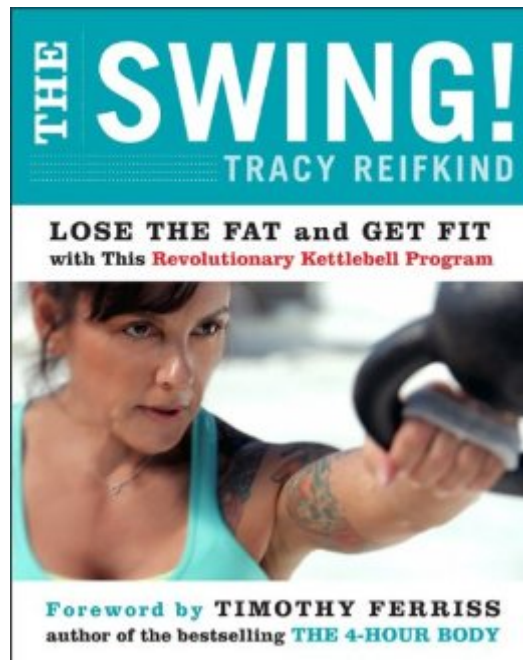


The book was found

The Swing!: Lose The Fat And Get Fit With This Revolutionary Kettlebell Program



Synopsis

Join the kettlebell revolution and swing your way into a fitter, trimmer bodyâ™one youâ™ll keep forever. Self-made fitness guru Tracy Reifkind has a self-made physique, working off 120 pounds after harnessing the extraordinary power of kettlebells (as featured in Timothy Ferrissâ™s The 4-Hour Body). Now, Tracy delivers a power-packed exercise, diet, and lifestyle program for rapid but sustainable weight loss: The Swing! Reifkindâ™s program promises dramatic results in just two half-hour sessions each weekâ™thatâ™s just four hours a month! There are no gimmicks here: Reifkind offers strong coaching on developing a winning mindset and a protein-focused, transformational eating plan, and reveals the evidence of her own low-cost, no-gym-membership success story. The Swing! packs the power to teach, to inspire, and to help you break through to your real, ideal body.

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Customer Reviews

I started The Swing after having used a traditional kettlebell program for 4 months. During that 4 months, during which I did KB squats, windmills, cleans, press ups, lunges, turkish get ups (all the usual static exercises) and some swings, I had changed shape and developed some muscles. But I

had gained weight - not the desired result. How could this be? If kettlebells are meant to burn so many calories per minute? Tracy's book gave me the answer: Firstly, that static kettlebell exercises are not where it's at when it comes to burning fat. SWINGS are where it's at for burning 1200 cals p/hour. And in fact, swings for over 2 mins only. She has put together a program to work you up to swinging for 2 mins at a time. The other thing necessary for losing weight is "stop eating so much" - record your food intake properly and stop guessing. I began the program after 4 months of weight plateau, that had culminated in a 5 kg weight gain in the previous 8 weeks. Depressing. It took a few days into the program to see results. I stuck with it. By the 4th day I was down 1/2 a kg (1 lb) - no big deal, but it's at least the right direction. By the 7th day I was down 1.2 kg (3lbs), by the second week, results really started to kick in with up to a kg loss a DAY, day after day. I'm now down 5 kg (12 lbs) in ten days! I kid you not! (You might think our scales are broken, but my husband weighs himself at his gym 3x a week where the scales are calibrated regularly, and he says our scales are only about 3/4 lb out.) No doubt there is some water loss, but I wouldn't say much as it is winter here and I am not sweating much, and I've exercised for years, so it's not a new thing.

I've been following Tracy since Tim launched her as well, and I'm so glad I did. It was easy to find an RKC in my area to teach me the swing and then get some kettlebells of my own. Tracy is correct in saying that you only need a 4x6 space to do your swings. This is by far the most efficient exercise I've ever done, and I'm a swimmer. I saw results within two weeks, and by seeing I mean that my arms looked better, my waist was smaller and while washing myself in the shower I was finding muscles I've never had before. I would recommend you learn how to swing first from a professional RKC, I've seen plenty of people in my class that took several days if not several weeks to "get" the swing. Once you "get" it, it feels natural and as everyone agrees, it's a lot of fun to do. But don't mistake fun for easy, it's a lot of work, but it is very rewarding. Again, I would stress highly that you should get an RKC to teach you the proper way to swing, they have amazing pointers and some basic tools that put you in the correct swing form. The mechanics of the swing are nothing like you think they are, both my husband and my brother got it wrong when they were watching kbell swing videos, and so did I. Only after I met with the RKC did I really understand the motion. I know you'll have your "AHA" moment too if you do this properly. I started with the 8Kg kbell, but outgrew it in less than 2 weeks. You have to start with a lower weight in order to practice the swing until you feel confident doing it. I now use my 12kg for most of my swings, be them double or single handed swings. I also use a 16kg for mostly lower rep double handed swings. Shopping for kbells is an experience.

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