



“Russian Special Forces Strength & Conditioning Secret is out!”



What is a 'kettlebell'?

A 'kettlebell' or *girya* (Russ.) is a traditional Russian cast iron weight that looks like a cannonball with a handle. As the 1986 Soviet *Weightlifting Yearbook* put it, "It is hard to find a sport that has deeper roots in the history of the Russian people than kettlebell lifting." 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 muscular strength and bodies as well as kettlebell athletics," wrote Ludvig Chaplinskiy in Russian magazine *Hercules* in 1913. . Yuri Vlasov who defeated mighty Paul Anderson 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 lifter. ". . . **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, lethal 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."

Who uses kettlebells in the United States?

The extreme kettlebell workout would have remained the exclusive domain of Russian spec ops, had former *Spetsnaz* instructor **Pavel** not immigrated to the U.S. The elite of the U.S. 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 kettlebell instructors in outfits such as the **Force Recon Marines**, the **FBI Hostage Rescue Team**, and the **Secret Service Counter Assault Team**. The Secret Service fly with kettlebells on Air-Force 1 and kettlebells have been seen touring with our troops in Afghanistan and Iraq. 📌 Once the Russian kettle bell 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, K-1 fighters, MMA fighters, boxers, athletes, regular tough guys, and weekend warriors. There is no stopping the Russian kettlebell invasion. **Frank Shamrock** said "kettlebells deliver power where you need it - from the floor up". **Dan Inosanto** proclaims "with kettlebells, you can get your cardio and strength training all in one process. It also worked my upper and lower body at same time."

📌 Some fighters say kettlebell training is the closest thing to fighting without throwing a punch, *Men's Journal* called it 'a workout with balls.' *Rolling Stone* pronounced Pavel 'The Hot Trainer of the Year' and his Russian kettlebell 'The Hot Weight of the Year.' "Resistance is futile. You will be assimilated."

Get your kettlebell from Marvin King (301) 651-3218 or KettleBellTalk.com. Power to you!

Kettlebells deliver xtreme all around fitness

Russian kettlebells are not for Kens and Barbies who want to look like 'a collection of body parts.' K-bells 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 midsection, and strong legs without a hint of squat-induced chafing. Kettlebells melt fat without the dishonor of dieting or aerobics; losing 1% of bodyfat a week for weeks is not uncommon. If you are overweight, you will lean out. If you are skinny, you will get built up. Since taking up kettlebells, top Russian gireviks studied in 1997 increased their bodyweight 21.2% 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. Test have been done that show kettlebell training lowers the heart rate and the blood pressure. Studies in 1998 show kettlebells enable one to quickly build strength, endurance, achieve a balanced development of all muscle groups, fix particular body deficiencies, and they also promote health." Most methods that claim 'all around fitness' deliver no more than compromises. Accept no compromises – choose the Russian kettlebell!



Read 100+ Russian kettlebell testimonials and talk to kettlebell lifters on RussianKettlebell.com

Are kettlebells dangerous? Am I too young or too old?

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, isn't it? Note that these were not regular guys but elite athletes who push their bodies to the edge. Which does not give you an excuse to lift kettlebells flippantly; any type of strength training can be dangerous if you use bad judgment. As for the age, 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.

What kettlebell size is right for me?

KettlebellTalk.com offers 9, 12, 18, 26, 35, 44, 53, 70, 88, and 106-pound kettlebells, designed in Russia and made with pride in the USA. Kettlebells were designed to give you a super workout with just one or two fixed weights. 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 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. A few hard women will go beyond.

Where can I buy a kettlebell and how do I learn how to use it? Contact Marvin King, RKC-2 for workshops and personal training at 301-651-3218 or email him at marvinjking@verizon.net. Power to you!

Marvin King, RKC-2, NCSF, NARS

- Has been a student and teacher of the Martial Arts for over 35 years. Under the tutelage of Grand Master Chang Tung Sheng and Chi-Hsiu D. Weng, PH.D., he obtained black belt ranking in Shuai Chiao. A student of Grand Master Tai Yim, he reached instructor level in Shaolin Hung Fut. His Martial Art background is rounded out with training in the Northern Chinese Arts under Grand Master Sin The', and practice in Chang Style Tai Chi and Shing Jing.
- As a Professional Trainer and RKC, Marvin is spreading the news to America about the amazing diversity of exercises and overall health benefits of Authentic Russian Kettlebell Training. People from of all ages are experiencing renewed joint mobility through a series of daily exercises he calls "The Morning Workout". As seen on the "Absolute Body Power" Fitness Program, he continues to share his extensive knowledge of fitness to help all people experience an improved quality of life.

