

DRAGON DOOR PUBLICATIONS PRESENTS

HARD-STYLE

HARD CORE TOOLS FOR HARD LIVING TYPES

PAVEL: The Muscle Building *Magic* of "Kettlebell Tens"

ZAR HORTON: Igniting The *Fire Service* With Kettlebells!

JACK REAPE: From Skinny to *Smolov* and Beyond

CHRIS MAYS: Jail House *Rock*: How Inmates Build *Scary Strength*

DAN JOHN: Set New PRs With The Kettlebell "What the Heck" Effect

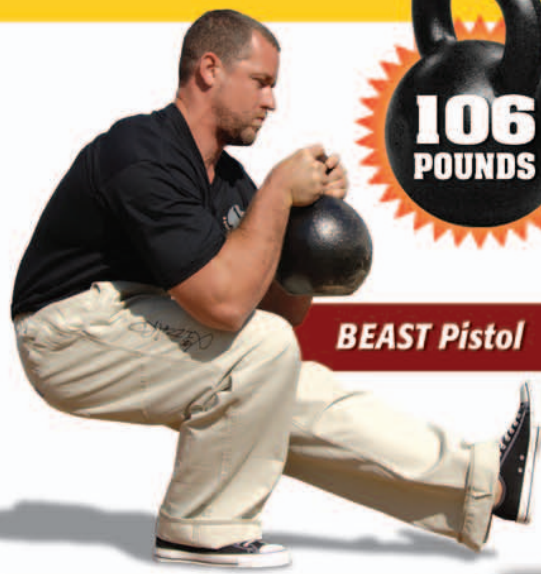


BEAST Press



BEAST Pullup

SHAUN CAIRNS became the first inductee into **THE BEAST TAMER HALL OF FAME** at the Sept. 2005 Russian Kettlebell Challenge Certification workshop— see page 23



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