

Aphrodite Steel

# SWINGS

ADVANCED STRATEGIES

*strength. muscle gain.*

*endurance. fat loss.*



SHE IS KETTLEBELL

2 kettlebells. 3 days.



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	M	M	M	M	M	M	M	M	M	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

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	10	10	10	10	10	10	10	10	10	20
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



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

***\*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.**





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