

## THE SWING REIFKIND TRACY%0A

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Home Author Tracy Reifkind: The Transformative Power of the Kettlebell Swing Tracy (and Mark) Reifkind detail how kettlebells transformed her body and how those changes inspired her to use the kettlebell swing to its full potential.

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[About Swinglean](#)

Tracy Reifkind is the author of her own book, *The Swing, Lose the Fat and Get Fit* (Harper One 2012), as well as producing 8 kettlebell swing workout DVD's and offers an online weekly workout subscription membership service. Since 2006 Tracy has trained for and earned many certifications including both RKC and SFG. To this day Tracy is the only female to

[The Swing!: Lose the Fat and Get Fit with This ...](#)

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*).

[The Swing! - Tracy Reifkind - Paperback - harpercollins.ca](#)

[The Swing! Lose the Fat and Get Fit with This Revolutionary Kettlebell Program](#), by Tracy Reifkind. On Sale: 03/12/2013

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