

# 5-Day Kettlebell and Bodyweight Program to Scale Your Fitness at Home

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Check out [article](#) for more info

This program includes five sessions, and each session will start with 10 minutes of bodyweight exercises, continue with 30 minutes of kettlebell training, and end with 5 minutes of cool-down [stretching exercises](#).

This routine will help you build lean mass, increase strength, improve cardiovascular fitness and flexibility, and help you stay in shape.

Anyone can follow this program except people with health issues.

**Note:** You can customize this workout plan depending on your need. For example, you can adjust the number of reps, session duration, and exercises to match your fitness level.

## Monday

### Bodyweight Exercises

- Jumping Jacks: 30-sec
- Mountain Climbers: 30-sec
- Squat Jumps: 10 reps
- Situps: 15 reps
- Pushups: 15 reps
- Jumping Lunges: 10 reps on each side
- **Repeat Twice**

### Kettlebell Workout

- Front Racked Squat: 15 reps
- Gorilla Row: 15 reps

- Russian Swings: 15 reps
- [Kettlebell Thruster](#): 10 reps
- Half Kneeling KB Chop: 10 reps on each side
- Perform as many rounds as possible (AMRAP) in 30 minutes.

### Stretching

- [Downward Facing Dog](#): 15-sec
- Cobra Pose: 15-sec
- Seated Forward Bend: 15-sec
- [Warrior Pose](#): 15-sec
- Complete three rounds

## Tuesday

### Bodyweight Exercises

- Ankle Hops: 15-sec
- Jumping Jacks: 30-sec
- Mountain Climber: 30-sec
- [Inchworm](#): 30-sec
- Burpee: 10 reps
- [Hindu Pushups](#): 10 reps
- Repeat Twice

### Kettlebell Workout

- [Push Press](#): 15 reps
- [Slingshot](#): 30-sec
- [Deadlift](#): 10 reps
- [Lunge with Rotation](#): 10 reps on each side
- Alternate KB Swings: 10 reps per arms
- AMRAP in 30 minutes.

### Stretching

- [Low Lunge](#): 15-sec on each side
- [Single-leg Ham Bridge](#): 10 reps on each side
- [Cat Cow Pose](#): 5 seconds cat pose followed by five seconds cow pose x 3
- Knee-to-Chest Stretch: 15-sec on each side

# Wednesday

## Bodyweight Exercises

- Jumping Jacks: 30-sec
- Squat Jump: 10 reps
- [Bear Crawl](#): 30-sec
- Alternate Heel Taps: 10 taps per side
- Flutter Kicks: 15-sec
- [Floor IYT Raises](#): 10 reps
- Shoulder Tap: 10 taps per side
- [Plank Ankle Taps](#): 10 taps per side

## Kettlebell Workout

- Curtsy Lunges: 10 reps per leg
- Deficit Pushup: 10 reps with full stretch
- Alternate Suitcase Row: 10 reps on each side
- Kettlebell Z Press: 10 reps
- One-arm Lateral Swings: 10 each per arm.

## Stretching

- Superman Raise: 10 reps with two seconds of pause
- Bird Dog Plank: 5 reps with 5 seconds of pause on each side
- Downward Facing Dog: 15-sec x 2
- Upward Facing Dog: 15-sec x 2

# Friday

## Bodyweight Exercises

- Ankle Hops: 15-sec
- Burpees: 10 reps
- Mountain Climber: 30-sec
- Crunches: 30-sec
- Squat Jump: 10 reps
- [Forearm to High Plank](#): 10 reps
- Repeat until 10 minutes

## **Kettlebell Workout**

- Front Racked Squats: 15 reps
- [Sumo Deadlift High Pull](#): 10 reps
- Half Kneeling KB Chop: 10 reps on each side
- Turkish Get Up: 5 reps on each side
- Pushup to Renegade Row: Perform one pushup, then row on each side and complete ten reps
- Repeat until 30 minutes

## **Stretching**

- Cobra Pose: 15-sec
- Seated Forward Bend: 15-sec
- Warrior Pose: 15-sec
- Cat Cow Pose: 10 seconds cat pose and 10 seconds cow pose
- Complete three rounds

# **Saturday**

## **Bodyweight Exercises**

- Jumping Jacks: 30-sec
- Squat Jump: 10 reps
- Bear Crawl: 30-sec
- Alternate Heel Taps: 10 taps per side
- Shoulder Taps: 10 taps/side
- Repeat until 10 minutes.

## **Kettlebell Workout**

- Russian Swings: 15 reps
- Gorilla Row: 15 reps
- Kettlebell Thruster: 10 reps
- Curtsy Lunges: 10 reps per leg
- Kettlebell Z Press: 10 reps
- KB Halo: 10 reps on each side
- Repeat until 30-45 minutes

## **Stretching**

- Low Lunge: 15-sec on each side
- Knee-to-Chest Stretch: 15-sec on each side
- Upward Facing Dog: 15-sec x 2
- Single-leg Ham Bridge: 10 reps on each side
- Repeat twice

## **Instructions and Tips to Follow This Program Effectively**

### **1. Pre-Workout Meal**

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

### **2. Warm-Up**

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

### **3. Post-workout Stretching**

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.<sup>4</sup>

### **4. How much should you lift?**

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

### **5. The optimal rest time between exercises**

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

## 6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

## 7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

## 8. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

## 9. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

## Recommended Supplements:

Pre-Workout	During Workout	Post Workout
<a href="#">Redcon1 Total War</a> Pre-Workout	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Nutrigo Lab Strength (Strong VASCULAR Booster)</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	Orgain Organic Vegan Protein Powder

<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Mass Extreme Pro Active Growth + Massive Testo Activator</a>
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## Helpful Resources:

1. [The Ultimate List of 82 Kettlebell Exercises](#)
2. [14 Best Crossfit Kettlebell Workouts](#)
3. [Kettlebell Hamstring Exercises](#)
4. [10 Kettlebell Quad Exercises](#)
5. [6 Kettlebell Lat Exercises](#)
6. [Kettlebell Lower Back Exercises](#)
7. [13 Best Bodyweight Push Exercises](#)
8. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
9. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
10. [Knee push-ups for beginners \(with Video\)](#)
11. [8 Best Bodyweight Hamstring Exercises at Home](#)
12. [The 20 Best Bodyweight Exercises for Arms](#)
13. [8 Best Ways To Do Dips At Home For Solid Triceps](#)
14. [Full Bodyweight Workouts For Beginners](#)
15. [Bodyweight Exercises For Back At Home](#)
16. [Bodyweight Exercises for Shoulder](#)

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