

# Kettlebell Fever

Functional Fitness

## **The 4 Week Swing Workout Program**

*By James Breese, RKC.*



**Discover the Shortcut to *Extreme* Strength  
and *Elite* Conditioning and Fix your Poor  
Swing Technique – Success Guaranteed!**

**“We aim to create a new perception of fitness and strength training and promote techniques that enable clients to achieve athleticism comparable to elite professionals”.**

Kettlebell Fever is the official UK home of Dragon Door and the RKC School of Strength and Movement. Unlike generic fitness and personal training, we live and breathe health and fitness and practice what we preach and ston on the cutting edge of the industry! And guess what? We want to share what we know with YOU!

Here, at Kettlebell Fever we are proud in our exceptional coaching and involvement in the RKC community. Committed to improving health and fitness, we aim to educate others in strength techniques, ensuring movement quality is maintained at all stages. Our belief is that we can only achieve these goals by continually updating and investing in our own fitness education.

Our teaching methods are grounded in the RKC Hardstyle system. Kettlebells are just one element of this structure that includes joint mobility, stretching, Indian Clubs, bodyweight exercises, barbell strength training and the Functional Movement System principles.

We are committed to offering a leading service in this fieldwork exceptionally hard at being the best at what we do – but hey we would say that, but don't take our word for it, come and see for yourself!

[www.kettlebellfever.com](http://www.kettlebellfever.com)

[www.facebook.com/KBFevery](https://www.facebook.com/KBFevery)

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**James Breese, RKC, MSc, BA (Hons). Head Instructor.**



Of mid-Wales origin, James played multiple team sports throughout his youth at a high level. Following university years he spent two years as a Snowboarding Guide in Austria. On his return to the UK, James joined the Metropolitan Police Service and continues to work in the active area of Brixton, London.

Despite sport and free weight lifting, James used to struggle to maintain an ideal body condition around a busy work schedule and would frequently sustain minor aches and strains during his physically demanding job.

In his quest to prevent these problems he realised the importance of a holistic health and fitness approach. James believes that the RKC system has allowed him to focus on his own particular weaknesses so that he could integrate corrective movements into a fitness programme that targeted these.

James is now the healthiest he has been throughout his life and now helps others to achieve the same using kettlebells and the RKC system. He trains other police officers within the Metropolitan Police to help them achieve their unique fitness goals and to allow them to perform to the best of their ability when it matters most!

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Additionally, you should use this information as you see fit and entirely at your own risk.

Lastly, use common sense and good judgment. Nothing in this publication is intended to replace common sense, legal, medical or other professional advice and is meant only to inform and entertain the reader.

**Kettlebell Fever Ltd recommends the following products and resources to compliment this 4 week program: -**

### **Dragon Door Kettlebells**

When choosing your kettlebell, it is important to realise that not all kettlebells are created equally with the same precision, attention to detail and craftsmanship like that of an RKC kettlebell.

Dragon Door's RKC kettlebells are military-grade, with a highly resilient finish and a quality of iron guaranteed to stand up to the toughest use. When you invest in an RKC kettlebell and you'll be rewarded with decades of high-yield cardio, power and strength development.

### **Enter the Kettlebell**

Pavel's ground breaking book is a tried and tested information resource and workout plan for beginners. Many have tried to better it... all have failed. It teaches you all the fundamentals of the compound kettlebell movements and will put you on the path to developing that physique you have always dreamed about.

### **Mastering the Hardstyle Kettlebell Swing**

This is the closest thing you'll get to being taught the Kettlebell Swing other than being taught by an RKC. It is a mile wide, inch deep resource on how to learn the HARDSTYLE Kettlebell swing and there is no other product finer on the market today.

## **The 4 Week Swing Workout Program**

***By James Breese, RKC.***

### ***Introduction***

This workbook is designed for all ability levels wanting to improve their Kettlebell Swing technique and really kick start their fitness program.

Beginners, I can't emphasise enough the importance of either visiting your local RKC Instructor or purchasing a copy of *Enter The Kettlebell and Mastering the Hardstyle Kettlebell Swing* before commencing.

This is a workout program, not an instructional guide; it is designed to help with your technique and pattern the movements required for the "perfect" swing.

You will be doing only two movements; the Two Handed Swing and the Goblet Squat. Why only two? Because I am trying to teach you the pattern of the swing and emphasise to you that a swing is a swing and a squat is a squat!

The Hardstyle Kettlebell swing is the centre of the RKC Universe. A poor swing = poor clean = poor press = poor high pull = poor snatch = injury!

This is a simple workout – but it is not easy! If you follow it, you will get results. If you don't - well you won't!

I wish you all the best of luck

James.

## **Terminology**

### ***Halo –***

A warm up drill to loosen the shoulders. Hold a kettlebell upside down by the horns and slowly move it around your head.

### ***Touch the Wall Drill –***

Stand one foot length from a wall and without falling back, reach back and touch the wall with your glutes (bum). Now move forward about an inch and repeat. Continue moving forward until you find the furthest point from the wall where you can touch it with your glutes without falling. Remember **HIPS FIRST! Hinge at the hips!** If done correctly you should feel a stretch in your hamstrings!

### ***Touch the Wall Drill with Weight –***

Same as above but now hold a kettlebell to your chest and repeat!

### ***Goblet Squat –***

Assume shoulder width stance and your feet slightly turned out. Hold a kettlebell by the horns next to your chest and squat to rock bottom/as deep as you can without pain. At the bottom stick your elbows inside your knees, push them out slightly and stick out your chest lengthening your spine. Sniff in through the nose and stand up. Remember to pull yourself down with your hips

### ***Towel Swing –***

Place a hand towel between the handle of the kettlebell and hold on to the towel either side as close as possible. Complete a regular swing.

### ***Two Handed Swing -***

A kettlebell swing with two hands on the handle.

### ***Plank –***

Hold the plank position on the floor with the feet together and rest on your forearms about 6 inches off the floor. Pinch your glutes together as if you're pinching a coin between the cheeks, tense your abs as if you're about to be punched and imagine trying to make both your elbows touch by squeezing them in. Create maximum tension throughout your body! Hold until you can no more!

## Weights to Use

Men: - 12kg – 24kg depending on fitness levels

Women: - 8 – 16kg depending on fitness levels

## Time Table

	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Week 1</b>	Day 1	Rest	Day 2	Rest	Rest	Day3	Rest
<b>Week 2</b>	Day 4	Rest	Day 5	Rest	Rest	Day 6	Rest
<b>Week 3</b>	Day 7	Rest	Day 8	Rest	Rest	Day 9	Rest
<b>Week 4</b>	Day 10	Rest	Day 11	Rest	Rest	Day 12	Rest

## **Training Day One**

### **Warm Up**

1. 10 Halos Left
2. 10 x Touch the Wall Drill
3. 10 x Halos Right
4. 10 x Touch the Wall Drills
5. Static Stretches – Work on your key areas!

### **Workout – Part 1**

1. 10 x Touch the Wall Drill with Weight
2. 5 x Goblet Squats
3. 10 x Touch the Wall Drill with Weight
4. 5 x Goblet Squats
5. 10 x Touch the Wall Drill with Weight
6. 5 x Goblet Squat

Rest 3 Minute

### **Workout – Part 2**

1. 1 x Touch the wall Drill with Weight
2. 1 x Goblet Squat
3. 2 x Touch the Wall Drill with Weight
4. 2 x Goblet Squat
5. 3 x Touch the Wall Drill with Weight
6. 3 x Goblet Squat

Repeat sequence until you do 20 x Touch the Wall Drills with weight and 20 x Goblet Squat

Rest 3 Minutes

**Workout – Part 3**

1. 10 x Towel Swings
2. 1 x Plank
3. 15 x Towel Swings
4. 1 x Plank
5. 20 x Towel Swings
6. 1 x Plank
7. 10 x Towel Swings
8. 1 x Plank

**Finisher**

20 x Goblet Squats

**Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Two**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill
3. 10 x Halos Right
4. 10 x Touch the Wall Drill
5. Static Stretches – Work on your Key Areas

### **Workout – Part 1**

1. 10 x Touch the Wall Drill with Weight
2. 5 x Goblet Squats
3. 10 x Touch the Wall Drill with Weight
4. 5 x Goblet Squats
5. 10 x Touch the Wall Drill with Weight
6. 5 x Goblet Squat

Rest 3 Minute

### **Workout – Part 2**

1. 1 x Touch the wall Drill with Weight
2. 1 x Goblet Squat
3. 2 x Touch the Wall Drill with Weight
4. 2 x Goblet Squat
5. 3 x Touch the Wall Drill with Weight
6. 3 x Goblet Squat

Repeat sequence until you do 20 x Touch the Wall Drills with weight and 20 x Goblet Squat

Rest 3 Minutes

**Workout – Part 3**

1. 10 x Towel Swings
2. 1 x Plank
3. 15 x Towel Swings
4. 1 x Plank
5. 20 x Towel Swings
6. 1 x Plank
7. 10 x Towel Swings
8. 1 x Plank

**Finisher**

20 x Goblet Squats

**Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Three**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill
3. 10 x Halos Right
4. 10 x Touch the Wall Drill
5. Static Stretches – Work on your Key Areas

### **Workout – Part 1**

1. 10 x Touch the Wall Drill with Weight
2. 5 x Goblet Squats
3. 10 x Touch the Wall Drill with Weight
4. 5 x Goblet Squats
5. 10 x Touch the Wall Drill with Weight
6. 5 x Goblet Squat

Rest 3 Minute

### **Workout – Part 2**

1. 1 x Touch the wall Drill with Weight
2. 1 x Goblet Squat
3. 2 x Touch the Wall Drill with Weight
4. 2 x Goblet Squat
5. 3 x Touch the Wall Drill with Weight
6. 3 x Goblet Squat

Repeat sequence until you do 20 x Touch the Wall Drills with weight and 20 x Goblet Squat

Rest 3 Minutes

**Workout – Part 3**

1. 10 x Towel Swings
2. 1 x Plank
3. 15 x Towel Swings
4. 1 x Plank
5. 20 x Towel Swings
6. 1 x Plank
7. 10 x Towel Swings
8. 1 x Plank

**Finisher**

20 x Goblet Squats

**Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Four**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill – with Weight
3. 10 x Halos Right
4. 10 x Touch the Wall Drill – with Weight
5. Static Stretches – Work on your Key Areas

### **Workout**

Tabata Towel Swings

20 Seconds Swings – 10 Seconds Rest

Repeat for a full 4 Minutes!

### **Finisher**

20 x Goblet Squats

### **Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Five**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill – with Weight
3. 10 x Halos Right
4. 10 x Touch the Wall Drill – with Weight
5. Static Stretches – Work on your Key Areas

### **Workout – Part 1**

1. 10 x Touch the Wall Drill with Weight
2. 5 x Goblet Squats
3. 10 x Touch the Wall Drill with Weight
4. 5 x Goblet Squats
5. 10 x Touch the Wall Drill with Weight
6. 5 x Goblet Squat

Rest 3 Minutes

### **Workout – Part 2**

1. 20 x Towel Swings
2. 5 x Two handed Swings
3. Rest 1 minute

Repeat x 5 for a total of 100 Towel Swings and 25 Two Handed Swings.

Rest 3 Minutes

### **Workout – Part 3**

1. 30 x Goblet Squats
2. Rest 1 Minute
3. 30 x Goblet Squats.

### **Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Six**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill – with Weight
3. 10 x Halos Right
4. 10 x Touch the Wall Drill – with Weight
5. Static Stretches – Work on your Key Areas

### **Workout – Part 1**

1. 10 x Touch the Wall Drill with Weight
2. 5 x Goblet Squats
3. 10 x Touch the Wall Drill with Weight
4. 5 x Goblet Squats
5. 10 x Touch the Wall Drill with Weight
6. 5 x Goblet Squat

Rest 3 Minutes

### **Workout – Part 2**

1. 10 x Towel Swings
2. 10 x Two handed Swings
3. Rest 1 minute

Repeat x 10 for a total of 100 Towel Swings and 100 Two Handed Swings.

Rest 3 Minutes

### **Workout – Part 3**

1. 30 x Goblet Squats
2. Rest 1 Minute
3. 30 x Goblet Squats.

### **Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Seven**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill – with Weight
3. 10 x Halos Right
4. 10 x Touch the Wall Drill – with Weight
5. Static Stretches – Work on your Key Areas

### **Workout – Part 1**

1. 10 x Touch the Wall Drill with Weight
2. 5 x Goblet Squats
3. 10 x Touch the Wall Drill with Weight
4. 5 x Goblet Squats
5. 10 x Touch the Wall Drill with Weight
6. 5 x Goblet Squat

Rest 2 Minutes

### **Workout – Part 2**

1. 5 x Towel Swings
2. 15 x Two handed Swings
3. Rest 1 minute

Repeat x 5 for a total of 25 Towel Swings and 75 Two Handed Swings.

Rest 2 Minutes

### **Workout – Part 3**

1. 30 x Goblet Squats
2. Rest 1 Minute
3. 30 x Goblet Squats.

### **Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Seven**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill – with Weight
3. 10 x Halos Right
4. 10 x Touch the Wall Drill – with Weight
5. Static Stretches – Work on your Key Areas

### **Workout – Part 1**

1. 1 x Touch the wall Drill with Weight
2. 1 x Goblet Squat
3. 2 x Touch the Wall Drill with Weight
4. 2 x Goblet Squat
5. 3 x Touch the Wall Drill with Weight
6. 3 x Goblet Squat

Repeat sequence until you do 20 x Touch the Wall Drills with weight and 20 x Goblet Squat

Rest 3 Minutes

### **Workout – Part 2**

1. 30 Seconds x Towel Swings
2. 30 Seconds Rest
3. 30 Seconds x Two Handed Swings.
4. 30 Seconds Rest

Repeat for a full 6 Minutes (x2)

### **Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Eight**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill – with Weight
3. 10 x Halos Right
4. 10 x Touch the Wall Drill – with Weight
5. Static Stretches – Work on your Key Areas

### **Workout – Part 1**

Two Handed Swings

20 Seconds Swings – 10 Seconds Rest

Repeat for a full 4 Minutes!

### **Finisher**

20 x Goblet Squats

### **Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Nine**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill – with Weight
3. 10 x Halos Right
4. 10 x Touch the Wall Drill – with Weight
5. Static Stretches – Work on your Key Areas

### **Workout**

1. 20 x Towel Swings
2. 1 x Goblet Squat
3. 15 x Towel Swings
4. 3 x Goblet Squat
5. 10 x Two Handed Swings
6. 5 x Goblet Squat
7. 15 x Two Handed Swings
8. 10 x Goblet Squat
9. 20 x Two Handed Swings

### **Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Ten**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill – with Weight
3. 10 x Halos Right
4. 10 x Touch the Wall Drill – with Weight
5. Static Stretches – Work on your Key Areas

### **Workout – Part 1**

1. 20 x Two Handed Swings
2. 1 x Plank

Repeat x 5 for 100 Swings and 5 Planks.

### **Workout – Part 2**

Tabata Towel Swings

20 Seconds Swings – 10 Seconds Rest

Repeat for a full 4 Minutes!

### **Finisher**

1. 30 x Goblet Squats
2. 1 Min Rest
3. 20 x Goblet Squats
4. 1 Min rest
5. 10 x Goblet Squats

### **Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Eleven**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill – with Weight
3. 10 x Halos Right
4. 10 x Touch the Wall Drill – with Weight
5. Static Stretches – Work on your Key Areas

### **Workout – Part 1**

1. 30 Seconds x Two Handed Swings
2. 30 Seconds Rest

Repeat x 10 for 10 minutes

Rest 3 Minutes.

### **Finisher**

1. 30 x Goblet Squats
2. 1 Min Rest
3. 20 x Goblet Squats
4. 1 Min rest
5. 10 x Goblet Squats

### **Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Training Day Twelve – Last Day!**

### **Warm Up**

1. 10 x Halos Left
2. 10 x Touch the Wall Drill – with Weight
3. 10 x Halos Right
4. 10 x Touch the Wall Drill – with Weight
5. Static Stretches – Work on your Key Areas

### **Workout**

1. 30 x Two Handed Swings
2. 5 x Goblet Squat
3. 20 x Two Handed Swings
4. 3 x Goblet Squats
5. 15 x Two Handed Swings
6. 2 x Goblet Squats
7. 10 x Two Handed Swings
8. 1 x Goblet Squats

### **Finisher**

1. 30 x Goblet Squats
2. 1 Min Rest
3. 20 x Goblet Squats
4. 1 Min rest
5. 10 x Goblet Squats

### **Cool Down**

Work on stretches, correctives, foam rolling etc.

## **Conclusion**



Enjoy the program? Know the difference between a Swing and Squat now? What were your results and how do you feel now compared to when you first started?

I'd love to hear your feedback so please write to us at

[support@kettlebellfever.com](mailto:support@kettlebellfever.com)

Or post your results on our facebook page –

[www.facebook.com/kbfever](http://www.facebook.com/kbfever)

or share them with us on

[www.twitter.com/kettlebellfever](http://www.twitter.com/kettlebellfever)

Stay safe Comrades, train hard and if you want to know what I'm up to, follow along at [www.kettlebellfever.com/blog](http://www.kettlebellfever.com/blog) for all my training routines and tips.

As Pavel would say: -

Power to You!

James Breese, RKC.