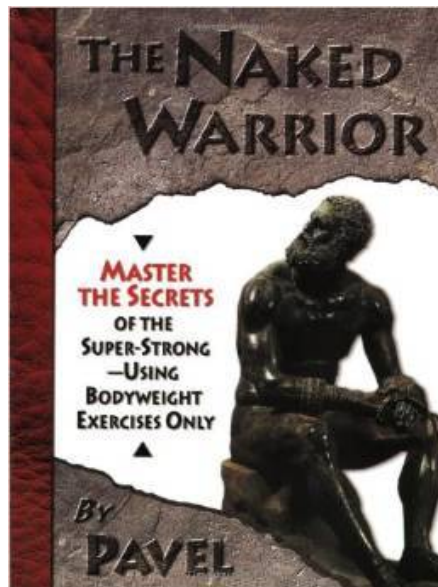




The Naked Warrior: Master the Secrets of the Super-Strong - Using Bodyweight Exercises Only

Pavel Tsatsouline

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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.

The Naked Warrior: Master the Secrets of the Super-Strong - Using Bodyweight Exercises Only Details

Date : Published January 1st 2010 by Dragon Door Publications (first published 2003)

ISBN : 9780938045557

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Format : Paperback 218 pages

Genre : Sports, Fitness, Health, Nonfiction, Sports and Games

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From Reader Review The Naked Warrior: Master the Secrets of the Super-Strong - Using Bodyweight Exercises Only for online ebook

Kai says

Writing style is not great and repetitive BUT solid ideas. 3.5 stars. Book could be half its length.

John Wiltshire says

Starting this one today. I'm leaner and fitter now than I was when I left the army as I actually work at it rather than have it just handed to me on a plate as it was then. But I'm always up for a challenge and this looks...well, challenging.

I also want to do my bit to challenge the increasingly vocal minority of people who think that fat is okay, that you can have health at any size. I don't deny that some thin people are unhealthy. Patently they are. I know some. But there are no healthy fat people....if (and this is a big if but I believe it) you call healthy being able to run fast, jump high, lift and carry an injured buddy for long distances, twist quickly, sprint when necessary...life skills in other words. Show me an obese person who can help others survive on a battlefield and I'll sign up to the health at any size mantra. Until then? I'll call it bullshit --it's despair and self-loathing needing company.

So, anyway, rant over. I'll update on my progress on this regime when I completely fail at being able to do a one armed handstand! Humble pie coming my way, I suspect...

So far I'm really enjoying this book. Having said that, it's not really something that works well in book format. It's a bit like having loading a gun explained to you with diagrams but never actually getting your hands on the weapon. Ideally, I'd like to have a trainer putting me through these exercises rather than having to read a description and put it into action by myself. For example, I was up to the bit where Pavel suggests you get into a plank (always happy to get into one of those, although it's hard to read and turn) then have your partner beat the shit out of you. That bit needed some further study so I had to come out of plank and read it again. Yup. That was the advice--it builds a particularly strong kind of resistant muscle. I was very happy to give it a go but unfortunately partner wasn't quite so enamoured of the idea. Why bend over to punch me? He said he'd rather do it when I was standing.

So, I moved on.

Do you remember as a kid being shown that trick where if you stand in a doorway and press the sides as if it's closing in on you for as long and as hard as you can, when you let go your arms rise of their own accord? If you've never tried it, give it a go. It's the basis of what this book is about--how to gain extra power through using the natural tendency of muscles to react against themselves. I'm not explaining this very well, but I have to say some of the techniques are very helpful. Take crunches. Now, we all do them, hundreds a day. But Pavel suggests beginning by punching your lower back down through the floor (in your imagination, obviously), forcing that back down, clenching the abs whilst leaving them long (yeah, that's what I thought) and then when you crunch you are effortlessly lifted. It's awesome when you get it right. Similarly, push ups. Clench your fingers down into the floor, pushing them hard down, and each push up is easier.

This is very similar to the power stretch technique I use too--the breathe in, clench and relax that gets you that little bit further stretched each time.

So, it's quite a cool book. It's not full of mumbo-jumbo science at all. Lots of photos. Typical Pavel encouragement "Comrades. Pain is your friend. Enjoy." So, I just need to persuade my partner to kick me when I'm down and I'll be there.

If you like fitness books I recommend this one as an interesting read. As I said in the prison-fitness book review, I'm not sure I actually want to spend my whole training time doing variations on two exercises. I like

mixing it up too much. But Pavel is definitely worth a read (watch his DVDs too).

Doc Octagon says

One of the premier body weight training guides. This book teaches the correct principles to actually get stronger using body weight exercises. Far superior to this publisher's other book Convict Conditioning. You'll get far stronger doing the one arm push-up/pistol+ pull-ups alongside the principles in this book than you will doing a hundred lower tension movements found in other programs.

Awisemantoldme says

Great book. The meticulous principles and techniques written here are golden and I'm sure such technical details will make a big difference in my progress, strenght and health. Although the fact that it only focuses on two major excercices: the one handed pushup and the pistol (one legged squat) is a big dissapointment for me because I personally think there are more essential bodyweight excercices such as: the one handed pullup, the one handed handstand pushup, leg raises and above all, the bridge. In that sense I tthink the Convict Conditioning series is much more complete. Actually they complement each other in some sense. If I hadn't known about CC I would have rated it with 5 stars.

Joe Koennecke says

Worth reading but not buying. Some of his other books are better but the style is the same. A lot of quotes and forum inserts next to full and half page pictures. The actual meat of the book needs to be maybe 50 pages long with pictures but anyone with some background in strength training could get most of the great points out of 10 pages or less I think.

Daniel says

Generally when this book comes up, people talk about the one-arm pushup and the one-leg squat (pistol), but the real meat of this book applies to any movement you do:

1. Greasing the Groove
2. Tension Development
3. Power Breathing in Compression

Everything else in the book is just gravy. Nice, but not needed for the book to be spectacular.

Considering the scope and quality (ranging from genius to fluff) of Pavel's work over the years, to say that this is one of his best is really saying something.

Seb T. says

I bought this book years ago, when I was going through a calisthenics craze period of my life.

This book did for my bodyweight strength what Power to the People did for my barbell strength. Increased it dramatically.

Buy this book for the techniques, principles and insights into recruiting strength from your body, and then layer that onto a progressive model like Convict Conditioning.

Naked Warrior + Convict Conditioning paired together will take you far in the calisthenics world.

People complain about the length of Pavel's books, but in my opinion, just because a book is longer doesn't make it more valuable or effective. As long as I get results I'm happy. What you learn from this book will cut your learning curve right down, not just for cals, but even for traditional barbell training.

John Scott says

"Before I read the book, a one arm one leg push-up was just a push-up, and a single leg squat, just a squat. After I understood & learned the contents of the book and attended Pavel's Naked Warrior Bodyweight Strength Certification, a push-up was no longer a push-up, a single leg squat, no longer a squat. Now that I understand the art, a one leg one arm pushup is just a pushup and a single leg squat is just a squat."

-- John Scott Stevens, SFGII, RKC II, CKFMS, SBS

Daniel H. says

This book filled in the gaps of progression of convict conditioning. This book does have a lot of fluff to it but aside from that and repetitive bold "quotes" from that very page the book is pretty golden. The book sets its goal straight off the bat strength training as if you were naked with two exercises that will train your whole body. I feel that the book really deliver on this as well as techniques on how to progress to being able to get to the point of doing it. There is a lot of other information like full body contractions like the iron shirt or power breathing that never get mentioned else where. Basically what I did was take the principles behind the book and apply them to the big 6 movements of the convict condition which I will explain in the review of that book.

Alex Devero says

Simplicity and common sense. This is probably the best way to summarize this book, written by a former trainer of Russian special forces Spetsnaz and expert on strength training Pavel Tsatsouline. One of the things I like on this book is that Pavel is not trying to fill it with overly complex routines and training programs. Instead, he shares his 3 main principles for strength training in a very simple and easy to understand way. The same is true about the way Pavel communicates. Don't expect some "sciency" terms. Pavel always speaks simply and goes straight to the point. It is sometimes so simple it will make you doubt

whether it really works. However, it does work! Maybe it is the simplicity, but Pavel's training principles really do work.

As mentioned, Pavel shares his 3 main principles, learned from years of training and coaching. These principles are greasing the groove, tension development and power breathing in compression. Next, he teaches how to execute correctly two exercises. That's right, the book covers just two exercises-one-arm push-up and the one-leg squat (or pistol). However, these exercises will be enough to build a body strength you wished for. Pavel demonstrates how to do these exercises, and their variants, on a number of photos and simple instructions. It is almost impossible to fail if you follow these illustrations and instructions. That said, you can apply the principles you will learn and how to train these two exercises properly to any exercise you can think of. This is another huge benefit of the book, the knowledge it gives you is universal. It is not bound to specific exercise or equipment. If you learn it, there are no boundaries. You can apply it anywhere, anytime and to anything, and get stronger.

I recommend this book to anyone who wants to learn and master the fundamentals of strength training. if you want to get stronger, read this book. You will be amazed how simple it can be to make progress, gain strength and improve your health.

P.S: This book can be a great introduction to strength training before reading Convict Conditioning series.

Max says

A-. Overall this book has given me a few gems that have really helped me progress in my strength training, both bodyweight and barbell.

Positives:

As mentioned above. There are a few gems or strength principles that are found in this book that can be applied to both bodyweight training and barbell training. They will improve your strength game and are enough to make this book totally worthwhile. I almost look at this book as theory that should be learned but then applied to a different more effective program. More specific to this program, the techniques it teaches to develop a one arm push-up were mandatory in my case. Was only able to do one arm push-ups after implementing the techniques in NW, even though I could do lots of regular push-ups.

Negatives:

Overpriced. Could've been condensed into a couple chapters. I bought the paperback, so maybe this isn't an issue now if there's a kindle version available. But the paperback was a typical Dragon Door overpriced rip-off.

Overall, I have to recommend this book. Get this, read it, and then apply the principles to a better calisthenics program like Overcoming Gravity (see my review).

Tomas says

Pavel has been around for ages as a no-nonsense voice of reason in the veritable jungle of modern fitness advice that often focuses on purely esthetic reasons for training.

Although this book has a few years on it, it is still one I come back to over and over again, as I constantly fall into the "latest hotness" in training, only to circle back to the fundamental basics.

If you care about strength, pure strength, and keeping it barebone and simple in the process, then this book is for you. If you're looking for the latest "Get fit for beach 20xx", then look somewhere else; this book and its concepts are for long-term commitments only.

Strateia8 says

For anyone interested in strength training, this is a must-read. The principles learned through Pavel's program here really do work; they can be applied beyond the two exercises he covers.

That's right: he covers only two exercises here (one-arm pushups and one-leg squats), but he's chosen those moves carefully. And the benefits are manifold. You will come away appreciating those moves far more, and - even better - you'll be able to get more out of any other move in your strength training repertoire.

There is a video of this same program, but it contains slightly different explanations and tips. It's also useful to see the moves; while the analyses are fantastic, seeing is still believing.

My only complaint is the lack of documentation. While Pavel refers to a book here and there, there is no bibliography to go along with those references. This missing bit I've noticed in his works - which is no disrespect to what does make it into them or the author himself. Clearly Pavel knows what he's talking about, and we should listen. I just think the quality of his work should extend to the research-paper trail which complements his experience. Apart from that, bravo!

Claudio Noguera says

reading it is the easy part

Stefan Bruun says

Well explained guide through key exercises. The book had a great combination of practice and theory.
