



SATURDAY, MAY 1, 2010

## Return of the Kettlebell Workshop with PAVEL



**Learn the Quickest Way to Build Muscle, Achieve Fat Loss and How to Increase Strength, Power and Stamina**

**When:** Saturday May 1, 9.30 am - 6.30 pm

Figline Valdarno, Firenze, ITALY

---

### What will this seminar do for me?

- Dramatically increase your strength using double kettlebell drills
- Increase muscle while decreasing unwanted body fat
- Increase your full body power which means “more speed”
- You will become more explosive, harnessing more POWER than you have ever experienced
- Increase your thoracic, shoulder and hip mobility
- Increase your athletic potential and performance
- Skyrocket your cardiovascular fitness and stamina
- Make you more resilient

If you are familiar with kettlebells and have successfully been through Pavel's "Enter the Kettlebell" program, you will not want to miss this seminar as it represents "the final fruit of Pavel's research – combining the very best of ancient lifting wisdom with modern day scientific break-throughs."

**The primary focus for Pavel's new program for Explosive Muscle Gain is the proper use of Double Kettlebell movements.** Why double kettlebell drills?

Double KB drills have a very systemic effect on all systems of the body, including the hormonal system, the nervous system and the muscular system. Double Kettlebell exercises means faster gains in muscle, strength, power and stamina!

**What will you learn?**

#### THE SCIENCE OF BIG

- Why the Kettlebell is superior to a barbell for repetition quick lifts
  - How to perform the Double Clean
  - The importance of the "V" grip for the double cleans and why your rotator cuff will love it
  - The proper rack position for guys and for girls
  - Why and how to fully straighten out your arms in all overhead kettlebell lifts
  - Why not to "scoop" and how to correct it
  - The importance of breathing behind the shield
  - How to match your breathing properly: Anatomical vs. Biomechanical
  - How to perform the DOUBLE SNATCH – The Ultimate Expression of Full Body Power
  - How to build huge shoulders and your upper back with the FRONT RAISE SNATCH
  - How to perform the Side Raise Snatch
  - The Single VIKING PUSH PRESS for Viking Muscles
  - The Double VIKING PUSH PRESS
  - The difference in grip between the Kettlebell Press and Kettlebell Push Presses and Jerks
  - The Correct Spine and Rack position for JERKS and PUSH PRESSES
  - How to Dip properly in the Jerk
  - How to Drive and then Drop explosively in the DOUBLE CLEAN AND JERKS
- But that's not all, you will also learn how to GRIND AND GROW:

- The Double Press for Double Muscle Gains
- The Double Military Press done after a Snatch
- Learn how to Squat well in only half an hour
- Learn how to find your proper squat stance
- Learn the GOBLET SQUAT
- Learn how to find your natural spine and decrease back pain
- Open up your hips with the RKC Hip Flexor Stretch

MORE.....

- How to get Mobile Shoulder for effortless overhead lifts
- How use a pull up bar to open up your chest and T-spine
- The Kettlebell Straight Arm Pullover
- Why hanging from a pull up bar is great for flexibility and spinal decompression
- The difference between the RKC and Girevoy Sport Rack Position for Jerks, Push Presses, and Presses
- Why the overhead walk is necessary for shoulder mobility and shoulder stamina
- Pressing from partials squats

MORE...

- Kettlebell Touch and Go Sumo Deadlifts with 2 Bells
- BEHOLD THE POWER OF RUSSIAN "BLOCK TRAINING"
- Learn about the Russian secret of TWO WEEK BLOCKS

And so much more! Pavel will literally share his best muscle and strength building techniques for FAST RESULTS! You are guaranteed to get much stronger and more resilient from this workshop!

**Here what Strength coach and RKC Team Leader Dan John has to say about this magnificent program:**

"I'm not sure I can speak highly enough about "Return of the Kettlebell." Maybe it's the little things, like how we are walked through the squat with pictures that answer so many questions for the novice or the several pages dedicated to the Hip Flexor stretch. Honestly, the devil is in the details when it comes to working the hips and shoulders and the RKC system is clearly miles ahead of anybody else when it comes to exacting explanations of

how to deal with the "four knots."

It could be the "big things." I never thought much of Double Kettlebell Cleans because I have such a history with the O lifts. Maybe, just maybe, it could be because I never did them right! Something as simple as the "V" position changes the lift forever and, if you need to be gassed, go right ahead and do a set of ten. Not enough, add some Front Squats.

I'm not sure most people reading the book will understand the challenge of the training system outlined. A double snatch followed by double presses followed by Front Squats? Good luck! "

Dan John RKC TL

**And here is what Master RKC Kenneth Jay has to say:**

"Now Pavel sets the standard from man to monster in his new and absolutely magnificent book Return of the Kettlebell. If Enter the kettlebell gave you the strength and physique of Spiderman then Return of the Kettlebell will make your skin green and turn you into a copy of Dr. Bruce Banner's alter ego.

Pavel has outdone himself and laid out the plan for explosive muscle gains and extraordinary strength- only one thing is required of you if you chose to follow the path.. you gotta have the heart to follow it through... just be careful you don't Incredibly HULK your shirt in the process :) "

Kenneth Jay, MRKC - Slangerup, Denmark

**And read what Master RKC Mark Reifkind has to say about ROTK -**

"Pavel hits another home run with his new book "Return of the Kettlebell". I shouldn't, nor should anyone, be surprised at this considering the his already state of the art and groundbreaking body of work but here he goes again, covering new ground and teaching us all that the applications of the kettlebell are much deeper than anyone ever thought.

One of the main things that differentiates Pavel and the RKC from every other 'wanna be' kettlebell course or book is that the man understands the bell is a tool and HOW one uses it is the key to creating an almost unlimited array of training gains, from insane

cardiovascular endurance to, now, incredible muscle growth, all with the same basic tool.

Using the key principles of the RKC, just in new configurations, Pavel teaches us how to 'muscle up' with double bell work, overload eccentrics and how to use explosive power as well as high tension to get the job done and build some serious muscle.

When powerlifting squat god Donnie Thompson says double bell front squats make him work then ALL should listen! Bravo Pavel, again, for leading the charge of the bleeding edge of the state of the art. No matter what the training goal, Pavel has a kettlebell solution that WORKS. Get this book and dvd! "

Ref

Sandro Ciccarelli - Figline Valdarno, Florence, Italy

Tel. +39 055 959530

Fax. +39 055 958255

Email: sandro.ciccarelli@tiscali.it

Site Link: [http://www.olympian.it/seminario\\_01052010.cfm](http://www.olympian.it/seminario_01052010.cfm)

### **WHAT WILL THIS COST ME?**

You have until March 31, 2010 to get 60.00 € off.

Early Bird Registration: \$349 until November 1

€ 290.00 until March 31

€ 350.00 after that

Seminar Location: Olympian's Gym, Via Brodolini n.35, 50063 Figline Valdarno, Firenze, Italy

### **DISCOUNTED HOTEL:**

Hotel Torricelli

Via San Biagio 2

Figline Valdarno (Fi) Italia

Tel: +39 055 958139 - +39 055 958139 - Fax +39 055 958481