



# Power to the People Professional: How to Add 100s of Pounds to Your Squat, Bench, and Deadlift with Advanced Russian Techniques

*By Pavel Tsatsouline*

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## **Power to the People Professional: How to Add 100s of Pounds to Your Squat, Bench, and Deadlift with Advanced Russian Techniques** By Pavel Tsatsouline

Get stronger and more powerful immediately and this day on—using proven, yet little-known training secrets and strategies from the greatest of the Russian strength masters

Pavel Tsatsouline's landmark classic, *Power to the People!* has helped tens of thousands—be they world-class athletes or basement enthusiasts—achieve and maintain remarkable strength gains, by employing a set of radically effective lifting principles in a scientific manner. Pavel took the guesswork out of strength training and honed in with an elegant simplicity on what really worked to get stronger—and continue getting stronger.

The war on weakness is a war we wage our whole lives. There is no final victory in the quest for extra strength. Only hard-fought gains—born of skill, will, and right knowledge. Losses and set-backs are a constant in this see-saw struggle of adaptation and survival.

Pavel's great contribution has been to research and identify the proven “battle” strategies that give us the best chance to keep making those strength gains—whatever the odds. And in this, Pavel has succeeded admirably, thanks to his access to the best training secrets not only in the West but in Russia—justly famous for its history of achievement in the world of strength and powerlifting. And thanks to his ability to ground theory in the proof of hard experience and earned results.

In *Power to the People Professional*, Pavel broadens and deepens this knowledge base to encompass a vast range of little-known but highly effective methods to keep tricking our stubborn bodies into ever-greater strength gains. Some of the chapters are straightforward coverage of “how they do it in Russia”, others represent Pavel's own original work based on years of research and experimentation.

While elite athletes and powerlifters are those most likely to benefit from the advanced training information contained within *Power to the People Professional*, there remains a wealth of cutting-edge tips and tactics that

intermediate lifters, athletes from various power sports, and power bodybuilders can use to immediately enhance their strength and power.

"This is a graduate program in getting strong. If the RKC is the "School of Strength," this is the special ops class. Honestly, just pick the book up and pop open a chapter. Here are the programs, the thought process, and the actual systems used to produce stunning lifts in the three powerlifts.

I cannot recommend this book highly enough. As my "Must Have" collection of books spirals higher each year, I am comfortable in saying that this book will quietly show the door to one or two of the books on my previous lists. It is that good."—Dan John, author of *Never Let Go*

"Intelligent intensity and total dedication along with stimulating variety is the theme among numerous training strategies featured in Pavel's new *Power to the People Professional*. Top notch Russian powerlifters, exacting coaches, and meticulous research studies point to strength building schemes that absolutely PRODUCE!

Since an original Russian all-rounder, George "the Lion" Hackenschmidt, established long-standing weightlifting records at the turn of LAST century, Pavel's latest compendium of Soviet methods is way past due!

Learn to freely borrow from the diversity of detailed systems discussed, and delight to the insight behind their creators' mindsets. Then set aside Pavel's *Professional*, head directly to the gym with extreme motivation, and follow the lessons toward suggested serious GRINDING!"—John McKean, Former I.A.W.A. International General Secretary, All-Round World Champion and Record Holder

"With *Power to the People Professional*, Pavel has written the transcendental text on powerlifting. If you're a serious lifter who wants the best information on pulling, pressing, and squatting more weight than you ever imagined, you must get this book. No other text coalesces science, experience, and world-class technique tips like this book does."—Chad Waterbur

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**Douglas Gibson:**

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