



# Return of the Kettlebell: Explosive Kettlebell Training for Explosive Muscle Gains

*Pavel Tsatsouline*

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## **Return of the Kettlebell: Explosive Kettlebell Training for Explosive Muscle Gains** Pavel Tsatsouline

Return of the Kettlebell's protocols were born from Pavel's insights while training elite power athletes. Several champions made astonishing, almost mysterious, strength and muscle gains—at least two broke new powerlifting world records—thanks to kettlebell training. Pavel decided to reverse engineer this "What the Hell" effect experienced by the champions—so all others could benefit from their success. Return of the Kettlebell presents the final fruit of Pavel's research—combining the very best of ancient lifting wisdom with modern day scientific breakthroughs.

Central to Pavel's new program for explosive muscle gain is the skillful use of double kettlebells. Discover smokers like the Double Clean, classic strength builders like the Double Snatch and Double Press and enjoy the supreme intensity of the Double Clean and Jerk. Like the Breakfast of Champions, consume what's on the Return of the Kettlebell menu and watch yourself grow—and grow!

### Chapter 1: The Science of Big

Heresy, but it works! Maverick superstar Vasily Alexeev snuck this renegade method past the apparatchiks' noses—and packed serious pounds of beef on his grateful students in record time... Page 2

Why the Russian kettlebell beats all comers as the ideal tool for repetition quick lifts... Page 3

Why "fast eccentrics" are now all the rage among serious hypertrophy experts

Understand how to manipulate Z-band streaming for faster muscle growth... Page 4

Shoot from both barrels! How a double whammy of "quick wacks" and "slow squeezes" will leave no muscle untrashed in your quest for explosive growth... Page 5

3 styles of Russian kettlebell training—which one is right for you?... Pages 6–8

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Yes, this will build monstrous biceps—but you'll be risking a serious injury... Page 19

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Chapter 3: Grind and Grow

Why Double Presses should be your main meal for truly massive muscle bu

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