



## The Swing!: Lose the Fat and Get Fit with This Revolutionary Kettlebell Program

By Tracy Reifkind

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### **The Swing!: Lose the Fat and Get Fit with This Revolutionary Kettlebell Program** By Tracy Reifkind

Join the kettlebell revolution and swing your way into a fitter, trimmer body—one you’ll keep forever. Self-made fitness guru Tracy Reifkind has a self-made physique, working off 120 pounds after harnessing the extraordinary power of kettlebells (as featured in Timothy Ferriss’s *The 4-Hour Body*). Now, Tracy delivers a power-packed exercise, diet, and lifestyle program for rapid but sustainable weight loss: *The Swing!* Reifkind’s program promises dramatic results in just two half-hour sessions each week—that’s just four hours a month! There are no gimmicks here: Reifkind offers strong coaching on developing a winning mindset and a protein-focused, transformational eating plan, and reveals the evidence of her own low-cost, no-gym-membership success story. *The Swing!* packs the power to teach, to inspire, and to help you break through to your real, ideal body.

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### **Bibliography**

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### Editorial Review

#### From the Back Cover

You *can* make major changes to your body without spending hours in the gym. By using a kettlebell and following her own eating plan. Tracy Reifkind lost 120 pounds, has kept the weight off for six years, and has helped countless other people let their real bodies break through.

The *Swing!* workout is:

Fast. Kettlebell training is so effective in burning calories, building muscle, and toning the body that you can see results in as little as four 30-minute workouts.

Economical. You can swing a kettlebell in your bedroom, in the living room, in the garage—almost anywhere. You'll never have to pay for another expensive gym membership.

Efficient. You get strength training, a cardio workout, and flexibility training all in a single session. It's a three-in-one workout—better than weight lifting.

Easy. Anyone can use a kettlebell. Whether you are a woman or a man, an athlete or a couch potato, slender or overweight, you can benefit from the *Swing!* workout.

As well as teaching you the most effective workout possible, *The Swing!* provides a food plan with a focus on great flavor and making sure you never go hungry. As featured in the bestselling *The 4-Hour Body*, Tracy Reifkind's exercise, diet, and lifestyle program harnesses the extraordinary power of kettlebells to create rapid and long-term weight loss in just four hours a month.

#### About the Author

Tracy Reifkind is a sought-after personal trainer and nutrition coach who was featured in Tim Ferriss's *The 4-Hour Body*. In 2006, she became a certified Russian kettlebell instructor. Since then, she has developed a unique training program that works for anyone, at any fitness level, featured in her DVD *Programming the Kettlebell Swing*.

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Program.

**Earl Diehl:**

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**Richard Ortega:**

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