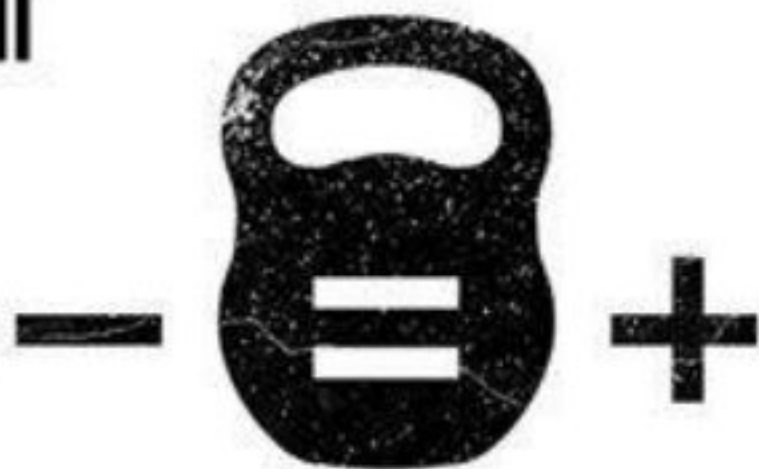


300 SWINGS A DAY

A 30 Day Kettlebell
Challenge to
Blast Fat, Boost
Muscle, and Build
Kettlebooty



PAT FLYNN

CHRONICLESOFSTRENGTH.COM

What Is Pat Flynn?



Author, blogger, fitness minimalist; party scientist, 7th degree black belt in hanging out. I help people do more with less.

I am the founder of ChroniclesOfStrength.com, a blog on fitness minimalism, and chief contributor to the [Chronicles of Strength Inner Circle](#), a monthly newsletter dedicated to helping people reach their goals through minimalist strength and conditioning programs.

I am the author of [Paleo Workouts for Dummies](#) (Wiley, 2013), “An excellent book on modern training with an awful title”—Dan John, and [Fast Diets for Dummies](#) (Wiley, 2013).

Shoot me a message on [Facebook](#) ([Facebook.com/chroniclesofstrength](https://www.facebook.com/chroniclesofstrength)) and let’s chat about your goals.

For more information on coaching programs, please email PatFlynn@ChroniclesOfStrength.com with the subject line of "coaching".

To book Pat for a seminar or workshop, please email PatFlynn@ChroniclesOfStrength.com with the subject line of "workshop".

The 300 Swings a Day Kettlebell Challenge

What is The 300 Swings a Day Kettlebell Challenge?

- 30 days
- 300 swings a day -- broken up throughout the day (preferable) or all at once
- For a total of 9,000 swings

Why should I join The 300 Swings a Day Kettlebell Challenge?

In the 300 Swings Challenge, you'll...

1. Blast Fat and Boost Muscle -- If your goal is to fat loss and strength gains, look no further than the kettlebell swing -- The 300 swings, completed intermittently throughout the day, rev the metabolic engines and boost strength endurance. Plus, it gets you up and moving -- something that us modern humans often forget to do on a frequent basis!

2. Learn How to Swing the Kettlebell Without Wrecking Your Back -- If you learned your kettlebell swing technique from Jillian Michaels, step away from the kettlebell (momentarily) and study this training guide closely. Questions about the swing? Post them on the 300 Swings Facebook page, and one of our coaches will get back to you.

3. Find Camaraderie -- We're in this together. 300 swings a day ain't easy -- nor should it be -- so whether you are having a good day and want to share some motivation or are having a rough day and are in need of some, we're here.

4. Develop Accountability -- By sharing your #1 goal for the month plus your before photos and by posting daily on the 300 Swings page ([Facebook.com/300swings](https://www.facebook.com/300swings)) , your commitment to the challenge really solidifies, which means so do your gains.

How do I join The 300 Swings a Day Kettlebell Challenge?

Step 1: Like and join the 300 Swings Facebook Page HERE:

==> www.Facebook.com/300swings

Step 2: Get accountable: Take before photos (front and side, nothing weird, please) and send them to ChristineMooney@ChroniclesofStrength.com and post your daily swings to our Facebook wall. At the end of the 30 days, email another round of photos, your “afters” and be sure and tell us how you fared over the past month. We want to see how you beat the challenge and became a better version of yourself through it!

Step 3: Get Swinging!

WARNING: This challenge is not for the faint of heart, fragile by nature, or any other persons exceedingly delicate. Serious folks only.

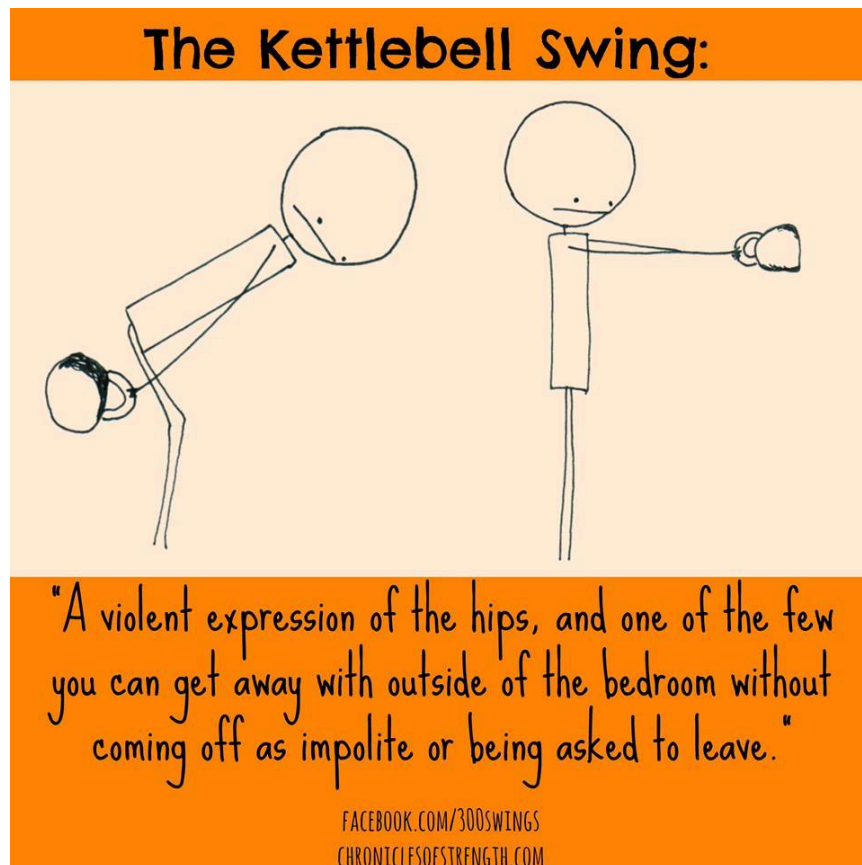
When does the next 300 Swings a Day Kettlebell Challenge begin?

The 30-day 300 Swings Kettlebell Challenge starts ONE WEEK FROM TODAY—and no new entrants will be taken after that so get on steps one, two, and three!

The Kettlebell Swing!

The kettlebell swing is a violent expression of the hips, one of the few you can get away with outside of the bedroom without coming off as impolite or being asked to leave.

The benefits are enormous: The swing burns fat, boosts strength, and builds “kettlebooty”. It is the best exercise in the world, and I say that without any reservations whatever.



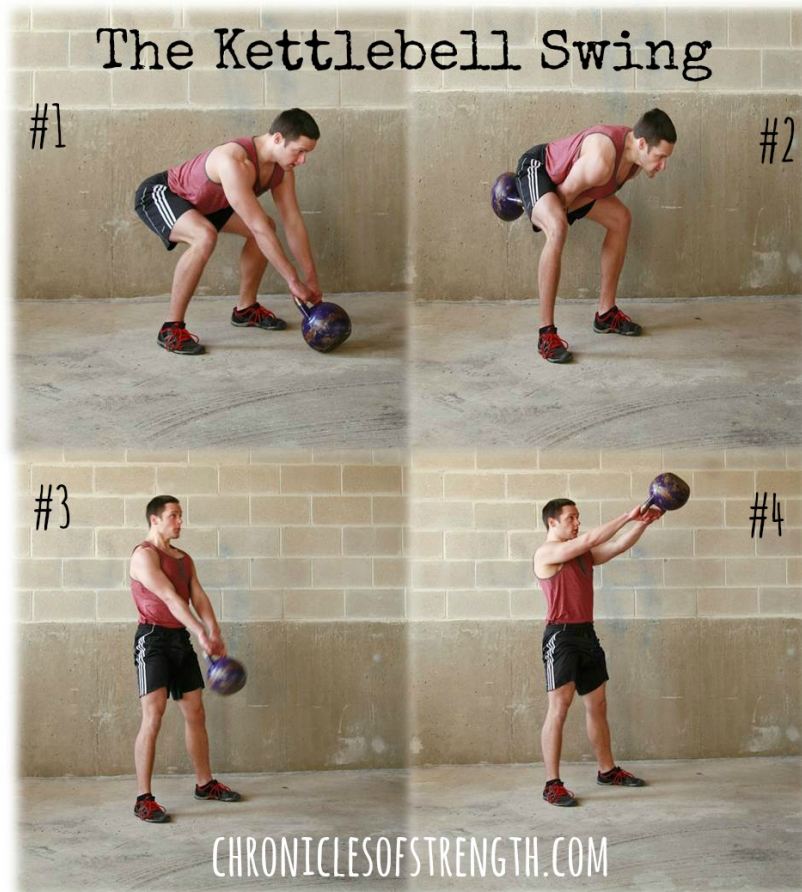
The swing is the minimalist's most effective weapon, a tool of supreme efficiency. It slices through fat like a surgeon's knife; strengthens the hamstrings, the butt, and the lower back; and teaches you **to move athletically**.

Performing the kettlebell swing comes down to five main points. They are:

The **5** Main Points of the **Kettlebell Swing**

1. Keep a flat back.
2. Hinge; don't squat.
3. Use your hips.
4. Stand tall.
5. Don't swing overhead.

How to Swing →



We'll now elaborate a bit on the five points listed above.

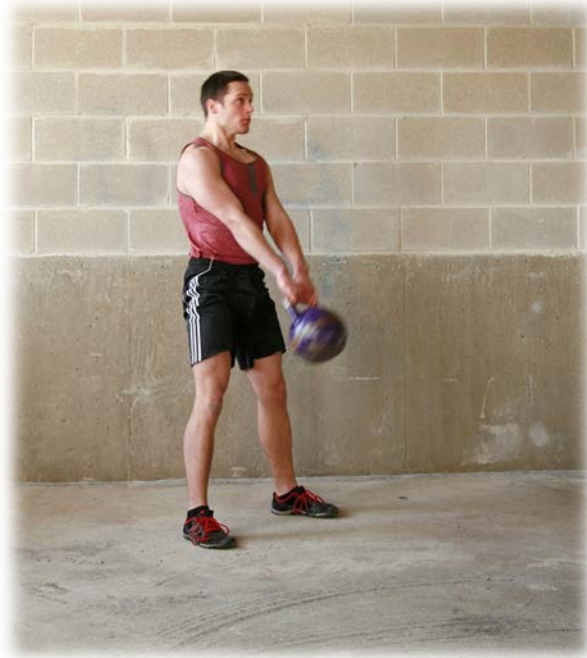
1. Set up behind your kettlebell. Push your butt back, reach out and grab the bell. You should look like the center of a football team before the hike.



2. Hike the kettlebell back like a football, keeping the handle above the knees. You should look like a witch on a broomstick.



3. Once the bell hits the top of the backswing, stand up as quickly as possible. Imagine that you're trying to "jump through your heels."



4. Allow the handle of the kettlebell to float no higher than eye level before throwing it back down for the next rep. Keep your back flat, elbows locked, and armpits tight the whole time.



5. Repeat the operation for whatever number of reps happen to be prescribed.
6. Be sure to park the kettlebell safely. Don't throw out your back after a set of ten perfect swings because you decided to round your back when putting the bell down. That's like navigating rush hour traffic only to get home and back into your mailbox.

⇒ [CLICK HERE](#) for a video demonstration of the two-hand swing.

Troubleshooting the Swing >

Q: When learning to swing, should I just start swinging or are there progressions I should be using?

A: Start with the kettlebell deadlift. This will teach you how to use your hips, hinge properly, and keep that crucial neutral spine.

Here's how to do a kettlebell deadlift:

1. Stand on top of the kettlebell with a shoulder width stance, maybe a smidgen wider, and with your toes pointed slightly out. The handle of the kettlebell should be positioned between your heels.
2. Push your butt back like your trying to put on a show. Or, if you will, imagine that a bench is ten feet behind you, and you're reaching for that. Allow the knees to bend as you continue to push your butt back, but do not allow them to come forward. The shins should remain vertical, or very close to. Oh, and keep your back flat at all times.
3. Once you've hit your maximum depth, drop your hands down and secure the kettlebell. At this bottom position, your butt should be somewhere above your knees but below your shoulders.
4. Breathe deep into your belly, tense your armpit muscles (lats) to keep your shoulders in place (imagine you're trying to bend the handle of the kettlebell in half), and stand up. Your elbows should remain locked throughout.
5. At the finish you should be standing tall, not leaning back. Keep the butt and the belly tight at the top.
6. Reverse the movement, setting the kettlebell back down right where you found it.

⇒ [CLICK HERE](#) for a video demonstration of the kettlebell deadlift.

Q: Regarding the deadlift, what if I can't reach the kettlebell without rounding my back?

A: Because most people are stiff as frozen goose poop, mobility often presents itself as issue in the course of a deadlift. Because the object is so low to the ground and requires a drastically deep hinge to acquire it, without sufficient hip mobility, one almost invariably resorts to rounding their back to accomplish the movement. This is wrong.

Instead of compensating for your hips at your low back, bring the kettlebell up to you. That is, set the kettlebell upon some object, such as a weight plate, a plyo box, or a cat, elevating it to such a level where you can reach it without compensation. Overtime, place the kettlebell on a lower and lower cat, that is, I do mean, an object, until you are pulling it from the floor.

Q: What if I'm not using my hips enough in the swing? What if I'm still using my arms too much?

A: Use a heavier bell. This very nearly always fixes that problem. But if that doesn't work, then you may wish to try a drill known as the pendulum swing. Here's how to do it:

1. Set up behind a kettlebell exactly how you would for a normal two-hand swing.
2. Hike the kettlebell back, but DON'T stand up. Instead, let the kettlebell swing back and forth between your legs, like a pendulum, while you maintain a deep hinge. The goal here is to use your lats (arm pit muscles) to keep the bell swing back and forth, all the while keeping your elbows locked and arms relaxed.
3. After a couple of pendulum swings, time it so that on the final backswing you stand up as quickly as possible and perform one full swing.

⇒ [CLICK HERE](#) for a video demonstration of the pendulum swing.

Q: What if I'm too "squatty" with my deadlift.

There are two drills here that you might find useful:

1. The butt-to-wall drill

This drill is very plain. Stand against a wall. Next, take a small step out away from the wall and push your butt back until it makes gentle contact. Take another small step out and again push your butt back until it strikes the wall.

Continue to inch your way further and further from the wall until you can no longer reach it with your butt. At this point, take a small step back and find the wall with your butt again—this should be the farther you can be away from the wall, but still able to find it with your butt. This also happens to be your optimal hinge position.

Pattern this for ten repetitions, then apply it to picking up a kettlebell.

2. The behind-the-heels deadlift

This drill too is very plain. Set up for a deadlift, then take a small step in front of the bell so that it rests right behind your heels. Push your butt back, secure a grip on the kettlebell, and finish the lift. On the way down, also attempt to place the kettlebell back behind your heels. This will force you to hinge deeply and return your shins to vertical, correcting any “squattiness”.

⇒ [CLICK HERE](#) for a video demonstration of the behind-the-heels deadlift.

7 Super Duper Fat-Blasting Kettlebell Swing Workouts



As a minimalist, I want to help you to train more deliberately. I want to help you reduce exercise to its lowest terms and to see if we can't trim the fat off your training program.

Because the secret to a good exercise program is to strip it down to its fewest, most fundamental components—and then to leave it at that.

In other words, a training program should contain no unnecessary workouts, a workout no unnecessary exercises. In other words still, any exercise program will improve in direct ratio to the number of things left out of it that needn't be there.

I say, ***do not make into an hour what can be done in thirty minutes. And do not make into thirty minutes what can be done in fifteen.***

Therefore, what follows are seven workouts, all thoroughly satisfying, and all doable in under fifteen minutes. They are the embodiment of my minimalist philosophy and are well fitted for any time-crunched persons seeking efficiency.

Swings, Planks, and Jump Rope

5 rounds of the following, with no rest between exercises:

30 seconds x two-hand swing

30 seconds x 4-point plank

60 seconds x jump rope

Rest for 1-3 minutes, then perform five more rounds.

Swing and Push Up Ladder

Run up this ladder as many times as possible with GOOD FORM in 15 minutes:

2 swings + 1 push up

4 swings + 2 push up

6 swings + 3 push up

8 swings + 4 push up

10 swings + 5 push up

100 Rep Swing Challenge

100 two-hand swings with GOOD FORM as quickly as possible.

Tabata Swings

Perform 4 minutes of the following interval:

20 seconds x two-hand swing

10 seconds x rest

Rest 1 minute, then perform two more 4-minute rounds.

Race Up Swing Mountain

This is best performed with a partner, in the ol' "I go, you go" sort of fashion.

The reps look like this:

1,2,3,4,5,6,7,8,9,10,12,14,16,18,20,25,30

So, for example, partner one performs one two-hand swing, then partner two performs one two-hand swing. After that partner one performs two two-hand swings and partner two repeats. Continue in this manner until you get to ten reps, where you will then move in hops of two until you reach twenty reps, where you will then move in leaps of five to the finish of thirty.

15 on/15 off for 15 minutes

Very simple, this one. Swing for fifteen seconds, rest for fifteen seconds. Continue this sequence for fifteen minutes.

Swing and Goblet Squat Ladder

Run down this ladder as many times with GOOD FORM in 15 minutes as possible:

10 swings + 10 goblet squats

10 swings + 8 goblet squats

10 swings + 6 goblet squats

10 swings + 4 goblet squats

10 swings + 2 goblet squats

For more Kettlebell swing workouts, head over to

Facebook.com/300swings

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