

Kettlebell Challenge Workouts 2.0 Swipe Copy

Promo Dates: Tuesday, June 25th - Friday, June 28th, 2013

Affiliate Link to Sales Page: <http://xxxx.10x10kb.hop.clickbank.net/?skip=18>

Affiliate Link to Sales Page with Content Video at Top:

<http://xxxx.10x10kb.hop.clickbank.net/?skip=19>

(Remember to replace "xxxx" with YOUR Clickbank aff ID)

PROMO OVERVIEW

Tuesday 25th:

email 1: curiosity-based/ "get the click" email

email 2: day 1 bonus ending soon

Wednesday 26th:

email 1: article (3 options)

Thursday 27th:

email 1: mail to video above sales page

Friday 22nd:

email 1: last chance

email 2: short content piece

Email #1 (12:01 EST, Tuesday, June 25th)

quick curiosity/"get the click" email

(subject options)

#1 TOUGHEST kettlebell workout method? (not what you think)

#1 most insane new kettlebell workout method

insane workout technique? you be the judge ...

Affiliate Link: <http://xxxx.10x10kb.hop.clickbank.net/?skip=18>

(body)

These new kettlebell workouts could be the hardest thing you've EVER done.

But if you want serious results, they NEED to be a staple in your long-term workout plan.

They even helped an ex-pro football player friend of mine lose 64 pounds in 7 months, and keep it off for good ...

=> See this crazy new kettlebell training method here

You might even be afraid to try these workouts ... yet, they're probably EXACTLY what you need to take your workouts to the next level.

And because you probably "shy away" from these type of workouts, you could be short-changing yourself, and not getting the results that you really could (and should) be.

=> Check out this insane new workout method here

Thanks, and talk soon -

(sign off, your name)

PS - Don't forget -

Even though you might be a *little* scared of trying this method, do so at your own risk - of missing out on the BEST fitness gains of your life.

=> See this new workout method here

Email #2 (around 2 or 3 pm EST, Tuesday, June 25th)

Fast Action Bonus Expiring

Affiliate Link: <http://xxxx.10x10kb.hop.clickbank.net/?skip=18>

Image URL: <http://kettlebellchallengeworkouts.com/wp-content/uploads/2013/06/Extreme-KB-Cardio-263x300.jpg>

(subject options)

kb challenge workouts (u up 4 it?)

7 FREE extreme kettlebell cardio workouts (tonight only)

Get 7 Extreme Kettlebell Cardio Workouts FREE (expires)

(body)

If you're looking for high-intensity, short-duration (under 20 minutes) kettlebell - based workouts you can do anywhere, you should check out [this page](#).

For FAR less than the cost of a single personal training session, you can get TONS of new, fun, and exciting kettlebell challenge workouts to add to your current routine.

This isn't the typical "kettlebells for fat loss" stuff that's floating around out there these days. This is a time-tested, PROVED program designed by my ex-pro football player and now "maverick Russian kettlebell instructor" friend Forest Vance.

Rather than focusing on the same re-hashed kettlebell training info out there, Forest focuses on combining kettlebell movements in a special and unique way - and incorporating this into a challenging and progressive program - that will get you results faster than you ever thought possible.

=> See this new program here

See, Forest lost 64 pounds in 7 months shortly after his football career ended - and he's managed to keep it off, using a program like this one.

If it worked for him, it can work for you.

And, if it wasn't already a good enough deal ... this will put you over the top and make it a no-brainer.

When you order today, you'll also get access to a really cool bonus.

(insert bonus image and link to Extreme Kettlebell Cardio report here)

Forest has put together a report with 7 of his favorite kettlebell cardio conditioning workouts ... and you can get this bonus, totally FREE, when you order the program before midnight tonight.

7 Extreme Kettlebell Cardio Workouts FREE <<< today only

After picking up Forest's Kettlebell Challenge Workouts 2.0 program, you'll have TONS of new short, effective, do-anywhere kettlebell-based workouts at your disposal.

Click the link below and grab your copy now. You'll be glad you did:

(sign off, you name)

PS - The Extreme Kettlebell Cardio bonus expires in just a few short hours ... click here to get it now:

=> Extreme Kettlebell Cardio Conditioning + Kettlebell Challenge Workouts 2.0

Email #3 (12:01 AM EST, Wednesday, June 26th) (option 1)
content email

Affiliate Link: <http://xxxx.10x10kb.hop.clickbank.net/?skip=18>

(subject)

3 minute kettlebell workout?

(body)

Sometimes, you have the best of intentions to get your workout in ...

But you oversleep, or something else comes up during your designated workout time, and your normal 30 or 45 minutes to work out is cut down to 15 or 20.

At this point, some folks will just give up. Do nothing. The workout does not happen, at all.

This, in my opinion, is a BIG mistake.

I think that it is very important to keep in mind, that SOMETHING is ALWAYS better than nothing, when it comes to your fitness program.

Even if you can only work out for a few minutes, if you have a short, intense workout on hand, you will still burn a few kcals, rev up your metabolism, and make some progress towards your ultimate fitness goals.

And that's what the workout I have for you today is all about. It is perfect for these types of situations. It is SUPER short - but quite intense.

Without further ado - the 3 minute kettlebell workout:

1 - Do a quick warm up. Something like two rounds of the following exercise circuit, each move done for 20 seconds each:

body weight squat
plank hold
wall slide

2 - Do a few low-intensity sets of kettlebell swings, to get yourself in the "grove".

3 - Set a timer for three minutes. Do as many kettlebell snatches as you can. You can switch arms as often as you like - and put the kettlebell down as often as you like - but the goal is to get as many as possible in three minutes. Use whatever strategy is best for you.

4 - Take about three minutes to stretch tight muscle groups to finish off.

Take this workout seriously, pick a proper weight, honestly go for max snatch reps in three minutes - and you WILL be smoked. Enjoy! ;)

Oh - and one more thing ... if you liked this quick, intense and effective kettlebell workout, you can get over a dozen more like it in my good friend and KB expert Forest Vance's new Kettlebell Challenge Workouts 2.0 program - on sale, for this week only. Click the link below to grab your copy before the price jumps on Friday night:

=> Get more kettlebell challenge workouts here

That's it for today! Have a great one -

(sign off, your name)

Email #3 (12:01 AM EST, Wednesday, June 26th) (option 2)
content email

Affiliate Link: <http://xxxx.10x10kb.hop.clickbank.net/?skip=18>

(subject)

Burpee-Squat-Swing Kettlebell Challenge Workout

(body)

I have a guest article for you from my kettlebell expert colleague Forest Vance today ... he talks about a training system he's using with his personal training clients at his kettlebell gym that's getting some pretty amazing results. Enjoy!

Burpee-Squat-Swing Kettlebell Challenge Workout
Forest Vance, Certified Russian Kettlebell Instructor
author, Kettlebell Challenge Workouts 2.0 (insert your aff link here)

I live in a great area of California, and an amazing and unique part of the world, really ...

In 90 minutes or less, I can be riding a cable car in San Francisco, wine tasting in Napa valley, or snowboarding in Lake Tahoe ...

So, my wife and I headed into the mountains for a long-overdo trip to the snow for some snowboarding a couple of months ago ... and we had an absolute blast.

Now back in High School and College, I would go up for the first time of the season, and I would be SORE as heck. In muscles that I forgot I had.

Interestingly, these days, I don't get very sore at all, even after a long layoff. And I'm convinced that the biggest reason for this, is the difference in my approach to training, vs. how I used to.

Back in my high school and college days, I took a much more "traditional", bodybuilding-style approach to my workouts. I would train with both free weights and machines, and largely focus on training specific body parts. I DID get strong, and better at the specific moves I was doing ... but looking back, there wasn't a ton of real-life carry over. In other words, I never felt like my strength in the gym helped much in the real world.

This has totally changed in recent years ... and I think one of the biggest factors has been my discovery of kettlebells. KB's are the ultimate all-around training tool. You train all your muscle groups at once, and

focus on athletic-based movement patterns, rather than isolating specific muscle groups.

They prepare you for whatever life throws at you ... you get strong and in great condition at the same time. With the end result being, you can do things like go snowboarding, or play a pick up game of basketball, or run a 5k, or whatever else you like to do - and be in great shape to do it!!

Now to get a little more specific with how I set up my kettlebell workouts ... one thing I do myself and with my personal training/boot camp clients is regular KB challenge workouts (insert aff link here).

So, today, I have a kettlebell challenge for you to try.

This one is really simple, there's three exercises- burpees, goblet squats, and two-hand kettlebell swings. These exercises are done in a ladder fashion for time.

So you're going to start off with one burpee, make sure you clap above your head. Have your kettlebells set up about 5 feet in front of you so you can do your burpees then take a step forward and do your goblet squats and swings. So step forward, grab your kettlebell and do two goblet squats. Then do three kettlebell swings and set your kettlebell down. Step back and go to two burpees, 4 goblet squats, and 6 swings. Then 3 burpees, 6 squats, 9 swings. Go all the way up the ladder, as fast as possible, until you get to 10 burpees, 20 goblet squats, and 30 swings.

Record your time then come back and do the workout again in a couple of weeks or a month to see if your fitness level improves. This should be in addition to your normal workout program, it's not a stand alone program. It's just a fun way to mix it up and challenge yourself physically and mentally. And it's just a kick ass workout.

That's all I got for 'ya today. KB training is THE way to go, if you're looking to change your body, get into great overall shape, and be ready for whatever life throws at you. More specifically, we use kettlebell challenge workouts as a core programming concept at FVT, with great results. Plug them into your routine to take things to the next level today!

Thanks, and talk soon -

Forest Vance, MS, RKC II

Awesome article, Forest! Thanks again for doing this.

Now, Forest has a brand new training system he has created, that is based around this concept of Kettlebell Challenge Workouts. According to his website, these workouts are a fantastic way to get a killer workout, in a very short amount of time, and have a blast doing it.

The best part is, you can get this very system at a 50% off discount for the next couple of days hours! Click the link below to grab it now:

=> [Kettlebell Challenge Workouts 50% off discount \(insert your aff link here\)](#)

Thanks for reading, and talk soon -

(sign off, your name)

Email #3 (12:01 AM EST, Wednesday, June 26th) (option 3)
content email

Affiliate Link: <http://xxxx.10x10kb.hop.clickbank.net/?skip=18>

(subject)

Do you make these common at-home training mistakes?

(body)

Guest post from Forest Vance, Certified Russian Kettlebell Instructor
author, Kettlebell Challenge Workouts <== insert aff link here

In my college years, and during my brief two year "cup of coffee" in the NFL, I had lots of time to work out. Staying in peak physical condition was a top priority - if not THE top priority - in my life.

Nowadays, things are different. I have family obligations, work obligations, social obligations, travel obligations, community/contribution/charity obligations ... the list goes on and on ... but the moral of the story, is that time is limited.

You might say "but Forest, you have your own gym and spend all day, every day working there!"

Well, this is true ... but, believe it or not, with all the things we have going from this list above, and a lot more I probably didn't even think of, I don't always have time to get the length and quality of workouts that I would like to.

Now, you may have not played sports at the college or pro level, but I am sure that when it comes to lack of time, you can relate. It's a major thing that keeps a lot of folks from reaching their ultimate fitness goals.

So, you, like me, may get some or all of your workouts at home. This is a great way to go when you are crunched for time.

You also, like me, may use kettlebells and your own body weight as your primary at-home training tools. This is also a great way to go, as these two training modalities, in my opinion, give you the maximum bang-for-your-training-buck.

This set up can work incredibly well. BUT - there are some key components to your ultimate at-home workout success. Miss these, and your workouts will not

be all that they could be.

Forest's top five ways to get the best, quickest, and most effective at-home kettlebell/body weight workouts:

1. Have a designated workout space

If I try to work out in my living room, and my dog and cats are running between my feet as I am doing kettlebell swings, it compromises the quality of my workout.

We are fortunate to have moved to a larger home recently, and now have a designated workout room. This has made all the difference.

If you do not have a separate room, it's all good - just carve out some space somewhere where you can do your workouts.

2. Plan ahead

Know exactly when you are going to work out ahead of time, put it in your schedule, and stick to it.

Working out at home can be one of those things that you might feel like you don't need to put into your schedule - but if it's not in there, the chances of it actually happening go down DRASTICALLY.

*One great way to maximize your at-home training results is with kettlebell challenge workouts. And I have my new Kettlebell Challenge Workouts program on sale this week at a stupid-low price. [Click here to check it out:](#)

=> [Kettlebell Challenge Workouts](#)

3. Get your mind right

You have to make a specific effort to get in the right mind state when you are working out at home. It's easy to be thinking about other stuff when you are not in a dedicated and separate workout environment.

Take a couple of minutes to turn off your computer, put your phone on silent, and get your mind right for the workout ahead.

4. Have a specific plan in mind

Make sure that you have a workout that you are going to do planned ahead of time. You also want to have a progressive plan that builds and works towards a goal over time - NOT half-hazard routines that are just thrown together for the day. This will maximize what you get out of each workout session, and the progress you make over time.

5. Do challenge workouts

Challenging yourself both mentally and physically on a regular basis will help you take your workouts to the next level. And semi-regular challenge workouts will help you do just that. I use them in my own home workouts once or twice per month, and they are an incredible training tool that, now, I couldn't do without.

To sum up, if you are working out at home, you CAN get awesome workouts. But, there are some common mistakes that you absolutely need to avoid to maximize your situation. Implement the tips in this article, and start getting better at-home workouts today!!

Forest Vance, MS, CPT, RKC II

PS - If you liked this article, and want to learn more about the challenge workout concept I mentioned in the last tip, check out my new KCW 2.0 program - it's on sale at a ridiculous price just a couple more days:

=> Kettlebell Challenge Workouts 2.0

Email #4 (12:01 AM EST, Thursday, June 27th)

Video above sales page

Affiliate Link: <http://xxxx.10x10kb.hop.clickbank.net/?skip=19>

Image URL: <http://kettlebellchallengeworkouts.com/wp-content/uploads/2013/06/video-fake-out-300x167.jpg>

(subject options)

new KB challenge workout video (you up for it?)

Brutal Kettlebell Challenge Workout (up for it?)

(video) new kettlebell challenge workout for you

(body)

Got an awesome kettlebell challenge "combo" workout for you to try today. Click below to see a quick video breaking it down:

INSERT VIDEO IMAGE IN YOUR EMAIL HERE – AND MAKE SURE TO MAIL TO SPECIAL PAGE WITH VIDEO AT TOP

=> Kettlebell Challenge "Combo" Workout (new video)

This one is a doozy. Hope you enjoy it!!

Train hard, and talk soon -

(sign off, your name)

Email #5 (12:01 AM EST, Friday, June 28th)

last chance email

Affiliate Link: <http://xxxx.10x10kb.hop.clickbank.net/?skip=18>

(subject options)

Kettlebell Challenge Workouts (special offer, final day)
Special Offer, Expires (KB Challenge Workouts)
Last Chance for KB Challenge Workouts

(body)

Hope you are having a spectacular week.

Just wanted to shoot you a quick note, to let you know that today is your last chance to grab the new Kettlebell Challenge Workouts 2.0 program at over 50% off.

Just a few things this program includes:

BRAND NEW kettlebell challenge workouts from my ex-pro football player and "maverick kettlebell instructor" friend Forest Vance that you can do any time, any place, with just a single kettlebell and your own body weight. Get a smoker of a workout FAST when you learn the simple secrets I uncover in this program.

Workouts that give you maximum "bang for your buck" – high intensity sessions that make every second count! Get into elite condition and burn TONS of body fat at the same time.

Common mistakes people make with their challenge workout programming – and how to fix them. Keep your training targeted, while you still have fun with these unique training techniques.

A BONUS "Hybrid Kettlebell Strength" plan to go along with your challenge workouts. I outline a complete kettlebell routines to make sure all your bases are covered, and that you have everything you need to reach your goals as fast as humanly possible.

Q&A – ALL of your common kettlebell challenge training questions, answered. Want to know how to work around an old injury? The best way to do cardio without running? How to fit in your workouts around a busy schedule? It's all here!!

And much more ...

And the best part, is that you can grab your copy for *under twenty bucks* if you act quick! But, if you want to get in on this deal, don't wait - it expires tonight.

Click here to get more details, and to get started on your new Kettlebell Challenge Workouts 2.0 routine today:

=> KCW 2.0 Special (ends tonight)

Thanks, and talk soon -

(sign off, your name)

Email #6 (around 2 or 3 pm EST, Friday, June 28th)

final content + last chance email

Affiliate Link: <http://xxxx.10x10kb.hop.clickbank.net/?skip=18>

(subject options)

can you handle this new KB challenge workout?
One more kettlebell challenge workout for you ...
up for this KB challenge workout? (link expires)

(body)

I one more free kettlebell challenge workout for 'ya to try ...

Just change into your workout clothes, grab your KB and give this one a go!

Two Hand KB Swings

Push Up

This challenge is a set of 15 KB Swings and 10 Push Ups. Set the timer for 10 minutes and do as many rounds as possible. Remember – if you need to modify your pushups, remember your modification and stay consistent each time!

(24k/16k for men and women, respectively)

Enjoy the workout - and the rest of your weekend!

Oh - and a final reminder for you - LAST CHANCE to save 50% off Kettlebell Challenge Workouts 2.0:

=> Get Kettlebell Challenge Workouts here