

Beginner Kettlebell Workout Plan

At first, you should aim to complete three days of resistance training with three days of low intensity training (LISS). Below is a suggested outline for the three days of resistance training.

DAY 1 - Ensure you complete a 10 minute warm up first*			
<i>As a beginner, none of the following exercises should be done with your adjustable kettlebell - yet</i>			
EXERCISE	REPS	SETS	REST
Squats	30	3	1 min
Lunges	15 each leg	3	1 min
Step ups	15 each leg	3	1 min
Step ups - raising leg after step up	15 each leg	3	1 min
Glute Bridge	30	3	1 min
Russian Twist	15 each side	3	1 min
Burpees	10	3	2 mins
Sumo Squats	30	3	1 min

DAY 2 - Ensure you complete a 10 minute warm up first*			
<i>Now it's time to pick up your adjustable kettlebell</i>			
EXERCISE	REPS	SETS	REST
Squats - 8kg	30	3	1 min
Lunges - 4kg	15 each leg	3	1 min
Step ups - 4kg	15 each leg	3	1 min
Step ups - raising leg after step up - 4kg	15 each leg	3	1 min
Glute Bridge - 8kg	30	3	1 min
Russian Twist - 4kg	15 each side	3	1 min
Burpees - 4kg	10	3	2 mins
Sumo Squats - 8kg	30	3	1 min

DAY 3 - Ensure you complete a 10 minute warm up first*			
<i>By now, your adjustable kettlebell is your best friend</i>			
EXERCISE	REPS	SETS	REST
Squat Thrusts - 8kg	15	3	1 min
Walking Lunges - 4kg	15 each leg	3	1 min

DAY 3 - Ensure you complete a 10 minute warm up first*
By now, your adjustable kettlebell is your best friend

EXERCISE	REPS	SETS	REST
Kettlebell Deadlift - 5kg	15	3	1 min
Step ups - raising leg after step up - 4kg	15 each leg	3	1 min
Glute Bridge - 8kg	30	3	1 min
Russian Twist - 4kg	15 each side	3	1 min
Two Arm Kettlebell Military Press - 4kg	15	3	2 mins
Sumo Squats - 8kg	30	3	1 min