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From Spetsnaz soldiers to Olympic wrestlers, Soviet coaches pioneered brutal, science-backed training methods still used by elite athletes today. Here's why they worked.

Soviet schools aimed to give a versatile regime of exercise: gymnastics and acrobatics, outdoor activities (even in winter), and in-door gym equipment. Some educational institutions, for example, ...

In the world of strength and conditioning, one of the areas where there is a ton of mystique and discussion around genius applications being applied is the Soviet strength system of sports ...

Web: <https://fasteneraibate.nl>