

Boxing Bells Fitness – Free Beginner Kettlebell Strength Training Program

A kettlebell program is a great choice for training your whole body at home when done right. It builds **strength, balance, and joint stability** without needing a gym. The goal here is **simple, safe, and repeatable**, not extreme intensity.

Basic At-Home Kettlebell Program (Beginner)

Weekly Plan

- **2–3 days per week**
- **At least 1 rest day between sessions**

Each workout: **25–35 minutes**

Warm-Up (5–8 mins)

Keep it gentle but purposeful:

- March in place – 1 min
 - Arm circles – 1 min
 - Hip hinges (hands on thighs) – 1 min
 - Bodyweight squats – 1 min
 - Light kettlebell deadlifts – 1–2 mins
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Core Workout (Full Body)

Start with **1 kettlebell** (light–moderate weight you can control easily)

1. Kettlebell Deadlift

Reps: 8–12

Sets: 2–3

- Hinge at hips (not lower back)
- Keep back neutral
- Stand tall at top

 Builds: glutes, hamstrings, lower back safety

2. 🏋️ Kettlebell Goblet Squat

Reps: 8–10

Sets: 2–3

- Hold bell at chest
- Sit down slowly
- Keep chest upright

👉 Builds: legs, core

3. 🏋️ Kettlebell Overhead Press

Reps: 6–8 each arm

Sets: 2

- Press slowly overhead
- Keep core tight
- Don't arch your back

👉 Builds: shoulders, stability

4. 🏋️ Kettlebell Bent-Over Row

Reps: 8–10 each arm

Sets: 2–3

- Pull elbow toward hip
- Keep back flat

👉 Builds: upper back, posture

5. 🏋️ Kettlebell Suitcase Carry

Time: 20–40 seconds each side

Sets: 2

- Hold bell in one hand
- Walk slowly, stay upright

👉 Builds: core, grip, balance

Cool Down (5 mins)

- Hamstrings stretch
 - Shoulder stretch
 - Deep breathing
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Week-by-Week Progression

Weeks 1–2

- 1–2 sets each
- Light weight
- Focus on learning form

Weeks 3–4

- 2–3 sets
- Slightly heavier (if comfortable)

After Week 4


- Add reps OR weight (not both at once)
 - Optional: add a new movement like swings
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Important Safety Tips (Over 40 Focus)

- Prioritize **form over weight**
 - Stop if you feel joint pain (especially shoulders/back)
 - Move slower than you think you need to
 - Rest 60–90 seconds between sets
 - Keep breathing steady (don't hold breath)
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Choosing the Right Weight

- Most beginners:
 - Men: **8–12 kg**
 - Women: **6–10 kg**

 If in doubt: go lighter—you can always increase later.



BOXING BELLS
FITNESS

Simple Goal

Focus on:

- Consistency (2–3x/week)
- Feeling stronger, not exhausted
- Good movement quality