



## 10-Minute **KETTLEBELL SWING TEST**

*12-Week Program For Building Strength and Endurance, Burn Belly Fat and Hit A Metabolic Milestone!*

Week	Reps	Week	Reps
1	5/5	7	5/5
2	6/6	8	6/6
3	7/7	9	7/7
4	8/8	10	8/8
5	9/9	11	9/9
6	10/10	12	10/10

- Start with a medium weight and perform 5 reps per side each minute for 10 minutes
- Each week following the prescribed rep count, increasing your volume of swings per minute
- By following the script, you'll be able to perform 200 swings in ten minutes with a medium weight.
- In Week 7, increase your weight slightly and repeat the same weekly rep progressions working your way back to 200 swings, but now with a slightly heavier kettlebell.

*Weight Progressions For The Ladies:*

L1	L2	L3	L4	L5	L6
10	15	20	25	30	35 up

*Weight Progressions For The Men:*

L1	L2	L3	L4	L5	L6
20	25	30	35	40	45 up