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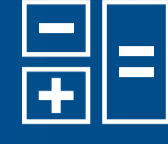
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## 4 WEEK BEGINNER KETTLEBELL WORKOUT FOR MUSCLE GROWTH

If you're looking to switch up your traditional training, but would still like to burn fat and gain muscle, maybe it's time to consider kettlebell training.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-week-beginner-kettlebell-workout>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 4 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 30 Mins  
**Equipment:** Kettle Bells  
**Author:** Roger "Rock" Lockridge

### Week 1

Exercise	Sets	Reps
<b>Monday</b>		
<a href="#">Kettlebell Swing</a>	2	15
Kettlebell <a href="#">Goblet Squat</a>	2	15
Kettlebell <a href="#">One Arm Push Press</a>	2	15
Kettlebell <a href="#">Russian Twist</a>	2	15
<b>Tuesday</b>		
<a href="#">Kettlebell Swing</a>	3	15
Kettlebell <a href="#">Goblet Squat</a>	3	15
Kettlebell <a href="#">One Arm Push Press</a>	3	15
Kettlebell <a href="#">Russian Twist</a>	3	15
<b>Thursday</b>		
<a href="#">Kettlebell Swing</a>	3	20
Kettlebell <a href="#">Goblet Squat</a>	3	20
Kettlebell <a href="#">One Arm Push Press</a>	3	20
Kettlebell <a href="#">Russian Twist</a>	3	20
<b>Friday</b>		
<b>Giant Set</b>		
<a href="#">Kettlebell Swing</a>	3	30 Secs
Kettlebell <a href="#">Goblet Squat</a>	3	30 Secs
Kettlebell <a href="#">One Arm Push Press</a>	3	30 Secs
Kettlebell <a href="#">Russian Twist</a>	3	30 Secs

Mon, Tues, & Thurs: Perform each movement w/ 30 Secs between sets after your normal workout. Friday: 30 Secs rest between each giant set.



# Week 2

Exercise	Sets	Reps
<b>Monday: Upper Body</b>		
<a href="#">Kettlebell Swing</a>	3	20
Kettlebell <a href="#">One Arm Push Press</a>	3	20
Kettlebell Snatch	3	20
Kettlebell <a href="#">One Arm Row</a>	3	20
<b>Tuesday: Lower Body &amp; Core</b>		
Kettlebell <a href="#">Goblet Squat</a>	3	20
Kettlebell <a href="#">Lunge</a>	3	20
Kettlebell <a href="#">Russian Twist</a>	3	20
Kettlebell Windmill	3	20
<b>Thursday: Upper Body Circuit</b>		
<b>Giant Set</b>		
<a href="#">Kettlebell Swing</a>	3	45 Secs
Kettlebell <a href="#">One Arm Push Press</a>	3	45 Secs
Kettlebell Snatch	3	45 Secs
Kettlebell <a href="#">One Arm Row</a>	3	45 Secs
<b>Friday: Lower Body Circuit</b>		
<b>Giant Set</b>		
Kettlebell <a href="#">Goblet Squat</a>	3	45 Secs
Kettlebell <a href="#">Lunge</a>	3	45 Secs
Kettlebell <a href="#">Russian Twist</a>	3	45 Secs
Kettlebell Windmill	3	45 Secs
Mon, & Tues: Perform each movement w/ 30 Secs between sets after your normal workout. Thurs & Friday: 30 Secs rest between each giant set.		

# Week 3

Exercise	Sets	Reps
<b>Monday</b>		
Kettlebell <a href="#">Turkish Get Up</a>	3	10
Russian Swing & Catch	3	10
Kettlebell Push Up w/ <a href="#">Row</a>	3	10
Half Kneeling Halo	3	10
<b>Tuesday</b>		
Kettlebell <a href="#">Turkish Get Up</a>	3	20
Russian Swing & Catch	3	20
Kettlebell Push Up w/ <a href="#">Row</a>	3	20
Half Kneeling Halo	3	20
<b>Thursday:</b>		
<b>Giant Set</b>		
Kettlebell <a href="#">Turkish Get Up</a>	3	10
Russian Swing & Catch	3	10
Kettlebell Push Up w/ <a href="#">Row</a>	3	10
Half Kneeling Halo	3	10
<b>Friday:</b>		
<b>Giant Set</b>		
Kettlebell <a href="#">Turkish Get Up</a>	3	20
Russian Swing & Catch	3	20
Kettlebell Push Up w/ <a href="#">Row</a>	3	20
Half Kneeling Halo	3	20

Mon, & Tues: Perform each movement w/ 30 Secs between sets after your normal workout. Thurs & Friday: 30 Secs rest between each giant set.

# Week 4

Exercise	Sets	Duration
<b>Monday</b>		
<a href="#">Kettlebell Swing</a>	3	30 Secs
Kettlebell <a href="#">Goblet Squat</a>	3	30 Secs
Kettlebell <a href="#">One Arm Push Press</a>	3	30 Secs
Kettlebell <a href="#">Russian Twist</a>	3	30 Secs
Kettlebell Snatch	3	30 Secs
Kettlebell <a href="#">One Arm Row</a>	3	30 Secs
Kettlebell <a href="#">Lunge</a>	3	30 Secs
Kettlebell Windmill	3	30 Secs
Kettlebell <a href="#">Turkish Get Up</a>	3	30 Secs
Russian Swing & Catch	3	30 Secs
Kettlebell Push Up w/ <a href="#">Row</a>	3	30 Secs
Half Kneeling Halo	3	30 Secs
<b>Tuesday</b>		
<a href="#">Kettlebell Swing</a>	3	45 Secs
Kettlebell <a href="#">Goblet Squat</a>	3	45 Secs
Kettlebell <a href="#">One Arm Push Press</a>	3	45 Secs
Kettlebell <a href="#">Russian Twist</a>	3	45 Secs
Kettlebell Snatch	3	45 Secs
Kettlebell <a href="#">One Arm Row</a>	3	45 Secs
Kettlebell <a href="#">Lunge</a>	3	45 Secs
Kettlebell Windmill	3	45 Secs
Kettlebell <a href="#">Turkish Get Up</a>	3	45 Secs
Russian Swing & Catch	3	45 Secs
Kettlebell Push Up w/ <a href="#">Row</a>	3	45 Secs
Half Kneeling Halo	3	45 Secs
<b>Thursday:</b>		
<a href="#">Kettlebell Swing</a>	3	60 Secs
Kettlebell <a href="#">Goblet Squat</a>	3	60 Secs
Kettlebell <a href="#">One Arm Push Press</a>	3	60 Secs
Kettlebell <a href="#">Russian Twist</a>	3	60 Secs
Kettlebell Snatch	3	60 Secs
Kettlebell <a href="#">One Arm Row</a>	3	60 Secs
Kettlebell <a href="#">Lunge</a>	3	60 Secs
Kettlebell Windmill	3	60 Secs
Kettlebell <a href="#">Turkish Get Up</a>	3	60 Secs
Russian Swing & Catch	3	60 Secs
Kettlebell Push Up w/ <a href="#">Row</a>	3	60 Secs
Half Kneeling Halo	3	60 Secs
<b>Friday:</b>		
<a href="#">Kettlebell Swing</a>	3	60 Secs
Kettlebell <a href="#">Goblet Squat</a>	3	60 Secs
Kettlebell <a href="#">One Arm Push Press</a>	3	60 Secs
Kettlebell <a href="#">Russian Twist</a>	3	60 Secs
Kettlebell Snatch	3	60 Secs
Kettlebell <a href="#">One Arm Row</a>	3	60 Secs
Kettlebell <a href="#">Lunge</a>	3	60 Secs
Kettlebell Windmill	3	60 Secs
Kettlebell <a href="#">Turkish Get Up</a>	3	60 Secs
Russian Swing & Catch	3	60 Secs
Kettlebell Push Up w/ <a href="#">Row</a>	3	60 Secs
Half Kneeling Halo	3	60 Secs

Perform all exercises consecutively. Monday & Tuesday: 60 Secs rest between circuits. Thursday: 45 Secs rest between circuits. Friday: 30 Secs rest between circuits.