

# Welcome to the 14-Day Swing + Push-up Challenge!



By Tracy Cook & Zack Henderson

Over the next two weeks, you're going to forge a strong and resilient body, boost your endurance, and burn a mountain of calories with the two best minimalist exercises known on Earth...

*The kettlebell swing and the bodyweight push-up!*

Why this dynamic duo?

- 1) Each, when performed correctly, are **full body exercises**. That means you'll work multiple muscle groups with every set, getting more work done in less time.
- 2) Swings compliment push-ups and vice versa. Consider this - the swing is a standing "pull" move powered by the hips and lower body while the push-up is obviously a push performed on the floor and powered by the arms and upper body. Yin and Yang combine for the full circle of strength.
- 3) Each builds tremendous core and back strength.
- 4) Neither requires a pricey gym membership.
- 5) The swing is an effective metabolic conditioning exercise. You'll build endurance *and* strength without the risk that running and plyometrics impose on your joints.
- 6) Each has a simple learning curve and can be modified to any fitness level. Once you get a grasp on the basic principles, you can progress and regress in difficulty as needed.

- 7) These moves “tie” your body together. Our bodies primarily move around two major sets of joints - the shoulders and the hips, which are connected via the spine. The swing works the hips and spinal stability. The push-up works the shoulders and spinal stability. Again, one feeds and overlaps into the other, creating a strong and resilient body.
- 8) Each has a great carryover effect to other physical skills and lifts. The swing builds athletic hip power and boosts deadlift strength. The push-up is a missing link for many bench pressers and even those training for pull-ups.
- 9) Swings and push-ups build classic “functional” strength. Need to sprint or jump to safety without gassing out or pulling a hamstring? How about getting up quickly after a fall?
- 10) They are just plain fun!

Straight up, few exercises feel as good as knocking out full range-of-motion push-ups and the sizzling wave of endorphins that rush in after a set of powerful swings.



# The Program

The challenge is scheduled out into alternating days of kettlebell swing and push-up focused workouts. Each day has a dedicated warm-up sequence and 1 to 3 workout “blocks.”

The warm-up should be performed for 2-3 rounds with minimal rest. The goal is to get the blood pumping, wake up specific muscles, and stretch out anything that might be tight.

Each workout block contains 1-3 exercises and instructions for reps, sets, and rest.

The challenge is to perform *daily workouts*, completing all 14 sessions in two weeks.

Of course, please use common sense and modify as appropriate. You’re always free to reduce the reps, time, weight, or number of rounds.

Additionally, if you have to take a day off here or there, no worries. Just pick up where you left off.

\* Note that technique reference videos are hyperlinked wherever the text is blue and underlined [like this](#).

## The Moves

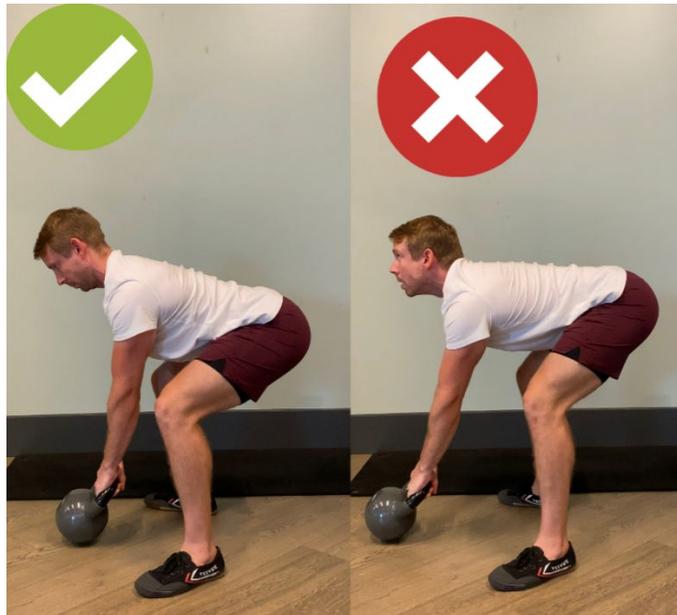
Swings and push-ups are fairly simple, straight-forward exercises. BUT attention to detail is necessary to get the best results swiftly and safely.

Let's break down the correct form for each and take a look at some helpful coaching videos.



### The Kettlebell Swing

- Adopt a hip hinge stance at arms-length away from the kettlebell. Hips are back, chest is up, knees are flexed, back is straight (the [short-stop position](#)).
- Grab the handle and tip the kettlebell toward you.



Note the back and hips should form an approximate 45-degree ramp. The lats are engaged (shoulders pulled down) and eyes are looking at the ground 6-8 feet ahead.

- Hike the bell up and back like a football
- Stand tall, driving the hips forward
- The kettlebell will float to chest height
- Catch the kettlebell with the hips in the backswing and repeat
- Park the bell under control

Here are a few helpful coaching videos on the kettlebell swing:

> [4-Minute Swing Crash Course](#)

> [Full Kettlebell Swing Workshop](#)

Once you've mastered the 2-hand swing, feel free to substitute/modify/progress with other swing variations.

> [Top 6 Kettlebell Swing Variations](#)

While there are no specific weight prescriptions for these workouts, we encourage you to always use something "challenging but doable." It's the training consistency and general movement patterns that count here, not the poundage.



## The Push-up

- Adopt an arms-and-legs-straight plank position
- The hands are in line with the shoulders or slightly wider
- The feet may be together, hip-width, or slightly wider
- The shoulders and hips remain “squared off” at all times
- Engage (“zip-up”) through the quads, glutes, abs, lats, and pecs
- Keep the head neutral and gaze slightly forward as you bend the elbows. The torso moves as a single unit.
- Descend into your deepest controllable range of motion, grip the ground with your fingers, and push up



Here are a couple helpful coaching videos on the push-up:

> [Vintage Push-up Lesson](#)

> [How to Harness Secret Push-up Energy](#)

Push-ups need not be performed on flat ground to be effective.

If you are in the early stages of building push-up strength and technique, please do your reps on an [elevated surface](#) - a couch, chair, bed, countertop, step, etc. The body shape and technique remains the same, only more of your bodyweight goes to the feet instead of the arms and shoulders.

Even if you are an advanced trainee, elevated push-ups are a great way to get more reps done in endurance-based workouts.

## Have Fun!

We really hope you enjoy this challenge!

Remember, training is all about building the habits and skills that make you a stronger person. Dedicating this brief but intense time to focus on kettlebell swings and push-ups will pay dividends for years to come.

Work hard, work smart, and be sure to keep us updated with your progress.

Tag us on Instagram @tracyhcook and @zackhenderson\_, we would love to cheer you on.

If you have questions or want to check out more exclusive content, be sure to join our private Facebook group [here](#).

To your strength,  
Tracy and Zack



