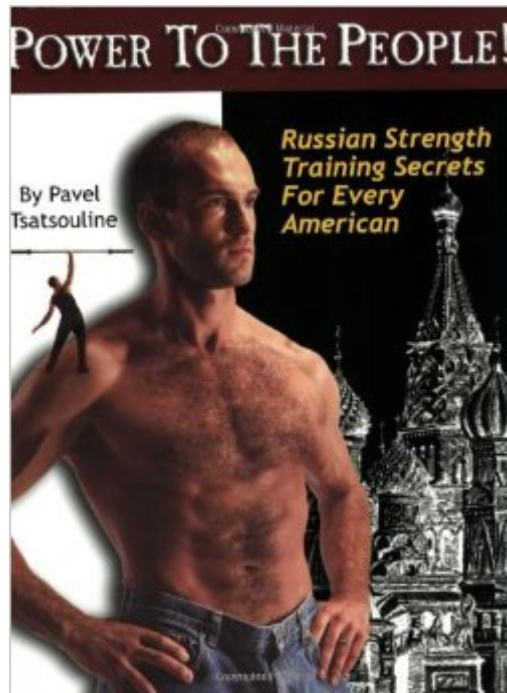


The book was found

Power To The People! : Russian Strength Training Secrets For Every American



Synopsis

How would you like to own a world class body-whatever your present condition- by doing only two exercises, for twenty minutes a day? A body so lean, ripped and powerful looking, you won't believe your own reflection when you catch yourself in the mirror. And what if you could do it without a single supplement, without having to waste your time at a gym and with only a 150 bucks of simple equipment? And how about not only being stronger than you've ever been in your life, but having higher energy and better performance in whatever you do? How would you like to have an instant download of the world's absolutely most effective strength secrets? To possess exactly the same knowledge that created world-champion athletes-and the strongest bodies of their generation? Pavel Tsatsouline's *Power to the People!*-Russian Strength Training Secrets for Every American delivers all of this and more.

Book Information

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Customer Reviews

i found this review of the book on the sfuk website and found it to be a very detailed and nonbiased. here it is: *Power To The People : Russian Strength Training Secrets* Dinosaur Training author, Brook Kubik, wrote (in *Hardgainer* mag issue 44).."what do you do if you only have a barbell? - no stands, rack or bench?" He said you deadlift and press. "Don't you think you'd be big and strong all over if you could standing press big poundages and deadlift two or three times as much?" Tsatsouline takes this philosophy and runs with it in *Power To The People*. *Tale of the Tape*: PTPP is about 125 pages, including a few ads for his other books. What's the book about? Maximum strength using minimum exercise and training time Using bare minimum equipment (a Barbell) Very few sets & reps Never train to failure Flexible training cycles Whilst it mainly concentrates on strength rather than

size, Pavel does include his "Russian Bear" routine. Tsatsouline's book revolves around just 2 exercises, done for just 2 'work sets' each with just 5 reps in each set. Read that again. Yes, just 2 exercises and 2 sets of 5 reps! Your entire workout is done with 20 reps. The first exercise is the deadlift. Pavel much prefers it to the squat - although you wonder if it's because Pavel looks more like a deadlifter than a natural squatter. His second exercise is the Side Press. - the old time strongman lift. Basically you hike a barbell overhead with one hand. Yes that's right, just one hand. Arthur Saxon could hoist over 300lbs that way and Pavel reasons that if you can get strong in that, then that's good enough. Good Stuff: Pavel thinks machines are crap - yey!

Power to the People isn't too thin for the money. It's simply concise. It doesn't fill its pages with useless information, it says exactly what needs to be said. This book serves as a primer into the ways of strength training. After you read this book you'll have a far greater understanding of how strength is achieved without having to wade your way through the mist and muck of conventional fitness wisdom. A great deal of what you'll find in this book goes against what you'd read in the fitness magazines, but I'll guarantee you that you'll get better results from these teachings IF YOU APPLY THE PRINCIPLES CORRECTLY. Let's be honest, how many people follow along with those conventional programs only to be left too sore to enjoy life and frustrated that they can't make progress? Then they assume that they're genetically inferior and just stop trying. Too many people are after a one size fits all program to fit all their needs, and even though Pavel provides a few examples of simple but effective, the real magic is in the knowledge and insight you gain into the reality of productive strength training. In reality, the strongest people around are in agreement with Pavel's philosophy's on many key points. Take a look at Milo magazine or PowerliftingUSA sometime, or have a look at some of the writings of the old time strongmen who Pavel speaks so highly of. You'll recognize some of the same content. Power to the People gives you more than the content, though. It gives you a context to fit it all into. From personal experience I can say that the changes I have experienced in my life since I began applying Pavel's principles have been dramatic. I'm a great deal stronger, healthier, leaner (if you want to know how to lose fat the Pavelized way check out The Russian Kettlebell Challenge.

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