

EXERCISE *with Style*

The Best 12 Week Kettlebell Program

Below is a 12-week kettlebell program for beginners and advanced lifters.

Each program is broken up into blocks of four weeks. These will increase in difficulty to make sure you are continuously challenged for the entire program.

The programs will also contain some split programming as you advance through the program.

This will allow you to increase training volume, which can improve your results.

Beginners

Weekly Schedule - Full Body Split (Weeks 1-4)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Train	Rest	Train	Rest	Train	Rest	Rest

Weeks 1 - 4

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrust	3	12	30 - 45 secs
Kettlebell Goblet Squat	3	10	45 - 60 secs
Kettlebell Walking Lunges	3	8	45 - 60 secs
Kettlebell Stiff Leg Deadlift	3	10	45 - 60 secs
Kettlebell Push-Ups	3	10	45 - 60 secs
Kettlebell Bent-Over Row	3	10	45 - 60 secs
Kettlebell Farmers Walk	2	20 meters	30 - 45 secs

Weekly Schedule - Upper Body, Lower Body Split (Weeks 5-8)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Upper	Lower	Rest	Upper	Lower	Rest	Rest

Weeks 5 - 8

Upper Body

Exercise	Sets	Reps	Rest
Kettlebell Push-Up	4	10-12	30 - 45 secs
Kettlebell Bent-Over Row	4	10	30 - 45 secs
Kettlebell Halo	3	20	30 - 45 secs
Kettlebell Farmers Walk	3	20m	30 - 45 secs
Kettlebell Pull-Through	3	16	30 - 45 secs
Kettlebell Russian Twists	3	16-20	30 - 45 secs

Lower Body

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrust	3	12	30 - 45 secs
Kettlebell Goblet Squat	4	10	45 - 60 secs
Kettlebell Walking Lunges	3	10	45 - 60 secs
Kettlebell Stiff Leg Deadlift	3	10	45 - 60 secs
Kettlebell Pull-Through	3	10	45 - 60 secs

Weekly Schedule - Push Pull Legs Split (Weeks 9 - 12)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Push	Pull	Legs	Rest	Push	Pull	Rest

Weeks 9 - 12

Push Day

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrust	3	12	45 secs
Kettlebell Goblet Squat	4	8-10	45 secs
Kettlebell Walking Lunges	3	12	45 - 60 secs
Kettlebell Thrusters	3	12	60 secs
Kettlebell Push Ups	3	12	45 - 60 secs
Kettlebell Halos	3	20	30 - 45 secs

Pull Day

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrust	3	12	30 - 45 secs
Kettlebell Stiff Leg Deadlift	4	8	30 - 45 secs
Kettlebell Swings	4	10	30 - 45 secs
Kettlebell Bent-Over Row	4	8	30 - 45 secs
Kettlebell Russian Twists	3	20	30 - 45 secs

Leg Day

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrust	3	12	30 - 45 secs
Kettlebell Goblet Squat	4	10	45 - 60 secs
Kettlebell Stiff Leg Deadlift	4	10	45 - 60 secs
Kettlebell Walking Lunges	3	10	45 - 60 secs
Kettlebell Swing	3	10	30 - 45 secs

Advanced

Weekly Schedule - Upper Body, Lower Body Split (Weeks 1-4)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Upper	Lower	Rest	Upper	Lower	Rest	Rest

Weeks 1 - 4

Upper Body

Exercise	Sets	Reps	Rest
Kettlebell Crush Grip Push-Ups	4	10	45 - 60 secs
Kettlebell Push-Ups	3	15	30 - 45 secs
Kettlebell Bent-Over Rows	4	8-12	45 - 60 secs
Kettlebell Pull-Through	3	16	45 - 60 secs
Kettlebell Farmers Walk	4	30-50m	45 - 60 secs

Lower Body

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrust	3	15	45 - 60 secs
Kettlebell Goblet Squat	4	10-12	45 - 60 secs
Kettlebell Stiff Leg Deadlift	4	10-12	45 - 60 secs
Kettlebell Walking Lunge	4	8	45 - 60 secs
Kettlebell Thruster	3	12	45 - 60 secs
Kettlebell Swing	3	45-60 secs	45 - 60 secs

Weekly Schedule - Push Pull Legs Split (Weeks 5-8)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Push	Pull	Legs	Rest	Push	Pull	Rest

Weeks 5 - 8

Push

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrust	3	15	45 - 60 secs
Kettlebell Goblet Squats	3	10	45 - 60 secs
Kettlebell Walking Lunges	3	10	45 - 60 secs
Kettlebell Crush Grip Push-Ups	3	8	45 - 60 secs
Kettlebell Halo	3	20	45 - 30 secs

Pull

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrust	3	15	45 - 60 secs
Kettlebell Stiff Leg Deadlift	4	8	45 - 60 secs
Kettlebell Swings	4	12	45 - 60 secs
Kettlebell Bent-Over Row	4	18	45 - 60 secs
Kettlebell Clean	3	12	45 - 60 secs
Kettlebell Pull-Through	3	20	45 - 60 secs

Legs

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrusts	3	15	45 - 60 secs
Kettlebell Goblet Squat	4	8	45 - 60 secs
Kettlebell Walking Lunges	3	10	45 - 60 secs
Kettlebell Stiff Leg Deadlifts	3	12	45 - 60 secs
Kettlebell Thrusters	3	8	45 - 60 secs
Kettlebell Farmers Walks	3	20	45 - 30 secs

Weekly Schedule - Push Pull Legs Split (Weeks 9 - 12)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Push	Pull	Legs	Rest	Push	Pull	Rest

Push

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrust	3	15	45 - 60 secs
Kettlebell Goblet Squats	4	10	45 - 60 secs
Kettlebell Walking Lunges	4	8	45 - 60 secs
Kettlebell Thrusters	3	12	45 - 60 secs
Kettlebell Crush Grip Push-Ups	4	10	45 - 60 secs
Kettlebell Halo	3	20	45 - 30 secs

Pull

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrust	3	15	45 - 60 secs
Kettlebell Stiff Leg Deadlift	4	10	45 - 60 secs
Kettlebell Swings	4	12	45 - 60 secs
Kettlebell Bentover Row	4	10	45 - 60 secs
Kettlebell Clean	3	12	45 - 60 secs
Kettlebell Pull-Through	3	20	45 - 60 secs

Legs

Exercise	Sets	Reps	Rest
Kettlebell Hip Thrusts	3	15	45 - 60 secs
Kettlebell Goblet Squat	4	10	45 - 60 secs
Kettlebell Walking Lunges	4	8	45 - 60 secs
Kettlebell Stiff Leg Deadlifts	3	12	45 - 60 secs
Kettlebell Thrusters	4	10	45 - 60 secs
Kettlebell Farmers Walks	3	20	45 - 30 secs