25 Kettlebell Workouts

1: The Perfect Pair

- Double Handed Swing – 20 reps
- Push Ups – 10, 9, 8, 7 etc.
- Repeat – 10 times

A super simple workout that hits almost every muscle in the body using only 2 exercises. Perform 20 Double Handed Swings and then 10 Push Ups. Next repeat the 20 Swings and 9 Push Ups. Continue alternating between the Swings and Push Ups reducing the Push Ups by 1 rep each time. At the end of the workout you will have completed 200 Swings and 55 Push Ups. Completing the workout in under 10 minutes is excellent!

2: Take Five Kettlebell Circuit

- Double Handed Squats – 20 reps
- Snatch – 20 reps
- Reverse Lunge – 20 reps
- Push Up – 20 reps
- Double Handed Swing – 20 reps
- Repeat – 15, 10, 5 reps

A circuit based workout that uses 5 different exercises. Perform each exercise for 20 reps each, Snatches and Lunges are 20 reps each side. Next repeat the circuit for 15 reps, then 10 reps and finally 5 reps.
3: Climb to Fitness with Bells

- Burpees – 30 secs / rest 30 secs
- Slow Mountain Climbers – 30 secs
- Alternating Swings – 30 secs
- Press Ups – 30 secs
- Double Handed Squats – 30 secs
- Sit & Press – 30 secs
- Double Handed Swings – 30 secs
- Fast Mountain Climbers – 30 secs
- Repeat – add another exercise each round

A movement ladder that adds a new exercise after each rest period. Start with 30 seconds of Burpees, then rest for 30 seconds. Next perform 30 seconds of Burpees and then 30 seconds of Slow Mountain Climbers, then rest for 30 seconds. Continue adding one exercise each circuit until you end up completing all 8 exercises without resting.

If you are feeling brave you can then come back down the ladder by removing an exercise every round. Climbing both up and back down the ladder is very challenging!

4: The Kettlebell Test

- Snatch – 3 mins
- Push Ups – 3 mins
- Double Handed Squats – 3 mins
- Slow Mountain Climbers – 3 mins
- Double Lunge – 3 mins
- Rest 60 seconds after each exercise

Use this test to monitor your progress. You can test yourself every month and see how your strength and fitness is improving.

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Perform each exercise for 3 minutes, record your total number of reps while resting for 1 minute between exercises. For the Snatches and Lunges switch sides every 10 reps.

5: Step Kettlebell Ladder

- One Handed Swing – 5 reps each
- High Pulls – 5 reps each
- Snatch – 5 reps each
- Windmill – 5 reps each
- Repeat – adding 1 more exercise below each round
- Clean & Press – 5 reps each
- Double Lunge – 5 reps each
- Squat & Press – 5 reps each

A fun kettlebell circuit that adds a new exercise every round. Start with the first 4 exercises for 5 reps each side. Next rest for 1 minute and repeat the exercises adding the next exercise on the list after the Snatch. Make sure that you always finish with the Windmill. Continue adding a new exercise each round until you finish all 7 exercises, finishing with the Windmill.

6: Kettlebell Super Sized

- Clean & Press – 10 reps each
- Double Lunge – 10 reps each
- Single Leg Deadlift – 10 reps each
- Squat Racked – 10 reps each
- Windmill – 10 reps each
- Burpees – 20 reps
- Fast Mountain Climbers – 20 reps
- Jump Squats – 20 reps

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• Double Handed Swings – 20 reps
• High Pulls – 20 reps each

A double circuit that will work both your strength first and then your cardio. Perform the first block for 10 reps each side. Next perform the second block for 20 reps each side. Work up to 3 complete circuits.

7: Kettlebell Super Sized V.2

• Windmill – 10 reps each
• Double Lunge – 10 reps each
• Snatch – 10 reps each
• Squat & Press – 10 reps each
• T – Push Ups – 10 reps each
• Double Handed Swings – 20 reps
• No Kettlebell Squats – 20 reps
• High Pulls – 20 reps each
• Bob & Weave – 20 reps
• Alternating Reverse Lunges (no bell) – 20 reps

The same workout format as the one above except with different exercises. Start with 1 circuit and try to work up to 3 circuits if possible.

8: A Pressing Minute and Bells

• Swing – 60 secs each
• Double Lunge – 60 secs each
• High Pulls – 60 secs each
• Squat & Press – 60 secs each
• Snatch – 60 secs each
• Sit & Press – 60 secs
• Rest 60 seconds between exercises + 10 Push Ups
A motivational workout because you only perform each exercise once. Set you timer to beep every 60 seconds. Start with 60 seconds of Swings on both sides and then perform 10 Push Ups during the 3rd minute, rest for the remainder of that minute.

Continue performing each exercise and adding 10 Push Ups into the rest periods. The quicker you can perform the Push Ups the more rest you will have remaining! If you find this too demanding then leave out the Push Ups.

9: 1 Minute Kettlebell Intervals

- One Handed Swing – 60 secs each
- Reverse Lunge Overhead – 60 secs each
- Clean – 60 secs each
- Squat & Press – 60 secs each
- Snatch – 60 secs each
- Clean, Squat & Press – 60 secs each
- Rest 60 seconds between exercises

The same format as the workout above except with different exercises and no Push Ups during the rest period.

10. 1 Minute Kettlebell Circuits

- Double Handed Squat – 60 secs
- Slow Mountain Climbers – 60 secs
- Alternating Swing – 60 secs
- Press Ups – 60 secs
- Jumping Lunges – 60 secs
- Dirty Dogs – 60 secs
- Bob & Weave – 60 secs
- High Pulls – 60 secs each
• Double Lunge – 60 secs each
• Squat & Press – 60 secs each
• Rest 15 seconds after each exercise

I nice big circuit that uses both kettlebell and bodyweight exercises. Perform each exercise for 60 seconds and then rest for 15 seconds before moving onto the next.

11: A Burping Kettlebell Minute

• Swing – 60 secs each
• Reverse Lunge – 60 secs each
• Squat & Press – 60 secs each
• Clean – 60 secs each
• Press Ups – 60 secs
• Sit & Press – 60 secs
• Rest 60 seconds between exercises + 10 Burpees

A similar format to workout #9 except for this workout you add 10 Burpees into your rest period. Great for your cardio this one!

12: 300 Classic Kettlebell Challenge

• One Handed Swing – 50 reps each
• Snatch – 25 reps each
• Clean & Press – 25 reps each
• Reverse Lunge – 25 reps each
• Squat & Press – 25 reps each

My classic kettlebell challenge. Perform each exercise for the prescribed number of reps for a total of 300 reps. You will find it easier to perform each exercise in blocks of 5 or 10 before changing sides. Your target is under 15 minutes for the full 300 reps.

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13: 300 Kettlebell Challenge V.2.

- Snatch – 25 reps each
- Squat & Press – 25 reps each
- High Pulls – 25 reps each
- Bob & Weave – 50 reps
- One Handed Swing – 50 reps each

A slight twist on my Classic challenge above. Use the same format as the Classic and perform the 300 reps as quickly as possible.

14: 2 x 7 minutes Kettlebell Circuits

- Double Lunge – 5 reps each
- Squat & Press – 5 reps each
- Snatch – 5 reps each

- Double Handed Swings – 20 reps
- Burpees – 10 reps
- Fast Mountain Climbers – 20 reps
- Perform each circuit for 7 minutes

Two separate circuits that are performed one after the other with 60 seconds of rest between them. Perform each of the 3 exercise circuits for 7 minutes.

15: 2 x 7 minutes V.2 Kettlebell Circuits

- Single Leg Deadlift – 5 reps each
- Side Lunge – 5 reps each
- T – Push Up – 5 reps each
• Double Handed Swings – 20 reps
• No Kettlebell Reverse Lunges – 20 reps
• No Kettlebell Squats – 20 reps
• Perform each circuit for 7 minutes

The same format as the workout described above. The first circuit is more for strength and the second if for improving your cardio.

16: 2 x 7 minutes V.3 Kettlebell Circuits

• Clean, Squat & Press – 5 reps each
• Double Lunge – 5 reps each
• T – Push Ups – 5 reps each

• Burpees – 10 reps
• Jumping Lunges – 20 reps
• Double Handed Swings – 20 reps
• Perform each circuit for 7 minutes

Another pair of 7 minute circuits that follow the same format as above.

17: 10 and Walk Kettlebell Workout

• One Handed Swing – 10 reps each x 2
• High Pulls – 10 reps each x 2
• Snatch – 10 reps each x 2
• Clean, Squat & Press – 10 reps each x 2
• Walking Lunge – 10 reps between each exercise

A fun workout to perform either outside or in a large room. Start with the One Handed Swings for 10 reps on each side. Next perform the walking Lunge for 10 steps. Repeat the One Handed Swing again for 10 reps each.

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side, and also the Walking Lunges again. Next move onto the next exercise and repeat with the Walking Lunges after every exercise.

18: 30 Second Kettlebell Supersets

- One Handed Swing – 30 secs each
- Squat & Press – 30 secs each
- High Pulls – 30 secs each
- Double Lunges – 30 secs each
- Perform each pair 3 times

Quick and simple workout that is performed in pairs of exercises. Start with 30 seconds of Swings on each side followed by 30 seconds of Squat & Presses on each side. Rest 30 seconds and repeat the pairing again. Rest 30 seconds and repeat for a final time. Rest 30 seconds and move onto the next pairing. Continue in this manner for the 2nd pair of exercises.

19: Double Trouble (2 Kettlebells Required)

- Double Squat – 1 min
- Press Ups – 1 min
- Burpees – 1 min
- Reverse Lunge – 1 min
- Clean & Press – 1 min
- No Kettlebell Bob & Weave – 1 min
- Perform each pair 3 times

Using two kettlebells perform each pairing 3 times, rest for 1 minute after each round. Great for building up strength and also improving your cardio.

20: 50/10 Kettlebell Workout

- Snatch – 50 secs each
• Burpee – 50 secs
• Clean & Press – 50 secs each
• Jump Squats – 50 secs
• Windmill – 50 secs each
• Lunge & Hop – 50 secs each
• Press Ups – 50 secs
• High Pulls – 50 secs each
• Squat & Hold – 50 secs
• Slow Mountain Climbers – 50 secs
• Swings – 50 secs each
• Sit & Press – 50 secs each
• Rest 10 secs between exercises

A big circuit that uses lots of fun kettlebell and bodyweight exercises. Perform each exercise for 50 seconds followed by 10 seconds of rest. Some exercise are 50 seconds on each side with a rest in between. Tough but you only have to perform each exercise once.

☑️ 21: Beat the Cards Kettlebell Challenge

• Hearts – Press Ups
• Spades – Reverse Lunge
• Clubs – Slow Mountain Climbers
• Diamonds – Squat & Press
• Jack – High Pulls x 10 each
• Queen – Snatch x 10 each
• King – One Handed Swings x 10 each
• Ace – Reverse Turkish Get Up x 1 each
• Joker (optional) – 1 Minute Rest

A fun way to randomize your workout and keep them interesting. Remove all the numbered cards from 2-5. Next shuffle the deck and turn over the top card. Depending on the number and suit you will perform that exercise for a
certain amount of reps. Work your way through the full deck of cards as quickly as possible.

**22: 3 x Classic Kettlebell Circuits**

- One Handed Swing – 30 secs each
- Clean & Press – 30 secs each
- Side Lunge – 30 secs each
- Clean & Squat – 30 secs each
- Alternating Swing – 30 secs each
- Double Lunge – 30 secs each
- Squat & Press – 30 secs each
- Windmill – 30 secs each
- Double Handed Swing – 60 secs
- Clean, Squat & Press – 30 secs each
- High Pulls – 30 secs each
- Overhead Forward Lunge – 30 secs each
- Rest 60 secs between circuits

3 Classic circuits that should really flow from one exercise to the next without you putting the kettlebell down. Rest 1 minute between each circuit.

**23: Big Circuit Kettlebell Workout**

- Snatch – 60 secs each
- Burpee – 60 secs
- Push Ups – 60 secs
- Alternating Swing – 60 secs
- Squat Thrusts – 60 secs
- Overhead Press – 60 secs each
- Rest 1-2 mins repeat max 3 times

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One large circuit based workout that requires 60 seconds for each exercise or per side depending on the movement. Rest only at the end of the circuit and then repeat for a maximum of 3 complete circuits.

24: Tabata Time Kettlebell Workout

- Push Ups – 20 secs
- Alternating Swing – 20 secs
- Fast Mountain Climbers – 20 secs
- High Pulls – 20 secs
- Snatch – 20 secs
- Jumping Lunge – 20 secs
- Rest 10 secs after each exercise
- Repeat each pair 8 times

Nice and simple but effective Tabata style workout. Perform each pairing for 20 seconds of exercise and 10 seconds of rest. Repeat each pairing 8 times. Then rest 60 seconds and move onto the next pair.

25: 10 then 5 Kettlebell Workout

- One Handed Swing – 10 reps each
- High Pulls – 10 reps each
- Snatch – 10 reps each
- Rest 60 secs
- Squat & Press – 10 reps each
- Alternating Swing – 10 reps each
- Clean & Press – 10 reps each

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• Rest 60 secs

• Side Lunge – 10 reps each
• Double Handed Swing – 20 reps
• Reverse Lunge & Press – 10 reps each
• Rest 60 secs
• Repeat for 5 reps each side with no rests

Great workout that always keeps you interested. Run through all the exercises for 10 reps each side resting where indicated. Then repeat all the exercises again but for 5 reps each side but without any rest in between circuits.