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Book Review of *Enter the Kettlebell* by Pavel

I got this book when I was first learning to do kettlebell exercises, and it has become one of the books I refer to most often when asked about kettlebell training. Pavel's brutal honesty is very refreshing in a world where fitness books are usually so full of hype.

The book outlines a clear, step by step process for each kettlebell exercise. It contains one of the most clear and concise descriptions of the Get-up (or Turkish Get-up) that I have ever seen. Even the complex and explosive Kettlebell Snatch is broken down into 5 mastery steps, each one building on the last. It is clear that the author has actually successfully taught others how to do these exercises. Complex movement patterns have to be taught in the manner that the author presents. Just describing the movement is not usually enough.

There is also a clearly described process for progressing from simpler to more complex exercises. The author recommends mastering the kettlebell deadlift before learning any other exercise. If the kettlebell deadlifts cannot be done to the outlined specifications, face-the-wall squats are done daily until the proper deadlift can be achieved. Face-the-wall squats are done by facing the wall with toes just a few inches from the wall, then squatting as low as possible. The goal is to be able to squat low enough to lift a kettlebell off the ground while your toes are touching the wall. After the deadlift is mastered, the swing is taught. After the swing is mastered, the student moves on to cleans and snatches. This progression really shows the author's commitment to teaching safe progressions.

Safety recommendations are another strong point of this book. The author makes it very clear that swing heavy metal implements can be deadly and dangerous. There is much emphasis on making the safety habits part of the exercise itself, no matter how light the kettlebell. This promotes a level of safety awareness where safe habits are so ingrained that they are automatic regardless of the level of physical or mental fatigue.

Overall this is a great book for anyone interested in adding kettlebell training to their repertoire of exercises. It's honest and doesn't promise quick, easy results. It clearly expresses how challenging kettlebell training can be and dares you to try it.

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