

The Russian Kettlebell Challenge: Xtreme Fitness For Hard Living Comrades By Pavel Tsatsouline



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Pavel Tsatsouline was nationally ranked in the ethnic Russian strength sport of kettlebell lifting. A former physical training instructor for Spetsnaz, the Soviet

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Xtreme Fitness for Hard-Living Comrades" and a one-man The Russian Kettlebell Challenge video is Pavel Tsatsouline, a.k.a. "The Evil Russian."

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