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

Andrew Read

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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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From reader reviews:

Sandra Lowe:

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James Daniels:

Reading a guide tends to be new life style with this era globalization. With reading through you can get a lot of information that may give you benefit in your life. With book everyone in this world may share their idea. Ebooks can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or perhaps their experience. Not only the story that share in the publications. But also they write about the data about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors in this world always try to improve their expertise in writing, they also doing some investigation before they write for their book. One of them is this Beast Tamer, How to Master the Ultimate Russian Kettlebell Strength Challenge.

Richard Shumate:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their sparetime with their family, or all their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the publication untitled Beast Tamer, How to Master the Ultimate Russian Kettlebell Strength Challenge can be excellent book to read. May be it may be best activity to you.

Gary Wells:

This Beast Tamer, How to Master the Ultimate Russian Kettlebell Strength Challenge is great publication for you because the content which is full of information for you who all always deal with world and get to make decision every minute. That book reveal it info accurately using great manage word or we can declare no rambling sentences within it. So if you are read it hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but tricky core information with attractive delivering sentences.

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