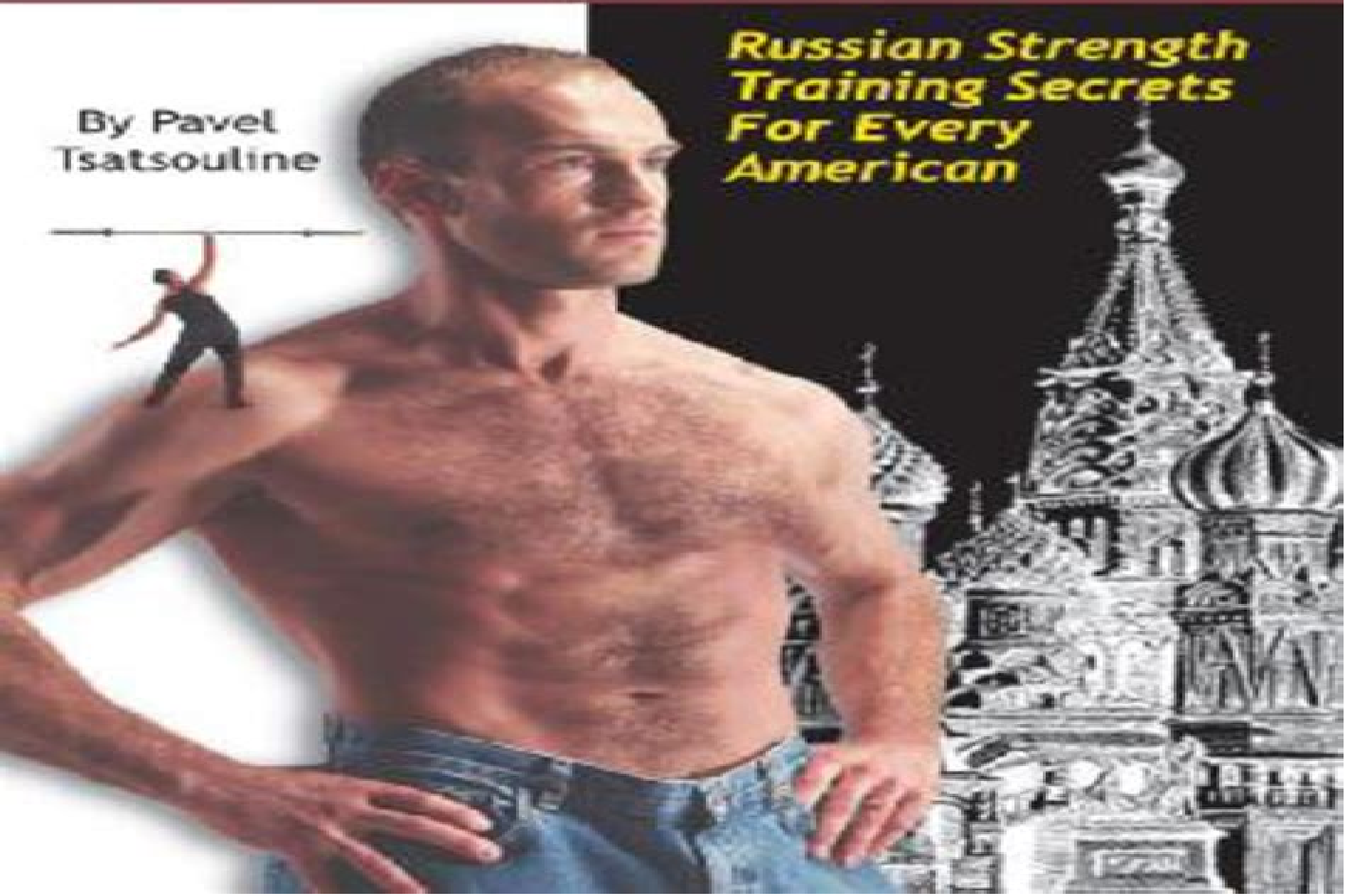


# POWER TO THE PEOPLE!

By Pavel  
Tsatsouline

*Russian Strength  
Training Secrets  
For Every  
American*



# Russian Strength Training Manual

**Mike Jess**

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