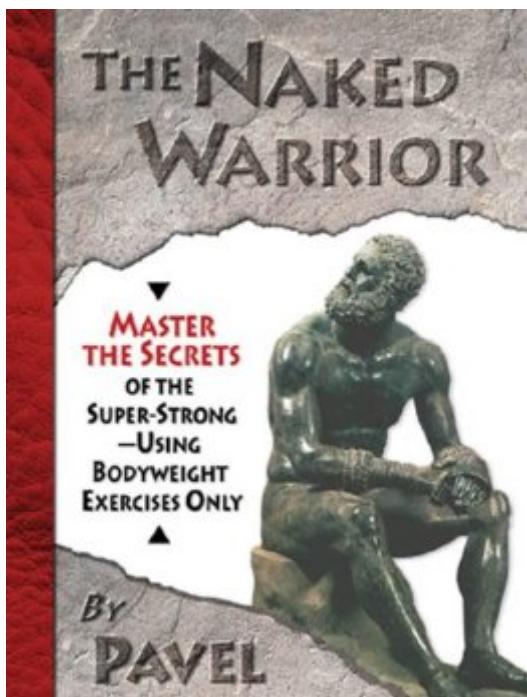


The book was found

The Naked Warrior: Master The Secrets Of The Super-Strong--Using Bodyweight Exercises Only



Synopsis

Have you noticed-the greater a man's skill, the more he achieves with less? And the skill of strength is no exception. From the ancient days of Greek wrestling, to the jealously guarded secrets of Chinese Kung Fu masters, to the hard men of modern spec ops, warriors and allied strongmen have developed an amazing array of skills for generating inhuman strength. But these skills have been scattered far and wide, held closely secret, or communicated in a piecemeal fashion that has left most of us frustrated and far from reaching our true strength potential. Now, for the first time, Russian strength expert and former Spetsnaz instructor Pavel has gathered many of these devastating techniques into one highly teachable skill set. In *The Naked Warrior* Pavel reveals exactly what it takes to be super-strong in minimum time-when your body is your only tool.

Book Information

File Size: 2681 KB

Print Length: 218 pages

Publisher: Dragon Door Publications (December 1, 2003)

Publication Date: December 1, 2003

Sold by: Digital Services LLC

Language: English

ASIN: B004XIZMR6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #43,352 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #57 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #112 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy Living

Customer Reviews

What can I say? Pavel is always a blend of the best and the worst in the fitness genre. He has some of the most intriguing, refreshing, hard-to-find, scientifically proven information out there. Like him or hate him, one cannot deny his genius and authority. At the same time, he is a salesman without peer. I'm glad to see him enjoying the benefits of free-market capitalism, but he could do without

adding so much fluff and hyperbole to his books. His rhetoric can leave the uninitiated distrusting numerous other exercise methodologies, many of which are legitimate. Yes, as Pavel says there has been a softening of the fitness industry in america, but one does not have to subscribe to his version of "hardcore" fitness to see results. The book itself is a tomb of information on how to build maximum strength using just your body and some floor space. Pavel covers only two exercises - the one-arm pushup and the one-leg squat (he calls it "the pistol" not a bad marketing technique). Despite this, as with most of Pavel's books, one can apply the techniques to a number of different exercises. Some of his techniques (such as body-tension, etc.) can be applied to traditional weight-lifting exercises, and are even covered in his book *Power to the People*. That's the reason this book receives 3 stars. It is packed with useful information. The problems with this book are typical of all of Pavel's works. He argues that his is THE WAY to build muscle and strength. This is simply not so. Stuart McRobert, Mejia and Berardi, Zatsiorsky, etc. all have ideologies that disagree with Pavel on certain issues, and all of them work. Pavel also charges too much for his books. He could easily meld this, *Power to the People*, and *Russian Kettlebell Challenge* into one book.

Pavel is controversial. Some people love him and some hate him. Pavel's book really delivers results that other books don't! I have experienced gains in strength and flexibility. If you can do a one legged squat while holding a 20-40lbs weight on your chest, then don't buy this book. If you want to be truly strong not just look strong BUY THIS BOOK! One reviewer suggested that you look up the 2 exercises on the net and start doing them. Well, if it were only that easy!! What Pavel offers is.....1# SERIOUS TIPS starting from couch potato strength to being able to do these very hard exercises. I go to a gym and the pro's (with exercise science degrees) there can't even do them. These exercises are tough really tough. My advice is stick with it, don't rush be patient, it will take a few months or maybe longer. Use the props like a box or bench to assist strength development. 2# He is able to communicate deep internal muscular control without sounding new agey. That alone makes this book very valuable, especially for the martial artist. For a martial artist doing Sanchin kata, T'ai Chi or Yoga, you will be taken to a level that most teachers don't teach or don't know. 3# He also imparts many exercise science concepts into plain English. Which again is amazing since he is Russian. I have learned many concepts like proprioception, antagonist muscles and many others. Not only do you learn these terms but he teaches you how to directly apply them to your training. I have no time to sift through a scientific textbook to pull out these concepts. Maybe I am a slow learner but The large print and repetitive bullet points really help beat these concepts into your head. So I love the format of the book.

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