



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

By 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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