RankTime

FREE PRINTABLE · 5 PAGES

FORM · WEIGHT · WORKOUTS

Kettlebell Swings

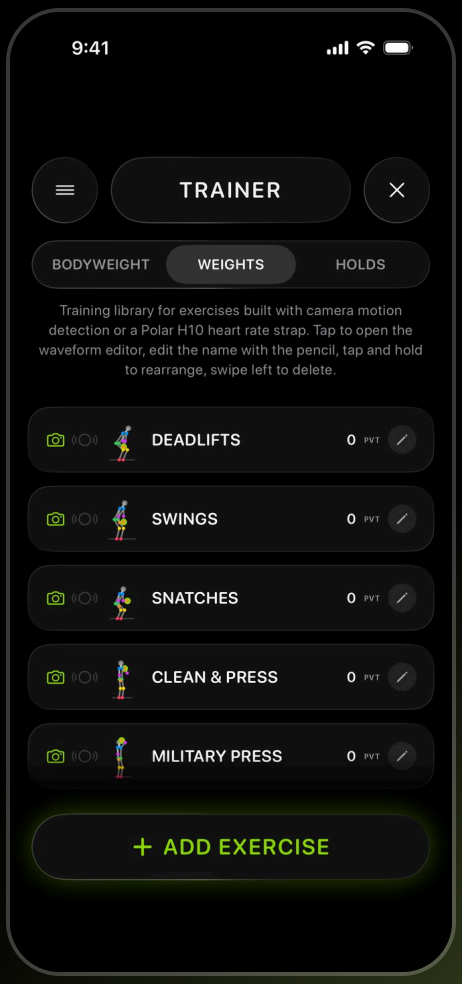
The swing step by step, the mistakes to avoid, which bell to pick, five workouts, a swing log and a 10,000 swing tracker.

2 The swing on one page

3 Five workouts and your swing log

4 The 10,000 swing challenge

5 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/kettlebell-swing-workout/
Made by RankTime, the workout timer that counts your reps.

FORM

The kettlebell swing

1. **Set up.** Feet a little wider than hips, bell a foot in front. Hips back, back flat, both hands on the handle.
2. **Hike it** back between your legs, high, like a football snap.
3. **Snap your hips** forward and squeeze your glutes. Stand tall.
4. **Let it float** to chest height. Your arms are just ropes.
5. **Hinge again** as the bell comes back between your legs.
6. **Park it** on the floor in front of you. Never drop it from the top.

AT A GLANCE	
Muscles	Glutes and hamstrings, plus back, core and grip
Space	About 2 m (6 ft) every way
Breathe	Out sharply at the top, in on the way down

This is the Russian swing, to chest height. Start here: the American swing overhead strains the shoulders and lower back for little extra hip work.

Common mistakes

- **Squatting it:** hips back, not down.
- **Lifting with the arms:** snap harder.
- **Leaning back** at the top.
- **Rounding the back:** too heavy, or hike too low.
- **A bell too light** lets your arms cheat.

Which weight

WHO	BELL
Most beginners	**8 to 12 kg (18 to 26 lb)**
Already lift	**16 kg (35 lb)**
Strong, experienced	**24 kg (53 lb) or more**

20 crisp swings with good form on the last one: a good working weight.

WORKOUTS

Five swing workouts

BEGINNER EMOM · 10 MIN

10 a minute

Every minute: 10 swings, rest the rest of the minute. 100 sharp swings.

10 ROUNDS · 10 MIN

30 on, 30 off

Classic conditioning. Make it harder: add a round, or 40 on and 20 off.

15 MIN

Swings and push-ups

Odd minutes: 15 swings. Even minutes: 10 push-ups.

4 MIN

Tabata swings

20 seconds of swings, 10 of rest, 8 rounds. A bell you swing well tired.

Two to four sessions a week, with a day between them at first. Stop a set as soon as your back starts to round.

My swing log

DATE	BELL	WORKOUT	SWINGS	NOTES

THE BIG ONE

10,000 swings

A popular program from strength coach Dan John: 10,000 swings in about four weeks, as 500 swings a session over 20 sessions, with a few easy sets of a strength exercise between the swing sets. Take it on only once 100 swings in a session feels comfortable.

Session 1 ☐ 500 swings · date	**Session 2** ☐ 500 swings · date	**Session 3** ☐ 500 swings · date	**Session 4** ☐ 500 swings · date	**Session 5** ☐ 500 swings · date
Session 6 ☐ 500 swings · date	**Session 7** ☐ 500 swings · date	**Session 8** ☐ 500 swings · date	**Session 9** ☐ 500 swings · date	**Session 10** ☐ 500 swings · date
Session 11 ☐ 500 swings · date	**Session 12** ☐ 500 swings · date	**Session 13** ☐ 500 swings · date	**Session 14** ☐ 500 swings · date	**Session 15** ☐ 500 swings · date
Session 16 ☐ 500 swings · date	**Session 17** ☐ 500 swings · date	**Session 18** ☐ 500 swings · date	**Session 19** ☐ 500 swings · date	**Session 20** ☐ 500 swings · date

Started _____ **Finished** _____ **Bell** _____

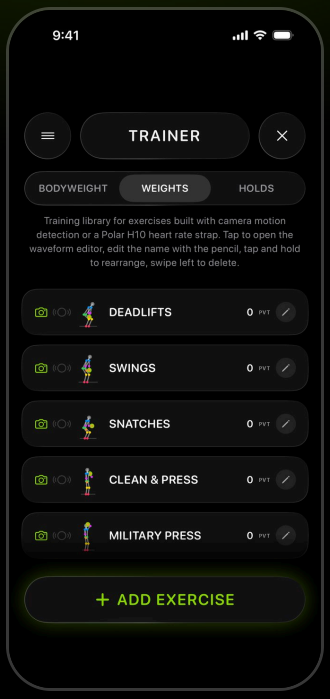
Next step after the swing: the snatch, a one arm swing that ends overhead. Some kettlebell courses ask for 100 snatches in 5 minutes. Learn a solid one arm swing first.

RankTime

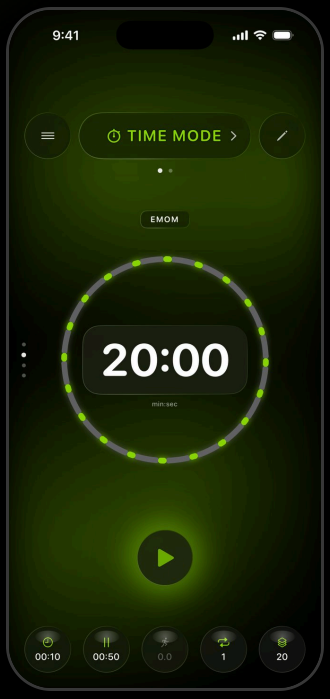
TRAIN IT WITH RANKTIME

Swing with RankTime

Swings and snatches are counted by the camera straight away. EMOM and TABATA are ready in TIME mode.



WEIGHTS: swings and snatches, ready to count.



EMOM: 20 one minute rounds.



TABATA: 20/10 for 4 minutes.

1. Open TIME mode and pick EMOM or TABATA, or set your own.
2. Tap the exercises circle, tick SWINGS and untick the rest.
3. Prop the phone about 2 m (6 ft) away, out of the bell's path.
4. Press play and swing: lime is work, grey is rest.

- The camera counts your reps on the phone itself. Nothing is uploaded.
- Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime on your iPhone