

THE BEST 6 WEEK KETTLEBELL WORKOUT PLAN FOR FAT LOSS

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Check out [article](#) for more info

Summary

Program Duration	12 Weeks
Workout Type	Full Body Weighted Cardio
Program Goal	Increase Weight Loss and Improve Body Composition
Sessions/Week	Three times a week
Duration/Session	30-45 minutes
Target Gender	Males, Females, LGBT
Equipment Needed	Kettlebells
Difficulty	Intermediate

Program

- Week 1 – Low-Impact Cardio
- Week 2 – Moderate Intensity Cardio
- Week 3 – HIIT Cardio
- Week 4 – Low-Impact Cardio
- Week 5 – Moderate Intensity Cardio
- Week 6 – HIIT Cardio

Warm-up: Start your workout with 5 minutes of quick warm-up. Warming up helps increase heart rate and oxygen flow and prepares muscles for lifting exercises. You can do the following exercises:

Warm-up A

- 10 Jumping Jacks
- 10 Lunge to front kicks
- 5 Burpees
- 15-sec Mountain Climbing
- 5-10 Pushups

- Repeat two to three times.

Warm-up B

- 10 Squat Jumps
- 15-sec Inchworm
- 15-sec Bear Crawl
- 10 Jumping Lunges
- 5-10 Pushups
- Repeat two to three times.

Week 1 – Low-Impact Kettlebell Cardio

The low-impact cardio involves performing exercises at low to moderate intensity. You can take desired rest between exercises but keep it short to maximize calorie burning.

Instructions: Perform as many rounds as possible in 30 minutes.

Monday	Wednesday	Friday
20 Russian Swings	5-10 KB Pushups	12 Front Lunges (6/leg)
10 Front Squats	10 Deadlifts	10 Floor Presses
10 Push Jerks	10 Lateral Squats (5/leg)	20 1-arm Bent-Over Row
10 Gorilla Rows	12 Snatches (6/arm)	10 Kettlebell Halo
10 Sling Shots	20 Half Kneeling Chops (10/arm)	10-sec Hollow Body Hold

Week 2 – Moderate Intensity Cardio

During the second week of the weight loss kettlebell program, perform exercises at 50-65 percent of your maximum heart rate with short intervals between exercises and rounds.

The number of rounds each day: Do as many rounds as you can in 30 minutes.

Monday	Wednesday	Friday
20 Russian Swings	12 Bob and Weave (6/side)	12 Cursty Lunges (6/leg)
10 Goblet Squats	5-10 Pushups	10 Thrusters
10 See-saw Presses	20 Chainsaw Row (10/arm)	10 KB Swing Gorilla Deadlift
10 Gorilla Rows	12 Snatches (6/arm)	10 Glute Bridges
10 Situps	20 Half Kneeling Chops (10/arm)	12 Plank Drag (6/side)

Week 3 – HIIT Cardio

The [high-intensity interval training \(HIIT\)](#) involves performing exercises at a maximum heart rate, typically around 70-90 percent, with a short interval time between them.

It is a great way to torch plenty of calories in a short time than low or moderate intensity kettlebell cardio.

Instructions: Try to perform below-mentioned reps at your maximum heart rate, take 15-30 seconds of break and move on to the other exercises. Once you complete one round, take 2 minute break and repeat again. Do it until 20 to 25 minutes.

Monday	Wednesday	Friday
20 Arm Changing Swings	10 Bob and Weave (5/side)	12 Lunge with Rotation (6/side)
10 Squat to Overhead Press	10 Deck Squats	10 Floor Presses
10 See-saw Presses	12 Snatches (6/arm)	12 One-arm Clean (6/arm)
10 Gorilla Rows	12 Snatches (6/arm)	10 Straight-arm Crunches
10 Situps	20 Half Kneeling Chops (10/arm)	10 Kettlebell Slasher

Week 4 – Low-Impact Cardio

Instructions: Perform as many rounds as possible in 45 minutes.

Monday	Wednesday	Friday
20 Russian Swings	5-10 KB Pushups	12 Front Lunges (6/leg)
10 Front Squats	10 Deadlifts	10 Floor Presses
10 Push Jerks	10 Lateral Squats (5/leg)	20 1-arm Bent-Over Row
10 Gorilla Rows	12 Snatches (6/arm)	10 Kettlebell Halo
10 Sling Shots	20 Half Kneeling Chops (10/arm)	10-sec Hollow Body Hold

Week 5 – Moderate Intensity Cardio

Instructions: Perform as many rounds as possible in 30-35 minutes.

Monday	Wednesday	Friday
20 Russian Swings	12 Bob and Weave (6/side)	12 Cursty Lunges (6/leg)
10 Goblet Squats	5-10 Pushups	10 Thrusters
10 See-saw Presses	20 Chainsaw Row (10/arm)	10 KB Swing Gorilla Deadlift
10 Gorilla Rows	12 Snatches (6/arm)	10 Glute Bridges
10 Situps	20 Half Kneeling Chops (10/arm)	12 Plank Drag (6/side)

Week 6 – HIIT Cardio

Instructions: Perform as many rounds as possible in 25-30 minutes.

Monday	Wednesday	Friday
20 Arm Changing Swings	10 Bob and Weave (5/side)	12 Lunge with Rotation (6/side)
10 Squat to Overhead Press	10 Deck Squats	10 Floor Presses
10 See-saw Presses	12 Snatches (6/arm)	12 One-arm Clean (6/arm)
10 Gorilla Rows	12 Snatches (6/arm)	10 Straight-arm Crunches
10 Situps	20 Half Kneeling Chops (10/arm)	10 Kettlebell Slasher

If you feel working out three times a week is not enough, you can perform bodyweight cardio on alternate days to further enhance fat burning.

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](#)

Pro Tips to Get the Most Out of This Program

1. **Increase intensity and training level:** It's best to increase the intensity, the number of reps, and set gradually to challenge yourself and achieve the maximum results.
2. **Pre-Workout Meal:** It's best to have some pre-workout snacks and drinks for an effective training session. You can take a pre-workout meal 30 minutes to 2 hours prior to the training, depending on the kind of food you consume.
3. **Post-Workout Meal:** It's good to have [high-protein foods](#) and supplements after the workout to recover muscles. I suggest consuming 50-60 grams of protein after a workout for optimal results (it is only an example; a nutritionist can help you better in this case).
4. **Adjustment:** You can adjust the routine according to your fitness level and goal.
5. **Train when you feel energetic:** It is best to work out when you feel physically and mentally active to give your best.

6. **Keep enjoying the workout:** Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result.
7. **Drink enough water to keep yourself hydrated:** Keeping yourself hydrated throughout the day is crucial. Research shows that staying hydrated during the workout helps prevent uneasiness and injuries and boosts performance.

Recommended Supplements for Speeding up Weight Loss:

1. [Fat Burn Active](#)
2. [Keto Actives](#)
3. [NuviaLab Keto](#)
4. [Fast Burn Extreme](#)
5. [Nutrigo Lab Burner](#)
6. [Cappuccino MCT Coffee](#)

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