



Beyond Stretching : Russian Flexibility Breakthroughs

By Pavel Tsatsouline



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Regain the Buoyant Flexibility of a Young Child While Maximizing Your Power and Strength Discover how to develop extreme range strength, the true key to injury prevention. Learn the complete Joint Mobility Training Program, a Russian system for improving your joints1 health, even when damaged by arthritis. o Discover Russia1s most advanced method of Plyometric Flexibility Training speed-specific flexibility. Discover how to display maximal flexibility without a warm-up. o Discover a unique technique to immediately boost your strength and explosiveness giving you the edge over your competition, the first time you use it. Learn a Soviet commando exercise that enables you to have maximal speed in your kicks even at the limit of your flexibility and a unique method for strengthening the knee ligaments, for faster and safer kicking. Discover why the stretches you have been doing compromise your strength, and what Russian weight lifters do instead. Discover three special stretching techniques that build super strength by manipulating your feedback loop, the same thing that enables desperate mothers to lift cars off their children! Learn how much flexibility you really need and how to develop it in a fraction of the time you spend stretching today. Learn to wake up your proprioceptors in a hurry for a vibrant start to the day and to stop feeling like the Tin Man when you get up in the morning. o Learn techniques to increase blood flow to your joints, lubricate them and keep their surfaces smooth and healthy, for pain-free, easy movement on a daily basis. Learn the difference between plyometric and dynamic stretching when to use the one, when to use the other for optimal gains.

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Editorial Review

Review

Pavel is the leading proponent of applied flexibility training for bodybuilding and strength athletics at work in the field today. His ideas are dynamic and fresh, he razes the sacred temples and shows the serious-minded fitness devotee another avenue of improvement. Real knowledge for real people interested in real progress." -- *Marty Gallagher, Editor, Parrillo Performance Press, health*

About the Author

Pavel Tsatsouline, Master of Sports, is a former physical training instructor for Spetsnaz, the Soviet Special Forces, an articulate speaker, and an iconoclastic authority on flexibility and strength training. Pavel was nationally ranked in the Russian ethnic strength sport of kettle-bell lifting and holds a Soviet Physical Culture Institute degree in physiology and coaching. Tsatsouline has authored three books, *Beyond Stretching: Russian Flexibility Breakthroughs*, *Beyond Crunches: Hard Science Hard Abs*. and *Power to the People! :Russian Strength Training Secrets for Every American*. 'The Evil Russian' also spreads Communist sports and fitness training propaganda through tailored workshops in a variety of athletic, corporate, and public settings.

From The Washington Post

"The foremost authority, critic, and writer in the emerging science of flexibility is a Russian physiologist, Pavel Tsatsouline. His book *Beyond Stretching* is without question the definitive text on the subject. It is MUST READING for every athlete...YOU HAVE TO GET A COPY OF IT!"

Users Review

From reader reviews:

Amanda Haskin:

The reserve untitled *Beyond Stretching : Russian Flexibility Breakthroughs* is the guide that recommended to you you just read. You can see the quality of the book content that will be shown to a person. The language that writer use to explained their ideas are easily to understand. The article author was did a lot of study when write the book, to ensure the information that they share to you is absolutely accurate. You also could possibly get the e-book of *Beyond Stretching : Russian Flexibility Breakthroughs* from the publisher to make you considerably more enjoy free time.

Jake Leslie:

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