

30-DAY KETTLEBELL PLAN

30 Minutes a Day • Full Body • 5–30 lb Kettlebells

Goal: build usable strength, conditioning, core stability, mobility, grip and athletic power while rotating stress so you can train daily.

Name	
Start Date	
Primary Goal	
Starting Body Weight	
Notes / Limitations	

CUSTOMIZABLE: Edit weights, reps, rounds and notes directly in Microsoft Word or Google Docs.

How to Use the Plan

- Every session is designed for about 30 minutes: 5-minute warm-up, 20-minute main session, and 5-minute finisher/cooldown.
- Use a kettlebell that lets you finish every rep with crisp technique. Suggested loads are starting ranges, not requirements.
- Effort scale (RPE): 6 = comfortable; 7 = challenging with several reps left; 8 = hard but controlled; 9 = near-limit. Most work stays around RPE 6–8.
- On single-arm exercises, complete the prescribed work on both sides. Start with your weaker side.
- Daily training does not mean daily maximum effort. Recovery, mobility and technique days are deliberately included.
- Stop a set when form breaks down. Sharp pain, dizziness, chest pain or unusual shortness of breath are reasons to stop the workout and seek appropriate medical guidance.

Suggested Weight Guide

Movement Type	Suggested Start	Progression
Halos / mobility / Turkish get-up practice	5–15 lb	Increase only when control is excellent
Presses / rows / carries	15–25 lb	Move toward 25–30 lb as reps stay crisp
Goblet squats / deadlifts	20–30 lb	Use 30 lb when RPE is below 7
Two-hand swings	20–30 lb	Prioritize hip snap and neutral spine over load
Cleans / snatches	10–25 lb	Learn light; increase only after smooth rack/lockout

Standard 5-Minute Warm-Up

1. 60 sec brisk march/jog in place
2. 10 bodyweight squats
3. 10 hip hinges
4. 5 reverse lunges/side
5. 10 arm circles each direction + 5 halos/side with 5–10 lb
6. 5 light kettlebell deadlifts + 5 light swings (omit swings until technique is solid)

Technique Library

- [ACE: Two-Handed Kettlebell Swing article](#)
- [ACE: Master the Two-Handed Kettlebell Swing video](#)
- [StrongFirst: Clean & Snatch Variations video](#)
- [Turkish Get-Up step-by-step guide](#)

Key swing cue: the swing is a hip hinge, not a squat or front raise. Drive the bell with explosive hip extension rather than lifting it with the shoulders.

30-Day Calendar at a Glance

Day	Focus	Session	Done
1	Strength / technique	Foundation A	☐
2	Posterior chain	Hinge + Core	☐
3	Strength	Upper + Legs	☐
4	Conditioning	Conditioning 1	☐
5	Strength / balance	Unilateral Strength	☐
6	Power	Power Basics	☐
7	Recovery / mobility	Recovery Flow	☐
8	Strength	Foundation B	☐
9	Conditioning / hinge	Swing Volume	☐
10	Technique / strength	Clean Skill	☐
11	Strength	Legs + Core	☐
12	Strength endurance	Upper Body Density	☐
13	Power / conditioning	Athletic Power	☐
14	Recovery / skill	Recovery + TGU	☐
15	Full body	Midpoint Benchmark	☐
16	Strength	Strength Ladder	☐
17	Conditioning	Swing + Lunge	☐
18	Strength / skill	Clean & Press	☐
19	Strength	Posterior Chain	☐
20	Conditioning	Full-Body EMOM	☐
21	Recovery	Recovery Flow 2	☐
22	Strength	Strength Progression	☐
23	Power	Power Intervals	☐
24	Unilateral	Single-Side Strength	☐
25	Conditioning / strength	Complex Day	☐
26	Strength	Leg Strength	☐
27	Power / skill	Snatch Prep	☐
28	Recovery / skill	Recovery + TGU 2	☐
29	Full body	30-Minute Challenge Prep	☐
30	Benchmark	Final Benchmark	☐

Daily Workouts

DAY 1 — Foundation A

Focus: Strength / technique

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Goblet squat 10 • 2-arm row 10 • floor press 8/side • KB deadlift 12
Format	4 rounds; rest 30 sec between moves, 60 sec rounds
Suggested load	20–25 lb lower; 15–20 lb upper
25:00–30:00	FINISHER / COOLDOWN: 3 rounds: 30 sec farmer carry + 30 sec easy march

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 2 — Hinge + Core

Focus: Posterior chain

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: 2-hand swing 10 • reverse lunge 8/side • 1-arm row 10/side • dead-bug KB hold 30 sec
Format	5 controlled rounds
Suggested load	20–30 swing; 15–25 others
25:00–30:00	FINISHER / COOLDOWN: EMOM 5: 10 swings, then rest

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 3 — Upper + Legs

Focus: Strength

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Half-kneeling press 8/side • goblet squat 12 • suitcase row 10/side • glute bridge KB 15
Format	4 rounds
Suggested load	10–20 press; 20–30 legs/row
25:00–30:00	FINISHER / COOLDOWN: 40 sec suitcase carry/side + 20 sec rest x 3

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 4 — Conditioning 1

Focus: Conditioning

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: 30 sec swings • 30 sec goblet squat • 30 sec alternating reverse lunge • 30 sec row; 30 sec rest
Format	4 rounds
Suggested load	Choose RPE 6–7
25:00–30:00	FINISHER / COOLDOWN: 5 min easy mobility: hip flexor, hamstring, thoracic rotation

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 5 — Unilateral Strength

Focus: Strength / balance

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Suitcase deadlift 10/side • split squat 8/side • 1-arm floor press 10/side • 1-arm row 10/side
Format	3–4 rounds
Suggested load	15–30 lb
25:00–30:00	FINISHER / COOLDOWN: 3 x 30 sec front-rack march/side

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 6 — Power Basics

Focus: Power

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Swing 8 • push press 6/side • goblet squat 8 • plank drag 6/side
Format	5 rounds; explosive reps, generous rest
Suggested load	15–30 lb
25:00–30:00	FINISHER / COOLDOWN: 5 x 20 sec fast march/carry + 40 sec easy

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 7 — Recovery Flow

Focus: Recovery / mobility

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Halo 5/side • around-the-body pass 8/dir • light RDL 10 • supported squat 30 sec • windmill reach 5/side
Format	Continuous easy flow for 20 min
Suggested load	5–15 lb
25:00–30:00	FINISHER / COOLDOWN: 5 min breathing + stretching

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

Recovery rule: Keep this session deliberately easy (RPE 4–6). The goal is to leave feeling better than you started.

DAY 8 — Foundation B

Focus: Strength

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Goblet squat 12 • floor press 10/side • 1-arm row 12/side • RDL 12
Format	4 rounds

Suggested load	Add 5 lb where Day 1 felt ≤RPE 7
25:00–30:00	FINISHER / COOLDOWN: 3 rounds: 40 sec farmer carry / 20 sec rest

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 9 — Swing Volume

Focus: Conditioning / hinge

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: 15 swings • 8 reverse lunges/side • 8 push-ups or KB floor press/side
Format	6 rounds; 45 sec rest
Suggested load	20–30 swing
25:00–30:00	FINISHER / COOLDOWN: 5 min alternating suitcase carries

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 10 — Clean Skill

Focus: Technique / strength

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Dead clean 5/side • front-rack squat 6/side • strict press 6/side • row 8/side
Format	4 rounds; slow and technical
Suggested load	10–20 clean/press; 15–25 squat
25:00–30:00	FINISHER / COOLDOWN: Practice 5 clean singles/side with full reset

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

Technique note: Keep ballistic skill work light until the bell path and rack/lockout are smooth. Substitute deadlifts/high pulls if cleans or snatches are not yet comfortable.

DAY 11 — Legs + Core

Focus: Strength

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Goblet squat 15 • KB RDL 12 • lateral lunge 8/side • plank pull-through 8/side
Format	4 rounds
Suggested load	20–30 lb
25:00–30:00	FINISHER / COOLDOWN: Tabata-style 20 sec carry / 10 sec rest x 8

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 12 — Upper Body Density

Focus: Strength endurance

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: 1-arm press 8/side • row 10/side • floor press 10/side • front-rack march 30 sec/side
Format	AMRAP 20 min with perfect form
Suggested load	10–25 lb
25:00–30:00	FINISHER / COOLDOWN: Shoulder/lat mobility 5 min

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 13 — Athletic Power

Focus: Power / conditioning

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Swing 10 • clean 5/side • push press 5/side • reverse lunge 6/side
Format	5 rounds; 45–60 sec rest
Suggested load	15–30 lb
25:00–30:00	FINISHER / COOLDOWN: 5 x 20 sec swings / 40 sec walk

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 14 — Recovery + TGU

Focus: Recovery / skill

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Turkish get-up stages 1–2 reps/side • halo 5/side • light goblet squat 8 • bird dog 6/side
Format	Easy practice for 20 min
Suggested load	Bodyweight/shoe first, then 5–10 lb
25:00–30:00	FINISHER / COOLDOWN: 5 min relaxed stretching

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

Recovery rule: Keep this session deliberately easy (RPE 4–6). The goal is to leave feeling better than you started.

DAY 15 — Midpoint Benchmark

Focus: Full body

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Goblet squat 10 • swing 15 • row 10/side • floor press 8/side
Format	Complete 4 rounds; record time without rushing
Suggested load	Best controlled loads
25:00–30:00	FINISHER / COOLDOWN: 2 min carry + 3 min mobility

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 16 — Strength Ladder

Focus: Strength

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Goblet squat 6-8-10 • press 4-6-8/side • row 6-8-10/side • RDL 8-10-12
Format	3 ladders
Suggested load	Moderate-heavy, RPE 7–8
25:00–30:00	FINISHER / COOLDOWN: 3 x 45 sec farmer carry

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 17 — Swing + Lunge

Focus: Conditioning

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: 20 sec swing • 20 sec alternating lunge • 20 sec rest
Format	15 rounds (15 min), then rows 10/side x 3
Suggested load	20–30 lb
25:00–30:00	FINISHER / COOLDOWN: 2 min plank variations + stretch

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 18 — Clean & Press

Focus: Strength / skill

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Clean 5/side • press 5/side • front-rack squat 6/side • suitcase deadlift 8/side
Format	4–5 rounds
Suggested load	10–25 lb
25:00–30:00	FINISHER / COOLDOWN: 5 min easy carries

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

Technique note: Keep ballistic skill work light until the bell path and rack/lockout are smooth. Substitute deadlifts/high pulls if cleans or snatches are not yet comfortable.

DAY 19 — Posterior Chain

Focus: Strength

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: RDL 12 • swing 12 • staggered RDL 8/side • row 10/side
Format	4 rounds
Suggested load	20–30 lb
25:00–30:00	FINISHER / COOLDOWN: Glute bridge 15 + dead bug 8/side x 2

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 20 — Full-Body EMOM

Focus: Conditioning

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Min1: 12 swings • Min2: 8 goblet squats • Min3: 6 press/side • Min4: 8 rows/side
Format	5 cycles = 20 min
Suggested load	RPE 7
25:00–30:00	FINISHER / COOLDOWN: 5 min cooldown

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 21 — Recovery Flow 2

Focus: Recovery

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Halo • prying goblet squat • light RDL • half-kneeling press • suitcase carry
Format	40 sec each / 20 sec transition x 4 rounds
Suggested load	5–15 lb
25:00–30:00	FINISHER / COOLDOWN: Slow nasal breathing and mobility

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

Recovery rule: Keep this session deliberately easy (RPE 4–6). The goal is to leave feeling better than you started.

DAY 22 — Strength Progression

Focus: Strength

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Goblet squat 10 • 1-arm floor press 8/side • row 10/side • suitcase deadlift 10/side
Format	5 rounds
Suggested load	Use heaviest clean-form load available
25:00–30:00	FINISHER / COOLDOWN: 3 x 1 min farmer carry

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 23 — Power Intervals

Focus: Power

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: 10 swings every minute for 10 min; then clean + push press 5/side
Format	10 min swings + 10 min clean/press practice
Suggested load	20–30 swing; 10–25 clean
25:00–30:00	FINISHER / COOLDOWN: 5 min core: plank / side plank rotation

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 24 — Single-Side Strength

Focus: Unilateral

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Front-rack squat 8/side • 1-arm press 8/side • suitcase RDL 8/side • row 10/side
Format	4 rounds
Suggested load	15–25 lb
25:00–30:00	FINISHER / COOLDOWN: Front-rack carry 30 sec/side x 3

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 25 — Complex Day

Focus: Conditioning / strength

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: 5 deadlifts → 5 cleans/side → 5 front squats → 5 push presses/side → 10 swings
Format	4 rounds; rest 90 sec
Suggested load	Use one manageable bell, 10–20 lb
25:00–30:00	FINISHER / COOLDOWN: Easy walk/mobility 5 min

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 26 — Leg Strength

Focus: Strength

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Tempo goblet squat 8 (3-sec down) • reverse lunge 8/side • RDL 12 • calf raise holding KB 15
Format	4 rounds
Suggested load	20–30 lb
25:00–30:00	FINISHER / COOLDOWN: Suitcase carry 45 sec/side x 3

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 27 — Snatch Prep

Focus: Power / skill

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: High pull 5/side • clean 5/side • push press 5/side • swing 10
Format	5 rounds
Suggested load	10–25 lb; stay light
25:00–30:00	FINISHER / COOLDOWN: Optional only if skilled: 3 snatch singles/side; otherwise high pulls

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

Technique note: Keep ballistic skill work light until the bell path and rack/lockout are smooth. Substitute deadlifts/high pulls if cleans or snatches are not yet comfortable.

DAY 28 — Recovery + TGU 2

Focus: Recovery / skill

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Turkish get-up 1/side • halo 5/side • windmill 5/side • goblet squat 8 • carry 30 sec/side
Format	4 easy rounds
Suggested load	5–15 lb
25:00–30:00	FINISHER / COOLDOWN: 5 min mobility

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

Recovery rule: Keep this session deliberately easy (RPE 4–6). The goal is to leave feeling better than you started.

DAY 29 — 30-Minute Challenge Prep

Focus: Full body

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Swing 12 • goblet squat 10 • clean 5/side • press 5/side • row 8/side
Format	4 rounds at RPE 7; do not max out
Suggested load	Moderate
25:00–30:00	FINISHER / COOLDOWN: 5 min cooldown + prep for Day 30

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

DAY 30 — Final Benchmark

Focus: Benchmark

0:00–5:00	Standard warm-up (use the warm-up on page 2).
5:00–25:00	MAIN: Goblet squat 10 • swing 15 • row 10/side • floor press 8/side
Format	Repeat Day 15: 4 rounds. Compare time, loads, RPE and form.
Suggested load	Use same loads as Day 15 OR increase only if form stays crisp
25:00–30:00	FINISHER / COOLDOWN: Finish with 5 min easy carry/walk + mobility

Customize today: KB used: _____ lb Rounds/Reps completed: _____ RPE (1–10): ____ Notes:

Progress Tracker

Day	Date	KB Load(s)	Completed	RPE	Energy 1–5	Notes
1			☐			
2			☐			
3			☐			
4			☐			
5			☐			
6			☐			
7			☐			
8			☐			
9			☐			
10			☐			
11			☐			
12			☐			
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24			☐			
25			☐			
26			☐			
27			☐			
28			☐			
29			☐			
30			☐			

Day 15 vs. Day 30 Benchmark

Measure	Day 15	Day 30	Change
Goblet squat load			
Swing load			
Row load			
Floor press load			
4-round completion time			
RPE			
Technique / confidence			

After Day 30

If you want to repeat the plan, increase only one variable at a time: slightly heavier load, 1–2 extra reps, one additional round, or shorter rest. Do not increase all variables at once. With a 30 lb maximum bell, tempo reps, pauses, unilateral work, carries and denser work intervals can continue to create progression.