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American**

**By Pavel Tsatsouline**

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Pavel Tsatsouline was born in August 23, 1969 in Minsk, USSR (Soviet Union), now part of Belarus. to be a 'stretching' trainer and he presumed first that the kettlebell would remain far beyond any attention of any people. Russian Strength Training Secrets for Every American 2009 – Power to the People: Professional.

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