

# The Ultimate 6 Day Kettlebell Split for Building Muscle

Created by: [Murshid Akram](#)

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Kettlebells are incredible equipment not only for building explosive power and endurance but also for gaining muscle and sculpting physique.

In this article, I've shared an ultimate training plan for those who want to put on mass and shape their physique with kettlebells only. Anyone who wants to gain lean mass while developing athletic fitness can follow this routine for a few months.

## About This Workout Program

Split Type	Hybrid (Combined Body Part)
Sessions/Week	Six
Duration/Session	45 minutes
Workout Goal	Build Muscle & Improve Aesthetics
Suggested Duration	12-16 Weeks
Experienced Required	Beginner to Intermediate
Target Gender	Male and Female
Target Age Group	16-45 Years
Equipment Needed	Kettlebells, Bench, and a Mat

This training plan involves training six days per week, followed by one day of rest. Below is the complete weekly schedule:

- Day 1 – Chest and Quads
- Day 2 – Back, Hamstrings, and Glutes
- Day 3 – Shoulder, Arms, and Core
- Day 4 – Chest, Quads, and Calves
- Day 5 – Back, Hamstrings, and Glutes
- Day 6 – Shoulder, Arms, and Abs
- Day 7 – Recovery Day

Each session will start with a quick and short warm-up, followed by the main exercises (outlined below), which will take about 45 minutes to complete.

This program is based on a standard rep-set method, meaning you'll have to complete all the instructed sets of one exercise before moving to another.

Combining this workout with a healthy diet will help you achieve the best shape over time.

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## Instructions to follow the workout:

- **Warm-up:** I suggest doing some cardio and [dynamic warm-up exercises](#) to increase your body temperature and prepare your muscles for an effective resistance training session.<sup>1</sup> For example, you can do burpees, kettlebell swings, push-ups, mountain climbing, and the world's greatest stretch.
- **Rest between sets:** I recommend keeping the rest time between sets as short as possible. Short rest periods, such as 30-60 seconds, have proven effective for muscular hypertrophy.<sup>2</sup>
- **How heavy should you lift?** You can lift as heavy as your muscles allow as long as you maintain the form and intensity during the workout.

## Day 1 – Chest and Quads

Exercise	Sets	Reps
<a href="#">Deficit Push-ups</a>	3-4	8-12
Floor/Bench Press	3-4	10-15
<a href="#">Bridge Press</a>	3-4	10-12
Front Lunges	2-3	10/leg
Racked Squat	3-4	15-20
Step-up	2-3	10/leg

## Day 2 – Back, Hamstrings, and Glutes

Exercise	Sets	Reps
<b>Gorilla Row</b>	4-6	10-15
1-arm Bent-over Row	3-4	10/side
Romanian Deadlift	3-4	8-10
<b>Hamstrings March</b>	2-3	6/leg
<b>Glute Thrust</b>	3-4	10-12

## Day 3 – Shoulder, Arms, and Core

Exercise	Sets	Reps
<b>Russian Swing</b>	3-4	15-20
Overhead Press	3-4	12-15
Rear Delt Row	3-4	10-12
Overhead Triceps Extension	3-4	12-15
Biceps Curl	3-4	12-15
Kettlebell Crunches	3-4	10-12
<b>Chop and Lift</b>	3-4	10/side

## Day 4 – Chest, Quads, and Calves

Exercise	Sets	Reps
Deficit Push-ups	3-4	10-15
<b>Offset Pushup</b>	2-3	10/side
Chest Fly	3-4	10-12
Goblet Squat	3-4	12-15
<b>Bulgarian Squat</b>	2-3	10/side
Pistol Squat	3-4	5/side

Single-leg Calf Raises	3-4	10/side
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## Day 5 – Back, Hamstrings, and Glutes

Exercise	Sets	Reps
Kettlebell Deadlift	3-4	10-12
Gorilla Row	4-5	12-15
Renegade Row	3-4	5/side
Good Morning	3-4	8-10
Unilateral Leg Curl	2-3	10/leg
Curtsy Lunges	3-4	5/leg

## Day 6 – Shoulder, Arms, and Abs

Exercise	Sets	Reps
Seesaw Overhead Press	3-4	10/side
Lateral Swings	3-4	10/arm
Rear Delt Row	3-4	10-12
Kettlebell Dips	3-4	10-12
Reverse Biceps Curl	3-4	10-12
Kettlebell Crunches	3-4	10-12
Chop and Lift	3-4	10/side

## Is It Possible to Grow Muscles with Kettlebells Only?

Yes, kettlebell workouts when combined with proper diet can help build lean muscle mass and improve muscularity over time just like barbells

and dumbbells.<sup>3, 4, 5</sup> However, you have to keep patience and train consistently because gaining mass with limited equipment like kettlebells takes time.

On top of that, I also recommend adding some compound bodyweight movements such as dips and pull-ups for progressing your muscle growth.

## 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](#)

## References

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- [Gaining muscle with KBs? /Kettlebell \(Reddit Discussion\)](#)

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