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The Complete 12-Week Kettlebell Program to Get Strong & Athletic

Created by: [Murshid Akram](#)

Check out full URL: <https://thefitnessphantom.com/12-week-kettlebell-program-pdf>

Program Description

Week- 1, 4, 7, 10	Full Body
Week- 2, 5, 8, 11	Push/Pull/Leg (PPL)
Week- 3, 6, 9, 12	Upper/Lower split
Training Duration	12 Weeks
Difficulty Level	Beginner to Intermediate
Require Equipment	Kettlebells and a flexible bench (optional)
Training Goal	Build Strength, Muscle, Endurance, and Mobility
Duration/Session	45 to 60 minutes
Sessions/Week	3-5
Target Gender	Both Male and Female

You'll train for three to four days weekly during the full body split and four to five days during the PPL and upper/lower split.

The [full-body workout](#) involves training almost every body part in each session.

The [PPL split](#) involves performing push exercises on Monday, pull exercises on Wednesday, and leg exercises on Thursday. I've also added a session for training your abdominal muscles on Friday.

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The [upper-lower split](#) allows you to work on your torso and legs in separate sessions and helps you focus more on your weaker body parts.

The interval between sets would be 30-45 seconds and between rounds would be 2-3 minutes.

You'll do 5 to 7 exercises every day throughout the journey.

You can do this program wherever you like, such as at home, in the gym, or on the ground.

Note: You can increase the rest time between sets depending on your fitness level. However, keeping it short will help you increase endurance.

Related: [30-Day Single Kettlebell Workout Routine](#)

The 12 Week Kettlebell Workout Plan for Building Muscle

- Weeks 1, 4, 7, 10: Full Body Workout
- Weeks 2, 5, 8, 11: Push, Pull, Legs
- Weeks 3, 6, 9, 12: Upper-Lower Split

Warm-up: It is best to perform some [aerobic exercises](#) for a few minutes to increase your heart rate and oxygen supply and get your muscles ready before you start the kettlebell workout session.

Week 1 – Full Body

You can [perform exercises in the circuit](#) (performing one set of each exercise in one round) or follow a standard pattern (completing all sets of one exercise before doing another), depending on your fitness level.

Perform two rounds if you're a beginner and three if you've been working out for a while.

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Monday

Exercise	Muscles Worked	Reps
Kettlebell Lunges	Quads and Hamstrings	10/leg
Kettlebell Squat	Quads	15
Deficit Pushup	Chest and Triceps	10
KB Overhead Press	Shoulder	10
KB Bent Over Row	Back and Biceps	10
Kneeling Low to High Chop	Core	10/side

Wednesday

Exercise	Muscles Worked	Reps
KB Farmer's Walk	Full Body	30-sec
Dual arm KB Swing	Total Body	15
Turkish Get-up	Full Body	5/side
Kettlebell Deadlift	Lower Body	10
Kettlebell Windmill	Total Body	10
Good Morning	Posterior Chain	10

Friday

Exercise	Muscles Worked	Reps
Kettlebell Floor Press	Chest and Triceps	15
Crush Grip KB Pushup	Chest and Triceps	10
KB Clean and Press	Legs and Shoulder	10
KB Lunges to Curl	Legs and Biceps	10
Kettlebell Gorilla Row	Back and Biceps	15

Week 2 – Push/Pull/Leg

Instructions: Follow a standard set routine to perform the workout. For example, complete all sets of one exercise before doing another.

Monday – Push Workout

Exercise	Sets	Reps	Muscle Worked
Kettlebell Bench Press	3	15-20	Chest and Triceps
KB Crush Grip Pushup	3	15-20	Chest and Triceps
Seesaw Kettlebell Press	3	10/arm	Shoulder
Kettlebell Push Press	3	12-15	Shoulder
Sit and Press	3	10-15	Delts and Abs

Wednesday – Pull Workout

Exercise	Sets	Reps	Muscle Worked
Kettlebell Deadlift	3	10-15	Leg and Back
Single-arm Gorilla Row	3	10/side	Back
Kettlebell High Pull	3	15-20	Back and Shoulder
Single-arm Swing	3	10/arm	Full Body
Single-arm Clean	3	10/arm	Biceps

Thursday – Legs

Exercise	Sets	Reps	Muscle Worked
KB Step-up	3	15-20	Quads
Kettlebell Lunges	3	10/leg	Legs
KB Cossack Squat	3	15-20	Lower Body
Romanian Deadlift	3	10-12	Hamstring
KB Glute Bridge	3	10-15	Glutes

Friday – Abs

Kettlebell Swings	3	15 x 3	Full Body
KB Lunge Twist	3	10/side	Oblique
Weighted Sit-up	4	10-15	Upper Abs
KB Dead Bug	4	5/side	Lower Abs

Week 3 – Upper/Lower Split

Monday – Upper Body

Exercise	Sets	Reps	Muscles Worked
Deficit Pushup	3	10-20	Chest
Push Press	3	10-15	Shoulder
Single-arm Gorilla Row	3	10/side	Back
Kettlebell Z Press	3	10-15	Shoulder
KB Renegade Row	3	6/side	Back

Tuesday – Lower Body

Exercise	Sets	Reps	Muscle Worked
Front Squat	3	15-20	Quadriceps
Front Racked Lunges	3	10/leg	Lower Body
KB Single-Leg RDL	3	8/leg	Hamstring
Frog Pump	3	10-12	Glutes
Single-leg Calf Raises	3	10/leg	Calves

Thursday – Upper Body

Exercise	Sets	Reps	Muscle Worked
Single-arm Swing	3	15/arm	Trunk
Kettlebell Snatch	3	10/arm	Shoulder
KB Slingshot	3	15-20	Arms
Single-arm High Pulls	3	10/side	Shoulder
Kettlebell Bench Press	3	15-20	Chest

Friday – Lower Body

Exercise	Sets	Reps	Muscle Worked
Sumo Squat	3	15-20	Quads and Glute
Reverse Lunges	3	10/leg	Quads and Glute
Step-up	3	10/leg	Lower Body
Good Moring	3	10-12	Posterior Chain
Lateral Squat	3	10/leg	Inner Thigh

Week 4 – Full Body

Monday

Exercise	Sets	Reps	Muscles Worked
Single-arm KB Swing	3	20/arm	Full Body
KB Turkish Get Up	3	10/side	Full Body
Kettlebell Z Press	3	15-20	Delts and Abs
Single-arm Row	3	15/arm	Back
Weighted Sit-up	3	12-15	Abs

Wednesday

Exercise	Sets	Reps	Muscles Worked
Single-arm Squat to Press	3	10/side	Leg and Delts
Pushup to Renegade Row	3	8-10	Upper Body
Kettlebell Windmill	3	6/side	Full Body
Mountain Climber	4	30-sec	Abs
Half Kneeling KB Chop	3	10/side	Core

Friday

Exercise	Sets	Reps	Muscles Worked
KB Deadlift	3	10-15	Leg and Back
Seesaw Press	3	10/arm	Chest and Triceps
Lunge with Rotation	3	10/side	Legs and Core
KB Swing Changing Hands	3	15-20	Upper Body
Kettlebell Thruster	3	15-20	Posterior Chain
KB Crunches	3	12-15	Core

Week 5 – Push/Pull/Leg/Core

Monday – Push Workout

Exercise	Sets	Reps	Muscle Worked
Kettlebell Bench Press	3	15-20	Chest and Triceps
Deficit Push-ups	3	15-20	Chest and Triceps
Seesaw Kettlebell Press	3	15/arm	Shoulder
Close Grip Push-up	3	15-20	Chest and Triceps
KB Overhead Triceps Extension	3	12-15	Triceps
Kettlebell Dips	3	12-15	Triceps

Tuesday – Pull Workout

Exercise	Sets	Reps	Muscle Worked
Kettlebell Deadlift	3	15-20	Leg and Back
Gorilla Row	3	15/side	Back
Dual-arm Russian Swing	3	15-20	Full Body
KB Reverse Curl	3	15-20	Arms
High Pulls	3	15-20	Core
Superman Pull	3	15-20	Back

Thursday – Lower Body

KB Front Squat	3	15-20	Quadriceps
Curtsy Lunges	3	10/leg	Quads and Hams
KB Cossack Squat	3	10/leg	Lower Body
Romanian Deadlift	3	10-12	Hamstring
Glute Bridge	3	15-20	Glutes
Single-arm Calf Raises	3	15-20	Calves

Friday – Core

Standing Oblique Cop	3	10/side	Obliques
Straight-arm Crunches	3	10-15	Upper Abs
KB Russian Twist	3	30-sec	Obliques
KB Dead Bug	3	5-sec/side	Lower Abs
Mountain Climber	3	30-sec	Abs

Week 6 – Upper/Lower Split

Monday – Upper Body

Exercise	Sets	Reps	Muscles Worked
Deficit Pushup	4	15-20	Chest and Triceps
1-arm Clean and Press	4	10/arm	Back, Delts, & Arms
Single-arm Gorilla Row	4	10/arm	Back and Abs
KB Renegade Row	4	10/side	Back, Arms, and Abs
Lateral Kettlebell Swings	4	10/side	Shoulder, Back, & Abs

Tuesday – Lower Body

Exercise	Sets	Reps	Muscle Worked
Front Racked Squat	4	15-20	Quads
Front Racked Lunges	3	10/leg	Quads
KB Single-Leg RDL	3	10/leg	Hamstring
Lateral Squat	3	10/leg	Adductors
KB Step-up	3	10/leg	Legs

Thursday – Upper Body

Exercise	Sets	Reps	Muscle Worked
Kettlebell Swing	4	20-25	Upper Body
KB Push Press	4	10-15	Shoulder
KB Slingshot	4	10/side	Upper Body
High Pull	4	10-15	Upper Body
Kettlebell Halo	4	10/side	Arms & Shoulder

Friday – Legs

Exercise	Sets	Reps	Muscle Worked
Sumo Squat	4	12-15	Thighs & Glutes
Reverse Lunges	3	10/side	Quad & Ham
KB Pistol Squat	3	5/leg	Quad & Ham
Suitcase Deadlift	4	12-15	Thigh and Glute
Kb Calf Raises	4	15/leg	Calves

Week 7 – Full Body

Monday

Exercise	Sets	Reps	Muscles
Both Arm KB Swing	4	20-25	Full Body
Turkish Get-up	3	6/side	Full Body
Bob and Weave	3	8/side	Lower Body
KB Windmill	3	10/side	Full Body
Man Maker	3	8-10	Total Body

Tuesday

Exercise	Sets	Reps	Target Muscles
Front Racked Lunges	3	10/leg	Legs
Squat to Overhead Press	3	10-12	Leg and Delts
Pushup to Renegade Row	3	8/side	Upper Body
Single-arm KB Clean	3	10/side	Upper Body
Gorilla Row	3	12-15	Back and Abs
Half Kneeling KB Chop	3	10/side	Core

Thursday

Exercise	Sets	Reps	Muscles Worked
Side KB Swing	3	10/side	Shoulder
Deficit Pushup	3	10-15	Chest & Triceps
1-arm KB Snatch	3	10/side	Legs and Delts
Kettlebell High Pull	3	10-15	Full Body
Romanian Deadlift	3	10-12	Hamstrings
Kettlebell Z Press	3	10-12	Shoulder

Friday

Thruster	3	12-15	Leg & Shoulder
Pistol Squat	4	5/leg	Full Body
Crush Grip Push-up	3	8/side	Chest & Tris
Bottoms Up Press	3	10/arm	Arms & Delts
Overhead Swings	3	12-15	Shoulder

Week 8 – Push/Pull/Leg/Core

Monday – Push Workout

Exercise	Sets	Reps	Muscle Worked
KB Floor Press	4	10-15	Chest and Triceps
Deficit Pushup	4	10-15	Chest and Triceps
Seesaw Kettlebell Press	4	10/side	Shoulder
Kettlebell Arm Bar	4	5/side	Shoulder & Ab
Bridge Press	4	10-15	Chest, Glutes & Ab

Tuesday – Pull Workout

Exercise	Sets	Reps	Target Muscle
Kettlebell Deadlift	4	10-12	Leg and Back
Gorilla Row	4	10-12	Back
Kettlebell High Pull	4	10-12	Back and Shoulder
Dual-arm Russian Swing	4	20-25	Full Body
Kettlebell Curl	4	12-15	Biceps

Thursday – Lower Body

Exercise	Sets	Reps	Muscle Worked
Front Squat	4	15-20	Quadriceps
Reverse Lunges	4	10/leg	Quads and Hams
Cossack Squat	4	10/leg	Adductors
Single Straight Leg Deadlift	4	10/leg	Hamstring
Step-up	4	10/leg	

Friday – Core

Exercise	Sets	Reps	Target Muscles
Kneeling KB L2H Cop	4	10/side	Obliques
Straight-arm Crunches	4	10-15	Abs
Russian Twist	4	10/side	Obliques
Side Plank Dips	4	10/side	Obliques
Kettlebell Deadbug	4	10/side	Lower Abs

Week 9 – Upper Lower Split

Monday – Upper Body

Exercise	Sets	Reps	Muscles Worked
Deficit Pushup	4	15-20	Chest and Triceps
1-arm Clean and Press	4	10/arm	Back, Delts, & Arms
Single-arm Gorilla Row	4	10/arm	Back and Abs
KB Renegade Row	4	10/side	Back, Arms, and Abs
Lateral Kettlebell Swings	4	10/side	Shoulder, Back, & Abs

Tuesday – Lower Body

Exercise	Sets	Reps	Muscle Worked
Front Racked Squat	4	15-20	Quads
Front Racked Lunges	3	10/leg	Quads
KB Single-Leg RDL	3	10/leg	Hamstring
Lateral Squat	3	10/leg	Adductors
KB Step-up	3	10/leg	Legs

Thursday – Upper Body

Exercise	Sets	Reps	Muscle Worked
Kettlebell Swing	4	20-25	Upper Body
KB Push Press	4	10-15	Shoulder
KB Slingshot	4	10/side	Upper Body
High Pull	4	10-15	Upper Body
KB Superman	4	10/side	Arms & Shoulder

Friday – Legs

Exercise	Sets	Reps	Muscle Worked
Sumo Squat	4	12-15	Thighs & Glutes
Reverse Lunges	3	10/side	Quad & Ham
KB Pistol Squat	3	5/leg	Quad & Ham
Suitcase Deadlift	4	12-15	Thigh and Glute
Kb Calf Raises	4	15/leg	Calves

Week 10 – Full Body

Monday

Exercise	Sets	Reps	Muscles
KB Swing Gorilla Deadlift	4	10-12	Full Body
Turkish Get-up	3	6/side	Full Body
Bob and Weave	3	8/side	Lower Body
Hyperextension	3	10/side	Full Body
KB Power Maker	3	8-10	Total Body

Tuesday

Exercise	Sets	Reps	Target Muscles
KB Lunge with Rotation	3	10/side	Legs & Oblique
Squat to Overhead Press	3	10-12	Leg and Delts
Pushup to Renegade Row	3	8/side	Upper Body
Single-arm KB Clean	3	10/side	Upper Body
Gorilla Row	3	12-15	Back and Abs
Half Kneeling KB Chop	3	10/side	Core

Thursday

Exercise	Sets	Reps	Muscles Worked
Side KB Swing	3	10/side	Shoulder
Deficit Pushup	3	10-15	Chest & Triceps
1-arm KB Snatch	3	10/side	Legs and Delts
Kettlebell High Pull	3	10-15	Full Body
Romanian Deadlift	3	10-12	Hamstrings
Kettlebell Z Press	3	10-12	Shoulder

Friday

Thruster	3	12-15	Leg & Shoulder
Lying KB T Raises	4	5/leg	Full Body
Pushup to Renegade Row	3	8/side	Chest & Back
Bottoms Up Press	3	10/arm	Arms & Delts
Overhead Swings	3	12-15	Shoulder

Week 11 – Push/Pull/Leg/Core

Monday – Push Workout

Exercise	Sets	Reps	Muscle Worked
Sit and Press	4	10-12	Abs and Shoulder
Deficit Pushup	4	10-15	Chest and Triceps
Seesaw Kettlebell Press	4	10/side	Shoulder
Staggered Pushup	3	10/side	Shoulder & Abs
Bridge Press	4	10-15	Chest, Glutes & Ab

Tuesday – Pull Workout

Exercise	Sets	Reps	Target Muscle
Kettlebell Deadlift	4	10-12	Leg and Back
Gorilla Row	4	10-12	Back
Kettlebell High Pull	4	10-12	Back and Shoulder
Dual-arm Russian Swing	4	20-25	Full Body
Incline Plank Rowing	4	12-15	Biceps

Thursday – Lower Body

Exercise	Sets	Reps	Muscle Worked
Front Squat	4	15-20	Quadriceps
Reverse Lunges	4	10/leg	Quads and Hams
Cossack Squat	4	10/leg	Adductors
Single Straight Leg Deadlift	4	10/leg	Hamstring
Step-up	4	10/leg	

Friday – Core

Exercise	Sets	Reps	Target Muscles
Kneeling KB L2H Cop	4	10/side	Obliques
Kettlebell V Ups	4	8-12	Lower Abs
KB Hollow Body Hold	4	15-sec	Obliques
Side Plank Dips	4	10/side	Obliques
Kettlebell Deadbug	4	10/side	Lower Abs

Week 12 – Upper/Lower Split

Monday – Upper Body

Exercise	Sets	Reps	Muscles Worked
Kettlebell Spin Press	3	10/side	Shoulder
1-arm Clean and Press	4	10/arm	Back, Delts, & Arms
Single-arm Gorilla Row	4	10/arm	Back and Abs
KB Renegade Row	4	10/side	Back, Arms, and Abs
Lateral Kettlebell Swings	4	10/side	Shoulder, Back, & Abs

Tuesday – Lower Body

Exercise	Sets	Reps	Muscle Worked
Goblet Curtsy Step Down	3	10/side	Quads
Front Racked Lunges	3	10/leg	Quads
KB Single-Leg RDL	3	10/leg	Hamstring
Shrimp Squats	3	10/leg	Adductors
KB Step-up	3	10/leg	Legs

Thursday – Upper Body

Exercise	Sets	Reps	Muscle Worked
Kettlebell Swing	4	20-25	Upper Body
KB Push Press	4	10-15	Shoulder
KB Chainsaw Row	3	10/side	Upper Body
High Pull	4	10-15	Upper Body
Kettlebell Halo	4	10/side	Arms & Shoulder

Friday – Legs

Exercise	Sets	Reps	Muscle Worked
Reverse Lunge to Step Up	3	10/leg	Thighs & Glutes
KB Squat Jump	3	10-12	Quads
KB Pistol Squat	3	5/leg	Quad & Ham
Suitcase Deadlift	4	12-15	Thigh and Glute
Kb Calf Raises	4	15/leg	Calves

Wrapping it Up

- **Week 1 – Full Body:** Start your first week with basic fundamental exercises and train your entire body every time you grab the kettlebells.
- **Week 2 – Push/Pull/Leg:** Split your workouts into push, pull, and leg workouts and work through your body.
- **Week 3 – Upper/Lower Split:** Train your upper and lower body parts in alternate sessions and perform the exercises skipped during the PPL split.
- **Week 4 – Full Body:** This week involves challenging exercises with more reps and sets than the first week.
- **Week 5 – PPL Split:** This week will be similar to the second week but will take 10–15 minutes more time to complete.
- **Week 6 – Upper/Lower Split:** During the sixth week, you'll work on specific muscle groups and address weak areas.
- **Week 7 – Full Body:** I suggest lowering rest/interval time between sets or rounds this week to develop your endurance.
- **Week 8 – PPL Split:** This week will have more exercises to do than the first two PPL weeks.
- **Week 9 – Upper Lower Split:** Try to increase the load and work on your strength this week.
- **Week 10 – Full Body:** This time, you'll focus on improving your balance and flexibility.
- **Week 11 – PPL Split:** Repeat the same exercises but with a heavier load.
- **Week 12 – Upper/Lower Split:** End your training with some of the best kettlebell exercises.

The different splits and variety of exercises will keep your training interesting while helping you build muscle mass, endurance, mobility, and aesthetics.

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Keep tracking your progress week by week. I'm sure you'll see decent results over time.

After completing this program, take a week off, get some rest, and start this [8-week kettlebell athletic training program](#).

Results to Expect After Completing This 12-Week KB Training

This 12-week-long kettlebell workout plan involves all kinds of exercises that build strength, muscle mass, endurance, balance, and flexibility. So, you can expect improvement in your overall fitness and physique.

However, it requires consistency, a balanced diet, proper rest, and a little discipline to achieve the best results.

Helpful Resources:

1. [10 Best Kettlebell Push Exercises for a Strong Body](#)
2. [The Ultimate List of 82 Kettlebell Exercises](#)
3. [15 Best Kettlebell Functional Exercises](#)
4. [8 Best Kettlebell Hamstring Exercises to Build Sturdy Legs](#)
5. [10 Best Kettlebell Quad Exercises to Sculpt Your Legs](#)
6. [6 Best Kettlebell Lat Exercises For Stronger Back](#)
7. [8 Kettlebell Lower Back Exercises for Sturdy Spine](#)

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Recommended Products:

1. [Optimum Nutrition Platinum Hydrowhey Protein Powder](#)
2. [Cellucor C4 Sport Pre Workout Powder](#)
3. [Amazon Basics Vinyl Kettlebell](#)

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