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Pavel Tsatsouline, (Belarusian: Павел Цацулін, romanized : Paveł Caculin; born 23 August 1969 in Minsk, USSR) is the Chairman of StrongFirst, Inc., a fitness instructor who has introduced SPETSNAZ training techniques from the former Soviet Union to US Navy SEALs, Marines and Army Special Forces, and shortly thereafter to the American public. Pavel Tsatsouline - Wikipedia The Russian Bear protocol is a relatively popular hypertrophy routine designed by Pavel Tsatsouline. It requires you to perform only 2 exercises. In the original program, the movements of choice are the deadlift and the overhead press. The first major flaw of this routine is the high deadlift volume. I've heard of people doing deadlifts for 20 sets. Is Pavel's Russian Bear Routine The Secret To Muscle ...HOME. STARTING STRENGTH. 5/3/1. BEYOND 5/3/1. CUBE. POWER TO THE PEOPLE. Pavel's programs are quite different compared to programs from most strength coaches. Readers of Black Iron Beast will likely be most interested in the Russian Bear Program: a brutal test described below. Get Power to the People. Black Iron Beast - Power to the People Pavel Tsatsouline: free download. Ebooks library. On-line books store on Z-Library | B-OK. Download books for free. Find books Pavel Tsatsouline: free download. Ebooks library. On-line ... "Pavel Tsatsouline has burst onto the American health and fitness scene like a Russian cyclone. He razes the sacred temples of fitness complacency and smugness with his revolutionary concepts and ideas. If you want a new and innovative approach to the age old dilemma of physical transformation, you've struck the mother-lode." Power to the People! - Russian Strength Training Secrets ... How to get super strong without training to muscle failure or exhaustion How to hack into your 'muscle

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An Interview with Pavel Tsatsouline. Last week, we featured Part 1 of our interview with Pavel Tsatsouline. In case you didn't read it, Pavel is a former physical training instructor for Spetsnaz, the Soviet special forces, and he's gained quite a following with the martial arts community in this country.

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