

# From Russia With Tough Love: Pavel's Kettlebell Workout For A Femme Fatale By Pavel Tsatsouline

By Pavel Tsatsouline

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Pavel Tsatsouline (born August 23 is a major proponent of the traditional Russian fitness tool, the kettlebell, Tough Love: Pavel's Kettlebell Workout for a  
<http://www.kettlebells-for-sale.com/pavel-tsatsouline>

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