



Kettlebell Simple & Sinister

Pavel Tsatsouline

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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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