

12 Week Kettlebell Program PDF

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Summary

Week- 1, 4, 7, 10	Full Body
Week- 2, 5, 8, 11	Push/pull/Leg/Core
Week- 3, 6, 9, 12	Upper/Lower split
Training Duration	12 weeks
Difficulty Level	Beginner to Intermediate
Require Equipment	Kettlebells and a flexible bench (optional)
Training Goal	Strength, Endurance, and Mobility
One Session Duration	45 to 60 minutes
Recommended Supplements	Whey Protein Powder

Trending: [5 Day Gym Workout Schedule With PDF](#)

You'll train 3 days a week for the first four (4) weeks.

Once you complete the first month, you'll train 4 times a week for the next 4 weeks (5-8).

And then you'll need to work out 5 days a week in the last 4 weeks (9-12).

The interval time between sets would be 1 to 2 minutes.

You'll do 6 to 7 exercises every day in this 12-week kettlebell program.

You can increase the interval time between sets depending on your fitness level. However, keeping it short can be useful for boosting strength.

You can do this program wherever you like, such as at home, in the gym, or on the ground.

Related: “Those who work out with one kettlebell can save this – [Single Kettlebell Workout Program \(30-Day Plan\)](#)“

Note: If you want other types of workout programs, check out this section [Workout Routine](#).

12 Week Kettlebell Workout Program)

Summary

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Week 1 – Full Body

Monday

Exercise	Muscles Worked	Reps
Kettlebell Lunges	Quads and Hamstrings	10 x 2
Kettlebell Squat	Quads	15 x 2
Kettlebell Pushup	Chest and Triceps	10 x 3
KB Overhead Press	Shoulder	10 x 2
KB Bent Over Row	Back and Biceps	10 x 2
KB Side Plank	Core	10 x 2

Wednesday

Exercise	Muscles Worked	Reps
KB Farmer's Walk	Full Body	15-step x 2
Both Arm KB Swing	Full Body	10 x 2
Kettlebell Turkish Get Up	Full Body	10 x 2
Kettlebell Deadlift	Lower Body and Back	10, 8, 6,
Kettlebell Windmill	Full Body	10 x 2
Kettlebell Good Morning	Hamstrings and Lower Back	10 x 2

Friday

Exercise	Muscles Worked	Reps
Kettlebell Floor Press	Chest and Triceps	10 x 2
Crush Grip KB Pushup	Chest and Triceps	10 x 2
KB Clean and Press	Legs and Shoulder	10 x 2
KB Lunges to Curl	Legs and Biceps	10 x 2
Kettlebell Gorilla Row	Back and Biceps	10 x 2
Kettlebell High Pulls	Legs, Shoulder and Back	10 x 2

You can also save this: [4 Week Kettlebell Program With PDF](#)

Week 2 – Push/pull/Leg-core

Monday – Push Workout

Exercise	Muscle Worked	Reps
KB Floor Press	Chest and Triceps	10 x 3

Exercise	Muscle Worked	Reps
KB Crush Grip Pushup	Chest and Triceps	10 x 2
KB Floor Squeeze Press	Chest and Triceps	10 x 2
KB Overhead Press	Shoulder	10 x 3
KB Clean and Press	Legs and Shoulder	10 x 2
Bent-Over Lateral Raise	Shoulder	10 x 2

Wednesday – Pull Workout

Exercise	Muscle Worked	Reps
Kettlebell Deadlift	Leg and Back	10, 8, 6
KB Suitcase Row	Back	10 x 2
Kettlebell High Pulls	Back and Shoulder	10 x 2
KB Pullover	Back and Chest	10 x 2
KB Gorilla Row	Back	10 x 2
Kettlebell Curl	Biceps	10 x 3

Friday – Legs and Core

Exercise	Muscle Worked	Reps
Kettlebell Squat	Quadriceps	15 x 2
Kettlebell Lunges	Quads and Hams	10 x 2
KB Lateral Lunges	Quads and Hams	10 x 2
KB Single-Leg RDL	Hamstring	10 x 2
KB Glute Bridge	Glutes	10 x 2
KB Crunches	Core	30-sec
KB Russian Twist	Core	30-sec
KB Side Plank	Core	30-sec

If you work out in the gym, you'll love this [7 Day Gym Workout Plan With PDF](#)

Week 3 – Upper/Lower split

Monday – Upper Body – Chest, Shoulder, and Triceps

Exercise	Muscles Worked	Reps
Kettlebell Pushup	Chest and Triceps	10-15
KB Crush Grip Pushup	Chest and Triceps	10-15
Kettlebell Floor Press	Chest and Triceps	10 x 2
KB Overhead Press	Shoulder	10 x 2
KB Front Raise	Shoulder	10 x 2
KB Bent-over Lateral Raise	Shoulder and Upper Trap	10 x 2
KB Overhead Extension	Triceps	10 x 2

Wednesday – Lower Body – Quadriceps, Hamstrings, Calves, and Glutes

Exercise	Muscle Worked	Reps
Kettlebell Squat	Quadriceps	15 x 2
Kettlebell Lunges	Quads and Hams	10 x 2
KB Sumo Squat	Quads and Hams	10 x 2
KB Single-Leg RDL	Hamstring	10 x 2
KB Glute Bridge	Glutes	10 x 2
Kb Calf Raises	Calves	15 x 2

Friday – Upper Body – Back, Biceps, and Core

Exercise	Muscle Worked	Reps
Kettlebell Deadlift	Leg and Back	10, 8, 6

Exercise	Muscle Worked	Reps
KB Suitcase Row	Back	10 x 2
Kettlebell High Pulls	Back and Shoulder	10 x 2
KB Renegade Row	Back	10 x 2
KB Gorilla Row	Back	10 x 2
Kettlebell Curl	Biceps	10 x 3
KB Crunches	Core	30-sec
KB Russian Twist	Core	30-sec
KB Side Plank	Core	30-sec

Week 4 – Full Body

Monday

Exercise	Muscles Worked	Reps
KB Farmer's Walk	Full Body	15-step x 2
Both Arm KB Swing	Full Body	10 x 2
KB Turkish Get Up	Full Body	10 x 2
Kettlebell Deadlift	Lower Body and Back	10, 8, 6,
Kettlebell Windmill	Full Body	10 x 2
KB Good Morning	Hamstrings and Lower Back	10 x 2

Wednesday

Exercise	Muscles Worked	Reps
Kettlebell Lunges	Legs	10 x 2
KB Squat to Overhead Press	Leg and Shoulder	10 x 2
KB Pushup to Renegade Row	Chest, Triceps and Back	10 x 2

Exercise	Muscles Worked	Reps
KB Halo	Upper Body	10 x 2
KB Gorilla Row	Back and Biceps	10 x 2
KB Side Plank	Core	10 x 2

Friday

Exercise	Muscles Worked	Reps
KB Deadlift	Leg and Back	10 x 2
Crush Grip KB Pushup	Chest and Triceps	10 x 2
KB Clean and Press	Legs and Shoulder	10 x 2
Single KB Swing	Full Body	10 x 2
KB Single-Leg RDL	Hamstrings and Lower Back	10 x 2
Kettlebell High Pull	Legs, Shoulder and Back	10 x 2

Week 5 – Push/Pull/Leg/Core

Monday – Push Workout – Chest, Shoulder, and Triceps

Exercise	Muscle Worked	Reps
KB Floor Press	Chest and Triceps	10 x 3
KB Crush Grip Pushup	Chest and Triceps	10 x 2
KB Floor Floor	Chest	10 x 2
KB Overhead Press	Shoulder	10 x 3
KB Clean and Press	Legs and Shoulder	10 x 2
Bent-Over Lateral Raise	Shoulder	10 x 2

Tuesday – Pull Workout – Back and Biceps

Exercise	Muscle Worked	Reps
Kettlebell Deadlift	Leg and Back	10, 8, 6
KB Suitcase Row	Back	10 x 2
Kettlebell High Pull	Back and Shoulder	10 x 2
Kettlebell Clean	Back	10 x 2
KB Superman	Back	10 x 2
Kettlebell Curl	Biceps	10 x 3

Thursday – Legs – Quads, Hamstrings, Calves, and Glutes

Exercise	Muscle Worked	Reps
KB Lateral Lunges	Quads and Hams	15 x 2
Kettlebell Squat	Quadriceps	10 x 2
Bulgarian Split Squat	Quads and Hams	10 x 2
KB Romanian Deadlift	Hamstring	10 x 2
KB Glute Bridge	Glutes	10 x 2
Kb Calf Raises	Calves	15 x 2

Friday – Core – Abs, and Oblique

Exercise	Muscle Worked	Reps
Kettlebell Side Bend	Leg and Back	10 x 2
KB Overhead Side Bend	Back	10 x 2
KB Crunches	Core	10 x 2
KB Russian Twist	Core	10 x 2
KB Side Plank	Core	10 x 2

Week 6 – Upper/Lower split

Monday – Chest, Shoulder, and Triceps

Exercise	Muscles Worked	Reps
Kettlebell Pushup	Chest and Triceps	10-15

Exercise	Muscles Worked	Reps
KB Crush Grip Pushup	Chest and Triceps	10-15
Kettlebell Floor Press	Chest and Triceps	10 x 2
KB Overhead Press	Shoulder	10 x 2
KB Front Raise	Shoulder	10 x 2
KB Bent-over Lateral Raise	Shoulder and Upper Trap	10 x 2
KB Overhead Extension	Triceps	10 x 2

Tuesday -Lower Body – Quadriceps and Calves

Exercise	Muscle Worked	Reps
Kettlebell Squat	Quadriceps	15 x 3
KB Sumo Squat	Quadriceps	15 x 2
Deadlift	Quads and Back	10, 8, 6
Kettlebell Step up	Quadriceps	12 x 3
KB Calf Raises	Calves	15 x 4

Thursday – Upper Body – Back, Biceps, and Core

Exercise	Muscle Worked	Reps
KB Renegade Row	Leg and Back	10, 8, 6
KB Suitcase Row	Back	10 x 2
Kettlebell High Pulls	Back and Shoulder	10 x 2
KB Reverse Fly	Back and Shoulder	10 x 2
KB Gorilla Row	Back	10 x 2
Kettlebell Curl	Biceps	10 x 3
KB Crunches	Core	30-sec
KB Russian Twist	Core	30-sec
KB Side Plank	Core	30-sec

Friday – Legs – Hamstrings, Glutes, and Lower Back

Exercise	Muscle Worked	Reps
KB Good Morning	Hamstring and LB	10 x 2
KB Single-Leg RDL	Hamstring and LB	10 x 2
KB Glute Bridge	Quads and Hams	10 x 2
KB superman	Lower Back	10 x 2
KB Bird Dog	LB and Core	5 x 2 5-sec each rep

Week 7 – Full Body

Monday

Exercise	Muscles Worked	Reps
KB Farmer's Walk	Full Body	15-step x 2
Both Arm KB Swing	Full Body	10 x 2
KB Turkish Get Up	Full Body	10 x 2
Kettlebell Deadlift	Lower Body and Back	10, 8, 6,
Kettlebell Windmill	Full Body	10 x 2
KB Good Morning	Hamstrings and Lower Back	10 x 2

Tuesday

Exercise	Muscles Worked	Reps
Kettlebell Lunges	Legs	10 x 2
KB Squat to Overhead Press	Leg and Shoulder	10 x 2
KB Pushup to Renegade Row	Chest, Triceps and Back	10 x 2
KB Halo	Upper Body	10 x 2
KB Gorilla Row	Back and Biceps	10 x 2

Exercise	Muscles Worked	Reps
KB Side Plank	Core	10 x 2

Thursday

Exercise	Muscles Worked	Reps
KB Deadlift	Leg and Back	10 x 2
Crush Grip KB Pushup	Chest and Triceps	10 x 2
KB Clean and Press	Legs and Shoulder	10 x 2
Single KB Swing	Full Body	10 x 2
KB Single-Leg RDL	Hamstrings and Lower Back	10 x 2
Kettlebell High Pull	Legs, Shoulder and Back	10 x 2

Friday

Exercise	Muscles Worked	Reps
Kettlebell Lunges	Quads and Hamstrings	10 x 2
Kettlebell Squat	Quads	15 x 2
Kettlebell Pushup	Chest and Triceps	10 x 3
KB Overhead Press	Shoulder	10 x 2
KB Bent Over Row	Back and Biceps	10 x 2
KB Side Plank	Core	10 x 2

Week 8 – Push/Pull/Leg/Core

Monday – Push Workout – Chest, Shoulder, and Triceps

Exercise	Muscle Worked	Reps
KB Floor Press	Chest and Triceps	10 x 3
KB Crush Grip Pushup	Chest and Triceps	10 x 2
KB Floor Floor	Chest	10 x 2
KB Overhead Press	Shoulder	10 x 3
KB Clean and Press	Legs and Shoulder	10 x 2
Bent-Over Lateral Raise	Shoulder	10 x 2

Tuesday – Pull Workout – Back and Biceps

Exercise	Muscle Worked	Reps
Kettlebell Deadlift	Leg and Back	10, 8, 6
KB Suitcase Row	Back	10 x 2
Kettlebell High Pull	Back and Shoulder	10 x 2
Kettlebell Clean	Back	10 x 2
KB Superman	Back	10 x 2
Kettlebell Curl	Biceps	10 x 3

Thursday – Legs – Quads, Hamstrings, Calves, and Glutes

Exercise	Muscle Worked	Reps
KB Lateral Lunges	Quads and Hams	15 x 2
Kettlebell Squat	Quadriceps	10 x 2
Bulgarian Split Squat	Quads and Hams	10 x 2
KB Romanian Deadlift	Hamstring	10 x 2
KB Glute Bridge	Glutes	10 x 2
Kb Calf Raises	Calves	15 x 2

Friday – Core – Abs, and Oblique

Exercise	Muscle Worked	Reps
Kettlebell Side Bend	Leg and Back	10
KB Overhead Side Bend	Back	10
KB Crunches	Core	10
KB Russian Twist	Core	10
KB Side Plank	Core	10

Week 9 – Upper Lower Split

- **Monday** – Chest, and Triceps
- **Tuesday** – Quadriceps and Calves
- **Wednesday** – Back and Biceps
- **Friday** – Hamstrings, Glutes and Lower Back
- **Saturday** – Shoulder and Core

Week 10 – Full Body

- **Monday**
 - KB press – 10 x 2 reps
 - KB Crush Grip Pushup – 10 x 2 reps
 - Kettlebell Overhead Press – 10 x 2 reps
 - Kettlebell Gorilla Row -10 x 2
 - KB Squat – 15 x 3 reps
- **Tuesday**
 - KB Lunges – 10 x 2 reps
 - KB Side Bend – 10 x 2 reps
 - Kettlebell RDL – 10 x 2 reps
 - Kettlebell Renegade Row – 10 x 2 reps
 - Kettlebell High Pull – 10 x 2 reps
- **Wednesday**
 - Kettlebell Push up -10 x 2 reps
 - Kettlebell Clean and Press – 10 x 2 reps
 - KB Both-Arm Swings – 10 x 2 reps
 - Kettlebell Pullover – 10 x 2 reps
 - Kettlebell Halo – 10 x 2 reps
 - KB Glute Bridge – 10 x 2 reps
- **Friday**
 - KB Squat – 10 x 2 reps
 - Kettlebell Turkish Get Up- 10 x 2 reps
 - Kettlebell Windmill – 10 x 2 reps
 - Kettlebell High Pull – 10 x 2 reps
 - KB Side Bend
 - Kettlebell Crunches

- Kettlebell Russian Twist
- **Saturday**
 - KB press – 10 x 2 reps
 - KB Crush Grip Pushup – 10 x 2 reps
 - Kettlebell Overhead Press – 10 x 2 reps
 - KB Gorilla Row -10 x 2 reps
 - Kettlebell Deadlift – 10 x 2 reps
 - KB Lunges – 15 x 3 reps
 - KB Side Plank – 30 seconds x 2

Week 11 – Push/pull/Leg and Core

- Monday – Chest, Shoulder and Triceps
- Tuesday – Back and Biceps
- Wednesday – Legs and Core
- Friday – Shoulder, Chest and Triceps
- Saturday -Back and Biceps

Week 12 – Upper/Lower Split

- **Monday** – Chest, and Triceps
- **Tuesday** – Quadriceps and Calves
- **Wednesday** – Back and Biceps
- **Friday** – Hamstrings, Glutes and Lower Back
- **Saturday** – Shoulder and Core

If you neither have dumbbells nor kettlebells, you can follow this [Bodyweight Workout Plan To Get Ripped \(With PDF\)](#).

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