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Pavel Tsatsouline is the author of The Naked Warrior (3.88 avg rating, 516 ratings, 41 reviews, published 2003), Enter the Kettlebell! (4.04 avg rating,

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Pavel Tsatsouline, Chairman of StrongFirst, Inc. (born August 23, 1969 in Minsk, USSR (now capital of Belarus)) is a fitness instructor from the former Soviet Union.

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Rejecting the naked warrior - critical mas

In this post, I will review a book I bought almost 8 years ago. At the time I thought this book was excellent. Not anymore. The Naked Warrior by Pavel Tsatsouline is

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Pavel Tsatsouline is a fitness instructor from the former Soviet Union. He is involved with the evolving field of martial arts fitness and is a major proponent of the

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