10.000 Swing Challenge

day ____ **/ 20** **date** ____. ____. _____

start ___:___ h **end** ___:___ h **total:** _____

strength movement: _____ Press, Chin-Ups, Squats 1-2-3 Dips (2-3-5)

Pause lang	_____ **min**	_____ **min**	_____ **min**	_____ **min**	
Group	**1**	**2**	**3**	**4**	**5**
10 swings	☐	☐	☐	☐	☐
s move 1 (2)	☐	☐	☐	☐	☐
short break (30 - 60 seconds)					
15 swings	☐	☐	☐	☐	☐
s move 2 (3)	☐	☐	☐	☐	☐
short break (30 - 60 seconds)					
25 swings	☐	☐	☐	☐	☐
s move 3 (5)	☐	☐	☐	☐	☐
short break (30 - 60 seconds)					
50 swings	☐	☐	☐	☐	☐
longer break insert time on top row / do not forget corrective movements e.g. hpflexors					

Original 10.000 Swing Challenge von Dan John published at T-Nation:
https://www.t-nation.com/workouts/10000-swing-kettlebell-workout

Dan John http://danjohn.net/
https://www.facebook.com/CoachDanJohn1

German translation:
https://hamburg-kettlebell-club.de/kettlebell-blog/77-10-000-kettlebell-swing-challenge-von-dem-legendaeren-strength-coach-dan-john.html

Frank Delventhal https://hamburg-kettlebell-club.de
https://www.facebook.com/frank.delventhal.3