

# The 4 Week Kettlebell Compound Workout Plan to Build Muscle

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Check out [article](#) for more info

## Summary

- **Week 1** – Full Body Beginner Level
- **Week 2** – Upper/Lower Body Split
- **Week 3** – Push Pull Legs
- **Week 4** – Full Body Pro Level

Please Note: When you decrease repetitions, increase the load. However, if you don't have many options, you can do three sets of 10 to 12 reps each.

You can perform exercises in traditional reps and sets or do them in circuits, depending on your fitness level.

The [circuit training](#) will be challenging and suitable for burning significant calories and boosting cardiovascular fitness.

## Week 1 – Full Body Workout

### Monday

Exercises	Reps	Rest
<a href="#">Front Squat</a>	15 x 3	1-2 min
<a href="#">Forward Lunge</a>	10 x 2	1-2 min
<a href="#">Push Press</a>	15 x 3	1-2 min
<a href="#">Suitcase Deadlift</a>	10 x 3	1-2 min
<a href="#">Gorilla Row</a>	12 x 3	1-2 min

### Tuesday

Exercises	Reps	Rest
<a href="#">Kettlebell Step-up</a>	10 x 2	1-2 min

<a href="#">Kettlebell Push-up</a>	10 x 3	1-2 min
<a href="#">Russian Swing</a>	15 x 3	1-2 min
<a href="#">Floor Press</a>	12 x 3	1-2 min
<a href="#">Lunge with Rotation</a>	10/side x 2	1-2 min

## Thursday

Exercises	Reps	Rest
<a href="#">Kettlebell Halo</a>	10 x 2	1-2 min
<a href="#">Deck Squat</a>	15 x 2	1-2 min
<a href="#">Kettlebell Drag</a>	10 x 2	1-2 min
<a href="#">Front Raise</a>	10 x 2	1-2 min
Kettlebell Deadlift	10 x 3	1-2 min
<a href="#">Kettlebell Slasher</a>	10 x 2	1-2 min

## Friday

Exercises	Reps	Rest
<a href="#">Goblet Curtsy Step Down</a>	10 x 3	1-2 min
<a href="#">Chainsaw Row</a>	15 x 3	1-2 min
Overhead Carry Walk	15-sec x 2	30-sec
<a href="#">Kettlebell Sit-up</a>	10 x 3	60-sec
Bob and Weave	10 x 3	1-2 min

## Week 2 – Upper/Lower Body Split

- **Monday** – Upper Body (Push Focus)
- **Tuesday** – Lower Body (Quad Focus)
- **Wednesday** – Rest
- **Thursday** – Upper Body (Pull Focus)
- **Friday** – Lower Body and Core
- **Saturday & Sunday** – Rest

### Monday – Upper Body (Push Focus)

Exercises	Reps	Rest
<b>Kettlebell Pushup</b>	10 x 3	1-2 min
<b>Kettlebell Floor Press</b>	15 x 3	1-2 min
<b>Australian Swing</b>	15 x 3	1-2 min
<a href="#">Clean &amp; Rotational Press</a>	10 x 3	1-2 min
<b>Bob and Weave</b>	10 x 2	1-2 min

### Tuesday – Lower Body (Quad Focus)

Exercises	Reps	Rest
Kettlebell Step-up	10 x 2	30-Second

Racked Reverse Lunge	10 x 2	1-2 minute
Front Squat	15 x 3	1-2 minute
Lateral Squat	10 x 2	1-2 minute
Calf Raises	15 x 3	1-2 minute

### Thursday – Upper Body (Pull Focus)

Exercises	Reps	Rest
Kettlebell Deadlift	10 x 3	1-2 min
Gorilla Row	12 x 3	1-2 min
<a href="#">High Pull</a>	12 x 3	1-2 min
<a href="#">Kettlebell Snatch</a>	12 x 2	1-2 min
<a href="#">Kettlebell Armbar</a>	12 x 2	1-2 min

### Friday – Lower Boody (Hamstring and Core)

Exercises	Reps	Rest
Romanian Deadlift	10 x 3	1-2 min
Goblet Squat	10 x 3	1-2 min
Glute Bridge	10 x 3	1-2 min
Sit-ups	10 x 2	45-sec
Russian Twist	15-sec x 2	45-sec
Side Plank	30-sec/side	30-sec

## Week 3 – Push/Pull/Legs and Core

- **Monday** – Chest, Shoulders, Triceps
- **Tuesday** – Back, Biceps, Wrist
- **Wednesday** – Rest
- **Thursday** – Legs
- **Friday** – Core
- **Saturday & Sunday** – Rest

### Monday – Chest, Triceps, Shoulders

Exercises	Reps	Rest
Kettlebell Pushup	10 x 3	1-2 min
Floor Press	10 x 3	1-2 min
Floor Pullover	10 x 3	1-2 min
Dual-arm Overhead Press	10 x 3	1-2 min
Kettlebell Lateral Raise	10 x 3	1-2 min
Overhead Triceps Extension	10 x 2	1-2 min

### Tuesday – Back, Biceps, Wrist

Exercises	Reps	Rest
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Kettlebell Deadlift	10 x 3	1-2 min
<a href="#">Renegade Row</a>	10 x 2	1-2 min
<a href="#">Tripod Hip Row</a>	10 x 2	1-2 min
Standard Curl	10 x 3	1-2 min
Concentration Curl	10 x 2	1-2 min
Kettlebell Wrist Curl	10 x 2	1-2 min

### Thursday – Legs

Exercises	Reps	Rest
Front Lunge	10 x 2	1-2 min
Front Squat	15 x 3	1-2 min
Kettlebell Step-up	10 x 2	1-2 min
Romanian Deadlift	10 x 2	1-2 min
Glute Bridge	10 x 2	1-2 min
Calf Raises	12 x 3	1-2 min

### Friday – Core

Exercise	Reps	Rest
<a href="#">Kneeling Wood Chop</a>	10 x 2	45-sec
Sit-ups	10 x 2	45-sec
Russian Twist	10 x 2	45-sec
Kettlebell V Ups	10 x 2	45-sec
Plank	1-min x 2	30-sec
Kettlebell Side Plank	20-sec/side	No Rest

## Week 4 – Full Body Pro Level Kettlebell Exercise

### Day 1 – Monday

Exercise	Reps	Rest
Farmers Walk	20-sec x 2	1-2 min
Squat and Press	10 x 3	1-2 min
Around the World	10 x 2	1-2 min
Gorilla Row	10 x 2	1-2 min
High Pulls	10 x 2	1-2 min
Calf Raises	10 x 2	1-2 min
Kneeling Press	10 x 2	1-2 min

### Day 2

Exercises	Reps	Rest
Kettlebell Swing	10 x 2	1-2 min
Kettlebell Clean and Press	10 x 2	1-2 min
Kettlebell Push up	10 x 2	1-2 min

<b>Crush Grip Floor Press</b>	10 x 2	1-2 min
<b>Dual Military Press</b>	10 x 2	1-2 min
<b>Kettlebell Deadlift</b>	10 x 2	1-2 min
<b>Kettlebell Halo</b>	10 x 2	1-2 min
<b>Kettlebell Snatch</b>	10 x 2	1-2 min

### Day 3

Exercise	Reps	Rest
<a href="#">Reverse Lunges to Step Up</a>	10 x 2	1-2 min
<b>Kettlebell Jerk</b>	10 x 2	1-2 min
<b>Renegade Row</b>	10 x 2	1-2 min
<b>Sit-ups</b>	10 x 2	1-2 min
<b>Slingshot</b>	10 x 2	1-2 min
<b>Kettlebell Drag</b>	10 x 2	1-2 min
<b>Floor Seesaw Press</b>	10 x 2	1-2 min

### Day 4

Exercise	Reps	Rest
Clean and Rotational Press	10 x 2	1-2 min
KB Lunge with Rotation	10 x 2	1-2 min
Sit and Press	10 x 2	1-2 min
Incline Plank Rowing	10 x 2	1-2 min
Kettlebell Woodchop	10 x 2	1-2 min
Lateral Swings	10 x 2	1-2 min
Kettlebell Deadlift	10 x 2	1-2 min
Gorilla Row	10 x 2	1-2 min

### Recommended Supplements:

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

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

### **Helpful Resources:**

1. [\*\*Top 6 Kettlebell Lat Exercises For Stronger Back\*\*](#)
2. [\*\*Top 10 Kettlebell Quad Exercise\*\*](#)
3. [\*\*The Best Kettlebell Hamstring Exercises\*\*](#)
4. [\*\*The 5 Day Kettlebell Workout Routine \(PPL Split\)\*\*](#)
5. [\*\*The Ultimate List of 82 Kettlebell Exercises\*\*](#)

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