

The 10000 Kettlebell Swing Challenge

Day	Swings	Notes
1	500	Warm-up & stretch pre/post
2	500	Warm-up & stretch pre/post
3	500	Warm-up & stretch pre/post
4	Rest	Active recovery (light walk)
5	500	Warm-up & stretch pre/post
6	500	Warm-up & stretch pre/post
7	500	Warm-up & stretch pre/post
8	Rest	Active recovery
9	500	Warm-up & stretch pre/post
10	500	Warm-up & stretch pre/post
11	500	Warm-up & stretch pre/post
12	Rest	Active recovery
13	500	Warm-up & stretch pre/post
14	500	Warm-up & stretch pre/post
15	500	Warm-up & stretch pre/post
16	Rest	Active recovery
17	500	Warm-up & stretch pre/post
18	500	Warm-up & stretch pre/post
19	500	Warm-up & stretch pre/post
20	Rest	Active recovery
21	500	Warm-up & stretch pre/post
22	500	Warm-up & stretch pre/post
23	500	Warm-up & stretch pre/post
24	Rest	Active recovery
25	500	Warm-up & stretch pre/post
26	500	Warm-up & stretch pre/post
27	500	Warm-up & stretch pre/post
28	Rest	Active recovery
29	500	Warm-up & stretch pre/post
30	500	Warm-up & stretch pre/post