

THOSE AMAZING RUSSIAN KETTLEBELLS!

Russian **kettlebells** are amazing.

Kettlebell workouts **may be the answer** to maintaining a home gym or having an expensive club membership.

With Russian kettlebells you can **develop superior gains** over traditional workout methods and save lots of space in your home.

Pavel Tsatsouline teaches others to train with kettlebells.

He is a former **Spetznaz** trainer.

For those who may not know, Spetznaz is the **Russian equivalent** of the CIA or special forces.

As every high-risk agent may wish for, after studying some of Pavel's books you can definitely find out how to **have explosive instant power ready at all times**. (A very useful quality for a special agent - but also for athletes and everyday people too!)

Kettlebell training can be a **great way to lose weight, tone up the body, and stay in shape** once you get it there with added benefits.

Kettlebell workouts may be **better for you** than weight training. In one of his books, Pavel mentions some of the **fitness tests** that were used to compare kettlebell training to traditional workouts.

The kettlebell trainers seemed to be in **much better shape**, being better able to navigate an obstacle course when compared to those who used 'traditional workouts' to prepare.

The kettlebells offer another **distinct advantage**. They can actually strengthen the body to be better at **absorbing shock**. This can be a tremendous advantage for contact sports or martial arts.

Speaking of **muscle and tone**, check out the incredible abdominal muscles that Pavel can show you how to develop.

<http://allthingspondered.com/kettlebells>

Pavel, being an **expert in physical training** combined with his **unique experience and insight** is fully qualified to show you this unique way to physical fitness.

Whether you are female or male, it makes no difference, **Russian kettlebells** can benefit you.

Another thing I think that is interesting about Pavel and his work is that he brings his **colorful and interesting** Russian personality into play. For example, just think of the title of one of his books, *Power to the People*.

I guess liberation **is** in order.

Pavel may be showing us a **better way to fitness**. His information may free us from our need to spend an inordinate amount of time in the gym, and **spend it more wisely and effectively**, so that we can have great **physical fitness and time** to enjoy it as well.

As you can see by glancing at his pictures, Pavel not only knows how to **develop an amazing physique** but he also knows how to keep himself flexible at the same time.

Maybe now you can understand why I think this man **has some answers** to fitness that we might not be able to find anywhere else.

As always, consult a primary care physician before embarking on any fitness regimen. This article is for information purposes only and is not to treat, prevent or diagnose any physical condition.

About the Author:

Dave Snape is a health, fitness and well-being **enthusiast**. He maintains a website **on that theme:** <http://tobeinformed.com>

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