



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

Tracy Reifkind

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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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