

Best Kettlebell HIIT Workouts to Scale Up Your Fitness

1. Kettlebell Swings	8. Goblet Lunge with Rotation
2. Kettlebell Clean And Press	9. Kettlebell Floor Press
3. Kettlebell Man Maker	10. Kettlebell Gorilla Row
4. Kettlebell Crunches	11. Kettlebell Thruster
5. Kettlebell Front Squat to Press	12. Kettlebell Russian Step-ups
6. Kettlebell Snatch	13. Single Arm Kettlebell Push Jerk
7. Kettlebell Squat Jump	14. Kettlebell Russian Twist

10 Minute Kettlebell HIIT Workout Plan for Warm-Up

This 10-minute HIIT kettlebell workout will work as cardio and helps improve aerobic fitness. It can burn approximately 70-100 calories and give you a good warm-up.

Exercise	Reps	Rest
Kettlebell Swings	10	20-sec
Kettlebell Man Maker	5	20-sec
KB Crunches	10	20-sec
Kettlebell Squat Jump	10	20-sec
Kettlebell Floor Press	10	20-sec
Kettlebell Lunges to Rotation	5/side	20-sec
Kettlebell Squat to Press	10	20-sec
Kettlebell Gorilla Row	10	20-sec

15-Minute HIIT Kettlebell Workout Plan for Beginners

- Interval time: 30-seconds
- Suggested reps: 8-12
- Intensity: 80-90% of your maximum heart rate (MHR)

- Goal: Scale your overall fitness for long and intense sessions.
- Estimated calories burned: 130-160

Round 1	Round 2
Kettlebell Swings	Clean And Press
KB Man Maker	Squat to Press
KB Crunches	KB Thruster
Squat Jump	Russian Step-ups
Luges to Rotation	Russian Twist

20 Minute HIIT Kettlebell Workout Program at Home

- Interval time: 20-30 seconds
- Suggested reps: 8-12
- Intensity: 75-90% of your MHR
- Goal: Build Strength, Endurance, and Speed
- Expected calories burned: 180-220

Round 1	Round 2
Kettlebell Swings	KB Squat Jump
Squat to Press	Man Maker
Gorilla Row	Crunches
Clean and Press	Kettlebell Thruster
Floor Press	Kettlebell Snatch
One-Arm Push Jerk	Russian Twist

30 Minute HIIT Kettlebell Workout to Ramp Up Your Fitness

- Interval time: 30-45 seconds
- Suggested reps: 8-12
- Intensity: 75-90% of your MHR
- Goal: Speed up Fat Loss, Build Muscle, and Ramp up Your Fitness Level
- Expected calories burned: 320-400

Round 1

- Kettlebell Swings
- Squat to Overhead Press
- [Kettlebell Turkish Get Up](#)
- Kettlebell Crunches
- Kettlebell Snatch

- Kettlebell Gorilla Row

Round 2

- Kettlebell Squat Jump
- [Kettlebell Windmill](#)
- Kettlebell Clean And Press
- Goblet Lunge with Rotation
- Kettlebell Thruster

Round 3

- Single Arm Kettlebell Push Jerk
- Kettlebell Glute Bridge
- Kettlebell Man Maker
- Kettlebell Floor Press
- Kettlebell Russian Twist

Related HIIT Workout Programs

- [Barbell HIIT Workouts And Routines](#)
- [The Best Dumbbell HIIT Workout Plan \(with PDF\)](#)
- [The Best Resistance Band HIIT Workouts](#)
- [Ultimate 6 Week Bodyweight HIIT Workout Plan](#)
- [Top 10 Gym HIIT Exercises with Workout Plans](#)

Other Kettlebell workout programs you may like:

- [The Ultimate 12-Week Kettlebell Program PDF](#)
- [30-Day Ingle Kettlebell Workout Program](#)
- [4 Week Four Split Kettlebell Workout Program](#)

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