

8-Week Kettlebell Program

Welcome to the Layman's Fitness 8-Week Kettlebell Program.

Over the next 8-weeks, you will focus on building strength at home by using the kettlebell.

Level: Intermediate+

Here's the equipment you will need:

One kettlebell

- For guys not new to exercise but new to kettlebells, start with one 16kg kettlebell.
- For guys not new to kettlebells, start with at least a 20kg or 24kg.

One pull-up bar (intermediate)

- This is not required, but having one will make this workout harder

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Before you begin...

If you find this helpful, then I think you'll like the free weekly newsletter.

[Layman's Fitness Newsletter](#)

Every week I share step-by-step content and practical finds that will help you get lean all at home.

Join thousands of other Christian guys reading this weekly.

Hope this serves,

- Don

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Kettlebell FAQ's: The Basics

The kettlebell is a versatile training tool.

But there are some safety principles to follow to use this tool correctly.

- Technique first, strength later
 - Use the instructional pages on the [Layman's Fitness Website](#) and the embedded links in this 4-week program
- Treat the kettlebell like it is 3x its size
 - This will prevent you from developing bad movement habits.
- If it's going to fall, let it fall
 - The kettlebell is made of iron... your bones, joints, ligaments, and muscles are not.

What kind of kettlebells should you get?

- I recommend powder-coat cast iron kettlebells. Don't get plastic or adjustable.
- Some brands to look at: [LifeLine](#), [Yes4All](#), [Kettlebell Kings](#), [Rogue](#), [REP](#) (affiliate links)

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Program Schedule

Weeks	Day 1	Day 2	Day 3
1-4	Workout #1	Workout #2	Workout #3
5-8	Workout #4	Workout #5	Workout #6

Schedule Tip

Pick one of these options and try to follow it every week:

- Monday/Wednesday/Friday
- Monday/Wednesday/Saturday
- Monday/Thursday/Saturday
- Tuesday/Thursday/Saturday

Do something active on your rest days... do 50-100 [kettlebell swings](#), go for walks outside, light cardio, etc...

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Kettlebell Workout #1

10 Minutes: KB Thrusters

- Complete 3-4 **Kettlebell Thrusters** on each side in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x.

10 Minutes: Slow Pull-Ups

- Complete 2-3 **pull-ups** in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x. Go slow on the pull-ups (4 count up, 2 count hold, 4 count down)

7 Minutes: Kettlebell Flow

- 2 **Deadlifts**, 2 **Goblet Squat+Curls**, 2 **Halo's** (both directions). Do as many circuits as you can in 7 minutes.

5 Minutes: Core

- 5 sets of 1 minute rounds, doing 5 **hanging leg raises** in each round, slowly (2 count up, 1 count hold, 2 count down)

Workout Tips

- Warm-up for 3-5 minutes before starting
- Cool-down for 2-3 minutes after finishing

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Kettlebell Workout #2

10 Minutes: KB Thrusters

- Complete 4-5 **Kettlebell Thrusters** on each side in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x.

10 Minutes: Slow Pull-Ups

- Complete 3-4 **pull-ups** in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x. Go slow on the pull-ups (4 count up, 2 count hold, 4 count down)

7 Minutes: Kettlebell Flow

- 3 **Deadlifts**, 3 **Goblet Squat+Curls**, 3 **Halo's** (both directions). Do as many circuits as you can in 7 minutes.

5 Minutes: Core

- 5 sets of 1 minute rounds, doing 6 **hanging leg raises** in each round, slowly (2 count up, 1 count hold, 2 count down)

Workout Tips

- Warm-up for 3-5 minutes before starting
- Cool-down for 2-3 minutes after finishing

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Kettlebell Workout #3

10 Minutes: KB Thrusters

- Complete 5-6 **Kettlebell Thrusters** on each side in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x.

10 Minutes: Slow Pull-Ups

- Complete 4-5 **pull-ups** in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x. Go slow on the pull-ups (4 count up, 2 count hold, 4 count down)

7 Minutes: Kettlebell Flow

- 4 **Deadlifts**, 4 **Goblet Squat+Curls**, 4 **Halo's** (both directions). Do as many circuits as you can in 7 minutes.

5 Minutes: Core

- 5 sets of 1 minute rounds, doing 7 **hanging leg raises** in each round, slowly (2 count up, 1 count hold, 2 count down)

Workout Tips

- Warm-up for 3-5 minutes before starting
- Cool-down for 2-3 minutes after finishing

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Kettlebell Workout #4

10 Minutes: KB Thrusters

- Complete 4-5 **Kettlebell Thrusters** on each side in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x.

10 Minutes: Slow Pull-Ups

- Complete 3-4 **pull-ups** in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x. Go slow on the pull-ups (4 count up, 2 count hold, 4 count down)

7 Minutes: Kettlebell Flow

- Each side: 2 **front squats**, 2 **one-hand swings**, 2 **snatches**. Do as many circuits as you can in 7 minutes.

5 Minutes: Core

- 5 sets of 1 minute rounds, doing 6 **hanging leg raises** in each round, slowly (2 count up, 1 count hold, 2 count down)

Workout Tips

- Warm-up for 3-5 minutes before starting
- Cool-down for 2-3 minutes after finishing

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Kettlebell Workout #5

10 Minutes: KB Thrusters

- Complete 5-6 **Kettlebell Thrusters** on each side in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x.

10 Minutes: Slow Pull-Ups

- Complete 4-5 **pull-ups** in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x. Go slow on the pull-ups (4 count up, 2 count hold, 4 count down)

7 Minutes: Kettlebell Flow

- Each side: 3 **front squats**, 3 **one-hand swings**, 3 **snatches**. Do as many circuits as you can in 7 minutes.

5 Minutes: Core

- 5 sets of 1 minute rounds, doing 7 **hanging leg raises** in each round, slowly (2 count up, 1 count hold, 2 count down)

Workout Tips

- Warm-up for 3-5 minutes before starting
- Cool-down for 2-3 minutes after finishing

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Kettlebell Workout #6

10 Minutes: KB Thrusters

- Complete 6-7 **Kettlebell Thrusters** on each side in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x.

10 Minutes: Slow Pull-Ups

- Complete 5-6 **pull-ups** in a 2-minute round. Rest for the remainder of the 2-minutes, repeat 5x. Go slow on the pull-ups (4 count up, 2 count hold, 4 count down)

7 Minutes: Kettlebell Flow

- Each side: 4 **front squats**, 4 **one-hand swings**, 4 **snatches**. Do as many circuits as you can in 7 minutes.

5 Minutes: Core

- 5 sets of 1 minute rounds, doing 8 **hanging leg raises** in each round, slowly (2 count up, 1 count hold, 2 count down)

Workout Tips

- Warm-up for 3-5 minutes before starting
- Cool-down for 2-3 minutes after finishing

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Frequently Asked Questions

How long do these workouts take?

- While it depends on how long you rest, these workouts will take anywhere from 20-40 minutes (including warm-up/cool-down time).

Can I do these workouts at home?

- Absolutely, and that's preferred. You can save hours of time per week in not commuting to a gym.

I don't know how to do certain movements; what do I do?

- Each movement has an embedded link that will take you to an instructional page on the [Layman's Fitness](#) website.

I'm injured. Should I do this program?

- Consult with your doctor prior to beginning an exercise program, especially if you have physical restrictions.

Don't see your question?

Send me an email at don@laymansfitness.com