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Pavel Tsatsouline (nacido el 23 de agosto 1969 en Minsk, URSS) es un instructor de acondicionamiento físico de la ex Unión Soviética. Él está involucrado con el campo en evolución de las artes marciales y fitness es una de los principales defensores de la herramienta del fitness Russia with Tough Love: Pavel's Kettlebell Workout for a Femme Fatale

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Pavel tsatsouline - wikipedia

Pavel Tsatsouline, Chairman of StrongFirst, Inc is a fitness instructor has introduced SPETSNAZ training techniques from the former Soviet Union to US Navy SEALs , Marines and Army Special Forces, and shortly thereafter to the American public. Tsatsouline is particularly notable for popularizing the kettlebell in the Russia with Tough Love: Pavel's Kettlebell Workout for a Femme Fatale

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