

6 Week Kettlebell Workout Plan

PUSH

Muscle Group	Exercise	Reps	Rest
Week 1 & 2			
Chest	Bench Press	4x12	45 Seconds
	Deficit Push-Ups	4x12	45 Seconds
	Flyes	4x12	45 Seconds
Shoulders	Presses	4x12	45 Seconds
	Front Raises	4x12	45 Seconds
	Side Raises	4x12	45 Seconds
	Reverse Flyes	4x12	45 Seconds
Triceps	Tricep Dips	4x12	45 Seconds
Week 3 & 4			
Chest	Bench Press	4x12	45 Seconds
	Deficit Push-Ups	4x12	45 Seconds
	Flyes	4x12	45 Seconds
	Incline Flyes	4x12	45 Seconds
Shoulders	Presses	4x12	45 Seconds
	Front Raises	4x12	45 Seconds
	Side Raises	4x12	45 Seconds
	Reverse Flyes	4x12	45 Seconds
Triceps	Close Grip Bench	4x12	45 Seconds
Week 5 & 6			
Chest	Bench Press	4x12	45 Seconds
	Deficit Push-Ups	4x12	45 Seconds
	Flyes	4x12	45 Seconds
Shoulders	Presses	4x12	45 Seconds
	Front Raises	4x12	45 Seconds
	Side Raises	4x12	45 Seconds
	Reverse Flyes	4x12	45 Seconds
Triceps	Close Grip Bench	4x12	45 Seconds

PULL

Muscle Group	Exercise	Reps	Rest
Week 1 & 2			
Back	Deadlift	3x10	45 Seconds
	Good Mornings	3x10	45 Seconds
	Swings	3x10	45 Seconds
	Rows	3x10	45 Seconds
	Famers Walks	3x10	45 Seconds
Biceps	Standard Curls	3x10	45 Seconds
Week 3 & 4			
Back	Deadlift	3x10	45 Seconds
	Good Mornings	3x10	45 Seconds
	Swings	3x10	45 Seconds
	Rows	3x10	45 Seconds
	Famers Walks	3x10	45 Seconds
Biceps	Concentration Curl	3x10	45 Seconds
Week 5 & 6			
Back	Deadlift	3x10	45 Seconds
	Good Mornings	3x10	45 Seconds
	Swings	3x10	45 Seconds
	Renegrade Rows	3x10	45 Seconds
	Famers Walks	3x10	45 Seconds
Biceps	Concentration Curls	3x10	45 Seconds

LEGS

Muscle Group	Exercise	Reps	Rest
Week 1 & 2			
Legs	Lunges	3x10	45 Seconds
	Goblet Squats	3x10	45 Seconds
	Calf Raises	3x10	45 Seconds
	Kettlebell Step-Ups	4x12	45 Seconds
	Side Lunges	3x10	45 Seconds
	Glute Bridges	3x10	45 Seconds
Week 3 & 4			
Legs	Lunges with Pass	4x10	45 Seconds
	Seated Calf Raises	4x10	45 Seconds
	Split Squats	4x10	45 Seconds
	Kettlebell Step-Ups	4x12	45 Seconds
	Side Lunges	3x10	45 Seconds
	Glute Bridges	3x10	45 Seconds
Week 5 & 6			
Legs	Lunges with Pass	4x12	45 Seconds
	Seated Calf Raises	4x12	45 Seconds
	Split Squats	4x12	45 Seconds
	Kettlebell Step-Ups	4x12	45 Seconds
	Side Lunges	3x10	45 Seconds
	Turkish Getups	2x5	45 Seconds

For help follow the links below:

<https://www.exercise.co.uk/learn/the-6-week-kettlebell-workout-plan/>