

# The Kettlebell Swing: Your Ticket to Rapid Fat Loss, All-Day Endurance, and Glutes of Steel

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The swing is the most popular kettlebell exercise, and for good reason - it burns a mountain of calories, increases cardiovascular capacity, boosts athletic strength & power, and builds “*kettle-booty*.”

This little report will be your shortcut to swinging with maximal effect. In fact, you'll be ahead of most trainers just by knowing these tips and techniques.

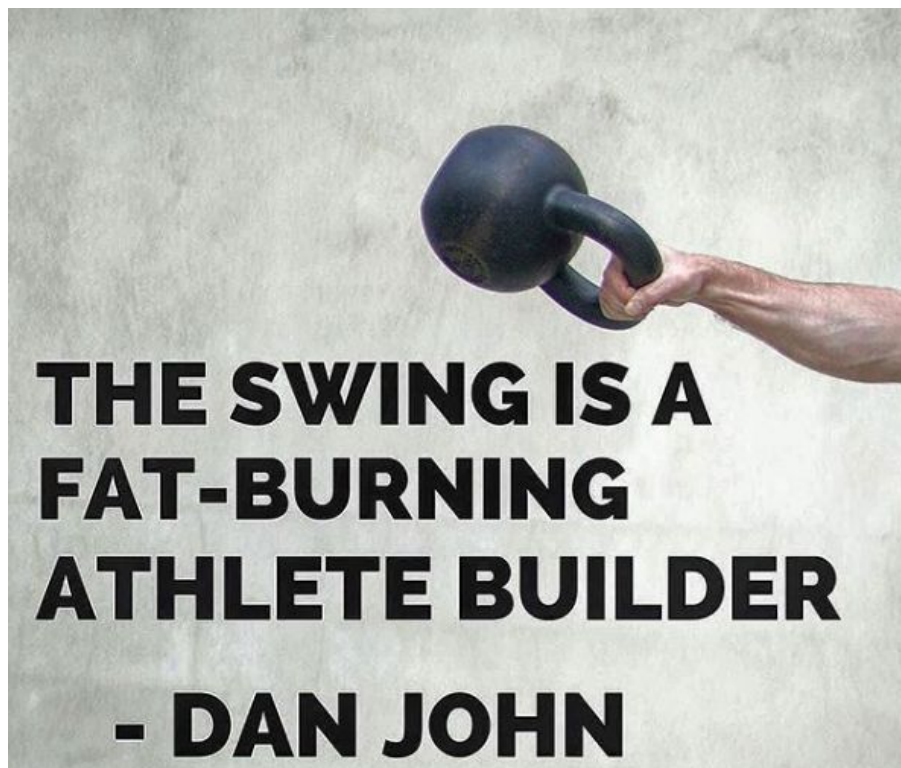
The swing is simple, yes.

Yet many, if not most, get it horribly wrong. The swing is not, as seen in many gyms, a squat to front raise.

It is a hip hinge. Your hips move the kettlebell, not your arms.

Your goal is to create *forward power*, like a bow and arrow. Your swing will be snappy and you'll feel like you've sprinted up a mountain - all with zero impact.

So let's get to it.



There are unicorns who can swing a kettlebell with impeccable technique on the first or second try. After 10 years on the job, I've seen exactly one.

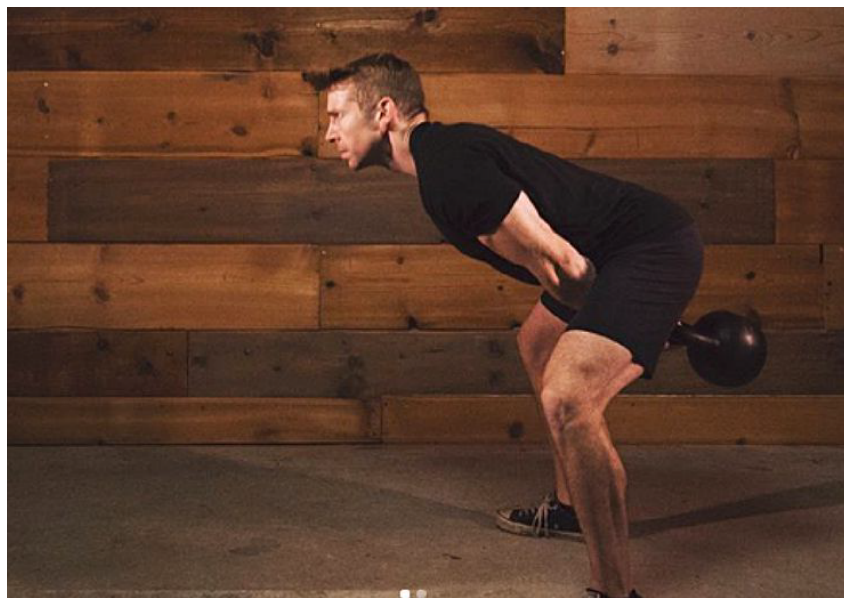
For the rest of us, there is a simple and reliable process that all but guarantees a strong, safe swing in minutes.

### **Step #1 - The (Unloaded) Hip Hinge**

- Stand up straight, feet planted with even balance
- Push your butt back, allowing the knees to soften
- Stop before you rock back on your heels
- Keeping the back straight, stand up

Yes, it is simple as that.

Here's how a hip hinge looks in the context of a kettlebell swing.



You'll notice the hips are back, not down. The butt is above the knees and below the shoulders. The shins are near vertical.

This is the key to preventing low back pain while targeting the glutes and hamstrings.

[Click Here](#) for a coaching video on the Hip Hinge.

This may seem too rudimentary for you. It is not.

Most folks, athletes included, endure needless struggle and pain in their training because nobody ever taught them the basics of the hip hinge.

Internalize this movement and everything becomes easier.

### **Step #2 - The Deadlift**

- Stand directly over a kettlebell. The handle should line up with your ankle bones, feet about shoulder-width
- Breathe in through your nose, expand and tighten the belly
- Contract the lats (squeeze the armpits) and descend into the hip hinge
- Grip the bell tight
- Contract the glutes and stand tall - quads, glutes, abs, and lats tight
- Take a breath or two at the top behind tensed abs
- Hip hinge and return the bell where you found it

[Click here](#) for a coaching video on the Kettlebell Deadlift.

### **Step #3 - The Drag Deadlift**

Once your deadlift is dialed in, it's time to get a feel for the horizontal movement inherent in the swing. We do this with the drag deadlift.

The drag deadlift is exactly the same as the traditional deadlift detailed above with one additional step at the beginning - you will stand behind the bell and drag it into the start position with your lats.

[Click here](#) to see what I mean.

#### **Step #4 - The Hike Pass**

- Stand arms-length behind the kettlebell (as in the drag deadlift)
- Assume the hip hinge stance
- Hike the bell back like a football - “high and tight” into the groin with your lats. Keep the arms straight.
- Return the bell back to where you found it
- Keep the hips and back in the same position. The arms are the only things that move.

[Click here](#) to watch me teach the Kettlebell Hike Pass in a CrossFit gym (I survived!)

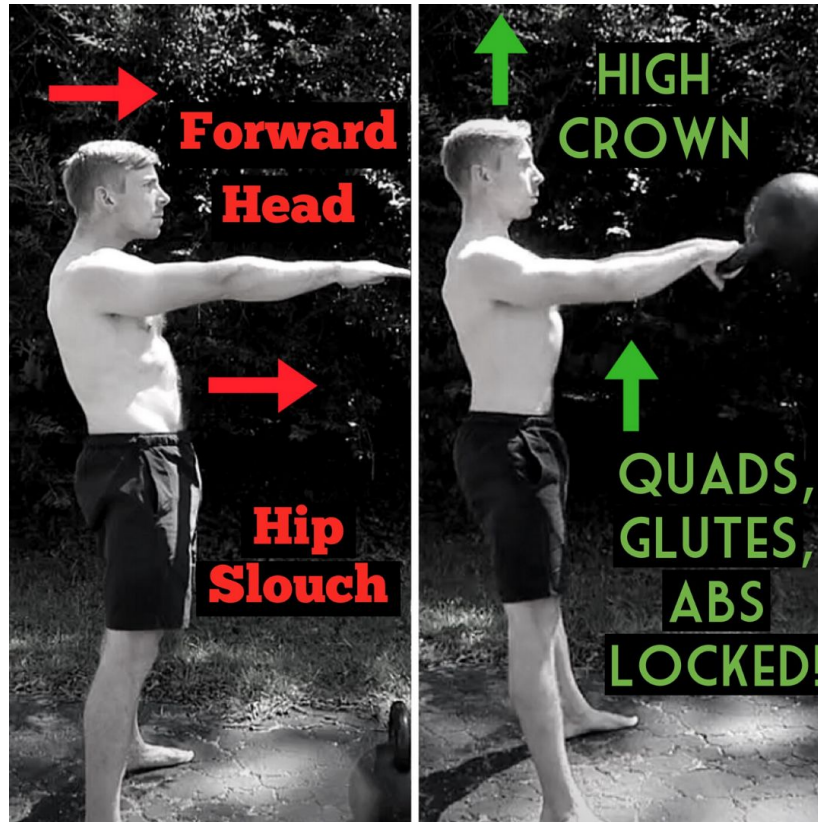


## **Step #5 - SWING!**

- Hike pass the kettlebell (as above)
- Stand straight up
- The kettlebell launches from your hips like a boulder from a catapult, an arrow from a bow, a stone from a slingshot... you get the idea
- Keep the arms long and crown high. Swing no higher than eye-level.
- Guide the bell back into hip hinge. Remember - high & tight!
- Repeat
- After your last rep, catch the bell in the backswing and park it as in step #4. Stay physically and mentally engaged until your hands leave the handle.

[Click here](#) to see the top 6 swing variations you can try now!





And if you just skipped to the bottom, here's the TL;DR version:

> [How To Swing A Kettlebell in 45 Seconds](#) <

## Two Drills to Solve Nearly Any Swing Problem

A kettlebell swung just right feels nearly weightless in the hands. The hindquarters feel the burn in seconds, the abs are a brick wall, and the bell “floats” quietly at the top.

Once you've worked through the above steps, you'll need little else to improve your technique.

That said, there are issues that crop up from time to time that demand extra attention.

### The issues:

Lumbar hyperextension, kettlebell pulling the torso out of alignment, the hips moving too early, arms lift the weight, knees bend into a “squatty” swing, low power output, and more...

Luck for you, there are 2 high-impact drills that clear up just about all of these issues fast.

### The solutions:

Train the plank to achieve proper lockout & “play chicken” with the kettlebell for an efficient backswing

#### 1) The Hardstyle Plank

The top of the swing should resemble a standing plank. In other words, the back is neutral and every muscle below the neck is contracted with special attention on the quads, glutes, abs, and lats.

We can practice this total-body engagement with the hardstyle plank:

- Assume a forearm plank position
- Make fists and push your elbows towards your toes. Keep your butt down.
- Flex the quads, glutes, and abs hard. Harder.
- Relax the face and breathe shallow through the nose
- Hold the contraction 5-10s, relax, repeat



Now recreate this feeling at the top of the swing. This will ensure a properly braced vertical lockout, free from low back hyperextension.

[Click Here](#) for a coaching video on the hardstyle plank.

## 2) Play Chicken with the Kettlebell

This cue is my go-to for making a swing crisper, safer, and more powerful.

It kills two birds with one stone - it prevents slack in the system (a premature hinge) which pulls the torso out of alignment, and keeps the bell position high in the groin area during the backswing.

Practice by waiting until the \*last\* moment to hinge the hips as the bell comes down.

You want your arms to re-connect to the torso before initiating the hinge. Kettlebell whisper-close to the zipper is the cue to keep in mind.

This concept is simple and powerful, but not always easy to practice, especially for gentlemen. In fact, I vividly remember my first kettlebell trainer dedicating an entire session to this one drill.

It was scary at first, but it worked.

[Click Here](#) for a coaching video on this technique.

## What size kettlebell will I need?

Swings utilize the big, powerful muscles of the posterior chain - the hamstrings, glutes, erectors, and lats.

Therefore, they require bells on the larger side to be properly challenged. Most ladies should start with 16kg, gentlemen - 20 or 24kg.

The top kettlebell brand on the market is [DragonDoor](#) but if they are sold out (as often happens) or you're on a budget, [Amazon](#) has some quality choices.

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## My Top 5 Kettlebell Swing Workouts That Pack a Punch

### Dino's To Go

10 Swings + 20 Pairs of Walking Lunges

X 10 Minutes

### 30 For 30

Swings x 30 seconds

Rest x 30 seconds

X 15 minutes

### The 2 Minute Swing Challenge

Perform non-stop swings for 2 minutes straight.

### The Pearl Diver

15 Swings + 10 Push-ups

15 Swings + 8 Push-ups

15 Swings + 6 Push-ups

15 Swings + 4 Push-ups

15 Swings + 2 Push-ups

## Care Bear Stare

Every Minute on the Minute:

10 Swings + Bear Crawl til the top of the next minute

X 10 Minutes

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# Who Is Zack Henderson?



Hey there.

I'm Zack, a personal trainer of 10 years and an East Nashville neighbor since 2016.

And I'm here to do one thing...

Help get you in the *best shape of your life*, no matter your age, how busy you are, or how much PBR you drink.

I offer a fitness approach that stands in stark contrast to most popular workouts that leave so many injured and exhausted.

You can lose weight, build muscle, and gain flexibility in a fun and sustainable way.

The kettlebell is just one tool in the toolbox. The rabbit hole goes much deeper.

You can:

- Find me at [zackhenderson.com](http://zackhenderson.com)
- Connect on Instagram at [@EastNashvilleKettlebell](https://www.instagram.com/EastNashvilleKettlebell)
- Connect on Facebook in the [private group](#)
- [Drop me an email](#) if you're interested in personal coaching, online programming, or workshops

