



The Naked Warrior

Pavel Tsatsouline

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Master the Secrets of The Super-Strong Using Bodyweight Exercises Only

The Graduate Course In Instant Strength Gains

"I went from 5 to 10 pullups in one week."

"I could do one wobbly one-legged squat..."

[Two weeks later] I did 5 clean, butt-to-ground pistols."

"Last night I did 15 one-arm pushups with each arm.

Two months ago I couldn't do one complete rep."

Have you noticed—the greater a man's skill, the more he achieves with less? And the skill of strength is no exception. From the ancient days of Greek wrestling, to the jealously guarded secrets of Chinese Kung Fu masters, to the hard men of modern spec ops, warriors and allied strongmen have developed an amazing array of skills for generating inhuman strength.

But these skills have been scattered far and wide, held closely secret, or communicated in a piecemeal fashion that has left most of us frustrated and far from reaching our true strength potential.

Now, for the first time, Russian strength expert and former Spetsnaz instructor Pavel has gathered many of these devastating techniques into one highly teachable skill set. In *The Naked Warrior* Pavel reveals exactly what it takes to be super-strong in minimum time—when your body is your only tool.

Gain more brute strength in days than you did in years of bodybuilding or calisthenics

Discover the martial secrets of instant power generation—for rapid surges in applied strength

Discover how to get a world-class powerlifter's quality workout—using your body only

Master the one-arm/one-leg pushup for crushing upper body force

Forge super-piston, never-quit legs with the Spetsnaz favorite "Pistol"

Discover the magic of "GTG"—guaranteed the world's most effective strength routine

Be tow-truck strong—yet possess the rugged looks of a stripped-down racer

Get a harder, firmer, functionally-fitter body—and be as resilient as hell whatever you face

No gym, no weights, no problem—get a dynamite strength workout at a moment's notice—wherever you are

Chapter 1

The Naked Warrior Rules of Engagement

'The Naked Warrior', or why strength train with bodyweight?...Strength. Pure strength...the definition of strength...strength classifications...examples of the three types of strength...the focus of The Naked Warrior...The Naked Warrior rules of engagement...the only way to build strength...high resistance and mental focus on contraction...tension generation skill...the importance of 'practice' over 'workout'...a powerful instant-strength mix...The Naked Warrior Principles...the six keys to greater strength...How do lifters really train?... 'best practice' secrets of powerlifters and Olympic weightlifters...How do gymnasts get a good workout with the same weight?...five strategies for making 5-rep exercises harder...how gymnasts achieve super strength...how to customize the resistance without changing the weight.

Chapter 2

The Naked Warrior Workout

"Grease the groove," or how to get superstrong without a routine...the secret success formula...Some GTG testimonials from the dragondoor.com forum...how does the GTG system work?...turning your nerves into superconductors...avoiding muscle failure...strength as a skill—the magic formula..."The Pistol": the Russian Spec Ops' leg strengthener of choice...rate yourself against the Russian hard guys...how to do it—the basics...doing fewer exercises better...The one-arm/one-leg pushup: "an exercise in total body tension"...what gymnastics has to teach us...another advantage of the one-arm pushup...GTG, the ultimate specialization program.

Chapter 3

High-Tension Techniques for Instant Strength

Tension. What force is made of...the relationship between tension and force...high-tension techniques...'Raw strength' versus 'technique'...the power of mental focus...Low gear for brute force...speed and tension...putting explosiveness in context..."Doesn't dynamic tension act like a brake?"... a dirty little secret of bodybuilding...the dangers of mindless lifting...The power of a fist...the principle of irradiation...Accidental discharge of str

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Bryan Donovan:

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Colin Rousey:

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Cleora Yarbro:

Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or their own friends. Usually they accomplishing activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the publication entitled The Naked Warrior can be great book to read. May be it is usually best activity to you.

Robert Higby:

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