4 DAY KETTLEBELL WORKOUT ROUTINE FOR MUSCLE GAIN AND WEIGHT LOSS

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About Program

Plan 1	Upper Lower Split for Muscle Gain
Plan 2	Kettlebell Cardio for Weight Loss
Session/week	Four
Duration/session	30-45 minutes
Equipment Needed	Kettlebells
Workout Level	Beginner to Intermediate
Suggested Program Duration	8-12 Weeks
Target Gender	Male and Female
Suitable Age Group	16-40 years

Upper Lower Split to Build Muscle

- **Day 1 – Upper Body**
- **Day 2 – Legs and Glutes**
- **Day 3 – Upper Body**
- **Day 4 – Legs and Glutes**

Take a day off after two days of training and another two days of rest after the next two days of workouts.

Keep the rest time between sets as short as possible.

Day 1 – Upper Body

Exercise	Sets	Reps	Target Muscle
Kettlebell Pushup	3	10-15	Chest & Triceps
Floor Press	2	10-15	Chest & Triceps
Gorilla Row	3	10-15	Back and Abs
Push Press	3	10-12	Shoulder
Kettlebell Swings	3	15-20	Upper Body
Kneeling KB Chops	2	10/side	Abdominals

Day 2 – Legs and Glutes

Exercise	Sets	Reps	Target Muscle
Suitcase Deadlift	3	10-12	Lower Body
Goblet Squat	3	10-15	Quads
Front Lunges	3	10/leg	Quads and Hams
Hamstring March	2	10/leg	Hamstrings
Step Up	3	10/leg	Legs and Glutes
Glute Bridge	3	10-12	Glutes

Day 3 – Upper Body

Exercise	Sets	Reps	Target Muscle
KB See-Saw Press	3	10-12	Shoulder
Renegade Row	2	10-15	Back and Abs
Close-Grip KB Push-up	3	10-15	Chest and Tris
Kettlebell Halo	3	15-20	Shoulder
Kettlebell Thruster	2	10/side	Shoulder
Kettlebell Slashers	2	10/side	Abdominals
Kettlebell Crush Curl	2	12-15	Biceps

Day 4 – Legs and Glutes

Exercise	Sets	Reps	Target Muscle

Deck Squats	3	10-12	Legs and Abs
KB Bob and Weave	3	10/leg	Quads & Adductors
Single Leg Deadlift	2	10/leg	Hams & Lower Back
Bulgarian Split Squat	3	10/leg	Thigh and Glutes
Unilateral Leg Curl	3	10/leg	Hamstrings

Workout Routine to Increase Fat Loss

- Day 1 – Low Impact Workout
- Day 2 – Moderate Intensity Training
- Day 3 – High-Intensity Training
- Day 4 – Circuit Workout

Monday – Low Impact Workout

- 10 One-arm KB Swing (right-hand), 30-second rest
- 15 Kettlebell Squats, 45-second rest
- 10 KB Hang Clean, 45-second rest
- 10 **KB Luges to Rotation**, 45-second rest
- 10 One-arm KB Swing (left-hand), 30-second rest
- 10 Kettlebell Push Press, 45-second rest
- 20 Half-Kneeling Chops (10 reps on each side), 30-second rest
- Perform three rounds at 40-60% of your maximum heart rate.

Tuesday – Moderate Intensity Training

- 10 KB Deficit Push-ups, 30-second rest
- 10 Bent-over Row, 30-second rest
- 10 Thruster, 45-second rest
- 10 Deadlifts, 45-second rest
- 10 **KB Around the World**, 30-second rest
- 20 Kettlebell Plank Drags (10 reps per hand), 30-second rest
- Perform three rounds at 60-80% of your maximum heart rate.

Thursday – High-Intensity Training

- 10 American Swings, 15-second rest
- 15 Kettlebell Squats, 15-second rest
- 10 KB Squat Clean, 15-second rest
- 10 Kettlebell Jerks, 20-second rest
- 10 Russian Swings, 20-second rest
- 10 Kettlebell Push Press, 20-second rest
- 20 Half-Kneeling Chops (10 reps on each side), 20-second rest
- Perform three rounds at 80-100% of your maximum heart rate.
  Perform each exercise at high intensity, followed by short intervals.

Saturday – Circuit Workout

- 10 KB Deficit Push-ups
- 10 Bent-over Row
- 10 Thruster
- 10 Deadlifts
- 10 KB Slingshot

- 20 Plank Drags (10 reps per side)

Perform three rounds at 75-90% of your maximum heart rate.
Perform each exercise in a row without resting between them. Once you complete the round, walk for a few minutes, then repeat again. Aim for three to five rounds.