

15-MINUTE FULL BODY KETTLEBELL WORKOUT WEEKLY ROUTINE

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Full URL: <https://thefitnessphantom.com/kettlebell-15-minute-full-body-workout>

I've designed a 15-minute kettlebell weekly routine for those who want to develop functional fitness and get flexible. If you want an easy-to-follow, short, and well-organized full-body kettlebell workout, follow this program.

PROGRAM SUMMARY

Equipment Needed	Kettlebells (5-20kg or 11 to 44 lbs)
Duration per session	15 minutes
Sessions per week	6 (Monday-Saturday)
Workout Goals	Develop Strength, Endurance, and Mobility
Experienced Require	Beginner to Intermediate
Target Gender	Male & Female
Target Age Group	18-40 years
Split Type	Full Body
Best Time to Use This Plan	Morning

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This program involves training six times weekly, focusing on building **strength**, **endurance**, and **mobility** twice weekly.

You'll do five exercises, 2 sets each, hitting the different body parts in every session.

Perform arm swings, leg swings, and jumping jacks for a minute before starting the main lifts.

Day 1 – Full Body KB Strength Training

Exercises	Sets	Reps	Rest	Target Muscle
Dual-arm Overhead Press	2	15	45s	Shoulders
Front Rack Squat	2	15	60s	Legs & Glutes
Bent-over KB Row	2	15	60s	Back
KB Floor or Bench Press	2	15	45s	Chest, Triceps
Suitcase Deadlift	2	15	60s	Hamstrings

Day 2 – Full Body KB Endurance Workout

Exercises	Sets	Reps	Rest	Target Muscle
Single-arm KB Swings	2	15/side	No Rest	Full Body
KB Around the World	2	10/side	No Rest	Upper Body
Single Clean & Press	2	10/side	No Rest	Full Body
KB Sit-up	2	10-15	30s	Abdominals
Kettlebell Halo	2	10/side	No Rest	Upper Body

Day 3 – Full Body KB Mobility Workout

Exercises	Sets	Reps	Rest	Target Muscle
Single Leg Deadlift	2	10/leg	no rest	Legs & Abs
Kettlebell Windmill	2	10/side	no rest	Full Body
Overhead Lunges	2	10/leg	no rest	Full Body
Turkish Get-Up	2	6/side	no rest	Full Body

Day 4 – Total Body KB Strength Training

Exercises	Sets	Reps	Rest	Target Muscle
KB Sumo Deadlift	2	15	45s	Lower Body
Single-Arm Row	2	15/side	no rest	Legs & Glutes
KB Deficit Push-ups	2	15-20	45s	Chest, Triceps
Bulgarian Split Squat	2	10/leg	no rest	Legs & Glutes
Kettlebell Rear Delt Row	2	10-15	45s	Upper Back

Day 5 – Total Body Endurance Workout

Exercises	Sets	Reps	Rest	Target Muscle
Arm Changing KB Swings	2	10/side	30s	Full Body
Single Arm KB Thruster	2	10/side	30s	Full Body
Kettlebell Figure 8	1	25/side	no rest	Full Body
Kettlebell Slasher	2	10/side	no rest	Ab & Delts
KB Plank Pull Through	2	10/side	30s	Ab & Delts

Day 6 – Full Body Mobility Workout

Exercises	Sets	Reps	Rest	Target Muscle
Kettlebell Armbar	2	10/side	no rest	Full body
Kettlebell Hip Opener	2	10/side	no rest	Lower Body
Front Rack Shrimp Squats	3	5/leg	no rest	Full Body
Single-leg Glute Bridge	2	10/side	no rest	Lower Body & Ab
KB Cossack Squat	2	10/side	no rest	Lower Body

I've got a list of [80 kettlebell exercises](#) you can use while adjusting this program.

To achieve optimal results without hurting yourself, I recommend using a weight that is challenging but allows proper form and increasing reps by 1-2 or weight by 2-4 kg every 2 weeks if comfortable.

If you're a beginner, reduce reps by 2-3 or use a lighter weight.

Frequently Asked Questions (FAQs)

How do I choose the right kettlebell weight?

Select a weight you can lift with good form for 8-12 reps for strength exercises or 12-15 reps for endurance. For mobility, use a lighter weight (4-12 kg) to prioritize range of motion.

How do I progress in this program?

Every 2-3 weeks, increase reps by 1-2, add 2-4 kg to the kettlebell, or reduce rest by 10 seconds. Track progress to ensure you're challenging yourself without sacrificing form.

What can I expect from this program?

This kettlebell program will help you maintain your strength and shape, and help you improve balance and flexibility. If you want to transform your fitness with only kettlebells, I recommend this [6-day split](#).