



# Power to the People!: Russian Strength Training Secrets for Every American

*Pavel Tsatsouline*

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What if we told you: "YOU COULD OWN A WORLD CLASS BODY—whatever your present condition—by doing only two exercises, for twenty minutes a day?" And we are talking about a world class body—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 we told you, "YOU CAN 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 what if we told you, "With only two exercises for twenty minutes a day, you'll not only be stronger than you've ever been in your life, but you'll have higher energy and better performance in whatever you do?"

And what if we told you, "You can have an instant download of the world's absolutely most effective strength secrets? You can possess exactly the same knowledge that created world-champion athletes—and the strongest bodies of their generation?"

"In my capacity as a leader of Marines, I have to continually balance the matters of mission and training.

There is never enough time to train Marines to the standard that exists in a leader's mind. However, if I were to recommend one Physical Training program to develop a Marine's overall strength and fighting capability, it would be one prescribed by Pavel Tsatsouline." Lieutenant Colonel George H. Bristol, USMC, Director, Marine Corp

"Whether you're young or old, a beginner or an elite athlete, training in your room or in the most high tech facility, if there was only one book I could recommend to help you reach your ultimate physical potential, this would be it.

Simple, concise and truly reader friendly, this amazing book contains it all.

Follow its advice and, believe it or not, you'll be stronger and more injury-resistant immediately. I guarantee it. I only wish I'd had a book like this when I first began training. Follow this program for three months and you'll not only be amazed but hooked. It is the ultimate program for "Everyman" AND Woman! I thought I knew a lot with a Ph.D. and 40 years of training experience...but I learned a lot and it's improved my training significantly." --Jim Wright, former editor of Flex magazine.

Discover:

How to get super strong without training to muscle failure or exhaustion

How to hack into your 'muscle software' and magnify your power and muscle definition

How to get super strong without putting on an ounce of weight

Or how to build massive muscles with a classified Soviet Special Forces workout

Why high rep training to the 'burn' is like a form of rigor mortis—and what it really takes to develop spectacular muscle tone

How to mold your whole body into an off-planet rock with only two exercises

How to increase your bench press by ten pounds overnight

How to get a tremendous workout on the road without any equipment

How to design a world class body in your basement—with \$150 worth of basic weights and in twenty minutes a day

How futuristic techniques can squeeze more horsepower out of your body-engine

How to maximize muscular tension for traffic-stopping muscular definition

How to minimize fatigue and get the most out of your strength training

How to ensure high energy after your workout

How to get stronger and harder without getting bigger  
Why it's safer to use free weights than machines  
How to achieve massive muscles and awesome strength—if that's what you want  
What, how and when to eat for maximum gains  
How to master the magic of effective exercise variation  
The ultimate formula for strength  
How to gain beyond your wildest dreams—with less chance of injury  
A high intensity, immediate gratification technique for massive strength gains  
The eight most effective breathing habits for lifting weights  
The secret that separates elite athletes from 'also-rans'

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