

Single Kettlebell Exercises and Workout Routine

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Check out [article](#) for more info

40 Single Kettlebell Exercises to Level Up Fitness

No.	Exercise	Muscle Worked
1	Single-arm Kettlebell Swing	Full Body
2	Single Leg KB Romanian Deadlift	Hamstring and Lower Back
3	One-arm KB Floor Press	Chest and Triceps
4	KB Overhead Press	Shoulder and Triceps
5	Kettlebell Good Morning	Hamstring and Lower Back
6	KB Around the World	Upper Body
7	Russian KB Swing	Full Body
8	Kettlebell Turkish Get Up	Full Body
9	Single Kettlebell Squat	Lower Body
10	Single KB Lunges	Lower Body
11	Bent-Over Kettlebell Row	Back
12	Kettlebell Suitcase Row	Back
13	Kettlebell Windmill	Full Body
14	KB Clean and Press	Shoulder and Legs
15	Kettlebell High Pulls	Legs, Shoulder, and Back
16	KB Lateral Lunge	Legs
17	KB Half Kneeling Press	Shoulder
18	Single KB Floor Fly	Chest
19	KB Bicep Curl	Biceps
20	KB Squat to Press	Shoulder
21	KB Floor Squeeze Press	Chest and Triceps
22	KB Lunge with Rotation	Full Body
23	KB Side Plank	Core

24	Russian Twist	Core
25	KB Crunches	Core
26	Pistol Squat	Legs
27	Kneeling Low to High Chop	Core and Shoulder
28	Kettlebell Pullover	Chest and Back
29	Kettlebell Glute Bridge	Glutes
30	KB Gorilla Row	Back
31	Crush Grip Push-up	Triceps and Chest
32	KB Concentration Curl	Biceps
33	Lateral Raise	Shoulder
34	Overhead Farmer's Walk	Full Body
35	Front Lunge to Curl	Legs and Biceps
36	Kettlebell Windmill	Full Body
37	Goblet Squat	Lower Body
38	Sit up & press	Upper Body
39	Bob and Weave	Lower Body
40	Deck Squat	Full Body

30-Day Single Kettlebell Strength Program to Build Muscle

This program includes various single KB exercises that bolster each muscle of your body and help you build lean mass.

Here's a brief outline of this program:

- Duration/Session: 30-45 minutes
- Routine Type: Full Body
- Session/week: 4-5
- Rest between sets: 45-90 seconds
- Suitable for men and women.

Monday

Exercise	Muscle Worked	Reps
Russian KB Swing	Full Body	15 x 2
Single KB Lunges	Lower Body	10/side x 2
Crush Grip Push-up	Chest and Triceps	10 x 2
KB Overhead Press	Shoulder	10/side x 2

Bent-Over Kettlebell Row	Back	10/side x 2
Half Kneeling Low to High Chop	Upper Body	10/side x 2

Tuesday

Exercise	Muscle Worked	Reps
KB Squat	Fully Body	15 x 2
Floor Press	Chest	10/side x 2
Deadlift	Full Body	10/side x 2
One-arm Row	Back	10/side x 2
Crunches	Biceps	10 x 2
Good Morning	Ham & Lower Back	10 x 2

Thursday

Exercise	Muscle Worked	Reps
Single-arm Swing	Full Body	10/side x 2
Deadlift	Full Body	10 x 3
Deck Squat	Lower Body	10/side x 2
Turkish GetUp	Total Body	5 x 3
Crush Grip Push-up	Upper Body	10 x 3

Friday

Exercise	Muscle Worked	Reps
Single KB Gorilla Row	Back	10/side x 3
Clean and Press	Shoulder & Legs	10/side x 2
Biceps Curl	Biceps	10/side x 2
Pullover	Chest	10 x 2
Half Kneeling L2H Chop	Core	10/side x 2
Glute Bridge	Glutes	10 x 2

Sunday

Exercise	Muscle Worked	Reps
Front Lunge	Leg and Biceps	10/side x 2
KB Squat to Press	Leg and Shoulder	15, 12, 10
One-arm Row	Chest and Triceps	10/side x 2
Lateral Raise	Shoulder	10/side x 2
High Pulls	Upper Body	10 x 2
KB Crunches	Core	10 reps
KB Russian Twist	Core	10 reps

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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