



Power to the People!: Russian Strength Training Secrets for Every American

Pavel Tsatsouline

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How would you like to own a world class body-whatever your present condition- by doing only two exercises, for twenty minutes a day? A body so lean, ripped and powerful looking, you won't believe your own reflection when you catch yourself in the mirror. And what if you could do it without a single supplement, without having to waste your time at a gym and with only a 150 bucks of simple equipment?And how about not only being stronger than you've ever been in your life, but having higher energy and better performance in whatever you do?How would you like to have an instant download of the world's absolutely most effective strength secrets? To possess exactly the same knowledge that created world-champion athletes-and the strongest bodies of their generation?Pavel Tsatsouline's Power to the People!-Russian Strength Training Secrets for Every American delivers all of this and more.

Power to the People!: Russian Strength Training Secrets for Every American Details

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Jodi says

I love this author's voice. It is a quick-ish read and full of great tid-bits. There are other more comprehensive books, but this was enough for me. Get yourself Deadlifting!

Justin says

Not much meat here. It is a short book and there is a good deal of useless text in it. There are some revolutionary ideas here, but they seem to be backed at best by anecdote. I am not saying they don't work, I am not qualified to do so, but I'd prefer either modesty or science.

Carlos says

In my 'essential' reading category along with Starting Strength, Tactical Barbell, and a couple others.

If you read this along with Starting Strength, you'll have an understanding of strength training beyond 90% of the population. A practical understanding that will bring you serious results if implemented.

Paul Sweeney says

If you only listen to one fitness guru, make it this guy. His methods are simple and effective. He is not selling secrets, potions or powders. He speaks science, when it matters and not to impress you. Why would he ever care about impressing you.

He has the pedigree, trained military on both sides of the cold war and has a philosophy based with Plutarch. The idea that athletes are pampered babies who can afford to specialize, where as soldiers need to get stronger, while simultaneously holding something in reserve for the enemy.

This is a wise strategy, since enemies (both real and imagined, both physical and mental) have a nasty habit of attack without the curiosity of an RSVP.

I cant speak to the utility for a specific goal, or a specific sport. If you wish bigger posterior deltoid muscles, for a reason I cant guess, or optimum fat metabolism I don't know if Pavel is for you. If you are a human of the male, female, old or young variety, then any of his books will work just fine.

Jenny says

I think I didn't get as much out of this as some others because I'm less interested in the deadlift than Pavel's

philosophy about kettlebells. As short as this book, I thought there were some unneeded anecdotes and the fact that it seemed hastily edited and put to print was a bit distracting. I did enjoy his sense of humor, to a degree, but it was often lost amidst big chunks of quotes from other fitness gurus.

I would be interested in trying his approach when I'm back to working on my deadlift.

Paul says

Author has a sense of humor and rightfully disparages bodybuilding culture. Entry level stuff.

Eric says

Read this book and it will cut your learning curve drastically. It's a game changing read that explains what it takes to develop strength. The difference between strength and bodybuilding, and much more. If you're a newcomer to strength training be prepared for a paradigm shift.

The main program is excellent, but it does have a shelf life. Eventually you'll want to progress to something a little more advanced.

The gold in this book is not the actual program imo, instead it's how Pavel explains everything. He has a vast amount of knowledge, and has the uncanny ability to funnel it down into something simple, readable, useable and EFFECTIVE.

Timothy says

Super-easy read and great for anyone who is getting ready for any type of martial arts.

Jacob Aitken says

One of Pavel's better books. He does a better job in this book of explaining his "high tension" philosophy. It is certainly better than his longer (and over-priced) *Beyond Bodybuilding.* I generally agree with his outlook. This book does suffer from some self-limitations, though. Most people, while they say they might not want to bulk up, do in fact want to look good and not look flabby. Pavel's reassurances that "you won't bulk up," while technically true, tend to convey the impression that you want gain any size at all, which is simply not true. Your body will grow proportionately and you will look good, albeit not like a Roid Monkey.

A lot of women say, "I don't want to get huge." Well, you won't. It's actually very hard. It requires a consistent over-intake of calories while doing lots of sets at 6-8 reps, training larger muscle groups over a long period of time (translation: lift heavily and often and eat like a hippo every chance). Most people can't do that, if only for money reasons.

Following Pavel's outlook, I've cut down on injuries, gotten A LOT stronger but only gained 9 pounds in a year (if I could afford heavier kettlebells, the gains would be even bigger; I can easily do lots of cycles with a 45lb bell. I simply can't afford to buy heavier at the moment).

I like the book. It is worth reading and it is better than a lot of his material (and it's funny. I chuckle every time he pokes fun of modern American pop MTV culture: heroin-emaciated beauty models and Ken and Barbie weights)

Cody says

Highly, highly recommended if you have any interest in developing real world strength. This book opened my eyes. Prior to reading this I was using the typical rehashed weider + men's health style principles in my weight training. Needless to say I seemed to be getting nowhere. After implementing the ideas in this book my progress tripled. I consider this Pavel's finest (non-kettlebell) work to date.

Even if you don't use the programs laid out in this book, you can apply the principles to any strength training plan.

Seb T. says

This should be required reading for anyone interested in strength and conditioning. A real eye opener that will set you on the correct path to proper training methods and gains.

The strength in this book isn't necessarily in the actual programming (which is still highly effective), but in the principles that you'll learn. The principle can be applied to any strength program you use and are totally worth the price of this book. This is a must have. Also see my reviews on Tactical Barbell and Ultimate MMA conditioning for more strength+athletic based stuff.

People complain about the length of Pavel's books or the price, but in my opinion, a book or program's value isn't on how long it is or full of content. Its value lies in the results it can bring me. That's it. If it can do that in two pages, so be it. More does not automatically = better. If I could start over and give advice to my teenage athlete-self, it would be to read these three books: Power to the People, Tactical Barbell, and Ultimate MMA Conditioning by Joel Jamieson. The perfect trifecta of theory and practicality= results.

Five stars for this one.

Mike Lepree says

One of the first books I ever read by Pavel, he is a genius, and a very original person, with very original works. The things a person can learn from this book is astounding.

Patrick Song says

Great book that gave me a new perspective on weight training.

Matthew Nelson says

Good Foundation

Relatively quick read with good principles that can be incorporated into programs targeting strength without bulk. I enjoyed the book.

Mike Torres says

I've read this book at least three times since 2011, and each time I learn something new - it's an absolute gem. I wish I had read it back in January 2000 when it was originally published, as I would have saved myself many wasted years of "bro curls" and puffy muscles that lacked real strength.

But as Bruce Lee once said, knowing is not enough... we must apply. The reason I keep coming back to this book is because I've been immersed in the StrongFirst system since 2011, learning and teaching the principles of strength described within as a level 2 kettlebell, bodyweight, and barbell instructor. The hands-on demonstration and practice over the years has helped me pick up the subtleties in Pavel's written word - since I've actually followed these programs and done the work.

For anyone interested in getting stronger, fitter, more flexible, or more athletic, any book by Pavel is a great place to start. But there's a big difference between reading and doing. So do yourself a favor and also find a StrongFirst instructor in your area... and get after it!
