

10-WEEK FODY KETTLEBELL WORKOUT PLAN FOR WOMEN

Full URL: <https://thefitnessphantom.com/full-body-kettlebell-workout-plan-for-women>

PROGRAM SUMMARY

Sessions per Week	Six
Duration per Session	30-45 minutes
Target Gender	Females
Experience Needed	Beginner to Intermediate
Program Duration	10 Weeks
Equipment Needed	Kettlebells
Split Type	Full Body
Training Goal	Build Athleticism

Workout Instructions

1. **Hydrate yourself** before starting your workout. It will enhance your performance while protecting you from muscle cramps.
2. **Light Snacks in your pre-workout:** If you feel hungry, eat a banana, apple, or a nut bar before 30-45 minutes of your workout.
3. **Perform a quick warm-up to increase the blood flow in the body and get ready for kettlebell exercises.** You can do dynamic warm-up

exercises, such as arm swings, low-lunge arch, and world's greatest stretch, and some kettlebell exercises, such as swings and lunges.

4. Rest between sets or rounds: Some people have better endurance and require more time to recover between sets. So, keep the rest time 30-90 seconds between sets and 1-3 minutes between rounds.

5. Take a day off if you're not recovering: This program involves training six times weekly. So, it may be too much for some people, especially newbies. So, if it happens, take a day off and restart from where you left off.

Now, let's uncover the best kettlebell program for women.

Women's Kettlebell Workout Plan for Beginners (A)

Weekly Schedule:

- Day 1: Strength Training
- Day 2: Mobility
- Day 3: Cardio
- Day 4: Strength Training
- Day 5: Mobility
- Day 6: Cardio
- Day 7: OFF

Day 1: Strength Training

Exercises	Reps	Sets	Target Muscles
Kettlebell Squats	10-15	3	Quads & Glutes
Kettlebell Overhead Press	10-12	3	Shoulders

Kettlebell Suitcase Deadlifts	10-12	3	Thighs, Glutes, & Back
1-arm Floor Press (Optional)	10 per side	3	Chest & Triceps
One-arm KB Row (Split Stance)	10 per side	3	Back & Abs

Day 2: Mobility

Exercises	Reps	Sets	Target Muscles
Kettlebell Halo	10 each side	3	Shoulders & Traps
Goblet Squat with Pry	6-8	3	Quads, Hips & Ankles
Kettlebell Arm Bar	5-6 each side	3	Shoulders & Thoracic Spine
KB Side Squat	5-6 per leg	3	Thighs & Adductors

Day 3: Cardio

Exercises	Reps	Sets	Target Muscles
1-arm KB Swing	10 each side	3	Full Body
1-arm KB Clean	10 each side	3	Shoulder & Back
Standing KB Chop	10 each side	3	Shoulders & Abs
Kettlebell Slingshot	10 per side	3	Full Body

Day 4: Strength Training

Exercises	Reps	Sets	Target Muscles
Kettlebell Lunges	6 per leg	3	Thighs & Glutes
Push-up on KBs (on knee or toes)	8-10	3	Chest & Triceps
KB Sumo Deadlift	10-12	3	Thighs, Glutes, & Back
Kettlebell Goblet Press	10-12	3	Shoulder
KB Gorilla Rows (Optional)	10-12	3	Back & Abs

Day 5: Mobility

Exercises	Reps	Sets	Target Muscles
Supported Single Leg KB Deadlift	6-8 per side	3	Abs, Thighs, Glutes, & Back
One-Kettlebell Overhead Squat	8-10	3	Full Body
1-arm	5-6 each side	3	Shoulders & Thoracic Spine
KB Cossack Squat	5-6 per leg	3	Thighs & Adductors

Day 6: Cardio

Exercises	Reps	Sets	Target Muscles
1-arm KB Swing	10 each side	3	Full Body
Single-arm Push Press	10 per side	3	Shoulder & Abs
Standing KB Chop	10 each side	3	Shoulders & Abs
Kettlebell Slingshot	10 per side	3	Full Body

Day 7: OFF

Take a full day off so you can start fresh in the next week.

Advanced Full Body Kettlebell Workout Routine for Women (B)

The split for the advanced women's workout plan is the same as the beginners. However, exercises will be more intense and challenging.

- Day 1: Full Body Strength Workout
- Day 2: Mobility Training
- Day 3: Circuit Training
- Day 4: Total Body Strength Workout
- Day 5: Mobility & Conditioning
- Day 6: HIIT Cardio
- Day 7: OFF

Day 1: Full Body Strength Workout

Exercises	Reps	Sets	Target Muscles
Front Racked Squats	10-15	3	Quads & Glutes
Overhead Press	10-12	3	Shoulders
Deadlifts	10-12	3	Thighs, Glutes, & Back
Single-arm Floor Press	10 per side	3	Chest & Triceps
One-arm Gorilla Row	10 per side	3	Back & Abs

Day 2: Mobility Training

Exercises	Reps	Sets	Target Muscles
Kettlebell Halo	10 each side	3	Shoulders & Traps
KB Windmill	8-10 per side	3	Full Body
Turkish Get Up	5-6 each side	3	Full Body

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Cossack Squat	6-8 per leg	3	Thighs & Adductors
Kettlebell Slasher	8-10 per side	3	Full Body

Day 3: Circuit Training

Perform three to four rounds with 2-3 minutes of rest between them.

Exercises	Reps	Target Muscles
1-arm KB Swing	10/side	Full Body
1-arm KB Clean	10/side	Shoulder & Back
Standing KB Chop	10/side	Shoulders & Abs
Kettlebell Slingshot	10/side	Full Body
KB Thruster	10-12	Full Body

Day 4: Total Body Strength Workout

Exercises	Reps	Sets	Target Muscles
Reverse Lunges to Torso Rotation	6 per leg	3	Legs & Abs
Deficit Push-ups	12-15	3	Chest & Triceps
Kettlebell Clean and Press	10-12	3	Full Body
KB Gorilla Rows	10-12	3	Back & Abs
Floor Seesaw Press	10/side	3	Chest & Triceps

Day 5: Mobility & Conditioning

Exercises	Reps	Sets	Target Muscles
Pistol Squats	10 each side	3	Legs, Shoulder, & Abs
Single Leg Deadlifts	8-10 per leg	3	Legs & Abs
Archer Push-ups	8-10 per side	3	Shoulder & Tris
KB Renegade Row	6-8 per side	3	Full Body
Front Rack Shrimp Squats	5-6 per leg	3	Legs, Abs, & Shoulders

Day 6: HIIT Cardio

Exercises	Activity	Interval	Rounds	Target Muscles
Kettlebell Man Maker	6-8 reps	30-second	3	Full Body
Kettlebell Slingshot	6/side	30-second	3	Full Body
Kettlebell Crunches	10-12 reps	30-second	3	Abdominals

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KB One-arm Snatch	8-10/side	30-second	3	Full Body
KB Russian Twists	8-10/side	30-second	3	Abdominals

Day 7: OFF

Take a full day off so you can start fresh in the next week.

Frequently Asked Questions (FAQs)

Is Training Six Days a Week Too Much?

No, as long as your training plan is well-structured and involves various exercises, you are good to go with this split. Still, you can take a day off whenever you feel exhausted.

How to Make This Program Challenging?

You can make it challenging in multiple ways, such as lifting heavier kettlebells, increasing the number of sets or reps, and decreasing the rest of the time between sets. And do the opposite if you want to make it less taxing.

What If I Miss a Workout?

If you miss the day, pick up where you left off. You can also mix up two sessions but ensure you're not pushing hard.

What Should I Eat While Following This Program?

Nutrition is a different part altogether. While I can share a detailed meal plan here in this blog, that would make it long. So, here I'm attaching two links: follow this [high-calorie meal plan](#) for muscle and weight gain, and a [low-calorie meal plan](#) for fat loss.

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