



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



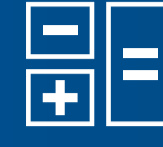
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UPPER/LOWER (AT HOME) KETTLEBELL WORKOUT

Kettlebell workouts can be a fun change of pace from your traditional free weight training. Learn how you can use the kettlebell in an upper/lower split.

Link to Workout: <https://www.muscleandstrength.com/workouts/upper-lower-kettlebell-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 4 Days

Time Per Workout: 45 - 60 Mins

Equipment: Kettle Bells

Target Gender: Male & Female

Author: [Josh England](#)

Upper Body Kettlebell Workout

Exercise	Sets	Reps
Kettlebell Shoulder Press	3	10
Kettlebell Side Raise	3	12
Kettlebell Chest Press	3	10
Kettlebell Row	3	12
Kettlebell Renegade Row	3	12

Lower Body Kettlebell Workout

Exercise	Sets	Reps
Kettlebell Sumo Deadlift	3	15
Goblet Squat	3	15
Kettlebell RDL	3	12
Kettlebell Reverse Lunge	3	10 Each
Kettlebell Swing	3	15

Upper Body Kettlebell Workout

Exercise	Sets	Reps
Kettlebell Deficit Push Up	3	15
Kettlebell Halo	3	8 Each
Kettlebell High Pull	3	10
Kettlebell Row	3	12
Kettlebell Renegade Row	3	15

Lower Body Kettlebell Workout

Exercise	Sets	Reps
Kettlebell Single Leg Deadlift	3	15
Kettlebell Squat	3	15
Kettlebell Walking Lunge Pass	3	10 Each
Kettlebell Swing	3	15
Kettlebell Step Up	3	10 Each