

Single Kettlebell Workout Plan for Fat Loss (Weekly Routine)

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Routine Type: High-intensity Interval Training (HIIT)

Try to perform each exercise as fast as possible with a short period of rest between sets.

I've included both bodyweight and single kettlebell exercises in this workout schedule so that you can burn as many calories as possible during the workout.

A universal tip for weight loss is to eat fewer calories than your body releases during the day to lose weight gradually. And that is 100 percent true.

But HIIT program will also assist in the weight loss process shown in several studies.

HIIT improves aerobic and anaerobic fitness, lowers blood sugar levels, strengthens muscle, and reduces subcutaneous fat. ¹

So doing weight training with high-intensity exercise can be useful for you if you're trying to shed your excess body fats.

Rest Days: Thursday and Sunday

Rest Between Sets: 30-45 seconds

Monday

Exercise	Muscle Worked	Reps
Mountain Climbing	Core	20 seconds
Burpees	Full Body	10 x 2
Kettlebell Farmer's Walk	Full body	10 x 2
Kettlebell Turkish Get Up	Full body	10, 8, 6
Single Kettlebell Deadlift	Legs	8 x 2
Single Kettlebell swings	Legs and Shoulder	10 x 2/side
KB Squat to Press	Legs and Shoulder	10 x 2/side
KB Side Plank	Core	30-sec /side

Tuesday

Exercise	Muscle Worked	Reps
Jump Squat	Full body	15 x 2
Jumping Jacks	Fully Body	20-sec x 2
Kettlebell Windmill	Full body	10 x 2
Kettlebell High Pulls	Full body	10 x 2
Single Leg KB RDL	Legs	8 x 2/side

Exercise	Muscle Worked	Reps
Single Kettlebell swings	Legs and Shoulder	10 x 2
Kettlebell Suitcase Row	Legs and Shoulder	10 x 2/side
KB Side Bend	Core	30-sec /side
Kettlebell Crunches	Core	10 x 2

Wednesday

Exercise	Muscle Worked	Reps
Burpess	Full Body	10 x 2
KB Clean and Press	Shoulder and Legs	10 x 2
KB Squat to Press	Shoulder and Legs	10 x 2
KB Forward Lunge to Curl	Legs and Biceps	10 x 2
KB Gorilla Row	Back	10 x 2/side
Kettlebell Pullover	Back and Chest	10 x 2
Kettlebell Russian Twist	Core	30-sec /side

Exercise	Muscle Worked	Reps
KB Crunches	Core	30-sec x 2
KB Side Plank	Core	30-sec /side
Flutter Kicks	Core	20 seconds
Reverse Crunches	Core	20 reps

Friday

Exercise	Muscle Worked	Reps
Mountain Climbing	Core	20 seconds
Jump Squat	Ful Body	20 seconds
Kettlebell Farmer's Walk	Full body	10 x 2
Kettlebell Turkish Get Up	Full body	15, 12, 10
Kettlebell Deadlift	Legs and Back	10 x 2
Single Kettlebell Swings	Legs and Shoulder	10 x 2
Kettlebell High Pulls	Shoulder and Back	10 x 2
KB Side Plank	Core	30-sec /side
Leg Raises	Core	10 x 2

Exercise	Muscle Worked	Reps
Plank	Core	45-60 sec

Saturday

Exercise	Muscle Worked	Reps
Burpees	Full Body	10 x 2
Single Split Squat	Legs	10 x 2/side
KB Deadlift	Leg and Back	8 x 3
KB Lateral Lunges	Legs	10 x 2/side
Bent-Over Kettlebell Row	Back	10 x 2
Kettlebell Glute Bridge	Glutes	10 x 2
KB Side Bend	Core	10 x 2/side
Tabletop Crunches	Core	10 reps
KB Side Plank	Core	30-sec /side
Reverse Crcunhes	Core	15-20 reps

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