

Aphrodite Steel

# SWINGS

## ADVANCED STRATEGIES

strength. endurance.  
muscle gains. fat loss.

2 kettlebells . 3 days per week .

**START NOW**



#SHEISKETTLEBELL

3 days per week

# Kettlebell Advanced Strategies



**For those who want to build some serious endurance and strength by increasing the work they put out per unit of time.**

# We need 2 Kettlebells:



"Medium"



"Heavy"

***\*We are going to use these two kettlebells.***

***Medium = Can do 10 sets of 10 reps***

***Heavy = 4-8 kg heavier***

# PHASE 1: STRENGTH

Week 1	M	M	M	M	H	M	M	M	M	M
Week 2	M	M	M	M	H	H	M	M	M	M
Week 3	M	M	M	H	H	H	M	M	M	M
Week 4	M	M	M	H	H	H	H	M	M	M
Week 5	M	M	H	H	H	H	H	M	M	M
Week 6	M	M	H	H	H	H	H	H	M	M
Week 7	M	H	H	H	H	H	H	H	M	M
Week 8	M	H	H	H	H	H	H	H	H	M
Week 9	H	H	H	H	H	H	H	H	H	M
Week 10	H	H	H	H	H	H	H	H	H	H

*\*Every round must be done "On the 2:00"*

# PHASE 2: VOLUME (REPS)

Week 1	11	11	11	11	12	11	11	11	11	11
Week 2	12	12	12	12	13	13	12	12	12	12
Week 3	13	13	13	14	14	14	13	13	13	13
Week 4	14	14	14	15	15	15	15	14	14	14
Week 5	15	15	16	16	16	16	16	15	15	15
Week 6	16	16	17	17	17	17	17	17	16	16
Week 7	17	18	18	18	18	18	18	18	17	17
Week 8	18	19	19	19	19	19	19	19	19	18
Week 9	20	20	20	20	20	20	20	20	20	19
Week 10	20	20	20	20	20	20	20	20	20	20

***\*Every round must be done with the Heavy kettlebell***

***\*Every round must be done "On the 2:00"***

***\*You can stay at the same line for more than once if you feel you need to.***

# PHASE 3: DENSITY

*\*Amount of work done per unit of time = Heavy KB @ 20 reps x 10 rounds*

<b>Week 1</b>	20	reps	x	10	rounds	@	2:00
<b>Week 2</b>	20	reps	x	10	rounds	@	1:45
<b>Week 3</b>	20	reps	x	10	rounds	@	1:30
<b>Week 4</b>	20	reps	x	10	rounds	@	1:15
<b>Week 5</b>	20	reps	x	10	rounds	@	1:00

*\*Time per set decreases every week*

*Week 1: 200 Swings in 20 minutes*

*Week 5: 200 Swings in 10 minutes*

*\*Every round must be done with the Heavy kettlebell*

*\*You can stay at the same line for more than once if you feel you need to.*

# The How



***Each Phase is designed to prepare you for the next one.***

***Depending on your level a phase might last more than the time programmed. So take your time at each phase.***

***Building up strength and all this volume needs patience and consistency.***

***Enjoy the process and learn what each phase has to give you.***



# The Goal



*The goal is to:*

- *Get stronger*
- *Improve your cardiovascular capacity*
- *Increase the amount of work you can do per unit of time*

**All you have to do  
is show up, execute  
and let time do its work.**

