



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



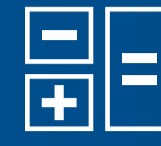
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3 DAY FULL BODY BEGINNER KETTLEBELL WORKOUT

Kettlebell training promotes functionality. Full body training is efficient. And pairing them both together is an excellent way to maximize your workouts!

Link to Workout: <https://www.muscleandstrength.com/workouts/3-day-full-body-kettlebell-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 3 Day

Time Per Workout: 20-45 Mins

Equipment: Kettle Bells

Target Gender: Male & Female

Author: [Josh England](#)

Full Body Kettlebell Workout 1

Exercise	Sets	Reps
Kettlebell Squat	3	8
Kettlebell Swing	3	8
Kettlebell Row	3	8
Kettlebell Overhead Press	3	8
Turkish Get Up	3	6 Each

Full Body Kettlebell Workout 2

Exercise	Sets	Reps
Kettlebell Romanian Deadlift	3	8
Kettlebell Split Lunge	3	8 Each
Kettlebell Snatch	3	6
Kettlebell Row	3	8
One Arm Kettlebell Floor Press	3	8 Each

Full Body Kettlebell Workout 3

Exercise	Sets	Reps
Kettlebell Sumo Deadlift	3	8
Kettlebell Lateral Lunge	3	8 Each
Kettlebell Clean	3	6
Kettlebell Upright Row	3	8
Kettlebell Angled Press	3	8