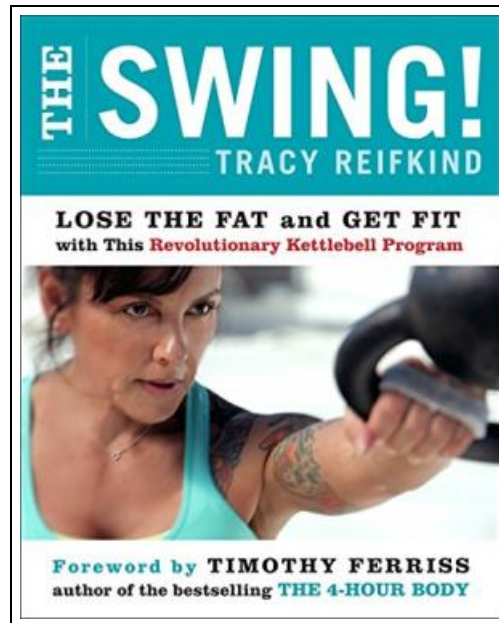


## The Swing!: Lose the Fat and Get Fit with This Revolutionary Kettlebell Program



Filesize: 9.56 MB

### **Reviews**

*This book will never be easy to start on looking at but quite entertaining to read. It is actually packed with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.*  
**(Ms. Missouri Satterfield DVM)**

## THE SWING!: LOSE THE FAT AND GET FIT WITH THIS REVOLUTIONARY KETTLEBELL PROGRAM



HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Swing!: Lose the Fat and Get Fit with This Revolutionary Kettlebell Program, Tracy Reifkind, Tracy Reifkind has a message for exercise - phobes and fitness trendsetters alike: The kettlebell swing is the ultimate equalizer! Men and women, athletes and couch potatoes, the physically fit and the overweight - anyone can pick up a kettlebell, and in as few as four sessions, it will begin to transform lives. That's what Reifkind used, and it catapulted her to a healthy new life and a radically different relationship to fitness. Now Reifkind is bringing this powerful workout-popular among elite athletes, but simple enough for a fitness novice-to its widest audience yet. Her program focuses on the simplest of the kettlebell movements, the swing, to create a fast, accessible workout that makes the body leaner and more muscular at the same time. As it swings, the kettlebell creates force that demands full-body involvement and constantly engages the core-all with very little impact on the joints. There's no safer, or more effective, way to work the entire body. Reifkind knows that firsthand. Overweight all her life, she had tried every treadmill, stepper, elliptical, and trendy workout on the market. But it wasn't until she picked up a kettlebell that, as she puts it, her real body began breaking through. Triceps appeared where there had been no definition; her jeans started showing off a firmer, leaner lower body (muscles she hadn't even realized she was toning!). After only a handful of quick sessions, she knew she had to see where the kettlebell swing could take her and began customizing her own workouts-120 pounds later, Reifkind starting teaching others that unique approach, offering her program in classes and quickly converting others to this easy-to-follow fitness regimen. Reifkind's...



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