

8-WEEK KETTLEBELL AND DUMBBELL COMBINED WORKOUT PLAN

Full URL: <https://thefitnessphantom.com/kettlebell-and-dumbbell-workout-plan>

I've designed multiple dumbbell and kettlebell workout routines, including circuit training, push-pull-leg split, and alternate-day KB-DB workouts.

Depending on your fitness level and goal, save one of the programs and try it for eight weeks.

1. Kettlebell & Dumbbell Full Body Circuit Training

Circuit training involves performing a set of exercises (usually 4-6) without taking a break in between.

It is a heart-pumping, high-calorie-burning, and endurance-building workout approach.

Below is a well-crafted routine that you can follow to build strength and athleticism.

Program Summary

- **Split Type:** Full Body Circuit Training
- **Sessions/Week:** Three

- **Duration/Session:** 20-40 minutes
- **Target Gender:** Male & Female
- **Workout Goal:** Build Muscle & Endurance

Monday

Beginner	Intermediate	Advanced
10 Dual-arm KB Swings	20 Dual-arm KB Swings	30 Dual-arm KB Swings
15 Floor or Bench DB Press	10-15 Deficit Push-Ups	20 Push-Ups to Rows (10/side)
15 Goblet Squats	20 Goblet Squats	20 Pistol Squats (10/leg)
10 Overhead DB Press	10 KB Clean & Press	20 KB Clean & Press
20 One-arm Rows (10/side)	15 Gorilla Rows	20 Gorilla Rows
12 KB or DB Lunges (6/leg)	12 Romanian Deadlifts	15 Romanian Deadlifts
3 rounds	3-4 rounds	4-5 rounds

Wednesday

Beginner	Intermediate	Advanced
20 Around the World	10 Dumbbell Thruster	10 Dumbbell Man Maker
15 DB Lateral Raises	15 DB Bridge Press	20 DB Bridge Press
10 KB Sumo Deadlift	20 Single-leg RDL (10/side)	20 Single-leg RDL (10/side)
10 DB Biceps Curls	12 Lunge with Rotation (10/side)	20 Curtsy Lunge (10/side)
15 Push-up on Knees	6 Dumbbell FDL Raises	10 Dumbbell FDL Raises
12 DB Glute Bridge	10 Single-leg Glute Bridge/side	10 One-leg Glute Bridge/side
3 rounds	3-4 rounds	3-4 rounds

Friday

Beginner	Intermediate	Advanced
20 Steps Farmers Walk	20 Walking Lunges	20 Overhead Walking Lunges
20 H2L Chop (10/side)	20 KB Slasher (10/side)	30 KB Slasher (10/side)
10 DB Push Presses	10 DL to Upright Row	10 DL to Upright Row
10 DB Rear Delt Flies	12 Shrimp Squats (6/side)	20 Shrimp Squats (10/leg)
15 DB Hammer Curls	20 KB Windmill (10/side)	10 Turkish Get Up (5/side)
20 1-leg Calf Raises	1-minute Plank	2-minute Plank Hold
3 rounds	3-4 rounds	3-4 rounds

2. Dumbbell-Kettlebell Push Pull Legs Training

Push-Pull-Legs or PPL is a popular training split. It involves performing push movements on day 1, pull movements on day 2, and legs on day 3.

If you're looking for a kettlebell-dumbbell workout program based on the PPL split, this is for you.

Day 1 – Push A

Beginner	Experienced
Incline DB Bench Press (4 sets x 12 reps)	DB Push Press (3 sets x 15 reps)
Kettlebell Seesaw Press (3 sets x 10/side)	Deficit Push Ups (3 sets x 15 reps)
Kneeling Push Ups on KBs (3 sets x 15 reps)	Incline DB Bench Press (4 sets x 12 reps)
DB Lateral Raises (3 sets x 15 reps)	DB Lateral Raises (4 sets x 15 reps)
Triceps Dips on KB (3 sets x 15 reps)	Triceps Dips on KB (4 sets x 15 reps)

Day 2 – Pull A

Beginner	Experienced
KB Swings (3 sets x 15 reps)	KB Swings (4 sets x 25 reps)
KB Deadlifts (3 sets x 10 reps)	Sumo DL to High Pull (4 sets x 15 reps)
Single-arm Row (3 sets x 10/side)	Gorilla Rows (4 sets x 15 reps)
Rear Delt Flyes (3 sets x 15 reps)	Kettlebell Cleans (4 sets x 12 reps)

Day 3 – Legs A

Beginner	Experienced
Front Squats (3 sets x 15 reps)	Goblet Squats (4 sets x 25 reps)
Stationary Lunges (3 sets x 10/leg)	Walking Lunges (4 sets x 15/leg)
Glute Bridge (3 sets x 15 reps)	Shrimp Squats (4 sets x 10/side)
One-leg Calf Raises (3 sets x 15/leg)	Single-leg Glute Bridge (4 sets x 10/side)

Day 4 – Push B

Beginner	Experienced
Overhead Press (3 sets x 12 reps)	KB Bottom-Up Press (3 sets x 15/arm)
Floor Press (3 sets x 15 reps)	Offset Push Ups (3 sets x 10/side)
Push Ups on KBs (3 sets x 15 reps)	Crush Grip KB Push-up (3 sets x 15 reps)
KB Tate Press (3 sets x 10/side)	Bridge Press (3 sets x 15 reps)

Day 5 – Pull B

Beginner	Experienced
KB Swings (3 sets x 15 reps)	KB Swings (4 sets x 25 reps)
KB Deadlifts (3 sets x 10 reps)	Sumo DL to High Pull (4 sets x 15 reps)
Bent-over Row (3 sets x 10/side)	Gorilla Rows (4 sets x 15 reps)
Upright Rows (3 sets x 15 reps)	Kettlebell Cleans (4 sets x 12 reps)

Day 6 – Legs B

Beginner	Experienced
Front Squats(3 sets x 15 reps)	Deck Squat (3 sets x 15 reps)
Archer Squats (3 sets x 10/leg)	Overhead Lunges (3 sets x 15/leg)
DB Leg Extension (3 sets x 15 reps)	Single-leg RDL (3 sets x 10/side)
One-leg Calf Raises (3 sets x 15/leg)	Lunges to Step Up (3 sets x 10/leg)

3. Alternate Day Kettlebell + Dumbbell Split

The alternating day DB-KB workout program is another good split to build a strong body and athletic fitness using the kettlebells and dumbbells.

It includes three dumbbell sessions (focusing strength and muscle gain) and two kettlebell sessions (focusing on balance, flexibility, and stamina).

This routine is for people who are looking for a simple and easy-to-follow program.

Program Summary

- **Split Type:** Upper-Full-Lower-Full-Upper
- **Sessions/Week:** Five
- **Duration/Session:** 30-45 minutes
- **Target Gender:** Male & Female
- **Workout Goal:** Improve Overall Fitness

Day 1 – Dumbbell Upper Body Workout

Beginner	Experienced
Incline Bench Press (3 sets x 15 reps)	Incline Bench Press (4 sets x 12 reps)
Overhead Press (3 sets x 15 reps)	FDL Raises (3 sets x 15 reps)
Lateral Raises (3 sets x 15 reps)	Bent-over Rows (3 sets x 15 reps)
Bent-over Rows (3 sets x 15 reps)	Push-ups to Rows (3 sets, 10 PUs, 20 rows)
Biceps Curls (3 sets x 15 reps)	Biceps Curls (3 sets x 15 reps)
Overhead Extensions (3 sets x 15 reps)	DB Skull Crusher (3 sets x 15 reps)

Day 2 – Kettlebell Full Body Circuit

Beginner	Experienced
10 Kettlebell Swings	20 Kettlebell Swings
20 KB Halo (10/side)	20 KB Slahser (10/side)
20 Slingshot (10/side)	20 Plank Drag (10/side)
20 Hang Cleans (10/side)	10 KB Clean & Press
3-4 rounds, 2-3 mins rest	5-6 rounds, 2-3 mins rest

Day 3 – Dumbbell Lower Body

Beginner	Experienced
Dumbbell Squats (3 sets x 15 reps)	Back & Forth Lunges (3 x 10/leg)
Dumbbell Lunges (3 sets x 10/leg)	Skater Squats (3 sets x 10/side)
Romanian Deadlift (3 sets x 10 reps)	Single Leg Deadlift (3 sets x 10/side)
Single-leg Calf Raises (3 sets x 10/side)	One-Leg Glute Bridge (3 sets x 10/side)

Day 4 – Kettlebell Mobility Workout

Beginner	Experienced
10 Partial Windmill (5/side)	12 Kettlebell Windmill (6/side)

10 1-arm Plank Row (5/side)	12 Turkish Get Up (6/side)
10 Cossack Squat (5/side)	12 Pistol Squats (6/side)
Deadbug Hold (15-20 seconds)	Hollow Body Hold (15-30 seconds)
3-4 rounds, 2-3 mins rest	5-6 rounds, 2-3 mins rest

Day 5 – Dumbbell Upper Body

Beginner	Experienced
Bent-over Rows (3 sets x 15 reps)	Arnold Press (3 sets x 10 reps)
Rear Delt Flyes (3 sets x 12 reps)	Flat Bench Press (3 sets x 12 reps)
Flat Bench DB Press (3 sets x 12 reps)	Bent-over DB Rows (3 sets x 12 reps)
Hammer Biceps Curls (3 sets x 15 reps)	Hammer Biceps Curls (3 sets x 15 reps)
Incline French Press (3 sets x 12 reps)	Incline French Press (3 sets x 12 reps)