

12 Week Kettlebell Workout Program to Level Up Your Fitness

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Check out [article](#) for more info

Program Summary

Week- 1, 4, 7, 10	Full Body
Week- 2, 5, 8, 11	Push/Pull/Leg (PPL)
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	Build Strength, Muscle, Endurance, and Mobility
Duration/Session	45 to 60 minutes
Recommended Supplements	Whey Isolate Protein

You'll train three days a week for the first four weeks (1-4).

Once you complete the first month, you'll [train four times weekly](#) for the next four weeks (5-8).

And then you'll [work out five days a week](#) in the last four weeks (9-12).

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

You'll do 5 to 7 exercises every day throughout the journey.

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

Note: You can increase the rest time between sets depending on your fitness level. However, keeping it short will help you increase endurance.

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

Schedule

You’ll do five to six exercises every training day to work on your upper to lower body muscle group. You can see it in the video below, for example.

Warm-up: It is best to perform [bodyweight aerobic exercises](#) for a few minutes to increase your heart rate and oxygen supply and get your muscles ready before you start the kettlebell workout session.

Week 1 – Full Body

You can [perform exercises in the circuit](#) (performing one set of each exercise in one round) or follow a standard pattern (completing all sets of one exercise before doing another), depending on your fitness level.

Perform two rounds if you’re a beginner and three if you’ve been working out for a while.

Monday

Exercise	Muscles Worked	Reps
Kettlebell Lunges	Quads and Hamstrings	10/side
Kettlebell Squat	Quads	15
Deficit Pushup	Chest and Triceps	10
KB Overhead Press	Shoulder	10
KB Bent Over Row	Back and Biceps	10
Half Kneeling Low to High Chop	Core	10/side

Wednesday

Exercise	Muscles Worked	Reps
KB Farmer’s Walk	Full Body	30-sec
Dual arm KB Swing	Total Body	15
Turkish Get-up	Full Body	5/side
Kettlebell Deadlift	Integrated Full Body	10
Kettlebell Windmill	Total Body	10

Good Morning	Posterior Chain	10
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Friday

Exercise	Muscles Worked	Reps
Kettlebell Floor Press	Chest and Triceps	15
Crush Grip KB Pushup	Chest and Triceps	10
KB Clean and Press	Legs and Shoulder	10
KB Lunges to Curl	Legs and Biceps	10
Kettlebell Gorilla Row	Back and Biceps	15
Sumo Deadlift High Pull	Full Body	10

Week 2 – Push/Pull/Leg

You'll do [push, pull, and leg exercises](#) during the second week of this program.

The push exercises target the chest, triceps, and shoulders; pull exercises bolster the back, biceps, and forearms; and leg exercises involve training of the quadriceps, hamstrings, glutes, and calves.

You can also integrate abdominal muscles on any day to hit your abs and obliques.

Instructions: Follow a standard set routine to perform the workout. For example, complete all sets of one exercise before doing another.

Monday – Push Workout

Exercise	Muscle Worked	Reps
Kettlebell Bench Press	Chest and Triceps	10 x 4
KB Crush Grip Pushup	Chest and Triceps	10 x 3
Seesaw Kettlebell Press	Shoulder	10/side x 3
Kettlebell arm bar	Shoulder	10/side x 2
Floor Bridge Press	Chest and Core	12 x 3

Wednesday – Pull Workout

Exercise	Muscle Worked	Reps
Kettlebell Deadlift	Leg and Back	10 x 3
Gorilla Row	Back	12 x 4
Kettlebell High Pull	Back and Shoulder	10 x 3
Dual-arm Russian Swing	Full Body	20 x 3
Kettlebell Curl	Biceps	12 x 3
Half Kneeling KB Chop	Core	10 x 3

Friday – Legs and Core

Exercise	Muscle Worked	Reps
KB Front Squat	Quadriceps	15 x 3
Kettlebell Lunges	Quads and Hams	10 x 2
KB Cossack Squat	Lower Body	10 x 2
KB Romanian Deadlift	Hamstring	10 x 3
KB Glute Bridge	Glutes	10 x 3



Week 3 – Upper/Lower split

Monday – Upper Body

Exercise	Muscles Worked	Reps
Deficit Pushup	Chest and Triceps	10-15 x 3
Kettlebell Floor Press	Chest and Triceps	10/side x 3
Single-arm Gorilla Row	Back	10/side x 3
Kettlebell Z Press	Shoulder	10/side x 3
KB Renegade Row	Back	5/side x 3

Wednesday – Lower Body

Exercise	Muscle Worked	Reps
Front Squat	Quadriceps	15 x 3
Front Racked Lunges	Lower Limbs	10 x 3
KB Single-Leg RDL	Hamstring	6 x 3
KB Glute Bridge	Glutes	10 x 3
Half Kneeling KB Chop	Core	10 x 3

Friday – Upper Body

Exercise	Muscle Worked	Reps
Kettlebell Swing	Trunk	20 x 3
KB Push Press	Shoulder	15 x 3
KB Slingshot	Upper Body	15 x 3
High Pull	Upper Body	12 x 3
Kettlebell Halo	Arms & Shoulder	10 x 3

Week 4 – Full Body

Monday

Exercise	Muscles Worked	Reps
Both-arm KB Swing	Full Body	20 x 3
KB Turkish Get Up	Full Body	10/side x 2
Kettlebell Deadlift	Lower Body and Back	10 x 3
Kettlebell Windmill	Full Body	10 x 3
Kettlebell Z Press	Shoulder	10 x 3

Wednesday

Exercise	Muscles Worked	Reps
Squat to Overhead Press	Leg and Shoulder	10 x 3
Pushup to Renegade Row	Upper Body	10 x 3
Kettlebell Floor Press	Chest	10 x 3
KB Gorilla Row	Back and Biceps	10 x 3
Half Kneeling KB Chop	Core	10 x 3

Friday

Exercise	Muscles Worked	Reps
KB Deadlift	Leg and Back	10 x 2
Seesaw Press	Chest and Triceps	10 x 3
Lunge with Rotation	Legs and Core	10 x 3
KB Swing Changing Hands	Upper Body	15 x 3
Kettlebell Thruster	Posterior Chain	10 x 3
KB Crunches	Core	10 x 2



Week 5 – Push/Pull/Leg/Core

Monday – Push Workout

Exercise	Muscle Worked	Reps
Kettlebell Bench Press	Chest and Triceps	10 x 4
KB Crush Grip Pushup	Chest and Triceps	10 x 3

Seesaw Kettlebell Press	Shoulder	10/side x 3
Kettlebell arm bar	Shoulder	10/side x 2
Floor Bridge Press	Chest and Core	12 x 3

Tuesday – Pull Workout

Exercise	Muscle Worked	Reps
Kettlebell Deadlift	Leg and Back	10 x 3
Gorilla Row	Back	12 x 4
Kettlebell High Pull	Back and Shoulder	10 x 3
Dual-arm Russian Swing	Full Body	20 x 3
Kettlebell Curl	Biceps	12 x 3
Half Kneeling KB Chop	Core	10 x 3

Thursday – Lower Body

Exercise	Muscle Worked	Reps
KB Front Squat	Quadriceps	15 x 3
Kettlebell Lunges	Quads and Hams	10 x 2
KB Cossack Squat	Lower Body	10 x 2
KB Romanian Deadlift	Hamstring	10 x 3
KB Glute Bridge	Glutes	10 x 3

Friday – Core

Exercise	Muscle Worked	Reps
KB Step-up	Leg & Core	10 x 2
Kneeling KB L2H Cop	Obliques	10 x 2
KB Straight-arm Crunches	Rectus Abdominish	10 x 2
KB Russian Twist	Obliques	10 x 2
KB Side Plank	Obliques	10 x 2



Week 6 – Upper/Lower split

Monday – Upper Body

Exercise	Muscles Worked	Reps
Deficit Pushup	Chest and Triceps	10-15 x 3
Kettlebell Floor Press	Chest and Triceps	10/side x 3

Single-arm Gorilla Row	Back	10/side x 3
Kettlebell Z Press	Shoulder	10/side x 3
KB Renegade Row	Back	5/side x 3

Tuesday – Lower Body

Exercise	Muscle Worked	Reps
Front Squat	Quadriceps	15 x 3
Front Racked Lunges	Lower Limbs	10 x 3
KB Single-Leg RDL	Hamstring	6 x 3
KB Glute Bridge	Glutes	10 x 3
Half Kneeling KB Chop	Core	10 x 3

Thursday – Upper Body

Exercise	Muscle Worked	Reps
Kettlebell Swing	Trunk	20 x 3
KB Push Press	Shoulder	15 x 3
KB Slingshot	Upper Body	15 x 3
High Pull	Upper Body	12 x 3
Kettlebell Halo	Arms & Shoulder	10 x 3

Friday – Legs

Exercise	Muscle Worked	Reps
KB Step-up	Thigh and Glute	10 x 3
Lunge with Rotation	Legs	10/side x 2
KB Pistol Squat	Legs	5/side x 3
Sumo Squat	Thigh and Glute	10 x 3
Kb Calf Raises	Core	10/side



Week 7 – Full Body

Monday

Exercise	Muscles Worked	Reps
Both Arm KB Swing	Full Body	20 x 3
Turkish Get-up	Full Body	10/side x 2
Deadlift	Lower Body and Back	10 x 3

Windmill	Full Body	10/side x 2
Man Maker	Total Body	8 x 3

Tuesday

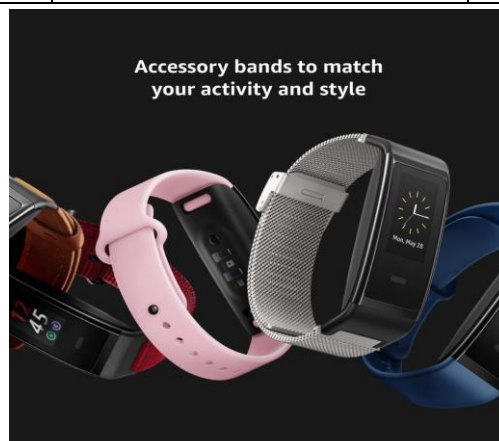
Exercise	Muscles Worked	Reps
Front Racked Lunges	Legs	10/side x 2
Squat to Overhead Press	Leg and Shoulder	10 x 3
Pushup to Renegade Row	Chest, Triceps, and Back	10 x 3
Halo	Upper Body	10/side x 2
Gorilla Row	Back and Biceps	10 x 3
Half Kneeling KB Chop	Core	10/side x 2

Thursday

Exercise	Muscles Worked	Reps
Kettlebell Side Swing	Shoulder	10/side x 2
Deficit Pushup	Chest and Triceps	10 x 3
KB Clean and Press	Legs and Shoulder	10 x 2
Kettlebell High Pull	Full Body	10 x 3
Romanian Deadlift	Hamstrings & Lower Back	10 x 3
Kettlebell Z Press	Shoulder	10 x 3

Friday

Exercise	Muscles Worked	Reps
Kettlebell Squat to Press	Leg and shoulder	10 x 3
Kettlebell Snatch	Full Body	15 x 3
Kettlebell Thruster	Shoulder	10 x 3
Gorilla Row	Back and Biceps	10 x 3
KB Side Plank	Core	20-sec x 3



Week 8 – Push/Pull/Leg/Core

Monday – Push Workout

Exercise	Muscle Worked	Reps
Kettlebell Bench/Floor Press	Chest and Triceps	10 x 4
KB Crush Grip Pushup	Chest and Triceps	10 x 3
Seesaw Kettlebell Press	Shoulder	10/side x 3
Kettlebell arm bar	Shoulder	10/side x 2
Floor Bridge Press	Chest and Core	12 x 3

Tuesday – Pull Workout

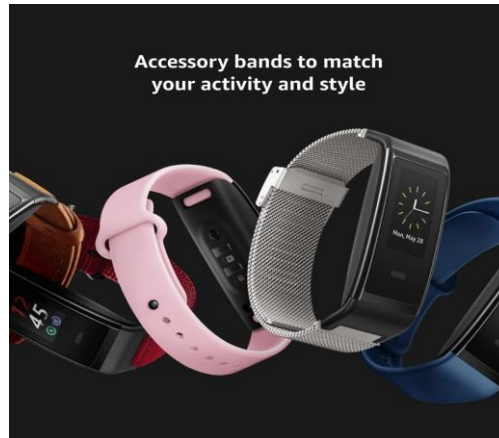
Exercise	Muscle Worked	Reps
Kettlebell Deadlift	Leg and Back	10 x 3
Gorilla Row	Back	12 x 4
Kettlebell High Pull	Back and Shoulder	10 x 3
Dual-arm Russian Swing	Full Body	20 x 3
Kettlebell Curl	Biceps	12 x 3
Half Kneeling KB Chop	Core	10 x 3

Thursday – Lower Body

Exercise	Muscle Worked	Reps
KB Front Squat	Quadriceps	15 x 3
Kettlebell Lunges	Quads and Hams	10 x 2
KB Cossack Squat	Lower Body	10 x 2
KB Romanian Deadlift	Hamstring	10 x 3
KB Glute Bridge	Glutes	10 x 3

Friday – Core

Exercise	Muscle Worked	Reps
KB Step-up	Leg & Core	10 x 2
Kneeling KB L2H Cop	Obliques	10 x 2
KB Straight-arm Crunches	Rectus Abdominish	10 x 2
KB Russian Twist	Obliques	10 x 2
KB Side Plank	Obliques	10 x 2



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 Floor Press – 10 x 3 reps
 - KB Z Press – 10 x 3 reps
 - Gorilla Row -10 x 3
 - KB Squat – 15 x 3 reps
 - Kneeling Low to High Chop: 10/side x 3
- **Tuesday**
 - KB Lunges – 10 x 2 reps
 - Kettlebell RDL – 10 x 3 reps
 - Lateral Swings – 10 reps on each side x 2
 - Kettlebell Renegade Row – 10 x 3 reps
 - Kettlebell High Pull – 10 x 3 reps
- **Wednesday**
 - Kettlebell Push up -10 x 3 reps.

- Kettlebell Clean and Press – 10 x 3 reps
- KB Both-Arm Swings – 10 x 3 reps
- Kettlebell Halo – 10 x 3 reps
- KB Glute Bridge – 10 x 3 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
 - Kettlebell Crunches – 10 x 2 reps
- **Saturday**
 - 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 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

Instructions and Tips to Follow This Program Effectively

1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.⁴

4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

8. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

9. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

If the above workout plan helped you, kindly support my work buying through these affiliate links.

Helpful Resources:

1. [The Ultimate List of 82 Kettlebell Exercises](#)
2. [14 Best Crossfit Kettlebell Workouts](#)
3. [Kettlebell Hamstring Exercises](#)
4. [10 Kettlebell Quad Exercises](#)
5. [6 Kettlebell Lat Exercises](#)
6. [Kettlebell Lower Back Exercises](#)

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