

The 4-Week Kettlebell Program

Welcome to the Layman's Fitness 4-week kettlebell program.

Over the next 4-weeks, you will get strong at home by using the kettlebell.

Level: Beginner or Intermediate

Here's the equipment you will need:

One kettlebell

- For guys completely new to exercise, start with one 12kg 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.

4-Week Kettlebell Program

Before you start...

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 weekly readers.

Hope this serves,

- Don

4-Week Kettlebell Program

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.

1. Technique first, strength later

- a. Use the instructional pages on the [Layman's Fitness Website](#) and the embedded links in this 4-week program

2. Treat the kettlebell like it is 3x its size

- a. This will prevent you from developing bad movement habits.

3. If it's going to fall, let it fall

- a. The kettlebell is made of iron... your bones, joints, ligaments, and muscles are not.

What kind of kettlebells should you get?

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

4-Week Kettlebell Program

Here is your 4-week workout schedule

Week	Day 1	Day 2	Day 3
1	Workout #1	Workout #2	Workout #3
2	Workout #1	Workout #2	Workout #3
3	Workout #1	Workout #2	Workout #3
4	Workout #1	Workout #2	Workout #3

Schedule Tip

Put 1 day of rest between workouts. Pick one of these options and try to follow it every week:

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

4-Week Kettlebell Program

Kettlebell Workout #1

Do 3 circuits of the following:

- 10 two-hand kettlebell swings
- 6-8 push-ups
- 10 two-hand kettlebell swings
- 6-8 kettlebell goblet squats
- 10 two-hand kettlebell swings
- 3-4 kettlebell rows (each hand)

When done, do 60 kettlebell marches (30 with the right hand, 30 with the left hand)

Workout Tips

- Rest for 1-2 minutes before beginning the next circuit
- Try not to rest very long between each movement
- Warm-up for 3-5 minutes before starting
- Cool-down for 2-3 minutes after finishing
- Substitute pull-ups for rows to make this harder.

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Kettlebell Workout #2

Do 4 circuits of the following:

- 8 two-hand kettlebell swings
- 8-10 push-ups
- 8 two-hand kettlebell swings
- 8-10 kettlebell goblet squats
- 8 two-hand kettlebell swings
- 4-5 kettlebell rows (each hand)

When done, do 80 kettlebell marches (40 with the right hand, 40 with the left hand)

Workout Tips

- Rest for 1-2 minutes before beginning the next circuit
- Try not to rest very long between each movement
- Warm-up for 3-5 minutes before starting
- Cool-down for 2-3 minutes after finishing
- Substitute pull-ups for rows to make this harder.

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Kettlebell Workout #3

Do 5 circuits of the following:

- 6 two-hand kettlebell swings
- 10-12 push-ups
- 6 two-hand kettlebell swings
- 10-12 kettlebell goblet squats
- 6 two-hand kettlebell swings
- 5-6 kettlebell rows (each hand)

When done, do 100 kettlebell marches (50 with the right hand, 50 with the left hand)

Workout Tips

- Rest for 1-2 minutes before beginning the next circuit
- Try not to rest very long between each movement
- Warm-up for 3-5 minutes before starting
- Cool-down for 2-3 minutes after finishing
- Substitute pull-ups for rows to make this harder.

4-Week Kettlebell Program

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