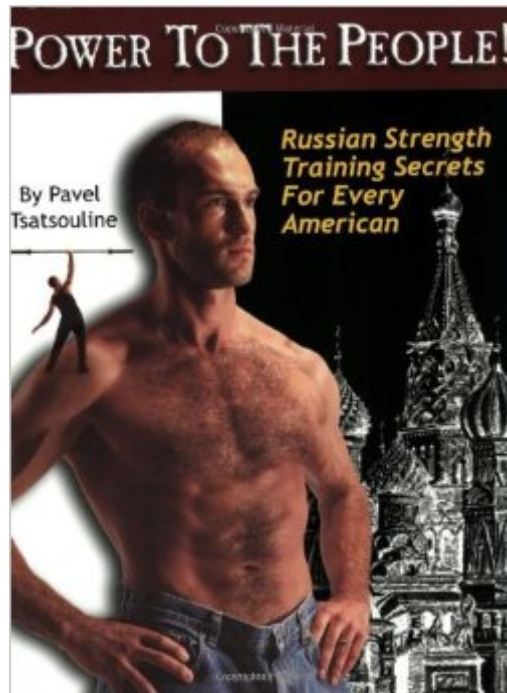


The book was found

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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The Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and resistance

through strength training and proper nutrition The Complete Strength Training Workout Program for Squash: Add more power, speed, agility, and stamina through strength training and proper nutrition Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Youth Strength Training: Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power How To Analyze People: Mastering Analyzing and Reading People: (How To Read People, Analyze People, Psychology, People Skills, Body Language, Social Skills) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) The Russian Word's Worth: A Humorous and Informative Guide to Russian Language Culture and Translation (New Russian Writing) Russian Classics in Russian and English: Notes from Underground by Fyodor Dostoevsky (Dual-Language Book) (Russian Edition) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) American History: The People & Events that Changed American History (People's History, American, United States of America, American Revolution, Patriot, United States History Book 1) Super Joints: Russian Longevity Secrets for Pain-Free Movement, Maximum Mobility & Flexible Strength