change IN seconds

30 Day Kettlebell Swing Workout

Day 1: 90 Kettlebell Swing

Day 2: 100 Kettlebell Swing

Day 3: 110 Kettlebell Swing

Day 4: REST DAY

Day 5: 120 Kettlebell Swing

Day 6: 130 Kettlebell Swing

Day 7: 140 Kettlebell Swing

Day 8: 150 Kettlebell Swing

Day 9: REST DAY

Day 10: 160 Kettlebell Swing

Day 11: 170 Kettlebell Swing

Day 12: 180 Kettlebell Swing

Day 13: 190 Kettlebell Swing

Day 14: REST DAY

Day 15: 200 Kettlebell Swing

Day 16: 210 Kettlebell Swing

Day 17: 220 Kettlebell Swing

Day 18: 230 Kettlebell Swing

Day 19: REST DAY

Day 20: 240 Kettlebell Swing

Day 21: 250 Kettlebell Swing

Day 22: 260 Kettlebell Swing

Day 23: 270 Kettlebell Swing

Day 24: REST DAY

Day 25: 280 Kettlebell Swing

Day 26: 290 Kettlebell Swing

Day 27: 300 Kettlebell Swing

Day 28: REST DAY

Day 29: 310 Kettlebell Swing

Day 30: 320 Kettlebell Swing