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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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Pavel tsatsouline (author of the naked warrior)

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 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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Rejecting the naked warrior - critical mas

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