

3 Day Total Body Kettlebell Workout for Beginners

Created by: [Murshid Akram](#)
Check out [article](#) for more info

Program Summary

Program Goal (1)	Increase Strength and Mass
Program Goal (2)	Increase Weight Loss
Session Duration/Day	30 minutes
Weekly Frequency	3 Days a Week
Suggested Program Duration	3 Months
Routine Type	Full Body Workout
Workout Level	Beginner
Target Gender	Male and Female
Suitable Age Group	16-45 Years
Plant to follow next	4 Day Kettlebell Workout Plan

3 Day a Week Kettlebell Workout Plan to Build Muscles

- Monday – Workout
- Tuesday – OFF
- Wednesday – Workout
- Thursday – OFF
- Friday – Workout
- Saturday – OFF
- Sunday – OFF

You can do exercises at your own pace and take appropriate rest in between them.

Day 1

Do as many rounds as possible (AMRAP) in 30 minutes

- 10 [Kettlebell Pushups](#)
- 15 [Kettlebell Squats](#)
- 10 [Kettlebell Push Presses](#)
- 10 [Kettlebell Gorilla Rows](#)
- 10 [Kettlebell Glute Bridges](#)
- 10 [Kettlebell Slingshots](#)

Day 2

AMRAP in 30 minutes

- 10 [Kettlebell Deadlifts](#)
- 10 [Kettlebell Floor Presses](#)
- 10 [Front Lunges](#) (Right Leg)
- 10 Front Lunges (Left Leg)
- 10 [Kettlebell Snatches](#)
- 10 [KB Front Squat to Presses](#)

Day 3

AMRAP in 30 minutes

- 15 [Kettlebell Swings](#)
- 10 Kettlebell Halo
- 10 [Push Jerks](#) (Right Arm)
- 10 Push Jerks (Left Arm)
- 10 [Goblet Squats](#)
- 10 [Half Kneeling Kettlebell Chops](#) (Right Side)
- 10 Half Kneeling Kettlebell Chops (Left Side)

3 Day Kettlebell Program for Weight Loss

- Monday – Workout
- Tuesday – OFF
- Wednesday – Workout
- Thursday – OFF
- Friday – Workout

- Saturday – OFF
- Sunday – OFF

You'll do three rounds each training day.

Each round will consist of 5 exercises and take 10 minutes to complete.

You can do exercises at your own pace but make sure you do it at high intensity to burn maximum calories.

The 30 minutes full body kettlebell workout will help you burn approximately 300-400 calories.

Day 1

Circuit 1

- 15 Squats
- 15 Floor Presses
- 15 Gorilla Row
- 15 Thrusters
- 10 Single-arm Snatches (Right Arm)
- 10 Single-arm Snatches (Left Arm)
- 10 Kneeling Wood Chops (Right Side)
- Take rest and move to the next round.

Circuit 2

- 10 Front Squat to Overhead Press
- 10 Deadlifts
- 10/side Alternate Suitcase Rows
- 5/side Walking Lunge with Rotation
- 15 Slighshots
- 10 Kneeling Wood Chops (Left Side)
- Take rest and move to the next round.

Circuit 3

- 15 One-arm Swings (Right-arm)
- 15 One-arm Swings (Left-arm)
- 15 Glute Bridges
- 15 Halo

- 15 Goblet Squats
- 15 KB Front Squat to Presses

Day 2

Circuit 1

- 10 Push Jerks (Right Arm)
- 10 Push Jerks (Left Arm)
- 10 Deadlifts
- 15-sec/side Kettlebell Side Plank
- 5/side Walking Lunge with Rotation

Circuit 2

- 10 Front Lunges (Right Leg)
- 10 Front Lunges (Left Leg)
- 15 Push Presses
- 10 [Kettlebell Deck Squats](#)
- 15 Slighshots
- 15 Dual Arm KB Swings (Right-arm)

Circuit 3

- 10 Sumo Deadlift High Pull
- 10/side [Bob and Weave](#)
- 10 Kettlebell Deck Squats
- 10/Side Kettlebell Slashers
- 15 KB Front Squat to Presses

Day 3

Circuit 1

- 10 Kettlebell Deadlifts
- 15 Floor Presses
- 15 One-arm Thruster (Right-arm)
- 15 One-arm Thruster (Left-arm)
- 10 Half Kneeling Chops (Right Side)
- 10 Half Kneeling Chops (Left Side)

Circuit 2

- 20 Swing Changing Hands

- 10 Push Jerks (Right Arm)
- 10 Push Jerks (Left Arm)
- 10/side Walking Lunge with Rotation
- 10/side Alternate Suitcase Rows
- 10/Side Kettlebell Slashers

Circuit 3

- 10 Single Kettlebell Cleans (Right-arm)
- 10 Single Kettlebell Cleans (Left-arm)
- 20 Squat to Press
- 15 Slighshots
- 10/side Bob and Weave
- 10 Kettlebell Deck Squats
- 15-sec/side Kettlebell Side Plank

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
Optimum Nutrition Amino Energy	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Body Fortress Whey Protein Powder

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](#)

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)