


# Beast Tamer, How to Master the Ultimate Russian Kettlebell Strength Challenge

*By Andrew Read*

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**Beast Tamer, How to Master the Ultimate Russian Kettlebell Strength Challenge** By Andrew Read

**In Dragon Door's RKC kettlebell instructor training system**, the **Beast Tamer** and **Iron Maiden** challenges represent the ultimate athletic achievement of an elite few men and women. To earn the accolade of "Beast Tamer" men must flawlessly perform a Pistol, a Pull Up and a Press—with a 108-lbs kettlebell. To earn the accolade of "Iron Maiden" women must flawlessly perform a Pistol, a Pull Up and a Press—with a 53-lbs kettlebell.

These three lifts comprise elements of strength, mobility and skill that make each different enough from the others as to make performing all three a feat worthy of great respect. The RKC ranks are filled with strong, able men and women. That only around 1% have accomplished The Beast or the Iron Maiden Challenges, speaks volumes about their difficulty.

As with any great feats of strength, success comes from a combination of dedicated training, careful programming, a clear understanding of the necessary progressions and the cultivation of particular skill-sets. Without the correct formula applied in the correct manner, the RKC Beast Tamer and RKC Iron Maiden are just not going to happen.

When **Master RKC, Andrew Read** did a deep dive to research what exactly it took to master the Beast Tamer or Iron Maiden, he discovered some clear

commonalities in the training methodologies of successful Tamers and Maidens. Success leaves clues. Andrew Read shines a masterful light on those clues, building a foolproof blueprint for the achievement of elite strength.

What works in real life to become an all-around, elite strength champion? Andrew Read gives you the tools, tips and techniques that can turn you from ordinary to extraordinary. Want to tap into your inner Beast or inner Iron Maiden? Bring passion, dedication and supreme determination to your training table—and you CANNOT FAIL. We look forward to welcoming down the road to the RKC Beast Tamer and RKC Iron Maiden Halls of Fame!

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**Beast Tamer, How to Master the Ultimate Russian Kettlebell Strength Challenge By Andrew Read Bibliography**

- Sales Rank: #333929 in eBooks
- Published on: 2013-09-24
- Released on: 2013-09-24
- Format: Kindle eBook

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## Editorial Review

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**Mohammad Darling:**

The book untitled Beast Tamer, How to Master the Ultimate Russian Kettlebell Strength Challenge contain a lot of information on this. The writer explains the girl idea with easy technique. The language is very easy to understand all the people, so do not really worry, you can easy to read the item. The book was written by famous author. The author will bring you in the new time of literary works. It is possible to read this book because you can continue reading your smart phone, or model, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can start their official web-site in addition to order it. Have a nice learn.

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**Edda Allen:**

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