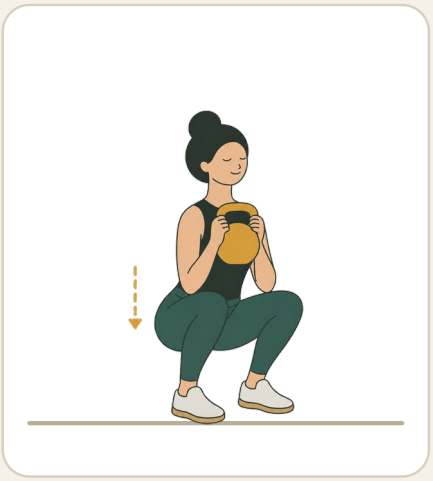
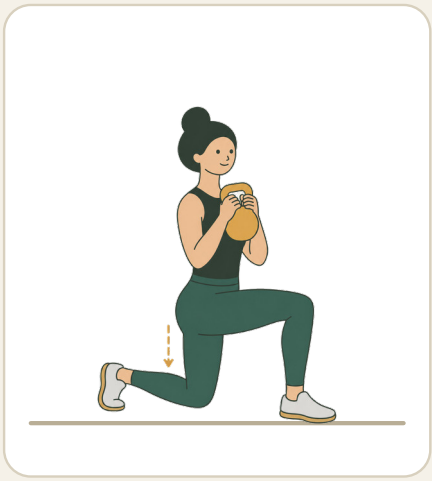
PRINTABLE KETTLEBELL PLAN FOR WOMEN 25+

28-Day Kettlebell Challenge

One or two kettlebells. 20 to 30 minutes. Four weeks.
A real plan to get stronger at home, step by step.







12 illustrated moves | **2 workouts + swing days** | **Trackers + bonus coaching emails**

By Coach Luke | NASM-CPT, CES, PES | NESTA Nutrition Coach | coachluke.com

START HERE

Welcome, strong woman

I'm Coach Luke. I have spent over 20 years helping people get fitter, and the women I train almost always tell me the same thing: **they want to feel strong, not just smaller.** One kettlebell can do a lot of that work. This plan shows you how, in 20 to 30 minutes a day, at home.

How this plan works

- **Two strength workouts a week** (A and B) built from 12 kettlebell moves. Every move is illustrated on pages 6 to 11.
- **Two short swing + core days, two walking days and one full rest day** keep you moving without wearing you down.
- **Two levels.** Level 1 if you are new or coming back. Level 2 if you already lift a little. Switch any time.
- **It gets harder on purpose.** Each week adds a set, a few reps or more swings, so your body keeps adapting.
- **Check-ins on Day 1, Day 14 and Day 28** so you can see progress that the scale never shows.

What's inside

3	Safety + effort scale	19	When to go heavier
4	Choosing your bell + 5 basics	20	10-minute express workouts
5	Warm-up + cool-down	21	Protein + recovery basics
6-11	The 12 moves	22	Reflection pages
12	Starting check-in	23	Moves poster
13	28-day calendar	24	Weeks 5 to 8
14-17	Weekly plans	25	Certificate
18	Bell log	26	Free bonus coaching emails

Free bonus: scan the QR code on page 26 to get a short coaching email from me every day of your challenge, with the day's workout, a form tip and a nudge to keep going.

BEFORE YOU START

Train safe, train smart

Check with your doctor first if...

- You are pregnant or recently postpartum
- You have a heart condition or high blood pressure
- You have a recent injury or surgery
- You have joint, back or bone health concerns
- You have not exercised in a long time and have health questions

Stop and rest if you feel...

- Sharp, stabbing or joint pain (muscle burn is fine)
- Dizziness, light-headedness or nausea
- Chest pain or unusual shortness of breath
- Pain that gets worse as you keep going

Your effort scale: reps in reserve

Every set in this plan tells you how many good reps to keep "in the tank." Stop the set when you could do that many more with clean form. This keeps you safe and still makes you stronger.

Reps left	How it feels	When we use it
4+	Easy, could chat the whole time	Warm-up sets
3	Working, but smooth and controlled	Week 1
2	Challenging, form still clean	Weeks 2 and 3
1	Very hard, last rep slows down	Week 4, last set only
0	Could not do one more	Never needed in this plan

Clear space around you before every swing, and set the bell down gently. This plan is general fitness education, not medical advice. You are responsible for exercising within your own limits.

YOUR SETUP

Choosing your kettlebell

One kettlebell is all you need. A second, **lighter bell** is handy for presses and rows. Use the table as a starting point, then follow the effort scale.

	Main bell	Lighter bell (optional)	Used for
New to weights	6 to 8 kg (13-18 lb)	4 kg (9 lb)	Level 1
Some experience	8 to 12 kg (18-26 lb)	6 kg (13 lb)	Level 1 or 2
Lift regularly	12 to 16 kg (26-35 lb)	8 kg (18 lb)	Level 2
No kettlebell yet?	Dumbbell, held by one end	Water bottles	Days 1 to 7

The 5 basics that make every rep count

1. **Brace.** Before each rep, tighten your middle like someone is about to poke your belly. Keep it through the rep.
2. **Hinge.** Push your hips back with a long, flat back. The hinge powers your deadlifts, rows and swings.
3. **Grip.** Hold the handle firmly with straight wrists. In presses the bell rests on the back of your forearm.
4. **Breathe.** Breathe in as you lower, breathe out as you lift. On swings, breathe out sharply at the top.
5. **Control.** Slow, clean reps beat fast, sloppy ones. Set the bell down with a deadlift, never by dropping it.

Also handy: a mat for floor moves, a sturdy chair, room to swing, water, and a pencil for your trackers.

EVERY WORKOUT

Warm-up and cool-down

5-minute warm-up

Do this before every workout + swing day

- **March in place**, 60 seconds, swing your arms
- **Arm circles**, 10 forward and 10 back
- **Hip hinges**, 10 slow reps, hands on hips
- **Bodyweight squats**, 10 slow reps
- **Reverse lunges**, 5 each leg, no weight
- **Dead bugs**, 5 each side
- **5 light kettlebell deadlifts** to groove the hinge

5-minute cool-down

Hold each stretch 30 to 45 seconds

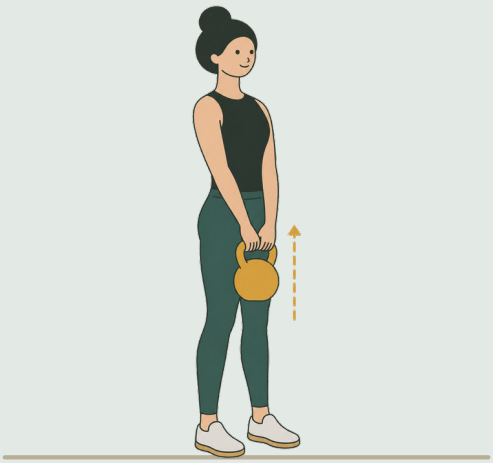
- **Hamstring stretch**, heel on a low step, hinge forward
- **Hip flexor stretch**, half-kneeling, each side
- **Figure-4 glute stretch**, lying or seated
- **Chest opener**, hands clasped behind you
- **Overhead side reach**, each side
- **Child's pose** with 5 slow breaths
- **Two minutes of easy walking** to finish

Walk + mobility days

On Day 3 of each week, take a 20 to 30 minute walk at a pace where you can still talk, then do the cool-down. Day 6 is an easy walk of any length. Walking helps your legs recover and keeps your energy up between workouts.

The 12 moves

FINISH POSITION



01 Kettlebell Deadlift

GLUTES + HAMSTRINGS + BACK

1. Stand tall with the bell held in both hands in front of your thighs, feet hip-width.
2. Push your hips back and let your knees bend a little. Lower the bell between your feet with a long, flat back.
3. Drive your feet into the floor and stand tall. Squeeze your glutes at the top.

Coach cue: *Hips go back, chest stays long. This is the hinge that powers your swing.*

EASIER
Lower the bell to a step or a stack of books

HARDER
3-second lowering

BOTTOM POSITION



02 Goblet Squat

LEGS + GLUTES + CORE

1. Hold the bell by the horns at your chest, elbows pointing down, feet a bit wider than hips.
2. Sit your hips down between your heels until your thighs are about level with the floor.
3. Drive through your whole foot to stand tall.

Coach cue: *Knees follow your toes. Keep the bell close, like a hug.*

EASIER
Squat to a sturdy chair seat

HARDER
Pause 2 seconds at the bottom

The 12 moves

FINISH POSITION



03 Two-Hand Swing

GLUTES + HAMSTRINGS + GRIP

1. Hinge and hike the bell back between your legs, like passing a football.
2. Snap your hips forward and stand tall. The bell floats up to about chest height.
3. Let it fall back, hinge again and hike it through. Breathe out at the top.

Coach cue: *Your hips swing the bell, your arms just guide it. It is a hinge, not a squat.*

EASIER
Do kettlebell deadlifts for now

HARDER
Add 2 reps per set

FINISH POSITION



04 Supported One-Arm Row

UPPER BACK + ARMS

1. Put one hand on a sturdy chair seat and hinge forward with a flat back, bell hanging below your shoulder.
2. Pull your elbow back toward your hip pocket, close to your side.
3. Lower the bell with control. Finish all reps, then switch sides.

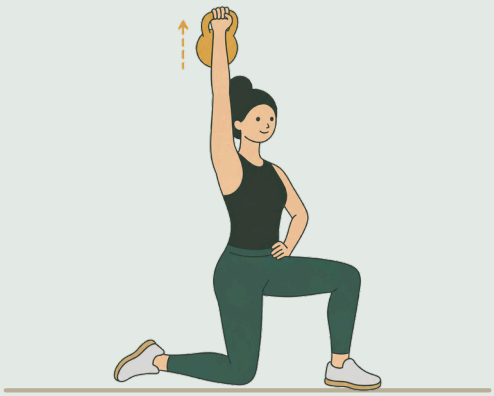
Coach cue: *Elbow to back pocket. Keep your shoulders level and your neck long.*

EASIER
Lighter bell or a dumbbell

HARDER
2-second squeeze at the top

The 12 moves

FINISH POSITION



05 Half-Kneeling Press

SHOULDERS + ARMS + CORE

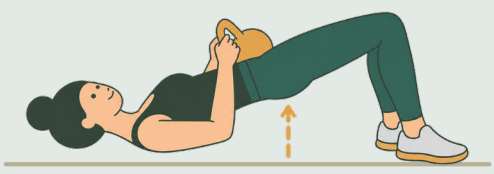
1. Kneel on one knee on a mat, front foot flat. Hold the bell at your shoulder (the rack), on the same side as the down knee.
2. Brace, squeeze your glutes and press the bell straight up until your arm is long.
3. Lower back to your shoulder with control. Finish all reps, then switch sides.

Coach cue: *Bell rests on the back of your forearm, wrist straight. Biceps finishes by your ear.*

EASIER
Stand or sit tall on a chair

HARDER
Pause 2 seconds overhead

FINISH POSITION



06 Kettlebell Glute Bridge

GLUTES + HAMSTRINGS

1. Lie on your back, knees bent, feet flat. Hold the bell on your hip bones by the handle.
2. Press through your heels and lift your hips until shoulders, hips and knees line up.
3. Squeeze your glutes for one second at the top, then lower slowly.

Coach cue: *Ribs down, chin tucked. Your glutes do the lifting, not your lower back.*

EASIER
No kettlebell

HARDER
Hold the top for 3 seconds each rep

The 12 moves

BOTTOM POSITION



07 Goblet Reverse Lunge

LEGS + GLUTES + BALANCE

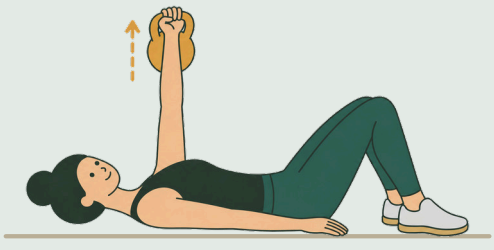
1. Hold the bell by the horns at your chest and stand tall.
2. Step one foot back and lower until both knees bend to about 90 degrees, back knee under your hip.
3. Push through the front heel to return. Finish all reps, then switch legs.

Coach cue: *Most of your weight stays on the front foot. Back knee hovers, never slams.*

EASIER
No bell, hold a wall or chair

HARDER
Pause with the back knee hovering

FINISH POSITION



08 Kettlebell Floor Press

CHEST + SHOULDERS + TRICEPS

1. Lie on your back, knees bent. Hold the bell in one hand, upper arm on the floor, forearm pointing up.
2. Press the bell straight up over your chest until your arm is long.
3. Lower slowly until your upper arm touches the floor. Finish all reps, then switch sides.

Coach cue: *Wrist straight, bell on the back of your forearm. The floor protects your shoulder.*

EASIER
Lighter bell or a dumbbell

HARDER
Pause with the elbow on the floor

The 12 moves

FINISH POSITION



09 Dead Bug

DEEP CORE

1. Lie on your back, arms reaching to the ceiling, knees bent over hips.
2. Slowly reach one arm overhead and the opposite leg long, hovering above the floor.
3. Return to the start and switch sides. Breathe out as you reach.

Coach cue: *Press your lower back gently into the floor the whole time.*

EASIER
Move only the legs

HARDER
Hold the bell by the horns above your chest

FINISH POSITION



10 Suitcase Carry

GRIP + CORE + POSTURE

1. Pick up the bell with a deadlift and hold it at your side like a suitcase.
2. Stand tall and walk slowly, or march in place, for the set time.
3. Set it down with a deadlift, switch hands and repeat on the other side.

Coach cue: *Tall like a puppet on a string. No leaning toward or away from the bell.*

EASIER
Shorter time, lighter bell

HARDER
Walk laps around your home

The 12 moves

FINISH POSITION



11 Goblet Thruster

LEGS + SHOULDERS + HEART RATE

1. Hold the bell by the horns at your chest and squat down, like your goblet squat.
2. Drive up to standing and use that push to press the bell overhead with both hands.
3. Bring the bell back to your chest and flow into the next squat.

Coach cue: *Squat, stand, press, in one smooth move. Keep your ribs down as you press.*

EASIER
Goblet squat only, no press

HARDER
Add a 2-second pause in the squat

FINISH POSITION



12 Bird Dog

CORE + BACK + BALANCE

1. Start on hands and knees, hands under shoulders, knees under hips.
2. Reach one arm forward and the opposite leg back until both are long and level.
3. Pause, return with control and switch sides.

Coach cue: *Keep your hips level, like a cup of tea is sitting on your lower back.*

EASIER
Slide the leg back only

HARDER
Hold each reach for 3 seconds

DAY 1

Starting check-in

Do these tests on Day 1 after your warm-up, then again on Day 14 and Day 28. Write today's numbers in the Day 1 column. Most women are surprised how much these change in four weeks.

Test	Day 1	Day 14	Day 28
Goblet squat: good reps, your main bell (max 20)			
Swings: clean reps in 60 seconds			
Suitcase carry: seconds, weaker side			
Dead bug: clean reps per side			
Energy most days (1 to 10)			
Sleep quality (1 to 10)			
How strong I feel (1 to 10)			
Optional: waist measurement			

My why

Finish this sentence. On hard days, read it again: *"I want to get stronger because..."*

YOUR MONTH

28-day calendar

Tick each day when it is done. Missed a day? Do not double up. Just pick up where you left off.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Workout A + check-in ☐	Swings + core ☐	Walk + mobility ☐	Workout B ☐	Swings + core ☐	Easy walk ☐	Rest ☐
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
Workout A ☐	Swings + core ☐	Walk + mobility ☐	Workout B ☐	Swings + core ☐	Easy walk ☐	Rest + halfway check-in ☐
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
Workout A ☐	Swings + core ☐	Walk + mobility ☐	Workout B ☐	Swings + core ☐	Easy walk ☐	Rest ☐
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
Workout A ☐	Swings + core ☐	Walk + mobility ☐	Workout B ☐	Swings + core ☐	Easy walk ☐	Rest + final re-test ☐

Strength workout Swings + core Walk Rest

Swings + core = your swing sets, then Dead Bug, Bird Dog and Glute Bridge. About 15 minutes.

Week 1: Learn the Moves

This week: Use a bell that feels easy and own the hinge. Finish each set with about 3 good reps left in the tank. Effort target: **3 reps in reserve**.

LEVEL 1	LEVEL 2
A + B: 2 sets x 8 | 5 x 6 swings	A + B: 3 sets x 8 | 5 x 8 swings

DAY 1 Workout A: Hinge + Pull

☐	Kettlebell Deadlift	bell used
☐	Goblet Squat	bell used
☐	Supported One-Arm Row (each side)	bell used
☐	Half-Kneeling Press (each side)	bell used
☐	Suitcase Carry (30 s each side)	bell used

DAY 4 Workout B: Legs + Press

☐	Goblet Thruster	bell used
☐	Goblet Reverse Lunge (each leg)	bell used
☐	Kettlebell Floor Press (each side)	bell used
☐	Kettlebell Glute Bridge	bell used
☐	Suitcase Carry (30 s each side)	bell used

DAYS 2 + 5 Swings + Core

☐	Two-Hand Swing (sets on the level strip above)	bell used
☐	Dead Bug, 2 x 8 each side	bell used
☐	Bird Dog, 2 x 8 each side	bell used
☐	Kettlebell Glute Bridge, 2 x 12	bell used

Swings: rest 30 to 45 seconds between sets. Core moves: rest 30 seconds.

Day 3	Walk + mobility: 20 to 30 minutes + cool-down
Day 6	Easy walk, any length
Day 7	Rest: sleep, water, protein

Rest 60 to 90 seconds between sets. Row, press, lunge and floor press reps are per side.

Week 2: Build Your Base

This week: Same moves, a little more work. Your swing should feel smoother this week. Effort target: **2 to 3 reps in reserve**.

LEVEL 1
A + B: 3 sets x 8 | 6 x 6 swings

LEVEL 2
A + B: 3 sets x 10 | 6 x 10 swings

DAY 8 Workout A: Hinge + Pull

- [ ] Kettlebell Deadlift — bell used
- [ ] Goblet Squat — bell used
- [ ] Supported One-Arm Row (each side) — bell used
- [ ] Half-Kneeling Press (each side) — bell used
- [ ] Suitcase Carry (30 s each side) — bell used

DAY 11 Workout B: Legs + Press

- [ ] Goblet Thruster — bell used
- [ ] Goblet Reverse Lunge (each leg) — bell used
- [ ] Kettlebell Floor Press (each side) — bell used
- [ ] Kettlebell Glute Bridge — bell used
- [ ] Suitcase Carry (30 s each side) — bell used

DAYS 9 + 12 Swings + Core

- [ ] Two-Hand Swing (sets on the level strip above) — bell used
- [ ] Dead Bug, 2 x 8 each side — bell used
- [ ] Bird Dog, 2 x 8 each side — bell used
- [ ] Kettlebell Glute Bridge, 2 x 12 — bell used

Swings: rest 30 to 45 seconds between sets. Core moves: rest 30 seconds.

Day 10 Walk + mobility: 20 to 30 minutes + cool-down

Day 13 Easy walk, any length

Day 14 Rest: halfway check-in on page 12

Rest 60 to 90 seconds between sets. Row, press, lunge and floor press reps are per side.

Week 3: Add a Little More

This week: More reps on every move. Ready for a heavier bell on deadlifts and goblet squats? Try it now. Effort target: **2 reps in reserve**.

LEVEL 1
A + B: 3 sets x 10 | 8 x 6 swings

LEVEL 2
A + B: 4 sets x 10 | 8 x 10 swings

DAY 15

Workout A: Hinge + Pull

- [ ] Kettlebell Deadlift — bell used
- [ ] Goblet Squat — bell used
- [ ] Supported One-Arm Row (each side) — bell used
- [ ] Half-Kneeling Press (each side) — bell used
- [ ] Suitcase Carry (30 s each side) — bell used

DAY 18

Workout B: Legs + Press

- [ ] Goblet Thruster — bell used
- [ ] Goblet Reverse Lunge (each leg) — bell used
- [ ] Kettlebell Floor Press (each side) — bell used
- [ ] Kettlebell Glute Bridge — bell used
- [ ] Suitcase Carry (30 s each side) — bell used

DAYS 16 + 19

Swings + Core

- [ ] Two-Hand Swing (sets on the level strip above) — bell used
- [ ] Dead Bug, 2 x 8 each side — bell used
- [ ] Bird Dog, 2 x 8 each side — bell used
- [ ] Kettlebell Glute Bridge, 2 x 12 — bell used

Swings: rest 30 to 45 seconds between sets. Core moves: rest 30 seconds.

Day 17	Walk + mobility: 20 to 30 minutes + cool-down
Day 20	Easy walk, any length
Day 21	Rest: sleep, water, protein

Rest 60 to 90 seconds between sets. Row, press, lunge and floor press reps are per side.

Week 4: Put It Together

This week: Your strongest week. Keep the bells from Week 3 and add reps. Day 28 is your re-test. Effort target: **1 to 2 reps in reserve**.

LEVEL 1
A + B: 3 sets x 12 | 10 x 6 swings

LEVEL 2
A + B: 4 sets x 12 | 10 x 10 swings

DAY 22 Workout A: Hinge + Pull

- [ ] Kettlebell Deadlift — bell used _____
- [ ] Goblet Squat — bell used _____
- [ ] Supported One-Arm Row (each side) — bell used _____
- [ ] Half-Kneeling Press (each side) — bell used _____
- [ ] Suitcase Carry (30 s each side) — bell used _____

DAY 25 Workout B: Legs + Press

- [ ] Goblet Thruster — bell used _____
- [ ] Goblet Reverse Lunge (each leg) — bell used _____
- [ ] Kettlebell Floor Press (each side) — bell used _____
- [ ] Kettlebell Glute Bridge — bell used _____
- [ ] Suitcase Carry (30 s each side) — bell used _____

DAYS 23 + 26 Swings + Core

- [ ] Two-Hand Swing (sets on the level strip above) — bell used _____
- [ ] Dead Bug, 2 x 8 each side — bell used _____
- [ ] Bird Dog, 2 x 8 each side — bell used _____
- [ ] Kettlebell Glute Bridge, 2 x 12 — bell used _____

Swings: rest 30 to 45 seconds between sets. Core moves: rest 30 seconds.

Day 24 Walk + mobility: 20 to 30 minutes + cool-down

Day 27 Easy walk, any length

Day 28 Rest: re-test on page 12, then your certificate

Rest 60 to 90 seconds between sets. Row, press, lunge and floor press reps are per side.

TRACK IT

Bell log

Write the bell and reps you used for your **last set** each week. When the numbers climb, you are getting stronger.

Move	Week 1	Week 2	Week 3	Week 4
Kettlebell Deadlift				
Goblet Squat				
Two-Hand Swing				
Supported One-Arm Row				
Half-Kneeling Press				
Kettlebell Glute Bridge				
Goblet Reverse Lunge				
Kettlebell Floor Press				
Dead Bug				
Suitcase Carry				
Goblet Thruster				
Bird Dog				

Tip: write it like "12 x 10" (12 kg for 10 reps). For the suitcase carry, write the bell and seconds.

KEEP IMPROVING

When to go heavier

The 2-for-2 rule

If you can do **2 more reps than the plan asks**, with clean form, on your last set, **for 2 workouts in a row**, that move is ready for more. Kettlebells jump in bigger steps than dumbbells, so climb in this order.

1

Same bell, more reps

Example: 12 kg x 8, then x 10, then x 12 before you change anything else.

2

Add a set or a pause

One more set, or a 2-second pause at the hardest point of each rep.

3

Go up one bell

Next bell up (about 4 kg / 8 lb). Drop back to the bottom of the rep range.

Signs you should stay where you are

- Your form breaks down on the last 2 reps
- Your swing turns into a squat or an arm lift
- Joints feel achy (not muscles) the next day
- You slept badly or feel run down this week

Which moves go up fastest?

Big moves (deadlift, goblet squat, swing, glute bridge) usually go up first. Presses and rows go up slowly, and that is normal. Adding one rep is progress too.

BUSY DAY BACKUP

10-minute express workouts

Short on time? Swap in one of these instead of skipping. Do the 2-minute warm-up first, then set a timer.

Swing Ten

Every minute on the minute for 10 minutes:

1. Level 1: 6 two-hand swings
2. Level 2: 10 two-hand swings
3. Rest for the rest of each minute

Lower Body Ten

40 seconds work, 20 seconds rest, 3 rounds:

1. Kettlebell Deadlift
2. Goblet Squat
3. Kettlebell Glute Bridge

Full Body Ten

40 seconds work, 20 seconds rest, 2 rounds:

1. Goblet Thruster
2. Supported One-Arm Row (20 s each side)
3. Suitcase Carry (20 s each side)
4. Dead Bug

Rule of thumb: one express workout counts as your workout for the day. Two in a week is fine. Skipping the warm-up is not, so do 2 minutes of it first.

FUEL YOUR STRENGTH

Protein + recovery basics

Muscle is built when you rest and eat, not only when you lift. You do not need a strict diet for this challenge. Start with these four habits.

- [x] **Protein at every meal**
  Aim for a palm-sized portion (about 25 to 35 g) at breakfast, lunch and dinner. Eggs, Greek yogurt, chicken, fish, tofu, lentils, cottage cheese and protein shakes all count.

- [x] **Sleep 7 to 9 hours**
  Sleep is when your body repairs. A regular bedtime helps more than any supplement.

- [x] **Drink water**
  Keep a bottle nearby on training days. Pale yellow is a good sign.

- [x] **Walk every day**
  Easy daily steps help recovery, mood and energy. Even 10 minutes after meals helps.

Easy 30 g protein ideas

Meal	Idea	About
Breakfast	1 cup Greek yogurt + berries + 2 tbsp hemp seeds	30 g
Breakfast	3 eggs + 1/2 cup cottage cheese	30 g
Lunch	Chicken salad wrap (4 oz chicken)	35 g
Dinner	Salmon (5 oz) + rice + greens	32 g
Snack	1 scoop protein powder + 1 cup milk	30 g

Protein amounts are approximate and vary by brand. If you have kidney disease or a medical diet, follow your doctor's advice.

LOOK BACK

Halfway + finish line reflection

Day 14: halfway

What feels easier than on Day 1?

Which move do I like most?

What will I do differently in Weeks 3 and 4?

Day 28: finish line

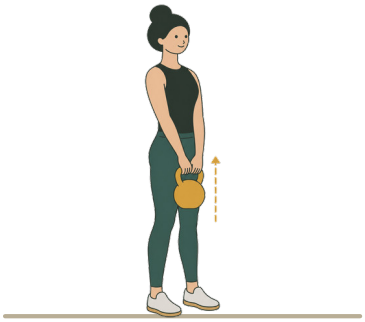
What am I most proud of?

Where do I feel stronger in daily life?

What do I want to work on next?

PRINT + PIN UP

The 12 moves at a glance



1. Kettlebell Deadlift



2. Goblet Squat



3. Two-Hand Swing



4. Supported One-Arm Row



5. Half-Kneeling Press



6. Kettlebell Glute Bridge



7. Goblet Reverse Lunge



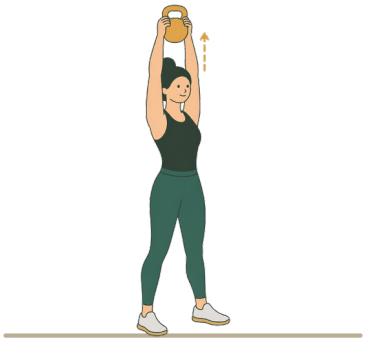
8. Kettlebell Floor Press



9. Dead Bug



10. Suitcase Carry



11. Goblet Thruster



12. Bird Dog

WHAT'S NEXT

Weeks 5 to 8: keep going

Finished? Amazing. Do not stop now. Your next month repeats the same weekly rhythm with a few smart changes.

Weeks	Workouts A + B	Swing days	Focus
5	3 x 8, next bell up	10 x 10 swings	Use your Day 28 numbers
6	4 x 8	12 x 10 swings	Slow 3-second lowering
7	4 x 10	15 x 10 swings	Add 1 rep per set
8	3 x 10, lighter bell	10 x 10 swings	Easier week, re-test Day 56

Three ways to make it harder (pick one)

- **Heavier bell** on deadlift, goblet squat and swing
- **Pause reps:** 2 seconds at the hardest point of each rep
- **Swing intervals:** 10 swings every minute for 12 to 15 minutes

Keep the habits

- Protein at every meal
- Daily walk
- Bell log every week (reprint page 18)
- Rest day every week, no exceptions

CERTIFICATE OF COMPLETION

28-Day Kettlebell Challenge

This certifies that

_____

showed up, swung, lifted, and finished all 28 days.
Stronger today than on Day 1.

Date finished _____

My biggest win _____

Coach Luke

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What you get

- **Day 1 to Day 28:** the day's workout, one form tip and a small win to aim for
- **Check-in reminders** on Day 14 and Day 28 so you see your progress
- **Plain answers** to common questions: sore muscles, picking a bell, busy weeks
- **What to do after Day 28** so you keep your new strength

Thank you for supporting a small business. If this plan helps you, just reply to any of my coaching emails and tell me how it's going. I read every one. More free workouts and recipes are waiting at coachluke.com.