Yoga town. There's nothing wrong with yoga, but it's just fanatical and I think that kettlebells offer a good balance for that flexibility with the strength portion and the power.

It's more back to basics. That's what I'm finding my clients that are regular kettlebell users like about it. It's back to basics. It's honest to goodness training. There are no tricks. There are no gimmicks and you see results.

In the real world, you are not going to chase a guy around a Smith machine or a treadmill. You need to get off the machines and get into functional fitness where you are standing and you need to ground yourself and you need to use your core strength and stability. It's NOT about sitting in a machine and pressing as hard as you can, because that's not going to do anything except if you are sitting down and pressing against somebody. That's not real life. Real life is: you've got to chase somebody; you got attacked; and you have to control them, arrest them, escort them and still have enough energy to write your report," which can be very time consuming.

**Kettlebells teach you to really internalize your power and bring it out when you need to.**

Kettlebells give you that endurance. It gives you the stamina. It gives you the strength and it gets you off that sort of complacency of relying on machines, relying on a certain "in-the-box" mentality of training.

I can't tell you how much my friends love it. They've seen such a difference in their strength.

So, where I am hoping to go is to get people more into kettlebells or even body strength training...as opposed to using machines.

I'm a member of the Vancouver Judo Club and all of the senior instructors just love kettlebells. They think it's so functional. They are creating their own drills that are Judo specific and I just thought, "Wow! This is great!"

That's just a small little corner, so what I want to do is to get it out there to all the registered personal trainers, fitness leaders, weight trainers, gyms, facilities, retail outlets: "kettlebells are here and you don't know what

they are right now, but I am an RKC, and I will show you!"

The RKC certification has exceeded my expectations. Because I knew it was going to be tough. I've done my research and I would expect nothing less, because if it was any easier then everybody would do it.

But it makes you mentally tough, too, because you put the pressure on yourself to perform well because you don't care if I crap out. I'm here to learn, but I mean like, there's nothing in it for you if I just decide I just want to be here for interest's sake. But to be an instructor, you have to maintain and show that you have that level of ability to instruct or to perform as well.

As I'm going through my snatch test, I think about what I tell my clients. As I was practicing my snatch test last week at the gym they are all watching me, cheering me on and all they see is a reflection that I say to them which is, "How bad do you want it?"

**I'll be yelling, "How bad do you want it?"**

They are all coming from desk jobs or nine-to-five jobs and it's like, "You know? You can go back to that desk job any time. Policing may not be for you. It's okay to quit now. It just depends on how bad you want it, right?" So, they just sort of realize, "It's not for me," and walk away or, "I'll dig in and just go a little bit harder." So, that's the philosophy that I have is the, "How bad do I want it?"

**And me? I want it bad!**

What I've learned a lot about the people that are tops in the field is that they always love to learn more.

I just take a look at these people here who are the instructors and how awesome they are in sharing. I just want to be, "Okay, these are excellent remarks. I'll take that back with me and I'll share it with my clients, because there's just no room in the world for an ungrateful attitude."



The Answer Is: "Is: Very Very BAD!"



**Tricia Dong, RKC teaches kettlebells in Vancouver, BC Canada.** Her email address is [kettlebells@code5fitness.com](mailto:kettlebells@code5fitness.com). Her website is [www.code5fitness.com](http://www.code5fitness.com).

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

VISA, MasterCard, American Express, Discover, NOVUS  
[www.dragondoor.com](http://www.dragondoor.com)

# HOW TO GREASE THE GROOVE, S.M.A.R.T-STYLE, AND ACE YOUR WEIGHTED PULL-UP GOALS

By Sarah Cheatham, RKC

persuaded me to go. There was a contest sign up table at the entrance of the venue. With nothing to lose I signed up for everything, including the weighted pull-up contest.

I hadn't done a pull-up in a while, none the less weighted. I was in for a rude awakening. They strapped the bell around my waist, I grabbed the bar, and then...nothing. The weight and I were not budging. The weight was dropped to 12 kilos and I gave it another go. Still nothing.

Then **Samantha Young** stepped up to the bar. I had already seen her place second in the snatch test with an impressive 243 and second in the throw with almost 15 feet. I was next to her in the snatch test and remember thinking, "This girl is a machine." I knew she was going to blow me out of the water with her pull-ups too. I think she amazed

It all started at the 2005 *Kettlebell Convention*. I didn't know much about kettlebells at the time, but my husband

at the time, but my husband

everyone when she pumped out three virtually effortless weighted pull-ups. That was it for me.

With Samantha as my inspiration, I started my pull-up program. I read an article by Pavel entitled "Grease the Groove for Strength" (1999). I applied the "specificity + frequency = success" theory presented in the article to my new pull-up routine. I was convinced that "The synaptic facilitation approach [was] very powerful because it greases the specific groove of your pet lift."

## According to "Grease the Groove" (GTG), I had to teach myself to do a perfect pull-up in order to yield significant results...

Every day I hung from the bar with a tactical grip, pulled myself up as far as I could, gave myself a bump through the sticking point with my foot on a bench from underneath, and finished the pull with my neck touching the bar. I paused to focus on total body tension at the top position before slowly lowering under control.

I did one semi pull-up at a time, at least five times a day every day. So my set/rep scheme was 1 semi-pull-upx5x5. In addition to my "pet lift," I focused on slow and controlled military pressing during my regular workouts. During my presses I paid particular attention to actively pulling the bell down from the overhead lockout position with my lats.

Within two weeks of starting GTG I realized I didn't need a bump through my sticking point. After I was able to do an unassisted pull-up I happened to read an article in *Vitalics* by **Josh Henkin, CSCS, RKC**. It was "The ABCs of Reaching Your Fitness Goals" (2005). In the article he addresses a system by **Charles Staley** known as S.M.A.R.T. "This easy to remember acronym stands for Specific, Measurable, Achievable, Relevant, and Time Based" (Henkin, 2005). This is how I applied S.M.A.R.T to my pull-up goals:

- **S-Specific:** My specific goal was to increase my single pull-up to eight pull-ups.
- **M-Measurable:** Every week I tested myself to see how many pull-ups I could do without compromising my form.
- **A-Achievable:** An increase from one to eight pull-ups in three months was my goal and seemed reasonable.
- **R-Relevant:** After I attended the Kettlebell Convention I was hooked and wanted to get my RKC. I wasn't sure if I would have to do pull-ups for the RKC, but I knew I didn't want to humiliate myself again either.
- **T-Time Based:** The next RKC was in June, three months out from the start of my program. That was my deadline.

## I kept my S.M.A.R.T goals in mind when working on my GTG pull-up program.

With one quality rep under my belt, I started to GTG with one pull-up five times a day, five days a week. My set/rep scheme changed to 1x5x5. I paused and held my sticking point position on the lowering phase to better prepare my body for additional reps down the road, or to grease the "synaptic pathways." The sticking point for me was when my upper arm and lower arm were just over 90°, (or greater than a 90° angle), and my body was further away from the bar. I could really feel my lats working when holding that sticking point position.

I tested myself at the end of the first week of my 1x5x5 pull-up program. After just one week of GTG with one rep five times daily, I was able to perform three pull-ups without compromising my form.

So I changed my set/rep scheme to two pull-ups five times a day, five days a week (2x5x5). This method fell in line with the idea that "fragmentation





of training volume into smaller units is very effective for promoting strength adaptation, especially in the nervous system” (Pavel 1999). Furthermore, I practiced with sub-maximal pull-up numbers because as Pavel also states in GTG, “Pushing to exhaustion will burn out your neuromuscular system and force you to cut back,” and “It is critical for the program's success that you avoid muscle failure.”

### **After one week of 2x5x5 I tested myself again. Amazingly, I was able to pump out 5 quality pull-ups.**

That was when my progress began to slow. I needed three more pull-ups to complete my goal. Reps one through five seemed to come relatively easy, but reps six through eight required more work and I began to get discouraged. I had hit a wall. So I re-evaluated my approach. I assumed the first five reps were due to synaptic facilitation, my body knew how to do a pull-up. For the last three reps I needed to gain more strength.

In order to gain strength, I incorporated heavier pressing into my regular lifting routine and consequently started push pressing as well. My military pressing routine consisted of three sets of three reps twice a week with a 16kg kettlebell (3x3x2). I also started push pressing the 20kg kettlebell twice a week with the same rep scheme as my regular military pressing (3x3x2). I took long breaks in between push press sets, at least five minutes, sometimes longer.

I continued to GTG, but with four pull-ups three times a day four days a week (4x3x4). During my GTG sets, I concentrated on really squeezing the lat muscles as hard as I could on both the pull and descent portions of the lift. I did this program of presses and pull-ups for a month before testing my pull-ups again.

### **After one month of hard pressing and pull-ups, I was in fact able to complete the last three reps of my set goal of eight pull-ups..**

Setting S.M.A.R.T goals provided an outline and clear-cut direction to go with my pull-up program. With two hard months of working on pull-ups, I was able to achieve my set goal of eight quality pull-ups. The next step was to add weight. At the RKC, a question was presented to Steve Maxwell, RKC regarding weighted pull-ups. He suggested adding small increments of weight at a time. I recall him saying to start with canned food in your pockets and gradually increase the weight. By adding this minute amount of weight over a long period of time your body is more able to adapt to it, than if you were to try to hang a 12 kilo. off of your foot from the start.

Instead of canned food I used a weight vest and incorporated weighted pull-ups into my jogs. I started with a two-and-a-half pound plate in the vest. I alternated running one quarter mile lap with one tactical pull-up for five laps two times a week, (1x5x2). Every two weeks I would add another two-and-a-half pound plate if I had been successful in the past week with the previous given weight. I worked up to ten extra pounds in the vest with this program.

After I reached a ten pound weighted pull-up I started to burn out. I took two months off of weighted pull-ups and went back to GTG with five pull-ups, five times a day, three days a week (5x5x3).

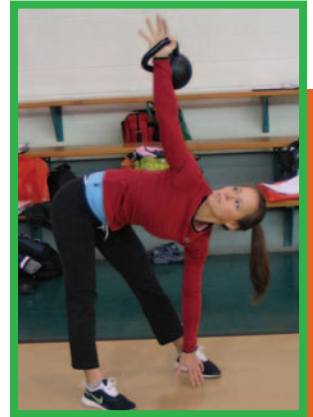
Then I took two weeks off of pull-ups all together...

After two months off of weighted pull-ups and an additional two weeks off of body weight pull-ups, I started over where I left off, (5x5x3 body weight pull-ups). After two weeks of GTG with 5x5x3, I gradually added weight again with my weighted pull-up and jogging program. Progress was slow and steady, but after consistent practice I worked up to 15 pounds in my weight vest in between quarter mile laps.

After I was able to do a pull-up with 15 extra pounds, I started GTG again. I GTG with one 15 pound pull-up three times a day, three days a week (1x3x3). Every two weeks I would add another two-and-a-half pound plate if I had been successful in the past week with the previous given weight. I was able to work up to 20 pounds in the vest before I attended the Level II RKC.

### **I had never successfully attempted a weighted pull-up with the kettlebell until I attended the Level II RKC this June. Because of my dedication and consistent training I successfully performed a 12kg weighted pull-up.**

I continue to “Grease the Groove” with tactical pull-ups so the “synaptic pathways” don’t rust. Goal setting is still an important part of the equation. My next long term goal is to complete the female Beast pull-up challenge, a 24kg weighted pull-up...starting with gradually increasing weight from 12kg.



**Sara Cheatham M.S., RKC** is a Level II instructor and the only active certified Kettlebell instructor on Nellis AFB, in Las Vegas, NV. Sara is available for workshops, consultations, military PT, group sessions, and personal training. Contact her at [saracheatham@hotmail.com](mailto:saracheatham@hotmail.com).



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



# Bare Bones Kettlebell Secrets for Strength and Health On the Road

## —A MINIMUM HASSLE, MAXIMUM PAYBACK PROGRAM FOR MAINTAINING MOBILE FITNESS

*Looking for a convenient way to maintain your hard earned fitness while you're on vacation? Kettlebells may be just the ticket.*

For a number of years now, my husband Andy and I have been on parallel quests for a minimal-hassle way to maintain our fitness during summer adventures. After a few false starts, we've found what works for us. Although we've applied these ideas to fitness on the road, they can be adapted to help anyone maintain fitness during particularly crazy or hectic periods in life when you need a bare bones routine.

### Welcome to Camp Kettlebell

My husband is a partner in a sunstone mine located in the sagebrush plains of the high desert in eastern Oregon. It's located about two hours by dirt road from anything resembling a town and a hard 13-hour drive from our home in Ridgecrest on the California high desert. It's a small open pit mine, and he and his partners maintain a "dry camp" on the site—

*no power, no running water, no sewage system, and usually no wives or kids—what's not to like? It's the perfect guy getaway...*

Work hard digging and screening during the day, then play cards, drink beer, and tell tall tales in the evenings.

Only one problem with this arrangement—he's also a life long serious recreational bicyclist and he hated the inevitable drop in his level of cycling fitness that resulted from three weeks or more at the mine.

Over the last several years, he tried a number of things that proved less than satisfactory. One year he took his bike with his indoor training stand and set it up next to his trailer, but the heat, wind, blowing sand and occasional thunder storm didn't do either the bike or the stand any good. And it was a hassle to transport it up to the mine and back.

The next idea was to forget the stand and just take his mountain bike. Better, except that in the middle of the day when it's too hot to dig, it's pretty much too hot for riding, too. Riding in the early morning or evening was

much more enjoyable but conflicted with the best time to dig, which was after all the point of going up there. And there's still the issue of getting the bike to the camp.

### Enter kettlebells.

We got interested in kettlebell training a few years ago after seeing Pavel's original article in *Milo* then following his column in *Muscle Media*. Last year at the last minute Andy decided to throw a kettlebell in the back of the car when he was packing for his annual pilgrimage to the mine and see how it went.

**It was a roaring success.**

Because kettlebell training is so efficient, he could get in a short but effective workout any time during the day, even after dark. The flexibility of kettlebells allowed him to work upper or lower body, strength, cardio, whatever, all with one indestructible tool. He just tossed it under the trailer out of the way when he wasn't using it and went on about his business. As an added bonus, he had the pleasure of providing entertainment for his partners, whose attitudes changed from bemusement to admiration once they picked up the bell themselves and got a feel for the weight.

### This year the kettlebell was the only option he even considered.

He modified his training approach to follow a three-days-a-week, bare bones program: one 16 kg kettlebell, three exercises (the swing, the military press, the windmill), and two concepts (repetition ladders and heavy/light/medium workouts). The actual workouts he used are shown in the table.

And he made a commitment to do his kettlebell work in the morning when he was fresh and it was (relatively) cool. One lesson from the previous year—after a long, hot day of digging, getting the energy up for a kettlebell routine was pretty tough. And the partners weren't laughing near as much this year.

A week after he got back from the mine he did a cycling fitness test to check out the damage. He was very pleasantly surprised to see that he was able to produce the same power and speed on the bike as he had during the same test prior to leaving for the mine,

By Michelle Kilikauskas, RKC



and he was 5 pounds lighter. His power to weight ratio, a key measure of cycling fitness, had increased so that he was in even better shape for cycling after he came back from the mine.

### Okay, Now It's Hitting the Road with Kids and Kettlebells

*My own dilemma is a little different...*

Over the last few years our two kids and I have taken to going on a road trip together in the summer while Andy is up at the mine. Since I travel quite a bit on business during the rest of the year, our annual "Mommy and Me" trip gives us some extended time to hangout together and share some adventures as well as solving the very practical problem of what to do with the kids while Daddy is at the mine and the kids are out of school. (Andy is self-employed and works at home most of the year, so he really looks forward to having some time and space to himself at the mine).

My fitness interests are more in the areas of strength and joint mobility. Starting in 2001 I had gradually shifted almost exclusively to kettlebell training after three years of competitive master's powerlifting.



## Andy's Bare Bones Field Routine (16 kg bell)

### Monday (hard day)

**Military press:** 5 ladders of 1/2/3 reps with each arm

**Swings:** 5 ladders of 5/10/15 reps with each arm

### Wednesday (easy)

**Windmills:** 5 singles with each arm

**Swings:** 5 sets of 5 reps with each arm

### Friday (medium)

**Military Press:** 5 ladders of 1/2 reps

**Swings:** 5 ladders of 5/10 reps

**Note:** The emphasis in this routine is cardio training, so he took just enough rest between sets or ladders to catch his breath.

I got the itch to start deadlifting again when I heard about the *Power to the People!* deadlifting team earlier this year, and I had just finished a deadlift training cycle before the kids and I left for our trip this year in mid July (a 3,000 mile, 14 day trek from our home in the California high desert across Nevada and Utah on Route 50, "the loneliest road in the US", around the Four Corners area exploring Anasazi ruins then back to the California desert via US 40).

Looking for gyms in tiny towns along the way where I would (maybe!) have the opportunity to pay \$15 a pop to get in a short deadlift workout didn't fit with my idea of a relaxing vacation, never mind the issue of what to do with the kids.

My second consideration was that I had finally found some effective techniques at the Kettlebell Convention in Las Vegas, the April RKC training course, and the *Unlock! joint mobility workshop* in June that had resulted in major improvements in chronic shoulder and lower back issues resulting from a fall and a car accident, respectively. Both problem areas had plagued me for years and age was not making them any better.

Driving for several hours most days and sleeping in many not-so-firm hotel beds were likely to aggravate both areas, so I was determined to keep up with the joint work. Some of the moves I could do anywhere without equipment, but I needed some kind of weight for the arm bar and the windmills. (Separately I've found both exercises helpful, but together they're a knockout. Add Steve Maxwell's joint mobility routine, and you're there.)

*What to do? Taking a cue from my husband's success the previous year, I threw the kids and a couple of kettlebells in the back of the car and we hit the road.*

I took an 8kg and a 12kg, although I could have made do with only the 12kg if car space or cargo weight had been a serious issue. I did my joint mobility exercises as well as RKC arm bars and windmills almost everyday plus more aggressive kettlebell work (swings, snatches, presses, etc.) on the days when I wanted to and it fit in with our other plans. (I did miss one day with the arm bars when we ended up in a little motel that otherwise met my bare minimum needs for availability, relative cleanliness, and personal safety but whose carpet I could not bring myself to lay down on. That's life on the road.)

Kettlebells require very little space and they are quiet, so I was able to work in a hotel room before the kids got up, after they were settled down at night, or when they were otherwise occupied (thank you, SpongeBob Square Pants).

Because the kettlebells are so portable I also got to enjoy outdoor workouts greeting the morning sun or enjoying the stars in the courtyard of a lovely bed and breakfast on the edge of the Canyons of the Ancients outside Cortez, CO and in the hotel parking lot in Ely, Nevada. How's that for flexibility?

I was pleasantly surprised at how good I felt despite the different beds and the many hours behind the wheel, and I was ready to jump into a new deadlift cycle when we got home. Shortly after I returned I made my monthly maintenance visit to my chiropractor, and he commented on how easily my chronic problems areas adjusted this time, even after a long trip. I know it's because of the joint mobility work along with the arm bars [see *Pavel's Resilient DVD* -Ed.] and windmills.

Next summer if you see a crazy (but fit!) lady doing windmills in a park (or a parking lot) somewhere with a couple of kids in tow, wave because it's probably me.



"I got the itch to start deadlifting again when I heard about the Power to the People! deadlifting team earlier this year, and I had just finished a deadlift training cycle before the kids and I left for our trip this year in mid July!"



**Michelle Kilikauskas, RKC** is the 1999 and 2000 APF US Masters Powerlifting National Champion and 2000 WPC World Masters Powerlifting Champion. You can contact Michelle and Andy at [andyk@ridgenet.net](mailto:andyk@ridgenet.net).

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



# HOW TO LIVE TO BE 89 AND HAVE PAIN-FREE JOINTS

“THE LIMITS FOR OLD MEN ARE ABOLISHED”

—ACADEMICIAN AMOSOV

BY PAVEL

In Russia and his native Ukraine Nikolay Amosov is a public figure with the stature Arnold Schwarzenegger boasts in this country. You may be surprised to find out that the #1 Russian exercise icon is not a three hundred pound weightlifter or wrestler, but an octogenarian surgeon with the wiry physique of a Bruce Lee and the ascetic fat-free face of a Jacques Ives Cousteau.

You also developed quite a work ethic as well as willingness to do something wrong a thousand times before ever doing it right once. Practices were 4-5 hours per day five days to six days per week and most of the time you were *trying* to learn a skill. Progressions hadn't really been ironed out yet and most of what we did was *go for it*.

## Academician Amosov ran a schedule that would kill a twenty-five year old yuppie, not to mention a horse.

In his late seventies and early eighties he performed two open heart surgeries a day, an average of eleven hours, wearing out two support crews a quarter to a half his age along the way. In his spare (?) time Amosov ran the Kiev Cardiovascular Surgery Institute of the Ukrainian Academy of Sciences, managed the famous Biocybernetics Department of the Ukrainian Academy of Sciences Cybernetics Institute and religiously followed his exercise regimen.

Academician Amosov had not always been a human dynamo. The fitness superstar started out as a retired Red Army lieutenant colonel in his late fifties with the World War II behind him, a spare tire in the front, and an assortment of diseases. The turning point was the day when Amosov formulated and put to practice his now famous theory of limit loads. One of the corner stones of the theory is the belief that a human organism has a great ability to regenerate itself.

## Use—intense use! —is the key.

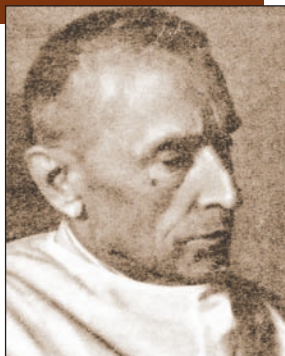
The Academician differentiates three states of joint health:

First is a 100% healthy joint, usually found in a young person: "...a person can lift his knees to his stomach and touch his buttocks with his heels; he can flex his spine so his head ends up between his knees and make a full circle with his arms." Superb joint ROM is easily achieved at this stage, says Amosov. **Twenty reps per joint will suffice for prevention until you are thirty or so according to the Academician. I like to simply match the reps with the trainee's age.**

The second stage usually hits by the time you are forty, give or take a few years. The joints already have salt deposits and they speak up with aches and a limited ROM. Not all the time though. Sometimes symptoms disappear for years only to resurface again. **When this happens, and even if it does not but you hit forty, the man says the numbers must be cranked up to 50-100 per joint. Especially for your spine.**

The third stage is when the joint aches almost constantly and actively interferes with your work and life. X-rays show changes, most common being bone spurs growing between vertebrae. Bad posture, poor body mechanics at work and in the gym, and lack of joint movement are to blame. Surgeons who have to stand for hours over a table frequently suffer from bad backs, mentions Nikolay Amosov.

ACADEMICIAN  
NIKOLAY AMOSOV



## The only way to prevent age-related joint problems is through exercise, states Academician Amosov.

**If you have already hit the third stage do 200-300 full range movements per damaged joints and 100 for the ones that 'are waiting for their turn'.**

The Academician urges you to ease into joint mobility training. Start with ten movements and add ten a week. An even more gradual schedule recommended by Amosov

is to add five a week for the first month and then start adding ten reps a week until the target number is reached.

**Mobility drills are ideally performed every morning.** You will not only do your joints a favor, but will get rid of stiffness as well. *Relax into Stretch* fans, do not expect that the ability to do a split will make you immune to stiffness; you should watch me get off the plane! You get 'rusty' whenever your proprioceptors—the sensors that give your body information about its position in space, its speed of movement, etc.—do not get any new input for a while. When nothing happens, your nervous system is not sure what to expect from the environment and tightens up your muscles—just in case. That's why you feel like the Tin Man in the morning or after any long period of inactivity.

## Movement wakes up your proprioceptors, the nervous system starts humming and you limber up.

Increased impulsion from the proprioceptors also 'tunes up' the nervous system processes for the whole day. No wonder Amosov-style morning calisthenics are very popular in Russia and go by the name of *zaryadka* or 'a recharge'. Russian coffee, anyone?

Here is one of Amosov's morning exercise complexes. It offers cardio benefits in addition to joint mobility.

## ACADEMICIAN AMOSOV'S '1000 MOVES' MORNING 'RECHARGE' COMPLEX

1. Squat –100 repetitions
2. Side bends –100 repetitions
3. Pushups on the floor –50 repetitions
4. Forward bends –100 repetitions
5. Straight arm lateral raises overhead – 100 repetitions
6. Torso turns –50 repetitions
7. Roman chair situps –100 repetitions
8. One legged jumps in place –100 repetitions per leg
9. Bringing the elbows back –100 repetitions
10. 'The birch tree' or Yoga shoulder stand—hold for the count of 100
11. Leg and hip raises. Lie on your back and bring your feet behind your head while keeping your legs reasonably straight. –100 repetitions
12. Sucking in the stomach –50 repetitions

Do the 1000 movements—the eventual goal—at a rapid clip. Make sure to push yourself enough to sweat and breathe hard, although Amosov warns not to let your RPMs go above twice your resting heart rate. You should be done in 25-40 minutes.

Simple and to the point as you can see. "There is a million of exercise complexes out there," muses Academician Amosov. "Look up the literature on physical culture and you will find most complicated routines including 40-50 exercises. These for the first week, others for the second, etc. ad nauseam. They argue that every muscle needs its own movement. Let us not pick on them, an expert's job is inventing and complicating... **Non-athletes training for health do not need complicated routines. Why cram their brains? Let the person bend and squat...**"

And if you do not mind flexing your brain a little I suggest that you design your own joint mobility and recharge routine from the drills I have hand picked and laid out for you in *Super Joints*.

As a Russian poem goes, decades after the Great War long-dead Nazi snipers keep picking off our soldiers. Lt. Col. Nikolay Amosov, Soviet Army (Ret.) made it to 89 in a country where men, worn out by war, vodka, and Slavic fatalism rarely make it to 60. All the way until his death Amosov kept his flag up. "So, ladies and gentlemen of the jury, the experiment continues! We are pushing pessimism back. The limits for old men are abolished. Life is a pretty good thing after all."

"I teach Qigong for many, many reasons—but it is a story and letter like the one from Jeanne below that truly inspires me to continue to share with others the wonderful, multi-dimensional benefits I have experienced myself from Qigong over the last thirty years."—**John Du Cane**

## How *Jeanne Wiestling* Used Qigong to Recover from a Serious Stroke, Amaze Her Physical Therapist And Run a 26.2-Mile Marathon...

Dear John,

Last winter, after taking your 6-week Qigong course **Strength and Flexibility**, I returned to my Physical Therapy classes at Sr. Kenney in Minneapolis after a month gap in appointments. I had plateaued on all my goals and had been unable to reach higher levels of strength, balance, and flexibility after months of daily practice with other methods.

After attending your class and switching my routine to Chunyi Lin's Sitting Meditation and your work from class **ONLY**, I was able to meet ALL of my therapy goals, and could do things even my therapist could not easily accomplish. She was amazed. I was in tears, and had been going to therapy so long, it didn't dawn on me until after our session that I was **DONE**. I had to call and verify. I don't think my therapist had ever seen anyone improve so much, so fast.

Around the time our qigong class with you at KettlebellsUSA wrapped up, I signed on to run in the San Diego Marathon in June of this year through the American Stroke Association. I completed my first (and likely only) 26.2 miles and am the proud loser of two large toenails. But hey, I did it!

Bethesda rehabilitation hospital in St. Paul has made me their "poster child" of sorts and has run ads featuring my family's picture and my story in regional copies of Time, Newsweek, US News, and various health-related periodicals. This month, I'm speaking to a group of 40 rehab care providers there and next month, I have an hour spot on the roster amongst a bunch of Drs. and medical company CEOs at the regional Brain Injury conference, speaking to a group of about 400 health care providers.

The focus of my hour-long talk next month is "My Journey through Stroke" where I will be outlining the systems and motivations that made my recovery so very much more profound and effective. In it, I hope to mention your classes and share the story of how doing this work was helpful to me.

Best Regards,

Jeanne Wiestling



### The Story of Jeanne's Massive Stroke and Her Path to Recovery

In January of 2005, Jeanne Wiestling, a 38 year-old wife and mother to two boys, 1 and 2 years old, began finding it difficult to open her kids' drinking cups and to write legibly. The tips of her fingers were starting to grow numb.

After seeing her obstetric doctor for what she thought was pregnancy-related carpal tunnel syndrome, she went to a neurologist and had an MRI done. That scan showed a 13-inch worm-shaped hole or "syrinx" in Jeanne's spine. She soon found herself at a neurosurgeon's office, and though this doctor only ordered surgery for 10% of the patients that came to him, Jeanne was told that most patients with that size of hole were falling down stairs and losing sensory function throughout their body.

There was no alternative therapy but a brain stem surgery, which was scheduled the following week. Jeanne's syrinx was growing due to the inflow of cerebral spinal fluid at the brainstem, which needed to be closed off with the intention that the syrinx would then collapse upon itself and be absorbed by her body, with no further damage and a hopeful return to normal function.

**In May of 2005, the surgery took place in St. Paul, and though it went well, Jeanne suffered a massive stroke post-operatively that left her in a quadriplegic state for two weeks.**

She then was transported to a rehabilitation hospital for another month. There, she regained use of her limbs, learned to dress and feed herself, walk and do daily tasks. She was still unable to care for her children, though her husband and family would bring the boys by several times a week so they could get time together. Once discharged from the hospital, Jeanne began walking a few miles per day in addition to the therapy plans she was doing at the hospital 3 times a week.

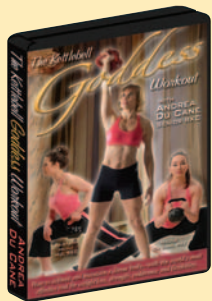
She relearned to drive and was tested through Courage Center to regain her license. But she began to plateau in her therapies at the hospital, unable to achieve the balance of strength and coordination it took to accomplish many of her goals.

One important goal for her was to return to a career as a massage therapist she'd held for over a decade. Building the strength, flexibility and endurance that job demanded was a challenge. The most important thing for Jeanne was to regain the physical ability she needed as a mother in keeping up with her two young boys. Plateauing was not an option. She began to look for other alternatives.

Jeanne remembered the previous qigong classes she had taken with John Du Cane many years ago and how great they were for reinvigorating her body. Returning to the classes again was like a tuning fork and the results were immediate....

## New Products:

### The Kettlebell



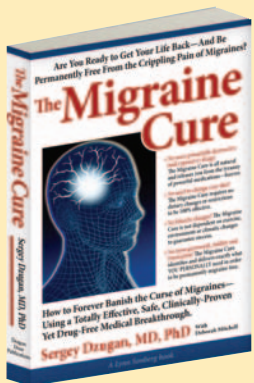
### Goddess Workout

DVD by Andrea Du Cane, Senior RKC Page 3

### Enter the Kettlebell!



Book and DVD by Pavel Tsatsouline Page 7



### The Migraine Cure

Book by Sergey Dzugan, Page 11

## Interview:

### TRICIA DONG:



How BAD Do You Want it?

Pages 32-33

## New Products:



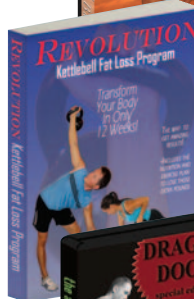
### HardStyle Golf Conditioning

Book by Terrence Thomas, RKC Page 27



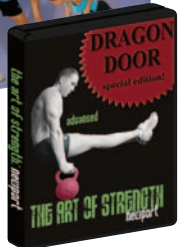
### Misfit's Kettlebell Basix

DVD by Missy Beaver, RKC Page 21



### Revolution Fat Loss Program

Book by Franz and Yoanna Snideman, RKC's Page 35



### The Art of Strength, Newport

DVD by Anthony Diluglio, RKC Page 29

## Articles:

### ANDREA DU CANE:

Act it, Look it, Live It! Page 5

### DR. KRISTANN HEINZ:

Kettlebells and Pregnancy Page 6

### PAVEL:

Kettlebell Swing Mastery Page 8

### DR. SERGEY DZUGAN:

How to Eliminate Migraines Forever Pages 10,12

### DR. AL SEARS:

Learn to generate Bigger "Heart Waves" Page 14

### MIKE LUCAS:

One Man's War Against the Obesity Epidemic Pages 24-25

### TERRENCE THOMAS:

Power Up Your Golf Game with Kettlebells Pages 26, 28

### ANTHONY DILUGLIO:

How to Develop Sustained Strength and Speed Page 30

### FRANZ & YOANNA

**SNIDEMAN:**  
Solving the Body Fat Problem With the Right Diet Page 34

### SARA CHEATHAM:

How to Grease the Groove S.M.A.R.T. Style Pages 38-39

### MICHELLE KILIKAUSKAS:

Bare Bones Kettlebell Secrets Pages 40-41

### PAVEL:

How to Live to Be 89 and Have Pain-Free Joints Page 42

### JEANNE WIESTLING:

How I Bounced Back from a Major Stroke with Qigong Page 54

### ZHONGXIAN WU:

Strengthen Your Lung Energy with Shamanic Tiger Qigong Page 60

**1-800-899-5111** 24 Hours a day  
fax your order (866) 280-7619



Dragon Door Publications

P.O. Box 1097

West Chester, OH 45071