



10 TO 30 MIN KB / DB WORKOUTS

30 PROGRESSIVE WORKOUTS

\*See notes at bottom for reads / examples

SWING THIS KETTLEBELL

<https://www.youtube.com/watch?v=...>

<https://www.youtube.com/watch?v=...>

JOE DANIELS

BASIC

intermediate

TOUGHER

60 SECONDS

ALTERNATING EXERCISES COLLECTION 1-10

COLLECTION 1

EXERCISE A (odd mins)

EXERCISE B (even mins)

Recommended Duration

COLLECTION 2

EXERCISE A (odd mins)

EXERCISE B (even mins)

Duration

COLLECTION 3

EXERCISE A (odd mins)

EXERCISE B (even mins)

Duration

COLLECTION 4

EXERCISE A (odd mins)

EXERCISE B (even mins)

Duration

COLLECTION 5

EXERCISE A (odd mins)

EXERCISE B (even mins)

Duration

COLLECTION 6

EXERCISE A (odd mins)

EXERCISE B (even mins)

Duration

COLLECTION 7

EXERCISE A (odd mins)

EXERCISE B (even mins)

Duration

COLLECTION 8

EXERCISE A (odd mins)

EXERCISE B (even mins)

Duration

COLLECTION 9

EXERCISE A (odd mins)

EXERCISE B (even mins)

Duration

COLLECTION 10

EXERCISE A (odd mins)

EXERCISE B (even mins)

Duration

**EMOM: Every Minute On Minute. \*\*\*\*\***  
At top of the minute start the set. Any time you have when finished is rest until the next minute.

Dumbbells or Fatbells can be substituted for kettlebells in the workouts.

\*\*\* Start with minimum time. Increase accordingly

You could do more than 1 workout. Example collection 1 BASIC for 10 min, Rest then collection 3 BASIC for 10 min.

BASIC workouts are less technical but can be made tougher by doing more sets

INT workouts have a few more reps in the min

TOUGHER workouts are more technical and many will have short rest periods.

Disclaimer:

It is highly recommended that you have spoken with your doctor or physician about starting this or any exercise program. Use caution when training at all times and we recommend having someone around when you do exercise. Swing This Kettlebell / Daniels Fitness Training LLC cannot be held responsible for injuries you may incur from the use of this program. Heart Rate monitors are recommended. (Polar H10 Chest Strap)

Even though this is a carefully planned training program, any exercise can be dangerous in many ways. Do not disregard pain or try to push through something when your body is telling you not to. Recommendations in this program are not to be seen as medical advice.

**DISCLAIMER: Exercise at your own risk**  
See bottom left