

Kettlebell-Only Full-Body Workout for Beginners (Home Edition)



Full article: [Kettlebell-Only Full-Body Workout for Beginners \(Home Edition\)](#)

Table 1: About the Program

Training Type	Full Body Training System
Level	Beginners
Frequency	3 Times per Week (Monday, Wednesday, Friday)
Program Duration	4 Weeks
Workout Duration	Approximately 60-75 Minutes
Primary Goal	Muscle Gain (Hypertrophy)
Training Location	Home
Required Equipment	Two Kettlebells (8kg + 16kg), Adjustable Bench
Exercise Selection	Compound & Isolation Movements
Progression Model	Weekly Progressive Overload
Fatigue Management	Moderate RPE (6.5-7.5) with Alternating Rest Days
Beginner-Friendly	Yes - No Prior Experience Required
Rest Between Sets	60-90 sec (compound), 45-60 sec (isolation)
Warm-Up Included	Yes - Light Cardio & Mobility Drills
Cool Down	Optional Static Stretching

Table 2: RPE Scale – How Hard Should You Train?

RPE Level	Description
6	Moderate effort - can perform 4+ more reps
7	Challenging but manageable - 3 reps left in the tank
8	Hard effort - 2 reps left
9	Very hard - only 1 rep left
10	Maximal effort - cannot perform another rep

Table 3: Weekly Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Rest	Workout	Rest	Workout	Rest	Rest

Week 1 – Foundation & Movement Mastery

Day 1 – Monday (Week 1)

1. **Kettlebell Goblet Squat** – 4 sets | 10–12 reps | RPE 7
◆ *Muscles worked:* Quads, glutes, core
2. **Kettlebell Bent-Over Row (Double KB)** – 3 sets | 10–12 reps | RPE 7
◆ *Muscles worked:* Lats, rhomboids, biceps
3. **Kettlebell Floor Press (Double KB)** – 3 sets | 12 reps | RPE 7
◆ *Muscles worked:* Chest, triceps, anterior delts
4. **Kettlebell Romanian Deadlift (Double KB)** – 3 sets | 12–14 reps | RPE 7
◆ *Muscles worked:* Hamstrings, glutes, lower back
5. **Seated Kettlebell Shoulder Press (Double KB)** – 3 sets | 10–12 reps | RPE 7
◆ *Muscles worked:* Deltoids, triceps
6. **Kettlebell Bicep Curl (Double or Single KB)** – 2 sets | 14 reps | RPE 7
◆ *Muscles worked:* Biceps
7. **Kettlebell Triceps Overhead Extension (Single KB)** – 2 sets | 14 reps | RPE 7
◆ *Muscles worked:* Triceps
8. **Kettlebell Russian Twists** – 3 sets | 16–20 reps (each side) | RPE 7
◆ *Muscles worked:* Obliques, abdominals

Day 2 – Wednesday (Week 1)

1. **Kettlebell Deadlift (Double KB)** – 4 sets | 10–12 reps | RPE 7
◆ *Muscles worked:* Glutes, hamstrings, lower back
2. **Kettlebell One-Arm Row (Each Side)** – 3 sets | 10–12 reps | RPE 7
◆ *Muscles worked:* Lats, traps, biceps
3. **Kettlebell Incline Floor Press (Double KB)** – 3 sets | 12 reps | RPE 7
◆ *Muscles worked:* Upper chest, triceps, anterior delts
4. **Kettlebell Step-Ups (Each Leg)** – 3 sets | 10 reps | RPE 7
◆ *Muscles worked:* Quads, glutes, hamstrings
5. **Half-Kneeling Kettlebell Shoulder Press (Each Side)** – 3 sets | 10–12 reps | RPE 7
◆ *Muscles worked:* Shoulders, core, triceps
6. **Kettlebell Hammer Curls** – 2 sets | 14 reps | RPE 7
◆ *Muscles worked:* Biceps, brachialis
7. **Kettlebell Skull Crushers (Flat Bench or Floor)** – 2 sets | 14 reps | RPE 7
◆ *Muscles worked:* Triceps

8. **Kettlebell Plank Pull-Throughs** – 3 sets | 10–12 reps (each side) | RPE 7
◆ *Muscles worked:* Core, obliques, shoulders

Day 3 – Friday (Week 1)

1. **Kettlebell Front Squat (Double KB)** – 4 sets | 10–12 reps | RPE 7
◆ *Muscles worked:* Quads, glutes, core
2. **Kettlebell Renegade Row (Alternating)** – 3 sets | 10 reps (each side) | RPE 7
◆ *Muscles worked:* Back, arms, core, stabilizers
3. **Kettlebell Bench Press (Flat Bench, Double KB)** – 3 sets | 12 reps | RPE 7
◆ *Muscles worked:* Chest, triceps, shoulders
4. **Kettlebell Hip Thrust (Double KB or Single Heavy)** – 3 sets | 12–14 reps | RPE 7
◆ *Muscles worked:* Glutes, hamstrings
5. **Kettlebell Arnold Press (Seated, Double KB)** – 3 sets | 10–12 reps | RPE 7
◆ *Muscles worked:* Shoulders, triceps
6. **Kettlebell Zottman Curls** – 2 sets | 14 reps | RPE 7
◆ *Muscles worked:* Biceps, forearms
7. **Kettlebell Kickbacks (Incline Bench or Bent Over)** – 2 sets | 14 reps | RPE 7
◆ *Muscles worked:* Triceps
8. **Kettlebell Sit-Ups (Hold KB at Chest)** – 3 sets | 15–20 reps | RPE 7
◆ *Muscles worked:* Abdominals

Week 2 – Building Strength & Movement Confidence

Day 1 – Monday (Week 2)

1. **Kettlebell Goblet Squat** – 4 sets | 12 reps | RPE 7
◆ *Muscles worked:* Quads, glutes, core
2. **Kettlebell Bent-Over Row (Double KB)** – 3 sets | 12 reps | RPE 7
◆ *Muscles worked:* Lats, rhomboids, biceps
3. **Kettlebell Floor Press (Double KB)** – 3 sets | 12–14 reps | RPE 7
◆ *Muscles worked:* Chest, triceps, anterior delts
4. **Kettlebell Romanian Deadlift (Double KB)** – 3 sets | 14 reps | RPE 7
◆ *Muscles worked:* Hamstrings, glutes, lower back

5. **Seated Kettlebell Shoulder Press (Double KB)** – 3 sets | 12 reps | RPE 7
◆ *Muscles worked:* Deltoids, triceps
6. **Kettlebell Bicep Curl (Double or Single KB)** – 2 sets | 15 reps | RPE 7
◆ *Muscles worked:* Biceps
7. **Kettlebell Triceps Overhead Extension (Single KB)** – 2 sets | 15 reps | RPE 7
◆ *Muscles worked:* Triceps
8. **Kettlebell Russian Twists** – 3 sets | 20 reps (each side) | RPE 7
◆ *Muscles worked:* Obliques, abdominals

Day 2 – Wednesday (Week 2)

1. **Kettlebell Deadlift (Double KB)** – 4 sets | 12 reps | RPE 7
◆ *Muscles worked:* Glutes, hamstrings, lower back
2. **Kettlebell One-Arm Row (Each Side)** – 3 sets | 12 reps | RPE 7
◆ *Muscles worked:* Lats, traps, biceps
3. **Kettlebell Incline Floor Press (Double KB)** – 3 sets | 14 reps | RPE 7
◆ *Muscles worked:* Upper chest, triceps, anterior delts
4. **Kettlebell Step-Ups (Each Leg)** – 3 sets | 12 reps | RPE 7
◆ *Muscles worked:* Quads, glutes, hamstrings
5. **Half-Kneeling Kettlebell Shoulder Press (Each Side)** – 3 sets | 12 reps | RPE 7
◆ *Muscles worked:* Shoulders, core, triceps
6. **Kettlebell Hammer Curls** – 2 sets | 15 reps | RPE 7
◆ *Muscles worked:* Biceps, brachialis
7. **Kettlebell Skull Crushers (Flat Bench or Floor)** – 2 sets | 15 reps | RPE 7
◆ *Muscles worked:* Triceps
8. **Kettlebell Plank Pull-Throughs** – 3 sets | 12 reps (each side) | RPE 7
◆ *Muscles worked:* Core, obliques, shoulders

Day 3 – Friday (Week 2)

1. **Kettlebell Front Squat (Double KB)** – 4 sets | 12 reps | RPE 7
◆ *Muscles worked:* Quads, glutes, core
2. **Kettlebell Renegade Row (Alternating)** – 3 sets | 12 reps (each side) | RPE 7
◆ *Muscles worked:* Back, arms, core, stabilizers
3. **Kettlebell Bench Press (Flat Bench, Double KB)** – 3 sets | 14 reps | RPE 7
◆ *Muscles worked:* Chest, triceps, shoulders
4. **Kettlebell Hip Thrust (Double KB or Single Heavy)** – 3 sets | 14 reps | RPE 7
◆ *Muscles worked:* Glutes, hamstrings

5. **Kettlebell Arnold Press (Seated, Double KB)** – 3 sets | 12 reps | RPE 7
◆ *Muscles worked:* Shoulders, triceps
6. **Kettlebell Zottman Curls** – 2 sets | 15 reps | RPE 7
◆ *Muscles worked:* Biceps, forearms
7. **Kettlebell Kickbacks (Incline Bench or Bent Over)** – 2 sets | 15 reps | RPE 7
◆ *Muscles worked:* Triceps
8. **Kettlebell Sit-Ups (Hold KB at Chest)** – 3 sets | 20 reps | RPE 7
◆ *Muscles worked:* Abdominals

Week 3 – Strength Refinement & Controlled Intensity

Day 1 – Monday (Week 3)

1. **Kettlebell Goblet Squat** – 4 sets | 14 reps | RPE 7
◆ *Muscles worked:* Quads, glutes, core
2. **Kettlebell Bent-Over Row (Double KB)** – 3 sets | 14 reps | RPE 7
◆ *Muscles worked:* Lats, rhomboids, biceps
3. **Kettlebell Floor Press (Double KB)** – 3 sets | 14 reps | RPE 7
◆ *Muscles worked:* Chest, triceps, anterior delts
4. **Kettlebell Romanian Deadlift (Double KB)** – 3 sets | 14–16 reps | RPE 7
◆ *Muscles worked:* Hamstrings, glutes, lower back
5. **Seated Kettlebell Shoulder Press (Double KB)** – 3 sets | 12–14 reps | RPE 7
◆ *Muscles worked:* Deltoids, triceps
6. **Kettlebell Bicep Curl (Double or Single KB)** – 2 sets | 16 reps | RPE 7
◆ *Muscles worked:* Biceps
7. **Kettlebell Triceps Overhead Extension (Single KB)** – 2 sets | 16 reps | RPE 7
◆ *Muscles worked:* Triceps
8. **Kettlebell Russian Twists** – 3 sets | 24 reps (each side) | RPE 7
◆ *Muscles worked:* Obliques, abdominals

Day 2 – Wednesday (Week 3)

1. **Kettlebell Deadlift (Double KB)** – 4 sets | 14 reps | RPE 7
◆ *Muscles worked:* Glutes, hamstrings, lower back
2. **Kettlebell One-Arm Row (Each Side)** – 3 sets | 14 reps | RPE 7
◆ *Muscles worked:* Lats, traps, biceps

3. **Kettlebell Incline Floor Press (Double KB)** – 3 sets | 14–16 reps | RPE 7
◆ *Muscles worked:* Upper chest, triceps, anterior delts
4. **Kettlebell Step-Ups (Each Leg)** – 3 sets | 12–14 reps | RPE 7
◆ *Muscles worked:* Quads, glutes, hamstrings
5. **Half-Kneeling Kettlebell Shoulder Press (Each Side)** – 3 sets | 12–14 reps | RPE 7
◆ *Muscles worked:* Shoulders, core, triceps
6. **Kettlebell Hammer Curls** – 2 sets | 16 reps | RPE 7
◆ *Muscles worked:* Biceps, brachialis
7. **Kettlebell Skull Crushers (Flat Bench or Floor)** – 2 sets | 16 reps | RPE 7
◆ *Muscles worked:* Triceps
8. **Kettlebell Plank Pull-Throughs** – 3 sets | 14 reps (each side) | RPE 7
◆ *Muscles worked:* Core, obliques, shoulders

Day 3 – Friday (Week 3)

1. **Kettlebell Front Squat (Double KB)** – 4 sets | 14 reps | RPE 7
◆ *Muscles worked:* Quads, glutes, core
2. **Kettlebell Renegade Row (Alternating)** – 3 sets | 14 reps (each side) | RPE 7
◆ *Muscles worked:* Back, arms, core, stabilizers
3. **Kettlebell Bench Press (Flat Bench, Double KB)** – 3 sets | 14–16 reps | RPE 7
◆ *Muscles worked:* Chest, triceps, shoulders
4. **Kettlebell Hip Thrust (Double KB or Single Heavy)** – 3 sets | 14–16 reps | RPE 7
◆ *Muscles worked:* Glutes, hamstrings
5. **Kettlebell Arnold Press (Seated, Double KB)** – 3 sets | 14 reps | RPE 7
◆ *Muscles worked:* Shoulders, triceps
6. **Kettlebell Zottman Curls** – 2 sets | 16 reps | RPE 7
◆ *Muscles worked:* Biceps, forearms
7. **Kettlebell Kickbacks (Incline Bench or Bent Over)** – 2 sets | 16 reps | RPE 7
◆ *Muscles worked:* Triceps
8. **Kettlebell Sit-Ups (Hold KB at Chest)** – 3 sets | 20–25 reps | RPE 7
◆ *Muscles worked:* Abdominals

Week 4 – Peak Week & Final Adaptation Phase

Day 1 – Monday (Week 4)

1. **Kettlebell Goblet Squat** – 4 sets | 15 reps | RPE 7.5
◆ *Muscles worked:* Quads, glutes, core
2. **Kettlebell Bent-Over Row (Double KB)** – 3 sets | 15 reps | RPE 7.5
◆ *Muscles worked:* Lats, rhomboids, biceps
3. **Kettlebell Floor Press (Double KB)** – 3 sets | 15 reps | RPE 7.5
◆ *Muscles worked:* Chest, triceps, anterior delts
4. **Kettlebell Romanian Deadlift (Double KB)** – 3 sets | 16 reps | RPE 7.5
◆ *Muscles worked:* Hamstrings, glutes, lower back
5. **Seated Kettlebell Shoulder Press (Double KB)** – 3 sets | 14 reps | RPE 7.5
◆ *Muscles worked:* Deltoids, triceps
6. **Kettlebell Bicep Curl (Double or Single KB)** – 2 sets | 16–18 reps | RPE 7.5
◆ *Muscles worked:* Biceps
7. **Kettlebell Triceps Overhead Extension (Single KB)** – 2 sets | 16–18 reps | RPE 7.5
◆ *Muscles worked:* Triceps
8. **Kettlebell Russian Twists** – 3 sets | 24–30 reps (each side) | RPE 7.5
◆ *Muscles worked:* Obliques, abdominals

Day 2 – Wednesday (Week 4)

1. **Kettlebell Deadlift (Double KB)** – 4 sets | 15 reps | RPE 7.5
◆ *Muscles worked:* Glutes, hamstrings, lower back
2. **Kettlebell One-Arm Row (Each Side)** – 3 sets | 15 reps | RPE 7.5
◆ *Muscles worked:* Lats, traps, biceps
3. **Kettlebell Incline Floor Press (Double KB)** – 3 sets | 16 reps | RPE 7.5
◆ *Muscles worked:* Upper chest, triceps, anterior delts
4. **Kettlebell Step-Ups (Each Leg)** – 3 sets | 14 reps | RPE 7.5
◆ *Muscles worked:* Quads, glutes, hamstrings
5. **Half-Kneeling Kettlebell Shoulder Press (Each Side)** – 3 sets | 14 reps | RPE 7.5
◆ *Muscles worked:* Shoulders, core, triceps
6. **Kettlebell Hammer Curls** – 2 sets | 16–18 reps | RPE 7.5
◆ *Muscles worked:* Biceps, brachialis

7. **Kettlebell Skull Crushers (Flat Bench or Floor)** – 2 sets | 16–18 reps | RPE 7.5
◆ *Muscles worked:* Triceps
8. **Kettlebell Plank Pull-Throughs** – 3 sets | 14–16 reps (each side) | RPE 7.5
◆ *Muscles worked:* Core, obliques, shoulders

Day 3 – Friday (Week 4)

1. **Kettlebell Front Squat (Double KB)** – 4 sets | 15 reps | RPE 7.5
◆ *Muscles worked:* Quads, glutes, core
2. **Kettlebell Renegade Row (Alternating)** – 3 sets | 15 reps (each side) | RPE 7.5
◆ *Muscles worked:* Back, arms, core, stabilizers
3. **Kettlebell Bench Press (Flat Bench, Double KB)** – 3 sets | 16 reps | RPE 7.5
◆ *Muscles worked:* Chest, triceps, shoulders
4. **Kettlebell Hip Thrust (Double KB or Single Heavy)** – 3 sets | 16 reps | RPE 7.5
◆ *Muscles worked:* Glutes, hamstrings
5. **Kettlebell Arnold Press (Seated, Double KB)** – 3 sets | 14 reps | RPE 7.5
◆ *Muscles worked:* Shoulders, triceps
6. **Kettlebell Zottman Curls** – 2 sets | 18 reps | RPE 7.5
◆ *Muscles worked:* Biceps, forearms
7. **Kettlebell Kickbacks (Incline Bench or Bent Over)** – 2 sets | 18 reps | RPE 7.5
◆ *Muscles worked:* Triceps
8. **Kettlebell Sit-Ups (Hold KB at Chest)** – 3 sets | 20–25 reps | RPE 7.5
◆ *Muscles worked:* Abdominals

What's Next After Finishing This Program?

Here's how you can build on your momentum:

- **Transition to Gym-Based Training**
If you're ready to step into the gym and access more equipment, consider our [Beginner Full Body Training Program for Maximum Muscle Gains](#) (3x-Weekly Routine). It's designed for beginners in a gym environment, offering access to barbells, machines, and cables to maximize muscle-building potential.
- **Try Dumbbell-Only Progression**
Prefer staying at home but want more variety? Check out our [Dumbbell-Only Full Body Workout for Beginners \(Home Edition\)](#) — a perfect follow-up that uses adjustable dumbbells and a bench to add new challenges to your routine.
- **Level Up with Barbell Training**
If you now have access to a barbell and weight plates, explore our [Barbell-Only Full Body Workout for Beginners \(Home Edition\)](#). It focuses on foundational barbell lifts and is an excellent step toward serious strength development.