



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



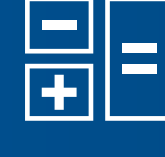
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5 WEEK FULL BODY KETTLEBELL WORKOUT

This full-body kettlebell workout incorporates functional strength and conditioning exercises to exponentially burn more body fat and increase your strength.

Link to Workout: <https://www.muscleandstrength.com/workouts/5-week-full-body-kettlebell-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 5 Weeks

Days Per Week: 5 Days

Time Per Workout: 20-25 Mins

Equipment: Kettle Bells, Other

Author: Walter Hinchman

Day 1

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Repeat for a total of 5 rounds.

Exercise	Reps
Kettlebell Single-Arm Snatch	15
Kettlebell Swings	15
Kettlebell Single-Arm Front Rack Alternating Lunges	10 per side

Day 2

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Repeat for a total of 5 rounds.

Exercise	Reps
Kettlebell Push Press	12
Kettlebell Suitcase Deadlift	12
Kettlebell Single-Arm Row	10 per side

Day 3

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Repeat for a total of 5 rounds.

Exercise	Reps
Kettlebell Reverse Lunge To Shoulder Press	12 per side
Kettlebell Single-Arm Swing	12 per side
Kettlebell Goblet Squat	15

Day 4

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Repeat for a total of 5 rounds.

Exercise	Reps
Front Rack Kettlebell Lunge	15 per side
Kettlebell Upright Row	15
Kettlebell Hollow Body Hold	12

Day 5

Complete the following exercises back-to-back with no rest between exercises. This counts as one round. Repeat for a total of 5 rounds.

Exercise	Reps
Single-Leg Kettlebell Split Squat	10 per side
Standing Kettlebell Shoulder Press	10
Turkish Get Ups	5