

10 BEST BEGINNERS WORKOUTS

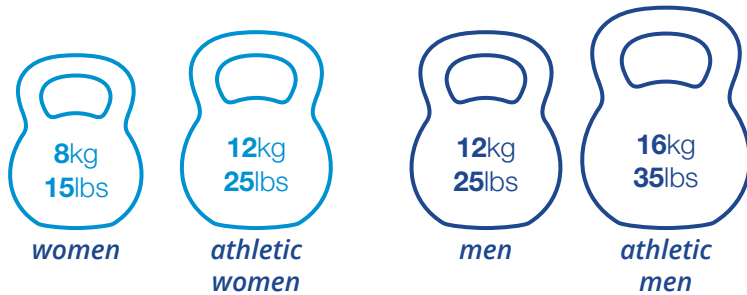
If you are new to kettlebell training then you are in for a real treat.

You can gain strength, muscle, cardio, joint mobility and fat loss all from quick workouts using only one kettlebell.



Let's Get Started

Women you will need an 8kg (18lbs) or 12kg (25lbs) kettlebell and Men a 12kg or 16kg (35lbs).



There are 5 very important kettlebell exercises that you need to learn:

- **Slingshot**
- **Halo**
- **Good Morning**
- **Single Arm Deadlift**
- **Goblet Squat**

▶ [View all these exercises with videos by clicking here](#)

3 Simple Steps to Using These Workouts

1. Start with Workout 1 and only progress onto the next workout when you can comfortably complete it.
2. As a beginner you should only perform one workout per day
3. Take a days rest when you feel you need it, usually every couple of days

Workout **1**

• Slingshot

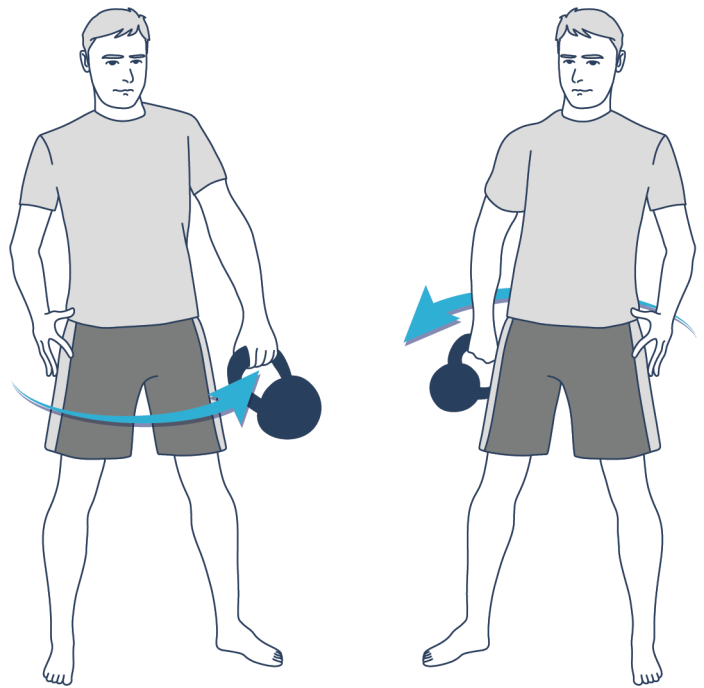
Clockwise × 20 reps

• Slingshot

Anticlockwise × 20 reps

• Repeat 2 - 4 times

▶ [Watch the Slingshot video](#)



Kettlebell Slingshot



The slingshot is the perfect exercise for beginners because it teaches you to control the weight and get used to changing hands. It is also a great exercise for improving your core, shoulder and grip strength.

Workout 2

• Single Arm Deadlift

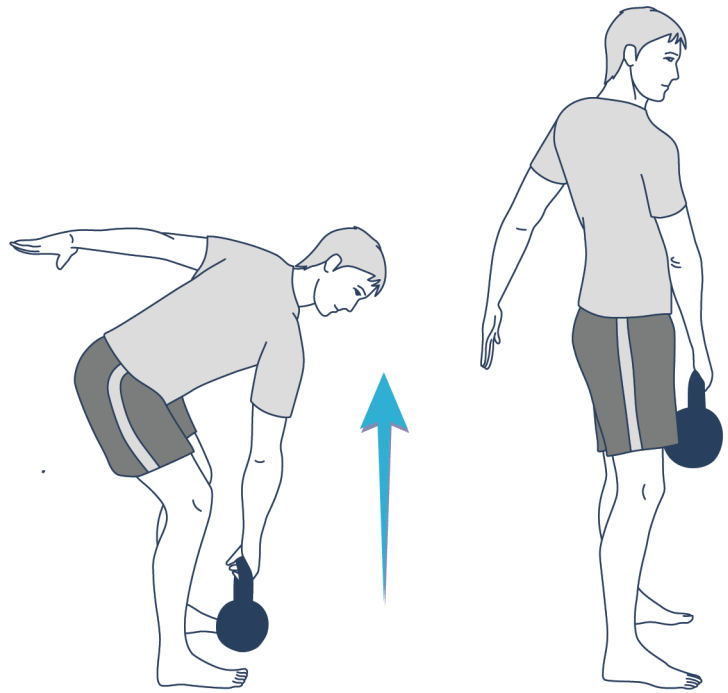
Left × 30 seconds

• Single Arm Deadlift

Right × 30 seconds

◦ Repeat 2 - 4 times

▶ [Watch the Single Arm Deadlift video](#)



Kettlebell Single Arm Deadlift



Now we start to program the most important foundational movement used in kettlebell training the hip hinge. The single arm deadlift exercise will also strengthen most of the muscles in the body and improve your cardio.

Workout 3

- **Single Arm Deadlift**

Left × 30 seconds

- **Slingshot**

Clockwise × 30 seconds

- **Single Arm Deadlift**

Right × 30 seconds

- **Slingshot**

Anticlockwise × 30 seconds

- **Repeat 2 - 4 times**



Next we put these 2 exercises together to make a circuit that flows, keeping the heart rate up.

Workout 4

- **Goblet Squat**

× 30 seconds

- **Single Arm Deadlift**

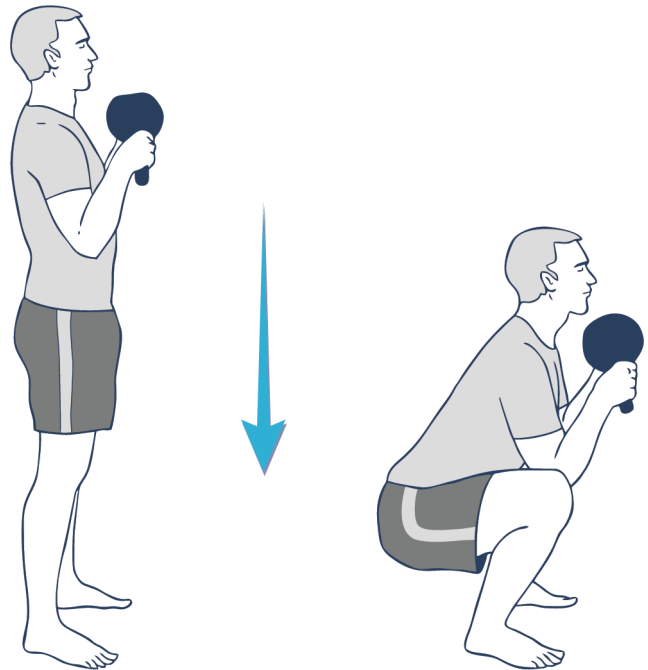
Left × 30 seconds

- **Single Arm Deadlift**

Right × 30 seconds

- Repeat 2 - 4 times

- [!\[\]\(e1d6102fe77919492c04879c8450f1f5_img.jpg\) Watch the Goblet Squat video](#)



Kettlebell Goblet Squat



The Goblet Squat will add a lot more cardio and strength demands to the workout.

Workout 5

• Goblet Squat

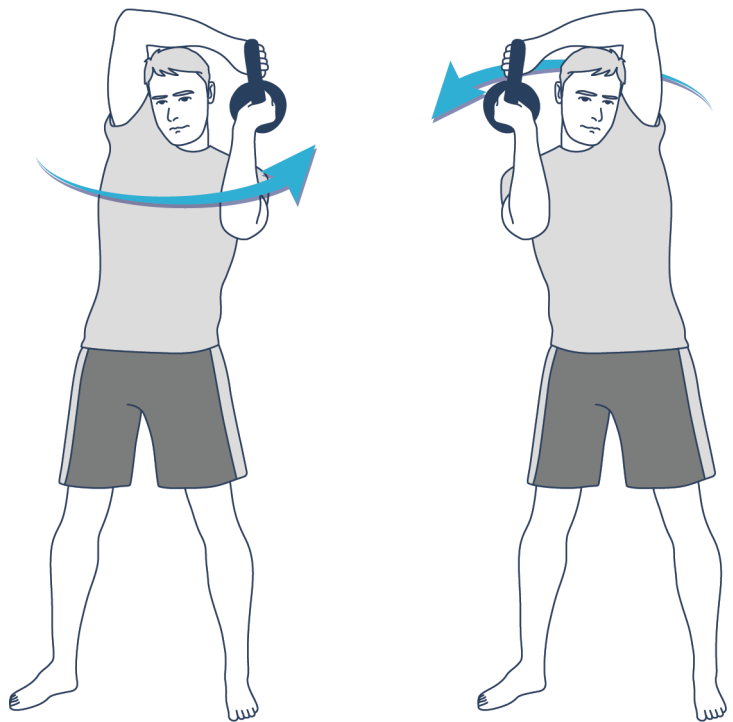
× 10 reps (10 - 1)

• Halo

× 5 reps each direction

• Repeat 10 times

▶ [Watch the Halo video](#)



Kettlebell Halo

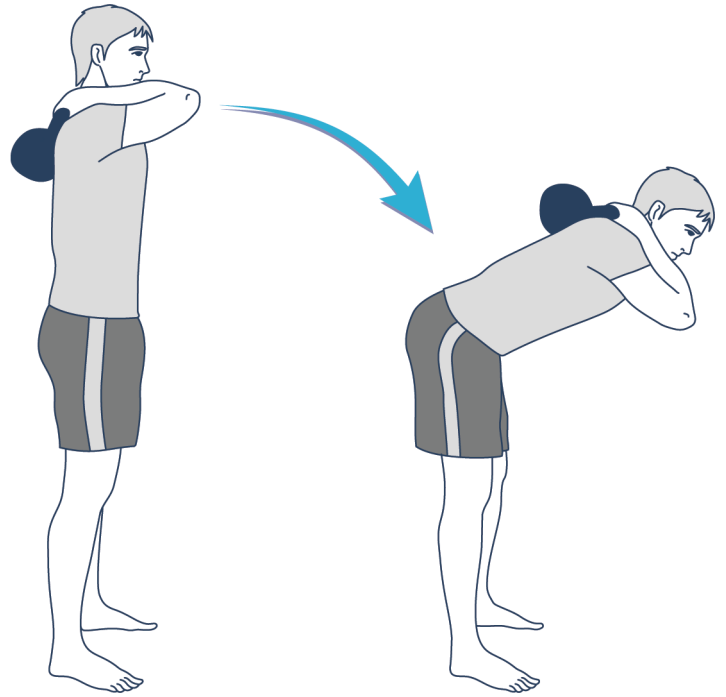


Start with 10 reps of the Goblet Squat and each round reduce the amount by 1. Once you have finished you will have performed 55 Goblet Squats and 50 Halos in each direction.

Workout 6

- **Good Morning**
× 10 reps
- **Slingshot**
× 20 reps each direction
- **Halo**
× 10 reps each direction
- **Goblet Squat**
× 20 reps
- Repeat 2 - 4 times

▶ [Watch the Good Morning video](#)



Kettlebell Good Morning



The Good Morning will help improve your hips and again help to program the hip hinge movement ready for the kettlebell swing later in your training.

Workout 7

- **Slingshot**

Clockwise × 20 reps

- **Single Arm Deadlift**

Left × 15 reps

- **Slingshot**

Anticlockwise × 20 reps

- **Single Arm Deadlift**

Right × 15 reps

- **Slingshot**

Clockwise × 20 reps

- **Halo**

Alternating directions × 10 reps

- **Slingshot**

Anticlockwise × 20 reps

- **Goblet Squats**

× 20 reps

- **Repeat 2 - 3 times**



An excellent circuit that combines 4 of the kettlebell exercises. Try to flow from one exercise to the next without putting the kettlebell down in between exercises.

Workout 8

- **Good Morning**

- × 10 reps (remove on 2nd circuit)

- **Halo**

- × 10 reps each direction (remove on 3rd circuit)

- **Single Arm Deadlift**

- × 15 reps each side (remove on 4th circuit)

- **Slingshot**

- × 20 reps each direction (remove on 5th circuit)

- **Goblet Squat**

- × 10 reps

- **Repeat 5 times**



Next we are moving onto a fun movement ladder. Perform each exercise one after the other. On the second circuit remove the 1st exercise and perform the remaining 4 exercises. On the third circuit remove the 1st and 2nd exercises and perform the remaining 3 exercises. Continue like this until you finish with only the Goblet Squats on the final circuit.

Workout 9

- **Slingshot**

- × 30 seconds

- **Halo**

- × 30 seconds

- **Good Morning**

- × 30 seconds

- **Single Arm Deadlift**

- × 30 seconds

- **Goblet Squat**

- × 30 seconds

- **Continue for 10 minutes changing exercises randomly**



Now I want you to work on your transitions from one exercise to the next. Using an interval timer or clock randomly change exercises every 30 seconds. See if you can continue changing exercises for a total of 10 minutes without putting down the kettlebell.

Workout **10**

- **Good Morning**

- × 60 seconds

- **Slingshot**

- × 60 seconds each direction

- **Goblet Squat**

- × 60 seconds

- **Halo**

- × 60 seconds each direction

- **Single Arm Deadlift**

- × 60 seconds

- Perform each exercise for 60 seconds one after the other without resting



Finally, a 60 second challenge. Maintaining a kettlebell exercise for 60 seconds is a real challenge. Can you perform each exercise for 60 seconds one after the other without resting?

What Next?

Congratulations, if you have managed to complete all 10 workouts then you are more capable and comfortable with a kettlebell than the majority of people using kettlebells.

You have now developed a solid foundation to progress your kettlebell training safely and effectively.

Next, you should move onto the 5 Intermediate Kettlebell Exercises here:

<https://kettlebellworkouts.com/intermediate-kettlebell-exercises>

Best of luck,

Greg Brookes



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USE AT YOUR OWN RISK: These exercises are for informational purposes only. Consult a physician before performing this or any exercise program.