

15 BEST KETTLEBELL FUNCTIONAL EXERCISES TO LEVEL UP YOUR FITNESS

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- ❓ Thruster
- ❓ Kettlebell Swing
- ❓ Goblet Squat
- ❓ Sumo Deadlift High Pull
- ❓ Clean and Press
- ❓ Snatch
- ❓ Push Press
- ❓ Sit-up
- ❓ Push-up
- ❓ Walking Lunges
- ❓ Turkish Get-Up
- ❓ Overhead Squat
- ❓ Deadlift
- ❓ Pistol Squat
- ❓ Wrist Turn

1. Kettlebell Thruster

About Exercise

- **Level:** Intermediate
- **Muscles Worked:** Shoulders, Core, Arms, and Legs
- **Force Type:** Push
- **Purpose:** Develop power and endurance.

Exercise Benefits

- Engage multiple muscle groups simultaneously.
- Increase shoulder mobility and leg strength.

- Torch significant calories and improves muscle definition.

How-to Instructions

- 🔗 Holding a kettlebell in your right hand, stand upright with your feet shoulder-width apart and toes pointing slightly out.
- 🔗 Hold the bell at chest height with your elbow tucked in and close to your side.
- 🔗 Lower into a squat until your thigh is parallel to the floor.
- 🔗 As you return to the standing position, thrust the kettlebell overhead until your arm is straight.
- 🔗 Keep your core and glutes engaged and your chest up and shoulders slightly down when you press the bell.

2. Kettlebell Swing

About Exercise

- **Level:** Beginner
- **Muscles Worked:** Shoulders, Core, Glutes, and Legs
- **Force Type:** Swings
- **Purpose:** Increase speed, endurance, and strength.

Exercise Benefits

- Swing is a full-body exercise that improves strength, endurance, power, and flexibility.
- It increases both maximal and explosive strength.¹
- It also helps [improve your cardiovascular health](#) and aerobic capacity.²

How-to Instructions

- 🔗 Holding a kettlebell with your hands, stand upright in the shoulder-width stance and arms straight between your legs.
- 🔗 Keeping your back straight, bend at your hips and let the kettlebell pass through your thighs.
- 🔗 Using your hamstrings and buttocks, drive through your heels and swing the kettlebell in front of you until your hips come forward.
- 🔗 Keep your head straight and neck aligned with your back during the entire movement.

3. Kettlebell Goblet Squat

About Exercise

- **Level:** Beginner
- **Muscles Worked:** Quads and Glutes
- **Force Type:** Push
- **Purpose:** Build muscle and strength in the lower body.

Exercise Benefits

- Goblet squat **bolsters quad muscles** and builds strong anterior thighs.
- It also helps improve athletic performance where the legs are primarily involved.

How-to Instructions

- 🔗 Grab a kettlebell and stand upright with your feet slightly wider than shoulder-width apart and feet pointing 5-10 degrees out. Hold the KB in front of your chest with your elbows bent.
- 🔗 Keeping your back straight and chest up, lower into a squat until your thighs are parallel to the floor.
- 🔗 Driving through your heels, return to the standing position.

4. Kettlebell Sumo Deadlift High Pull

About Exercise

- **Level:** Advanced
- **Muscles Worked:** Legs, Shoulder, Upper Back, and Glutes.
- **Force Type:** Pull
- **Purpose:** Improve pulling ability and develop an aesthetic torso.

Exercise Benefits

- It is a great exercise to build up explosive power, strength, and endurance.
- It strengthens and **develops posterior chain muscles** and helps improve your functional fitness.

How-to Instructions

- 🔗 Holding a kettlebell with your hands, stand in a sumo stance.
- 🔗 Keeping your back straight and chest up, bend at your hips until the kettlebell touches the floor. Your hands will be straight between your legs.
- 🔗 Keep your head high and look forward. That's the starting position.

- ❓ Driving through your heels, pull the weight till it reaches your neck.

5. Kettlebell Clean and Press

About Exercise

- **Level:** Advanced
- **Muscles Worked:** Legs, Shoulders, Arms, and Abs
- **Force Type:** Pull
- **Purpose:** Increase speed, strength, and endurance.

Exercise Benefits

- The kettlebell clean and press is a great exercise to improve your grip strength, shoulder stability, and core strength.
- It will also help you become more explosive and improve your cardiovascular fitness and muscular endurance.

How-to Instructions

- ❓ Holding one kettlebell in each hand, stand upright with your feet about shoulder-width apart.
- ❓ Bend at your hips until your torso is parallel to the floor, and from there, clean the bell over your shoulders.
- ❓ Now, press the weight overhead until your arms are straight.

6. Kettlebell Snatch

About Exercise

- **Level:** Intermediate
- **Muscles Worked:** Shoulders, Core, Arms, and Legs
- **Force Type:** Pull
- **Purpose:** Enhance power, endurance, and mobility.

Exercise Benefits

- It builds up power, muscular endurance, and VO2 max, as well as shed many calories in a quick time.
- It also strengthens and tones the posterior chain and upper body muscles.

How-to Instructions

- ❓ Place a kettlebell on the floor close to your feet and stand straight in a shoulder-width stance.
- ❓ Keeping your back straight, lean forward and grab the kettlebell with your right hand.
- ❓ The kettlebell swings back between your legs as you extend your knees and begin to stand.
- ❓ Now thrust your hips forward, snatch/pull the kettlebell, and finish it overhead until your arms are straight.
- ❓ Your wrist should be straight when the kettlebell rises to the top.
- ❓ Keep your core and glutes tight throughout the movement.

7. Kettlebell Push Press

About Exercise

- **Level:** Intermediate
- **Muscles Worked:** Shoulders, Core, and Arms
- **Force Type:** Push
- **Purpose:** Build muscle, power and endurance.

Exercise Benefits

- The kettlebell push press builds strength, muscle mass, and endurance.
- Builds upper body and core strength.
- Elevates cardiovascular health.
- Mimics real-life lifting scenarios, improving daily activities.
- **Combines strength and cardio** benefits of one exercise.

How-to Instructions

- ❓ Grab one kettlebell in each hand and stand straight with your feet shoulder-width apart.
- ❓ Hold the kettlebells at your chest level with your elbows bent and tucked at your side.
- ❓ Lower into a partial squat as it helps generate movement to press the weight overhead efficiently.
- ❓ Thrusting your hips forward, push the weight up until your arms are straight overhead.

🔗 Now, return to a partial squat and repeat for the desired repetitions.

8. Kettlebell Sit-up

About Exercise

- **Level:** Intermediate
- **Muscles Worked:** Core
- **Force Type:** Body Curl
- **Purpose:** Reinforce Abdominal Muscles.

Exercise Benefits

The kettlebell sit-up is an excellent core exercise that helps **forge abs and obliques** and improves the appearance of your six-pack abs. A solid core provides stability to your lower back and helps you perform various kettlebell exercises effectively.

How-to Instructions

- 🔗 Grab a kettlebell with your hands and lie on your back with your knees bent.
- 🔗 Hold the kettlebell over your chest by bending your elbows.
- 🔗 Curl your body up until you feel the contraction in your abdominal muscles.
- 🔗 Lower your torso on the floor and repeat for the desired number of times.

9. Kettlebell Push-up

About Exercise

- **Level:** Beginner
- **Muscles Worked:** Chest, Triceps, and Abs
- **Force Type:** Push
- **Purpose:** Build strength, muscle, and endurance.

Exercise Benefits

- Targets chest, shoulders, and triceps and build a muscular torso.
- Combines upper body workout and core training in one exercise.
- Improve your pressing movements that are required during push press and thruster.

How-to Instructions

- ❓ Grip a kettlebell in each hand and get into a high plank position with your arms straight below your shoulders and legs straight behind you. Maintain flat back as well. That's the start.
- ❓ Lower your chest as close to the floor as possible, then extend your elbows to return to the starting position.

10. Kettlebell Walking Lunges

About Exercise

- **Level:** Intermediate
- **Muscles Worked:** Legs, Glutes, and Abs
- **Force Type:** Push
- **Purpose:** Develop strength and power in the lower body.

Exercise Benefits

Kettlebell lunges are a great exercise to work the lower body. They help build strength, power, and endurance in your legs and core and boost your performance where lower body strength is required.

How-to Instructions

- ❓ To begin this exercise, stand with your feet hip-width apart and hold a kettlebell in each hand.
- ❓ Keep your arms straight at your sides and maintain an upright posture by keeping your chest up and back straight. That's the start.
- ❓ Take one large step forward with your right foot and bend your knees to lower into a lunge position until your rear knee touches the floor.
- ❓ Extend your knees to complete your first repetition.

11. Turkish Get-Up

About Exercise

- **Level:** Advanced
- **Muscles Worked:** Shoulders, Obliques, Arms, Back and Legs

- **Force Type:** Multi-movements
- **Purpose:** Improve strength and balance.

Exercise Benefits

- The Turkish get-up is an excellent kettlebell exercise for developing core strength, shoulder stability, and flexibility.
- It also helps improve your overall posture and mobility, as well as helps you gain a better understanding of how the body works.

How-to Instructions

- ❓ Holding a kettlebell in your right hand, lie on the floor and keep your right arm straight directly over your shoulder while the other arm relaxed on the floor.
- ❓ Keep your left leg straight and right leg bent and brace your core.
- ❓ Keeping your eyes on the kettlebell, begin with lifting your torso off the floor until you get yourself up into a seated position.
- ❓ Extend your knees and stand upright.
- ❓ Return to the lying position by reversing the movements in order.

12. Overhead Squat

About Exercise

- **Level:** Intermediate
- **Muscles Worked:** Shoulders, Legs, and Core
- **Force Type:** Push
- **Purpose:** Enhance strength, endurance, and mobility

Exercise Benefits

- The overhead squat is a compound movement that works the entire body and helps build strength, power, and stability in your hips, legs, core, and back.
- It also enhances muscle-mind coordination and overall fitness.

How-to Instructions

- ❓ Grab a kettlebell in your right hand and stand in the shoulder-width stance.
- ❓ Hold the kettlebell overhead with a straight arm and maintain an upright posture.
- ❓ Keeping your arm straight overhead, perform as many squats as needed.

13. Kettlebell Deadlift

About Exercise

- **Level:** Intermediate
- **Muscles Worked:** Legs, Back, and Shoulder
- **Force Type:** Pull
- **Purpose:** Develop posterior chain health.

Exercise Benefits

- The KB Deadlift helps strengthen various muscles throughout the body and improves your posture and flexibility.
- It is also an excellent exercise for improving strength, stamina, coordination, and balance.

How-to Instructions

- ❓ Stand with your feet shoulder-width apart, holding one kettlebell in each hand.
- ❓ Pushing your hips back, slightly bend your knees, and lower the kettlebells until they are close to the floor.
- ❓ Pushing through heels, extend your knees as you return to the standing position.
- ❓ Keep your spine in a neutral position, core tight, and kettlebells close to your body throughout the movement.

14. Kettlebell Pistol Squat

About Exercise

- **Level:** Advanced
- **Muscles Worked:** Legs and Core
- **Force Type:** Push
- **Purpose:** Improve balance, flexibility, and strength.

Exercise Benefits

- The pistol squat enhances your ability to control bodily movement, muscle coordination, and flexibility. Having better mobility helps you perform various exercises effectively.

- Build strength in quads, hamstrings, and glutes and engage core muscles throughout the movement.
- Enhances flexibility and mobility in hips and knees.

How-to Instructions

- ❓ Grab a kettlebell in your right hand and hold it close to your shoulder by bending your elbow.
- ❓ Lift your left foot off the floor and lower into a squat while taking your leg straight before you.
- ❓ Driving through your right foot, extend your knee until you return to the standing position.

15. Wrist Turnover

About Exercise

- **Level:** Intermediate
- **Muscles Worked:** Forearms
- **Force Type:** Twisting
- **Purpose:** Bolster forearms and improve wrist mobility.

Exercise Benefits

- Bolster forearm muscles and build defined arms.
- Increases wrist flexibility and mobility.

How-to Instructions

- ❓ Place a kettlebell on the flat bench or box and sit beside it on your knee.
- ❓ Grab the bell's handle with an underhand grip (right hand).
- ❓ Turn the bell to the left side until your palm is facing down.
- ❓ Reverse the movement to return to the start.
- ❓ Do as many reps as possible on each side.

The 5 Best Kettlebell Workouts of The Day (WODs)

1. The Fundamental Five

Do as many rounds as possible (AMRAP) in 30 minutes with 2 minutes of rest between each round.

Exercise	Reps
Kettlebell Thruster	15
Overhead Squat	10
Kettlebell Push-up	10
Kettlebell Swing	15
15 Kettlebell Sit-up	10

2. The Super EMOM

Perform the suggested reps of each exercise within one minute (EMOM) for 30 minutes.

- **Minute 1** – 10 Kettlebell Swing
- **Minute 2** – 10 Goblet Squat
- **Minute 3** – 10 Kettlebell Clean and Press
- **Minute 4** – 10 Kettlebell Sit-up
- **Minute 5** – 10 Kettlebell Push-up
- **Minute 6** – 10 Turkish Get-up
- **Minute 7** – 10 Kettlebell Deadlift
- **Minute 8** – 10 One-Armed Overhead Squat
- **Minute 9** – 10 KB Sumo Deadlift High Pull
- **Minute 10** – 10 Overhead Squat
- **Repeat till 30 minutes**

3. The Hexad

It includes performing six exercises, six reps each, for six rounds in six minutes.

Exercise	Reps
Goblet Squat	6
Swing	6

Pistol Squat	3/side
Push Press	6
Sit-up	6
Push-up	6

4. The Noble Nine

Exercise	Reps
Kettlebell Goblet Squat	9
Kettlebell Swing	9
Kettlebell Pistol Squat	9
Kettlebell Clean and Press	9
Kettlebell Walking Lunges	9
Kettlebell Sit-up	9
Kettlebell Push-up	9
Turkish Get-Up	9
Kettlebell Deadlift	9

5. Kettle-Bata

- **Type:** Tabata
- **Duration:** 30 minutes
- **Rest period after each completed circuit** – 2 minutes
- **How to perform exercises:** Do eight rounds of high-intensity intervals, alternating 20 seconds of work with 10 seconds of rest.

Exercises

- Kettlebell Swing
- Clean and Press
- Snatch
- Sit-up
- Push-up
- Thruster
- Goblet Squat

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