

6-Week Kettlebell Total Body Plan

One Bell. Full Results.

A complete total-body program built around one piece of equipment. No gym membership. No excuses. Just six weeks of focused, progressive training that builds real-world strength, conditioning, and movement quality.

THEDIETPLANNER.COM



Choose Your Kettlebell Weight

Start with the right load. Too light and you plateau. Too heavy and form breaks down. Match your level below.

Gender	Beginner	Intermediate	Advanced
Men	16 kg / 35 lb	20 kg / 44 lb	24 kg / 53 lb
Women	8 kg / 18 lb	12 kg / 26 lb	16 kg / 35 lb

❏ If you're between sizes, start lighter. Mastering movement quality beats chasing heavy loads every time.

Kettlebell Fundamentals



The Hip Hinge — Your Foundation

Every kettlebell movement starts here. Push hips back, keep spine neutral, knees soft. Power comes from the hips — not the lower back.

Grip & Safety Rules

- **Grip:** Hold the handle diagonally across the palm — "handle in the crook," not a death grip
- **Wrists:** Keep them straight during presses and cleans
- **Core:** Brace hard before every rep — breathe into the belly
- **Space:** Clear a 6-foot radius before swinging

WEEKS 1-2

Foundation Skills

Build the movement base. Master these five exercises before adding load or speed.

1

Kettlebell Deadlift

3×10 · 60s rest · Hinge at hips, flat back, drive through heels

2

Goblet Squat

3×10 · 60s rest · Bell at chest, elbows in, squat deep

3

Halo

2×8 each direction · 45s rest · Circle bell around head, tight core

4

Around the Body Pass

2×10 each direction · 45s rest · Pass bell around waist, hips still

5

Farmer Carry

3×30 sec · 60s rest · Walk tall, shoulders down, core braced

WEEKS 3-4

Building Strength

Load increases. Complexity rises. These four movements build real pressing, pulling, and hip power.



Two-Hand Swing

3×15 · 60s rest · Snap hips forward — arms are just ropes



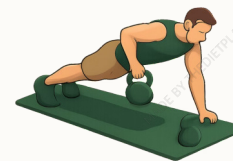
Single-Arm Press

3×8 each side · 60s rest · Press vertical, don't lean, brace hard



Romanian Deadlift

3×10 · 60s rest · Soft knees, slide bell down thighs, feel the hamstring



Renegade Row

3×6 each side · 75s rest · Plank tight, pull elbow high, no hip rotation



WEEKS 5-6

Power & Conditioning

Speed, power, and full-body coordination. These four movements bring everything together.

Kettlebell Clean

3×8 each side · 60s rest · Pull bell to rack position — don't muscle it

Push Press

3×6 each side · 75s rest · Dip, drive with legs, punch bell overhead

Swing Intervals

5 rounds: 30s on / 30s off · Max reps with clean form

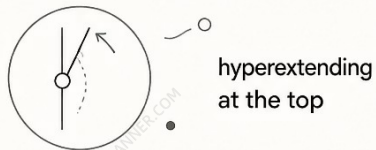
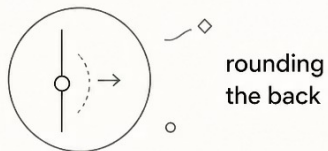
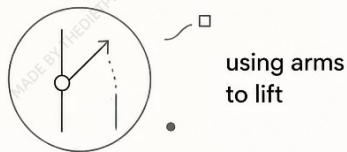
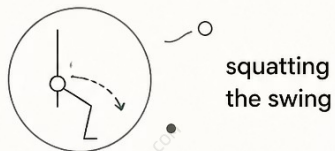
Turkish Get-Up

2×2 each side · 90s rest · Slow and controlled — eyes on the bell

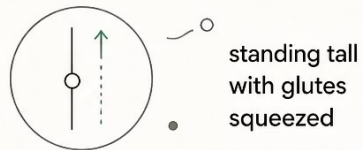
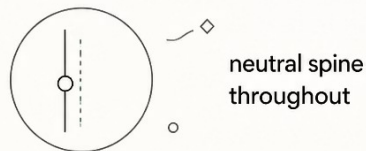
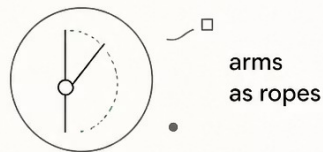
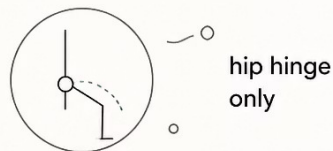
Swing Technique Deep-Dive

The swing is the cornerstone of kettlebell training. Master it and every other movement improves. Here are the most common errors — and how to fix them.

COMMON ERRORS



CORRECT TECHNIQUE



The Golden Rule

The swing is a **hip hinge**, not a squat. Your arms are ropes — the hips generate all the power. At the top, stand tall and squeeze your glutes. Don't lean back.



Lower back pain during swings = you're using your spine instead of your hips. Regress to deadlifts and rebuild the hinge pattern.

6-Week Strength Tracking

Log every session. Progressive overload is the engine of results — track your reps, sets, and how each movement feels.

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Deadlift	3×10	3×10	—	—	—	—
Goblet Squat	3×10	3×12	3×10	3×12	—	—
Two-Hand Swing	—	—	3×15	3×20	Intervals	Intervals
Single-Arm Press	—	—	3×8	3×10	Push Press	Push Press
Renegade Row	—	—	3×6	3×8	3×8	3×10
Turkish Get-Up	—	—	—	—	2×2	3×2

What Comes Next



Ready to Level Up?

After 6 weeks, you've built the foundation. Here's how to keep progressing:

- **Go heavier:** Move up one kettlebell size and repeat the plan
- **Add volume:** Introduce a second kettlebell for double bell work
- **Increase density:** Same work, less rest — build work capacity
- **Add complexity:** Layer in snatches, complex flows, and timed circuits

❏ The intermediate program on thedietplanner.com introduces double-kettlebell training, complex flows, and structured periodization for continued strength and conditioning gains.



Your 6-Week Commitment

Train Smart

Form first. Always. Quality reps beat heavy reps every single time.

Track Everything

Log your sessions. Progressive overload is the only path to results.

Stay Consistent

Three to four sessions per week. Six weeks. One bell. Full transformation.

thedietplanner.com · 6-Week Kettlebell Total Body Plan