



# Kettlebell Simple & Sinister

*Pavel Tsatsouline*

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# Kettlebell Simple & Sinister

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## **Kettlebell Simple & Sinister** Pavel Tsatsouline

Learn how to use the extreme hand-held gym from the source the man who started the kettlebell revolution. Simple & Sinister will prepare you for almost anything life could throw at you, from carrying a piano upstairs to holding your own in a street fight. Simple & Sinister will forge a fighter's physique because the form must follow the function. Simple & Sinister will give you the strength, the stamina, and the suppleness to play any sport recreationally and play it well. If you are a serious athlete, Simple & Sinister will serve as a perfect foundation for your sport-specific training. If you are a serious lifter, Simple & Sinister will build your strength, rather than interfere with it. Simple & Sinister will achieve all of the above while leaving you plenty of time and energy to do your duty, your job, practice your sport, and have a life. Russian kettlebell power to you!

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