

# KETTLEBELL WORKOUT OF THE DAY

01/05/2025- 01/11/2025

Here's a 5-day Kettlebell Workout of the Day (WOD) that combines both cardio and muscle-building exercises. These workouts are designed to target full-body strength, endurance, and conditioning. They are inspired by well-known kettlebell training methods used by popular fitness accounts and websites, including Kettlebell Kings, StrongFirst, and Onnit. Remember to rest and recover!

## DAY 1: FULL-BODY KETTLEBELL STRENGTH CIRCUIT

### **WARM-UP (5-10 MINS):**

JUMP ROPE OR HIGH KNEES (2 MIN)

ARM CIRCLES (1 MIN)

BODYWEIGHT SQUATS (2 MIN)

HIP OPENERS (1 MIN)

### **WORKOUT:**

KETTLEBELL SWINGS – 4 SETS X 20 REPS

(TARGETS: GLUTES, HAMSTRINGS, CORE)

GOBLET SQUATS – 4 SETS X 12 REPS

(TARGETS: QUADS, GLUTES, CORE)

KETTLEBELL DEADLIFTS – 3 SETS X 12 REPS

(TARGETS: HAMSTRINGS, GLUTES, BACK)

SINGLE-ARM KETTLEBELL PRESS – 3 SETS X 10 REPS EACH SIDE

(TARGETS: SHOULDERS, TRICEPS)

RENEGADE ROWS – 3 SETS X 8 REPS EACH SIDE

(TARGETS: BACK, CORE, SHOULDERS)

RUSSIAN TWISTS – 3 SETS X 30 SECONDS

(TARGETS: CORE)

### **COOLDOWN:**

STRETCHING (5 MINS)

# KETTLEBELL WORKOUT OF THE DAY

01/05/2025- 01/11/2025

## DAY 2: KETTLEBELL CARDIO BLAST

### **WARM-UP (5-10 MINS):**

**ARM SWINGS (1 MIN)**

**HIGH KNEES (1 MIN)**

**JUMPING JACKS (2 MIN)**

### **WORKOUT:**

**KETTLEBELL SWINGS – 30 SECONDS ON, 30 SECONDS OFF (10 ROUNDS)**

**(CARDIO + GLUTES/BACK)**

**KETTLEBELL CLEAN & PRESS – 30 SECONDS ON, 30 SECONDS OFF (10 ROUNDS)**

**(FULL-BODY)**

**KETTLEBELL SNATCHES – 30 SECONDS ON, 30 SECONDS OFF (10 ROUNDS)**

**(CARDIO + SHOULDERS)**

**KETTLEBELL GOBLET SQUATS – 30 SECONDS ON, 30 SECONDS OFF (5 ROUNDS)**

**(LEGS + CORE)**

### **COOLDOWN:**

**STRETCHING + DEEP BREATHING (5 MINS)**

# KETTLEBELL WORKOUT OF THE DAY

01/05/2025- 01/11/2025

## DAY 3: KETTLEBELL CORE & STABILITY

### **WARM-UP (5-10 MINS):**

**DYNAMIC STRETCHING**

**HIP OPENERS**

**LIGHT KETTLEBELL SWINGS (2 MINS)**

### **WORKOUT:**

**KETTLEBELL TURKISH GET-UPS – 3 SETS X 5 REPS EACH SIDE**

**(CORE + SHOULDERS + STABILITY)**

**KETTLEBELL WINDMILLS – 3 SETS X 6 REPS EACH SIDE**

**(CORE + SHOULDERS + FLEXIBILITY)**

**KETTLEBELL PLANK ROWS – 3 SETS X 10 REPS EACH SIDE**

**(CORE + BACK)**

**KETTLEBELL RUSSIAN TWISTS – 3 SETS X 30 SECONDS**

**(CORE)**

**KETTLEBELL LATERAL LUNGES – 3 SETS X 10 REPS EACH SIDE**

**(LEGS + CORE)**

### **COOLDOWN:**

**STRETCHING (5 MINS)**

# KETTLEBELL WORKOUT OF THE DAY

01/05/2025- 01/11/2025

## DAY 4: KETTLEBELL STRENGTH + CONDITIONING

### **WARM-UP (5-10 MINS):**

**JUMPING JACKS (1 MIN)**

**ARM CIRCLES (1 MIN)**

**LEG SWINGS (2 MIN)**

### **WORKOUT:**

**KETTLEBELL CLEAN & JERK – 4 SETS X 8 REPS EACH SIDE**

**(FULL-BODY STRENGTH)**

**KETTLEBELL FRONT SQUATS – 4 SETS X 12 REPS**

**(LEGS + CORE)**

**KETTLEBELL PUSH PRESS – 3 SETS X 10 REPS EACH SIDE**

**(SHOULDERS + ARMS)**

**KETTLEBELL SNATCHES – 3 SETS X 10 REPS EACH SIDE**

**(CARDIO + FULL-BODY)**

**KETTLEBELL DEADLIFTS – 3 SETS X 12 REPS**

**(BACK + LEGS)**

### **COOLDOWN:**

**STRETCHING + FOAM ROLLING (5 MINS)**

# KETTLEBELL WORKOUT OF THE DAY

01/05/2025- 01/11/2025

## DAY 5: KETTLEBELL TABATA TRAINING

### **WARM-UP (5-10 MINS):**

**ARM CIRCLES (1 MIN)**

**JUMP ROPE (2 MIN)**

**BODYWEIGHT SQUATS (1 MIN)**

**WORKOUT: TABATA PROTOCOL – 20 SECONDS WORK, 10 SECONDS REST, 8**

### **ROUNDS FOR EACH EXERCISE**

**KETTLEBELL SWINGS**

**KETTLEBELL CLEAN & PRESS (ALTERNATING ARMS)**

**KETTLEBELL GOBLET SQUATS**

**KETTLEBELL HIGH PULLS**

**KETTLEBELL SNATCHES (ALTERNATING)**

**KETTLEBELL RENEGADE ROWS**

### **COOLDOWN:**

**STRETCHING (5 MINS)**