



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



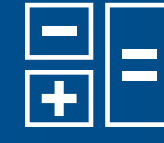
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3 DAY KETTLEBELL AND BODYWEIGHT WORKOUT

Grab a kettlebell and smash through this 4-week workout program designed to help you shed excess weight and improve your endurance regardless of your experience.

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

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 3 Day

Time Per Workout: 45 Mins

Equipment: Bodyweight, Kettle Bells

Target Gender: Male & Female

Author: [Roger "Rock" Lockridge](#)

Upper Body Workout

Exercise	Sets	Reps
One Arm Row	3	20*
One Arm Reverse Fly	3	20*
Push Up	3	20*
Single Arm Kettlebell Fly	3	20*
Single Arm Lateral Raise	3	20*
Concentration Curl	2	20*
Overhead Kettlebell Extension	2	20

*Reps per side

Lower Body and Abs Workout

Exercise	Sets	Reps
Goblet Squat	4	20
Single Arm Kettlebell Deadlift	4	20
Walking Lunge* *	3	10*
Standing Calf Raise	4	25
Weighted Twisting Sit Up	3	10*
Reverse Crunch	3	20

*Reps per side

** Hold the kettlebell at your chest instead of at your side. If you need to, use your bodyweight only.

Full Body Workout

Exercise	Sets	Reps (Total)	Rest
Push Up	1	100	90 seconds
Kettlebell Pullover	1	100	90 seconds
Squat Jump	1	100	90 seconds
Kettlebell Swing	1	100	90 seconds
Standing Kettlebell Twist	1	100*	90 seconds

*This is similar to the barbell exercise, except you hold the kettlebell at your chest