

Full Body 30-Minute Kettlebell Circuit Training to Get Athletic

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I've designed an ultimate 30-minute kettlebell workout plan. It is based on full-body circuit training. It involves performing six exercises in a row (targeting different muscle groups) followed by 2 minutes of rest.

- This program includes a total of 30 sessions.
- You can train at your own pace. For example, if you exercise twice a week, it will take 15 weeks, if you train three times weekly, it will take 10 weeks, and if you train five times weekly, it will take 6 weeks to finish.
- Include all kinds of exercises to improve strength, agility, muscle mass, and mobility.
- Suitable for males and females both.
- This 30-minute kettlebell circuit workout will help you burn around 250-350 calories.
- Easy to advance exercise progression.
- Focus on every body part, from the chest, arms, abs, and shoulders to the back, quads, glutes, and hamstrings.

After completing this program, you'll be strong, fast, flexible, and functional and [look more aesthetic](#).

Let's start this program.

Full Body 30-Minute Kettlebell Circuit Training

Day 1

- 10-12 Overhead Press
- 12-15 [Front Squats](#)
- 15-20 Kettlebell Swings
- 10-12 kettlebell Rows
- 12-15 Floor Press
- 30-sec Russian Twist
- Take 2-minute rest
- Repeat for AMRAP

Day 2

- 20 lunges (10/leg)
- 10 Kettlebell Deadlifts
- 10 Puhs-ups on KBs
- 20 [Single-arm KB Cleans](#) (10/side)
- 30-sec Dead Bug Crunch
- 12 KB High Pulls
- Take 2-minute rest
- Repeat for AMRAP

Day 3

- 10 KB Push Push Press
- 10-12 Gorilla Rows
- 10-15 Reverse Lunges
- 20 Oblique Chop (10/side)

- 16 Floor Press (8/side)
- 12 Hip Thrusts
- Take 2-minute rest
- Repeat for AMRAP

Day 4

- 20 Clean & Press (10/side)
- 10 Kettlebell RDL
- 10 Push-ups on KBs
- 15 KB Cossack Squats
- 10 Turkish Get-Ups (5/side)
- 12 Renegade Row (6/side)
- Take 2-minute rest
- Repeat for AMRAP

Day 5

- 20 Single-arm Kettlebell Swings (10/side)
- 10 [KB Around The World](#)
- 20 [Single Leg KB Deadlift](#) (10/leg)
- 20 Kettlebell Curls (10/arm)
- 10 Goblet Squats
- 20 Kettlebell Halo (10/side)
- Take 2-minute rest
- Repeat for AMRAP

Day 6

- 12 [KB Bob and Weave](#) (6/side)
- 10 Turkish Get-Up (5/side)
- 20 Single-arm Floor Press (10/side)

- 20 Russian Twist (10/side)
- 20 Reverse Lunge (10/side)
- 20-second Side Plank per side
- Take 2-minute rest
- Repeat for AMRAP

Day 7

- 20 Arm Changing KB Swings (10/side)
- 12 KB Single-arm Snatch (6/side)
- 12 [KB Lunge with Rotation](#) (6/side)
- 10 [KB Deck Squats](#)
- 10 Gorilla Row
- 12 [Kettlebell Slasher](#) (6/side)
- Take 2-minute rest
- Repeat for AMRAP

Day 8

- 10 [Squat to Press](#)
- 10 KB Pullover
- 20 Standing Wood Chop (10/side)
- 12 KB Step Up (6/side)
- 20 [Good Morning](#)
- 10 Sit Ups
- Take 2-minute rest
- Repeat for AMRAP

Day 9

- 10 KB Deficit Push-ups
- 12 [Kettlebell Jerks](#)

- 12 KB Walking Lunges (6/side)
- 10 Kettlebell Push Press
- 12 KB Deadlifts
- 10 Dead Bug Crunches
- Take 2-minute rest
- Repeat for AMRAP

Day 10

- 12 [Kettlebell Windmill](#) (6/side)
- 10-12 KB Overhead Squats
- 20 [Staggered Pushups](#) (10 reps per side)
- 20 KB Chainsaw Rows (10 per side)
- 15-Second Hollow Body Hold
- 12 Lateral Squats (6/leg)
- Take 2-minute rest
- Repeat for AMRAP

Day 11

- 10 Dual-arm KB Clean and Press
- 20 Plank Drag (10 per side)
- 12 Curtsy Lunges (6 per leg)
- 12 Upright Row
- 20 Single-arm Floor Press (10 per side)
- 20-Second Side Plank Hold
- Take 2-minute rest
- Repeat for AMRAP

Day 12

- 8-10 Kettlebell Thrusters

- 10 Overhead Lunges (5 reps per leg)
- 12 Gorilla Rows
- 12 [Single-arm Clean with Rotational Press](#) (6/side)
- 12 Single-leg Deadlift (6/side)
- 15-second Hollow Body Hold
- Rest for 2-minute
- Repeat AMRAP

Day 13

- 12 [KB Lunge to Press](#) (6 per side)
- 10 Kettlebell Slingshots
- 12 [Kettlebell Glute Bridges](#)
- 20 Elevated Plank Row (10/side)
- 20 Kettlebell Halo (10/side)
- 10 Kettlebell Sit-ups
- Rest for 2-minute
- Repeat AMRAP

Day 14

- 12 [Kettlebell Sit and Press](#)
- 10 KB Squat Jacks
- 10 Kettlebell Deadlifts
- 15-20 Kettlebell Swings
- 10-12 Kettlebell Rows
- 30-sec Russian Twist
- Rest for 2-minute
- Repeat AMRAP

Day 15

- 15-20 Kettlebell Swings
- 6-8 [Kettlebell Man Maker](#)
- 10-12 KB High Pulls
- 12 Renegade Rows (6/side)
- 10-15 Reverse Lunges
- 10 Half Kneeling Kettlebell Chop
- Rest for 2-minute
- Repeat AMRAP

Day 16

- 10 [Pistol Squat](#) (5 per leg)
- 20 Seesaw Press (10 per side)
- 10-12 Gorilla Rows
- 12 Hip Thrusts
- 10-12 Crush Grip Push-ups
- 20 Kettlebell Wrist Curls (10/arm)
- Rest for 2-minute
- Repeat AMRAP

Day 17

- 10 [Renegade Row](#) (5/side)
- 12 Bottoms Up Press (6/side)
- 12 Bulgarian Split Squat or Curtsy Lunges (6/leg)
- 8-10 Kettlebell V-ups
- 6-8 KB Man Maker
- 20-second KB Side Plank
- Rest for 2-minute

- Repeat AMRAP

Day 18

- 20 Kettlebell Swings
- 10 [Kettlebell Armbar](#) (5/side)
- 10 [Shrimp Squats](#) or Pistol Squats (5/side)
- 10 [Pushups to Rows](#) (5/side)
- 8-10 Clean & Press
- 20 Half Kneeling Kettlebell Chop (10/side)
- Rest for 2-minute
- Repeat AMRAP

Day 19

- 12 Sit and Press
- 10 KB Squat Jacks
- 10 Kettlebell Deadlifts
- 15-20 Kettlebell Swings
- 10-12 Kettlebell Rows
- 30-sec Russian Twist
- Rest for 2-minute
- Repeat AMRAP

Day 20

- 8-10 KB Thrusters
- 10 Overhead Lunges (5/leg)
- 12 Gorilla Rows
- 12 One-arm Clean & Rotational Press (6/side)
- 12 Single-leg Deadlift (6/side)
- 15-second Hollow Body Hold

- Rest for 2-minute
- Repeat AMRAP

Day 21

- 12 KB Lunge to Press (6 per side)
- 10 Kettlebell Slingshots
- 12 Kettlebell Glute Bridges
- 20 Elevated Plank Row (10/side)
- 20 Kettlebell Halo (10/side)
- 10 Kettlebell Sit-ups
- Rest for 2-minute
- Repeat AMRAP

Day 22

- 12 Kettlebell Sit and Press
- 10 KB Squat Jacks
- 10 Kettlebell Deadlifts
- 15-20 Kettlebell Swings
- 10-12 Kettlebell Rows
- 30-sec Russian Twist
- Rest for 2-minute
- Repeat AMRAP

Day 23

- 15-20 Kettlebell Swings
- 6-8 Kettlebell Man Maker
- 10-12 KB High Pulls
- 12 Renegade Rows (6/side)
- 10-15 Reverse Lunges

- 10 Half Kneeling Kettlebell Chop
- Rest for 2-minute
- Repeat AMRAP

Day 24

- 10 Pistol Squat (5 per leg)
- 20 Seesaw Press (10 per side)
- 10-12 Gorilla Rows
- 12 Hip Thrusts
- 10-12 Crush Grip Push-ups
- 20 Kettlebell Wrist Curls (10/arm)
- Rest for 2-minute
- Repeat AMRAP

Day 25

- 10 Renegade Rows (5/side)
- 12 Bottoms Up Press (6/side)
- 12 Bulgarian Split Squat or Step-Up (6/leg)
- 8-10 Kettlebell V-ups
- 6-8 KB Man Maker
- 20-second KB Side Plank
- Rest for 2-minute
- Repeat AMRAP

Day 26

- 20 Kettlebell Swings
- 10 Kettlebell Armbar (5/side)
- 10 Shrimp Squats or Pistol Squats (5/side)
- 10 Pushups to Rows (5/side)

- 8-10 Clean & Press
- 20 Half Kneeling Kettlebell Chop (10/side)
- Rest for 2-minute
- Repeat AMRAP

Day 27

- 12 Sit and Press
- 10 KB Squat Jacks
- 10 Kettlebell Deadlifts
- 15-20 Kettlebell Swings
- 10-12 Kettlebell Rows
- 30-sec Russian Twist
- Rest for 2-minute
- Repeat AMRAP

Day 28

- 8-10 KB Thrusters
- 10 Overhead Lunges (5/leg)
- 12 Gorilla Rows
- 12 One-arm Clean & Rotational Press (6/side)
- 12 Single-leg Deadlift (6/side)
- 15-second Hollow Body Hold
- Rest for 2-minute
- Repeat AMRAP

Day 29

- 12 KB Lunge to Press (6 per side)
- 10 Kettlebell Slingshots
- 12 Kettlebell Glute Bridges

- 20 Elevated Plank Row (10/side)
- 20 Kettlebell Halo (10/side)
- 10 Kettlebell Sit-ups
- Rest for 2-minute
- Repeat AMRAP

Day 30

- 8-10 Kettlebell Swings
- 10 Overhead Squats (5/leg)
- 10 Pushups to Rows (5/side)
- 12 One-arm Clean & Rotational Press (6/side)
- 12 Single-leg Deadlift (6/side)
- 15-second Hollow Body Hold
- Rest for 2-minute
- Repeat AMRAP

Frequently Asked Questions

Can You Use This Program to Lose Weight?

Yes, this routine can help you cut some weight and improve your fitness level if you eat a [low-calorie meal plan](#) and train consistently.

Is This Kettlebell Program Good for Building Muscle?

Yes, you can [grow your muscle mass](#) with this kettlebell circuit training, especially if you are lean. If you already have well-built muscle, this 30-minute KB workout will help retain your muscle mass while improving athletic fitness.

How Many Calories Does a 30-Minute Kettlebell Workout Burn?

The 30-minute KB circuit workout will help you torch 250 to 350 calories, depending on your body weight and age. [Calculate your calorie-burning rate.](#)

I'm a Female, Can I Use This Program?

Yes, this kettlebell program is both for men and women. But if you are a woman and you find it challenging to complete all exercises, I therefore recommend you make some adjustments depending on your fitness level.

Helpful Resources

1. [The Ultimate List of 82 Kettlebell Exercises](#)
2. [Kettlebell Hamstring Exercises](#)
3. [10 Kettlebell Quad Exercises](#)
4. [6 Kettlebell Lat Exercises](#)
5. [Kettlebell Lower Back Exercises](#)
6. [Kettlebell Pushups: Variations, How-To & Benefits](#)
7. [8 Kettlebell Lower Back Exercises for Sturdy Spine](#)
8. [5 Best Kettlebell Forearm Exercises for Strength & Mobility](#)
9. [15 Best Kettlebell Functional Exercises and WOD with PDF](#)
10. [10 Best Kettlebell Push Exercises for a Strong Body](#)