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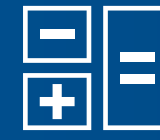
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## KETTLEBELL AB WORKOUT: 12 WEEK PROGRESSION FOR INCREASED CORE

Build a strong and sturdy core for improved athleticism and a complete physique! This 3 day workout is designed to help you strengthen your core with just 4 exercises.

Link to Workout: <https://www.muscleandstrength.com/workouts/12-week-kettlebell-ab-workout>

**Main Goal:** Increase Strength

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

**Days Per Week:** 3 Day

**Time Per Workout:** 30-45 Mins

**Equipment:** Kettle Bells

**Target Gender:** Male & Female

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

## 12 Week Kettlebell Ab Workout

Exercise	Sets	Reps
<a href="#">Kettlebell Swing</a>	3	12
<a href="#">Kettlebell Ab Pullover and Crunch</a>	3	12
Kettlebell Side Bend	3	12 Each Side
High Knees with Kettlebell	3	30s

### 12 Week Progression Notes:

**Week 1** - Rest 90 seconds between sets.

**Week 2** - Add weight and rest 90 seconds between sets.

**Week 3** - Rest 75 seconds between sets.

**Week 4** - Add weight and rest 75 seconds between sets.

**Week 5** - Rest 60 seconds between sets.

**Week 6** - Add weight and rest 60 seconds between sets.

**Week 7** - Perform exercises in circuit and rest 90 seconds between circuits.

**Week 8** - Add weight and perform circuit with 90 seconds rest in between.

**Week 9** - Perform circuit with 75 seconds rest in between.

**Week 10** - Add weight and perform circuit with 75 seconds rest in between.

**Week 11** - Perform circuit with 60 seconds rest in between.

**Week 12** - Add weight and perform circuit with 60 seconds of rest in between.