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**Russian Kettlebell Workout**

**By David Snape**

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Russian Kettlebells are amazing! These kettlebell workouts may be the answer to maintaining a home gym or having an expensive club membership.

With Russian kettlebells you can develop superior gains over traditional workout methods and save lots of space in your home.

The man who teaches Russian Kettlebell training is Pavel Tsatsouline. He is a former Spetznaz trainer. For those who may not know, Spetznaz is the Russian equivalent of the CIA or special forces.

As every high-risk agent would wish for, after studying some of Pavel's books you can definitely find out how to have explosive instant power ready at all times.

But, not everyone is a spy; in fact very few of us are. So what benefits does kettlebell training have for the average woman or man?

Kettlebell training can be a great way to lose weight, tone up the body, and stay in shape once you get it there with the added benefits mentioned above.

And not only that, kettlebell workouts may be better for you than weights. In one of his books, Pavel mentions some of the fitness tests that were used to compare kettlebell training to traditional workouts.

The kettlebell trainers seemed to be in much better shape according to Pavel. And Pavel would know – You can see a picture of Pavel on his web site. The guy is well muscled and toned for someone that avoids weight training like the plague.

Speaking of muscle and tone, check out the incredible Ab muscles that Pavel can show you how to develop. Pavel, being an expert in physical training combined with his unique experience and insight

is fully qualified to show you all about physical fitness.

Whether you are female or male, Pavel can show you the way to fitness. He has also collected for our benefit, what he believes to be excellent advice in nutrition.

Another thing I think that is interesting about Pavel and his work is that he brings his colorful and interesting Russian personality into play. For example, just think of the title of one of his books, Power to the People.

Me? I find that title humorous, but if I had to explain why I think it's funny, I'm not sure that I could. It might be the underlying but subtle notion that liberation is in order for someone. Come to think of it, I guess liberation is in order.

Pavel wants to show us a better way to fitness and free us from our need to spend an inordinate amount of time in the gym and spend it more wisely and effectively, so that we can have great physical fitness and time to enjoy it as well.

As you can see by glancing at his pictures, Pavel not only knows how to develop an amazing physique but he also knows how to keep himself flexible at the same time.

Maybe now you can understand why I think this man has some answers to fitness that we might not be able to find anywhere else, nor all in one convenient location either.

As always, consult a primary care physician before embarking on any fitness regimen. This article is for information purposes only and is not to treat, prevent or diagnose any physical condition

Dave Snape is a health, fitness and wellness enthusiast. He maintains a website on that theme:

You can subscribe to his email list:

. David also

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### **The Phenomenon of Russia**

**By Vadim Smolyanov and Valentina Smolyanova**

### **The Phenomenon of Russia by Vadim Smolyanov and Valentina Smolyanova**

Translated from Russian. We shall be glad to receive your remarks on stylistics, grammar, and content issues.

The Chinese proverb says: Before going somewhere, find out where you are. Having paraphrased on

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Russian, we shall receive: Before asking "What to do?" find out who you are.

The basic problem of the Russian society is the following: we do not know who we are. We as a society are in unconsciousness. Let will address to a history. Russians did not understand itself and therefore searched the help at outside of during many centuries. The first fact known to us is the invitation of Scandinavians to a board, because the Russian "democratic" control system through Veche has given failure. In the first centuries of Scandinavians board a lot of famous actions have been made in Russia. Main from it are creation of statehood and expansion of Christiania on the ancient Russian ground. But Scandinavians did not differ from Russians through some generations and were a reason for chaos of domestic wars. It was a major factor of Russia capture by Tatars. With all negatives that invasion from the East carried Russia have received positives: the authority, the order and the East culture. The obvious fact, the Tatars invasion promoted the collecting of Russian grounds around the Moscow and further to a birth of Great Russia. As soon as east experience has been mastered and it has been embodied in Ivan Groznyi's despotisms, unconsciousness of Russians was appearing once again and plunged the country into Vague time. After a short rest at M. F. Romanov's board, unconsciousness had again an effect in Great split and crisis of authority down to Peter I's board. Peter's greatness consists that he has combined West and the East, the western technologies and east values. Cultural explosion of the XIX century has been appeared due to Peter's reforms. Unfortunately Alexander II's reforms had only the Western basis; it had enabled the Russia unconsciousness to appear in the beginning of XX century during Russian revolutions. What is our way now? Where will this way result? It would not be desirable to be mistaken once again. This work is attempt to reply: "Who are we?"

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The part of article is created on the initiative of the experts with experience in the field of control systems, managements of projects and psychologies. Our purpose is self-improvement and self-actualization of the person. The article contains the concept of person development on the basis of traditional religions and modern achievements in the world of science.

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