

30-Day Single Kettlebell Workout Program For Mass

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Article Link - [Thefitnessphantom.com/single-kettlebell-workout-program](#)

Rest Days: 4, 7, 11, 14, 18, 21, 25, 28 (2 days rest each week)

For example, if you start working out from Monday then your rest days will be Thursday and Sunday each week.

Routine Type – Full Body

Rest period between sets: 60-90 seconds

Day 1, 8, 15 & 22

Exercise	Muscle Worked	Reps
Single KB Lunges	Leg	10 x 2/side
Single Kettlebell Squat	Leg	15, 12, 10
Crush Grip Push-up	Chest and Triceps	10 x 2
One-arm KB Floor Press	Chest	10 x 2/side
KB Overhead Press	Shoulder	10 x 2/side

Exercise	Muscle Worked	Reps
KB Side Plank	Core	30-sec /side

Day 2, 9, 16 & 23

Exercise	Muscle Worked	Reps
KB Farmer's Walk	Fully Body	10 steps x 2
Kettlebell Pullover	Chest and Back	10 x 2
Bent-Over Kettlebell Row	Back and Biceps	10 x 2/side
Kettlebell High Pulls	Legs, Back and Shoulder	10 x 2
KB Bicep Curl	Biceps	10 x 2/side
Kettlebell Good Morning	Hamstring, and Lower Back	10 x 2

Day 3, 10, 17 & 24

Exercise	Muscle Worked	Reps
KB Squat to Press	Leg	10 x 2/side
KB Lateral Lunge	Leg	10 x 2/side
KB Clean and Press	Shoulder and Legs	10 x 2

Exercise	Muscle Worked	Reps
Crush Grip Push-up	Chest and Triceps	10 x 2
Kettlebell Windmill	Full Body	10 x 2
Kettlebell Turkish Get Up	Full Body	10 x 2

Day 5, 12, 19 & 26

Exercise	Muscle Worked	Reps
Single Kettlebell swings	Leg	10 x 2/side
Single KB Deadlift	Leg	10, 8, 6
Single KB Gorilla Row	Back	10 x 2/side
Kettlebell Curl	Biceps	10 x 2
KB Clean and Press	Shoulder and Legs	10 x 2/side
KB Side Bend	Core	30-sec /side

Day 6, 13, 20 & 27

Exercise	Muscle Worked	Reps
KB Forward Lunge to Curl	Leg and Biceps	10 x 2/side

Exercise	Muscle Worked	Reps
KB Squat to Press	Leg and Shoulder	15, 12, 10
KB Floor Squeeze Press	Chest and Triceps	10 x 2
Kettlebell Lateral Raise	Shoulder	10 x 2/side
Kettlebell High Pulls	Leg, Back and Shoulder	10 x 2
KB Crunches	Core	10 reps
KB Russian Twist	Core	10 reps

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