

The

300 Swings

Challenge Guide

30 DAYS.

300 SWINGS.

Blast Fat

+

Build "Kettlebooty"!

PAT FLYNN + CHRONICLES OF STRENGTH

The Kettlebell Swing: Back to the Beginning



It was a man named Petty that taught me the swing, that feral, bald-headed puma, and, looking back, I don't think I could have asked for more thorough instruction than what he gave me. The lesson was at The Dragon Gym, in Exton, PA, early one evening in the fall, with a small group of people who all expressed a similar interest for exercise. He was an unsmiling man with big hands and an exceedingly scornful countenance. He would look at you as if you were some kind of an idiot; that is, at least, what he did to me, so we can assume the look meant nothing and it was just the way he was. It's a shame, but

I cannot oversell the kettlebell swing. It is fun, expedient and effective. The learning curve is low and so is the impact. About anyone can do it.

people can't help how they look. I mean it's a shame for some people.

The hardest thing for me to get about the swing was where to put my hips. I wanted to put them down, but Petty said to put them back. I wanted to squat. Petty said to hinge. I wasn't exactly confident what a hinge was. I had a faint notion from my novice observations of what it is that swings a door, but this was more about creasing at the hips.

After many months of lessons, I was at last learned. I could swing without looking too terribly awkward and was starting to see results. My body fat was lower and my conditioning in martial arts in everyway improved. I could also kick harder. Slowly but surely, I was taken by the swing and its many applications. I knew that, in a world of hype, this was something special.

Fast forward to today and the swing is a staple in my training and in all of my client's as well. Few days pass where I don't gather a hundred reps or so. And I would recommend the same to anyone: 100 reps a day, because why not. 300 reps a day for a challenge.

I cannot oversell this exercise. It is fun, expedient and effective. The learning curve is low and so is the impact. About anyone can do it.

This training manual is dedicated to all you swingers. It is a collection of my choicest kettlebell workouts, featuring swings. What you'll find here is a wonderful variety of ways to blast fat, build power and boost confidence and conditioning. Most of these workouts take less than fifteen minutes and can be done anywhere. Enjoy!

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Pat

P.S. Each workout is listed with a "point of arrival." These are points to work *towards*, in order to challenge you; they are NOT where you start.

The Basics

When teaching the kettlebell swing, I don't have people do kettlebell swings. At least not at first. Instead, we spend time on hinging drills, the deadlift, and then move on to pendulum swings and start-stop swings.



Reference Videos

- Pendulum swings: <http://bit.ly/1BAD1ft>
- Start-stop swings: <http://bit.ly/1DIIPnZ>

Here are some quick-hitting workouts that utilize these types of swings.

🏋️ **Pendulum #1**

Description: pendulum swings, kettlebell swings

Prescription: Tabata (20 seconds on/10 seconds off x 8 = 4 minutes):
3 pendulum swings + 1 full swing

Point of Arrival: Males use 24 kg kettlebell; females 16 kg kettlebell.

🏋️ **Pendulum #2**

Description: pendulum swings, kettlebell swings

Prescription: 5 cycles of: 3 pendulum swings + 1 full swing. . Complete as many rounds of 5 cycles in 15 minutes as possible.

Point of Arrival: Males use 24 kg kettlebell; females 16 kg kettlebell.
Complete 10 rounds in 15 minutes.

 **Start-Stop #1**

Description: start-stop swings

Prescription: 5 sets of 10 reps start-stop swings. Rest as much as you have to but as little as you need to maintain impeccable form and to keep the heart rate elevated.

Point of Arrival: Males use 24 kg kettlebell; females 16 kg kettlebell.
Complete in 5 minutes or less.

 **Start-Stop #2**

Description: start-stop swings

Prescription: Line up three kettlebells: medium, heavy, and heaviest, and complete 5 reps start-stop swings at each bell. Typically, men will use 20 kg, 24 kg, and 28 kg kettlebells; women 12 kg, 16 kg, and 20 kg bells. Go heavier if you can. Run through this chain as many times as you can in 15 minutes, resting between bells as needed.

Point of Arrival: Males use 24 kg, 28 kg, 32 kg and females use 20 kg, 24 kg, 28 kg. Work non-stop for 15 minutes.

 **Start-Stop #3**

Description: start-stop swings

Prescription: 10 reps start-stop swings, on the minute every minute for 10 minutes

Point of Arrival: Males use 28 kg kettlebell; females 20 kg kettlebell.

The Fundamentals

We're gonna place two-hand kettlebell swings and one-arm swings in this "fundamentals" bucket, two movements you can pack up and take with you anywhere. They travel well and make for fine dinner companions, not unlike my St. Bernard, Lola. If you have access to two bells, then tack on double kettlebell swings as the third movement in this cluster.



Reference Videos

- Two-hand kettlebell swings: <http://bit.ly/1Jim7I4>
- One-arm swings: <http://bit.ly/1GezLxC>

Ladder Up

Description: two-hand kettlebell swings

Prescription: Complete a 1-to-10 rep ladder (1 rep, 2 reps, 3 reps...10 reps) of two-hand swings. Men use a 20-24 kg kettlebell; women 12-16kg.

Point of Arrival: Males use 28 kg, females 20 kg. Complete the ladder down from 10 to 1 as well.

Tabata Swings

Description: two-hand kettlebell swings

Prescription: 20 seconds on/10 seconds off x 8 (4 minutes total). Complete a Tabata of two-hand swings.

Point of Arrival: Males use 28 kg kettlebell; women 20 kg. Complete 3 rounds of Tabata.

Swing Chain

Description: two-hand kettlebell swings

Prescription: Line up three kettlebells: medium, heavy, and heaviest and 5 reps two-hand kettlebell swings at each bell. Typically, men will use 20 kg, 24 kg, and 28 kg kettlebells; women 12 kg, 16 kg, and 20 kg bells. Run through this chain as many times as you can in 15 minutes, resting between bells as needed.

Point of Arrival: Males use 24 kg, 28 kg, 32 kg and females use 20 kg, 24 kg, 28 kg. Work non-stop for 15 minutes.

Two-to-One Complex

Description: two-hand swings, one-hand swings

Prescription: 5 sets of 10 reps two-hand kettlebells swings + 5 reps one-arm swings/side

Point of Arrival: Males use a 24 kg kettlebell; females 16kg. Complete in 5 minutes or less.

Grip Training Sets

Description: one-hand swings

Prescription: Set a clock for 5 minutes. Complete as many reps as possible of one-arm swings on your right side. Rest. Reset the clock and complete as many o/a swings on your left.

Point of Arrival: Males use 24 kg, females 16 kg. 100 reps total.

On-the-Minute

Description: two-hand swings

Prescription: 15-30 reps two-hand kettlebell swings, on the minute every minute for 10 minutes.

Point of Arrival: Males use 24 kg kettlebell for 15 reps or 20 kg for 20 reps or 16 kg for 30 reps. Females use 20 kg for 15 reps or 16 kg for 20 reps or 12 kg for 30 reps.

Negative Rest

Description: two-hand swings, one-hand swings, OR double kettlebell swings.

Prescription: Complete as many two-hand, one-arm, or double kettlebell swings as possible in the allotted time:

40 seconds on/20 seconds off x 5 (5 minutes total)

30 seconds on/30 seconds off x 10 (10 minutes total)

Point of Arrival: Males use 20 kg for one-arm swings, 2 x 20 kg for double swings, or 24 kg for two-hand swings; females use 12 kg for one-arm swings, 2 x 12 kg for double swings, or 16 kg for two-hand swings.

Cadence Swings

Description: start-stop swings, two-hand swings

Prescription: Complete 1 start-stop swing every 10 seconds for a minute x 10 minutes; 11th minute burn set: As many two-hand swings as possible in 1 minute

Point of Arrival: Males use 24 kg kettlebell; females use 16 kg kettlebell. Complete 40 two-hand swings in the 11th minute burn set.

Moving Up

Description: two-hand swings, one-hand swings, OR double kettlebell swings.

Prescription: Line up a light-ish bell for one-arm swings, two medium bells for double swings, and a heavy bell for two-hand swings. Complete five reps at each bell (for one-arm swings, complete 5 reps per side). Run through this chain as many times as possible in 15 minutes. Rest as much as you have to but as little as you need to maintain impeccable form.

Point of Arrival: Males use 20 kg for one-arm swings, 2 x 20 kg for double swings, and 28 kg for two-hand swings; females use 12 kg for one-arm swings, 2 x 12 kg for double swings, or 20 kg for two-hand swings. Run through the chain for 15 minutes without stopping.

The Advanced Fundamentals

Now we're getting into the kettlebell swing variations that are a bit fancy: hand-to-hand or Darcy swings, walking Darcy swings, walking swings, side-step swings.



Reference Videos

- Hand-to-hand/Darcy swings: <http://bit.ly/113aTqh>
- Walking Darcy swings: <http://bit.ly/1JcC0lO>

🏋️ Hand-to-Hand Swing Workout

Description: One-arm swings, two-hand swings

Prescription: one-arm swing (right) + one-arm swing (left) + two-hand swing = 1 cycle. Males use 24 kg kettlebell; females use 16 kg kettlebell. Complete 10 cycles. For a workout finisher, do 3-5 rounds. For a workout, do 10.

Point of Arrival: Males use 28 kg, females 16kg. Complete 10 rounds in under 20 minutes.

Tabata Walking Darcy

Description: walking Darcy swings

Prescription: Complete 8 sets of 20 seconds on/10 seconds of walking Darcy swings

Point of Arrival: Males use 28 kg, females 20 kg.

Side Steppin'

Description: side-step swings

Prescription: 5 side-step swings (right) + 5 side-step swings (left) + 10 two-hand swings = 1 cycle. Complete 10 cycles.

Point of Arrival: Males use 24 kg kettlebell; females use 16 kg kettlebell. Finish all 10 cycles in under 10 minutes.

On the Clock

Description: hand-to-hand swings

Prescription: Complete as many hand-to-hand swings as possible in 5 minutes.

Point of Arrival: Males use a 24 kg kettlebell; females use 16 kg kettlebell. Complete

Up and Back

Description: two-hand swings, walking hand-to-hand swings

Prescription: Complete 5 sets of 10 walking two-hand swings + 5 walking hand-to-hand swings/side

Point of Arrival: Males use a 28 kg kettlebell; females use 20 kg. Complete in 5 minutes or less.

Mixing It Up with Swings



Kettlebell swings are fantastic on their own, but here, we'll mix it up a bit, adding in some other fundamental movements to help you continue on your fitness journey, as well as giving you more kettlebell swing-only workouts to keep things spicy.

Swings, Planks, and Jump Rope

Description: two-hand swings, plank, jump rope

Prescription: Complete 5 rounds of the following with no rest between exercises (rest 1-3 minutes between rounds):

30 seconds x two-hand swing

30 seconds x 4-point plank

60 seconds x jump rope

Point of Arrival: Males use a 28 kg kettlebell; females use 20 kg.

Swing and Push Up Ladder

Description: two-hand swings, push-ups

Prescription: Complete the following ladder as many times as possible with IMPECCABLE technique 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

Point of Arrival: Males use a 24 kg kettlebell; females 16 kg. Complete the ladder 5 times in 15 minutes.

🏋️ **The 100 Rep One-Arm Swing Challenge**

Description: one-arm swings

Prescription: 100 one-arm swings (50/side) with GOOD FORM as quickly as possible.

Point of Arrival: Males use a 20 kg kettlebell; females 12 kg. Complete all 100 swings in less than 5 minutes.

🏋️ **Race Up Swing Mountain**

Description: two-hand swings

Prescription: The reps look like this: *1,2,3,4,5,6,7,8,9,10,12,14,16,18,20,25,30*

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

Point of Arrival: Males use a 24 kg kettlebell; females 16 kg.

🏋️ **15 on/15 off for 15 minutes**

Description: Timed kettlebell swings

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

Point of Arrival: Males use 24 kg kettlebell; females 16 kg.

🏋️ **Swing and Goblet Squat Ladder**

Description: two-hand swings, goblet squats

Prescription: 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

Point of Arrival: Males use 24 kg kettlebell; females 16 kg.

🔔 **The Ugly Mother**

Description: 2 swings, 2 one arm swings (each arm), 2 snatches (each arm), 2 long push presses (each arm). (Note: long push press is a deep squat to overhead press.)

Prescription: Add two reps to each exercise every round. Work up to ten reps of each, and back down.

Point of Arrival: Males use a 20 kg kettlebell. Females use a 12 kg.

🔔 **Reverse Breathing Ladder**

Description: Swings with breathing as rest

Prescription: Do ten swings take ten breaths. Do ten swings take nine breaths. Do ten swings take eight breaths... etc, etc... Until you get to ten swings and one breath.

Point of Arrival: 32kg males; 24kg females. Complete workout with no additional breathes.

NOTE: Make your breaths as LONG as possible. Also make your exhale twice as long as your inhale. A good cadence is 4 seconds inhale, 8 seconds exhale.



For more Kettlebell swing
workouts, head over to
[Facebook.com/300swings](https://www.facebook.com/300swings)

🔔 **The Holy Fiver**


Description: Complex of 5 double swings, 5 double cleans, 5 double press, 5 front squats, 5 push ups

Prescription: As many rounds as you can get in 15 minutes.

Point of Arrival: 2 x 24kg (male); 2 x 16kg (female). Complete 3 rounds.

Want to obliterate excess fat? Build healthy, attractive, functional muscle? Be held accountable for your health and fitness? Then it's time to join...

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 (preferably) or all at once (as an occasional challenge workout)
- 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 using #300swings, post your daily swings to our Facebook wall.



Julianne Erickson ▶ 300 Swings a Day

March 3, 2014 · 🌐

#300swings Challenge - Day 3: I did 20x15 KB swings, interspersed between my lifts this AM. Definitely had a #glute pump going! #kettlebell #kettlebooty #IHeartSwings

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?

You can start the 30-day challenge right now!! We also offer prizes from a variety of friends and sponsors so make sure to check in with our Facebook page to see when we'll be offering prizes alongside the challenge.

Got questions?

Post them on our Facebook page or message us directly at www.Facebook.com/300swings

SWING on!

-==+

Pat Flynn

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".

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