Kettlebell Workout for Beginners

One kettlebell and the six moves to learn first: the deadlift before the swing, a squat, a row, a press and a carry.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Full body	Beginner	35 min	Kettlebell

WARM UP

Once through, at an easy pace

Marching In Place



60 s

Bodyweight Squat



10 reps

Glute Bridge



10 reps

Cat-Cow Pose

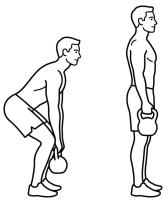


8 reps

MAIN

All sets of a move, then the next

1 Kettlebell Deadlift



3 × 10

rest 60 s

Push the hips back, flat back; this is the swing, slowly

2 Kettlebell Goblet Squat

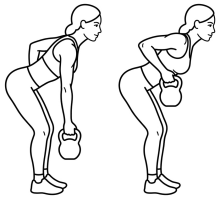


3 × 10

rest 60 s

Hold the bell by the horns at the chest

3 Kettlebell Bent-Over Row



3 × 10

each side · rest 60 s

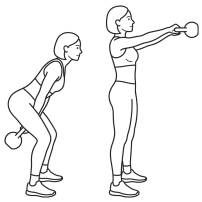
4 Kettlebell Overhead Press



2 × 8

each side · rest 60 s

5 Kettlebell Swing

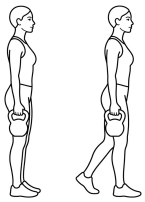


3 × 10

rest 60 s

The hips throw the bell to chest height; the arms only guide it

6 Kettlebell Suitcase Carry



2 × 30 s

each side · rest 45 s

COOL DOWN

Once through, at an easy pace

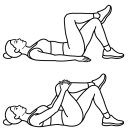
Standing Hamstring Stretch



30 s

each side

Figure-4 Glute Stretch



30 s

each side

Child's Pose



45 s