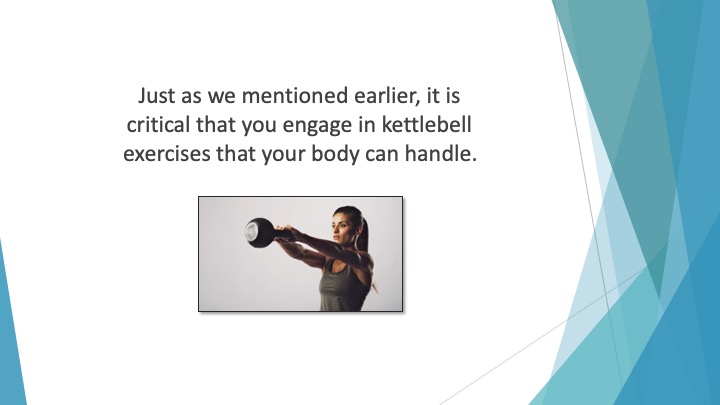
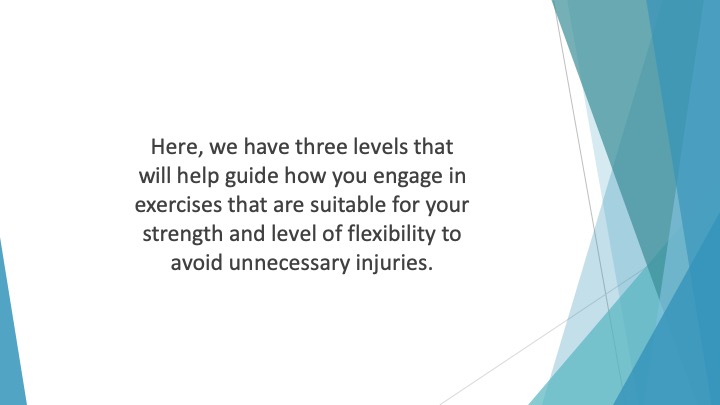
**Chapter 7: Beginners, Intermediate And Advanced Level Kettlebell Workout Plan**

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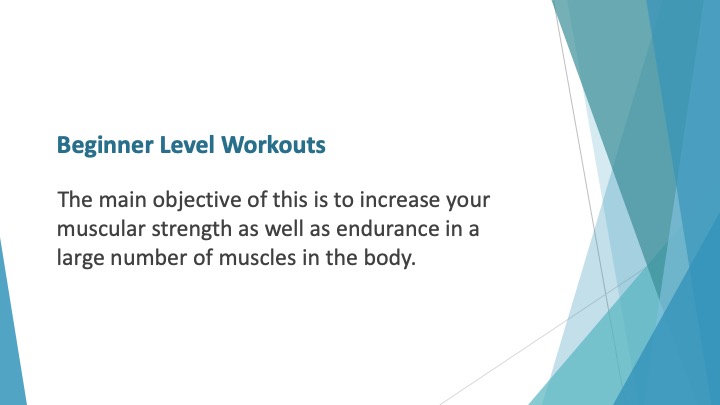
**S1** : In this video, we’ll discuss about “Beginners, Intermediate And Advanced Level Kettlebell Workout Plan”



**S2 :** Just as we mentioned earlier, it is critical that you engage in kettlebell exercises that your body can handle. This means that, if you are just getting started as a beginner, you are not supposed to engage in high-intensity kettlebell workouts.

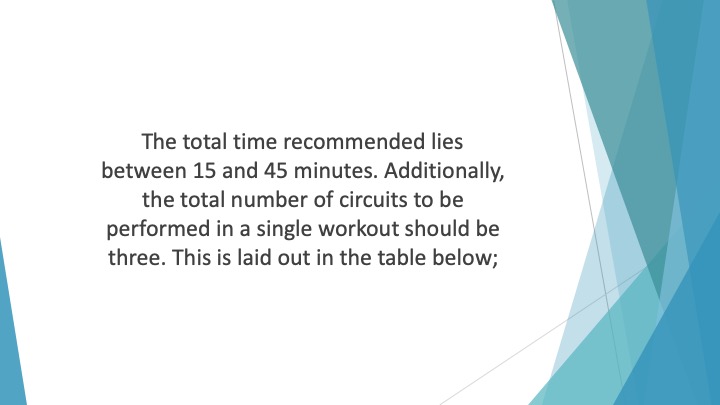


**S3** : Here, we have three levels that will help guide how you engage in exercises that are suitable for your strength and level of flexibility to avoid unnecessary injuries.

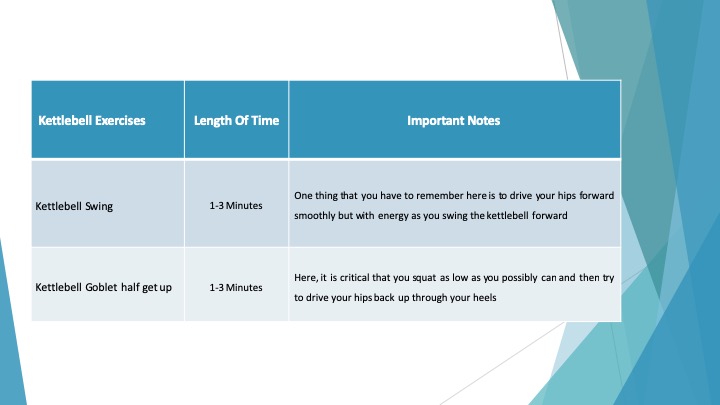


**S4 : Beginner Level Workouts**

The main objective of this is to increase your muscular strength as well as endurance in a large number of muscles in the body. It also plays a significant role in boosting the performance of your cardiovascular system.

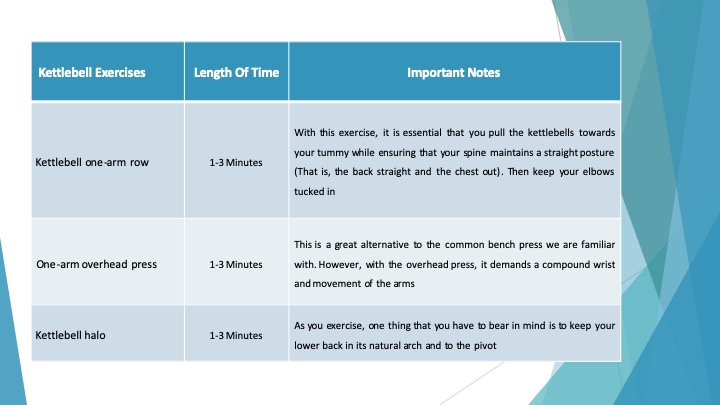


**S5 :** The total time recommended lies between 15 and 45 minutes. Additionally, the total number of circuits to be performed in a single workout should be three. This is laid out in the table below;



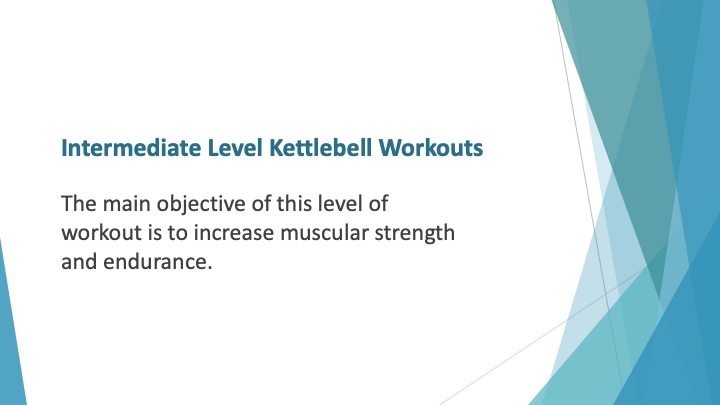
**S6 :**

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| **Kettlebell Exercises** | **Length of time** | **Important Notes** |
| Kettlebell Swing | 1-3 Minutes | One thing that you have to remember here is to drive your hips forward smoothly but with energy as you swing the kettlebell forward |
| Kettlebell Goblet half get up | 1-3 Minutes | Here, it is critical that you squat as low as you possibly can and then try to drive your hips back up through your heels |



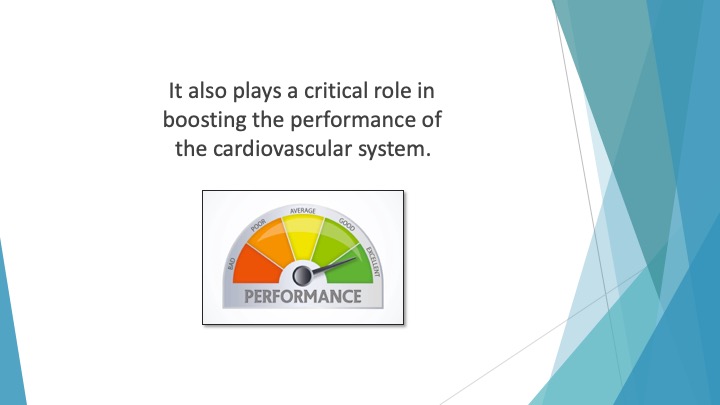
**S7 :**

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| **Kettlebell Exercises** | **Length of time** | **Important Notes** |
| Kettlebell one-arm row | 1-3 Minutes | With this exercise, it is essential that you pull the kettlebells towards your tummy while ensuring that your spine maintains a straight posture (That is, the back straight and the chest out). Then keep your elbows tucked in |
| One-arm overhead press | 1-3 Minutes | This is a great alternative to the common bench press we are familiar with. However, with the overhead press, it demands a compound wrist and movement of the arms |
| Kettlebell halo | 1-3 Minutes | As you exercise, one thing that you have to bear in mind is to keep your lower back in its natural arch and to the pivot |

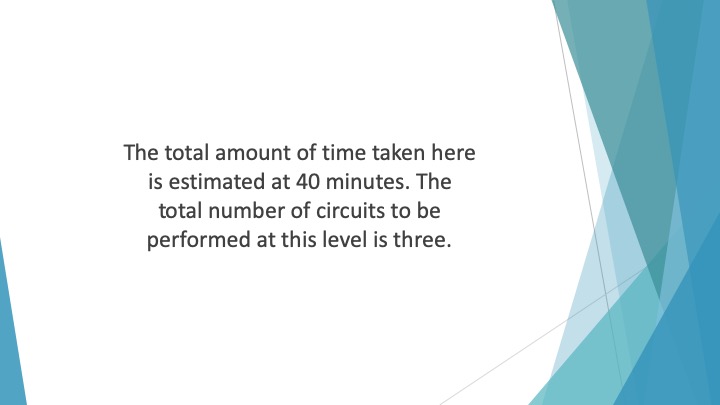


**S8 : Intermediate Level Kettlebell Workouts**

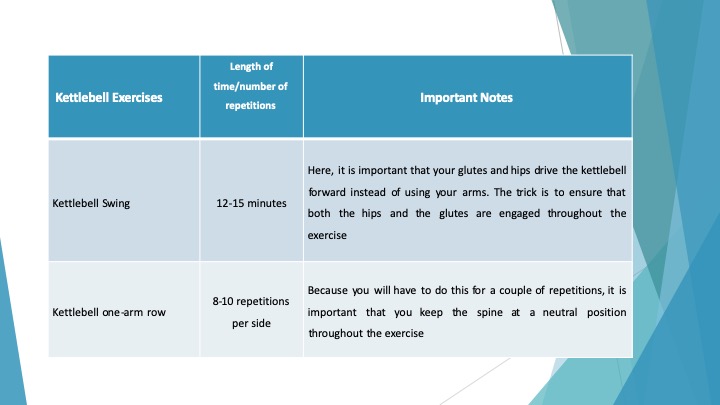
The main objective of this level of workout is to increase muscular strength and endurance. It is more rigorous than the beginner level and can work the muscles three times as much.



**S9 :** It also plays a critical role in boosting the performance of the cardiovascular system.

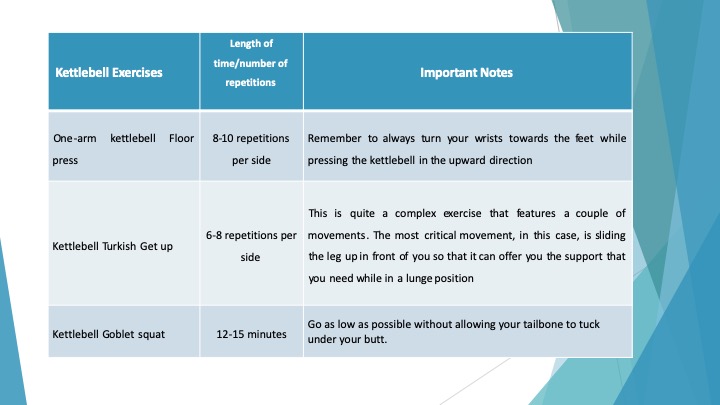


**S10 :** The total amount of time taken here is estimated at 40 minutes. The total number of circuits to be performed at this level is three.



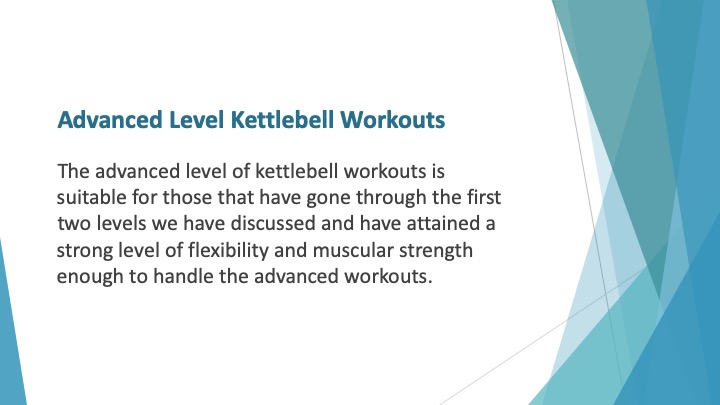
**S11 :**

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| **Kettlebell Exercises** | **Length of time/number of repetitions** | **Important Notes** |
| Kettlebell swing | 12-15 minutes | Here, it is important that your glutes and hips drive the kettlebell forward instead of using your arms. The trick is to ensure that both the hips and the glutes are engaged throughout the exercise |

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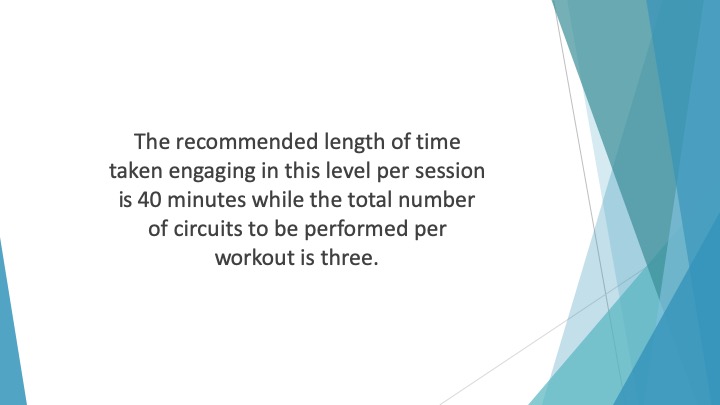
**S12 :**

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| **Kettlebell Exercises** | **Length of time/number of repetitions** | **Important Notes** |
| One-arm kettlebell Floor press | 8-10 repetitions per side | Remember to always turn your wrists towards the feet while pressing the kettlebell in the upward direction |
| Kettlebell Turkish Get up | 6-8 repetitions per side | This is quite a complex exercise that features a couple of movements. The most critical movement, in this case, is sliding the leg up in front of you so that it can offer you the support that you need while in a lunge position |
| Kettlebell Goblet squat | 12-15 minutes | Go as low as possible without allowing your tailbone to tuck under your butt. |

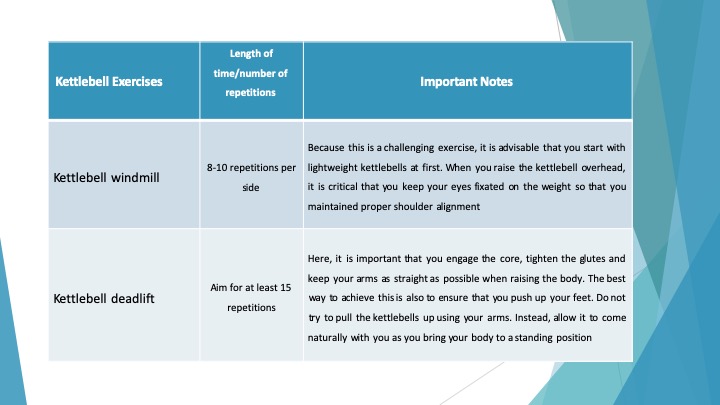


**S13 : Advanced Level Kettlebell Workouts**

The advanced level of kettlebell workouts is suitable for those that have gone through the first two levels we have discussed and have attained a strong level of flexibility and muscular strength enough to handle the advanced workouts. This level does not only promote muscular strength and endurance, but it also pays closer attention to strengthening the core and boosting the cardio capacity.

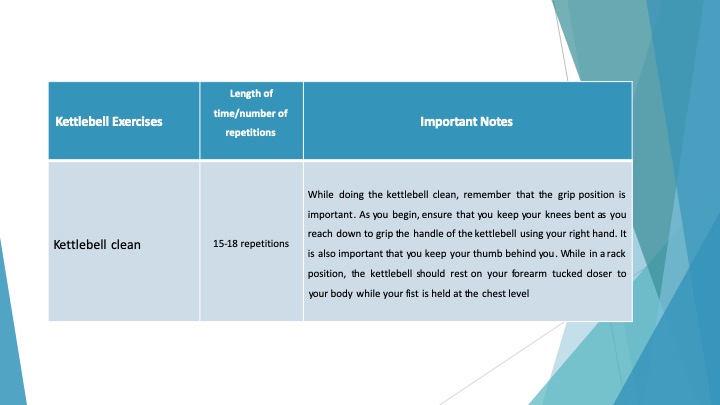


**S14 :** The recommended length of time taken engaging in this level per session is 40 minutes while the total number of circuits to be performed per workout is three.



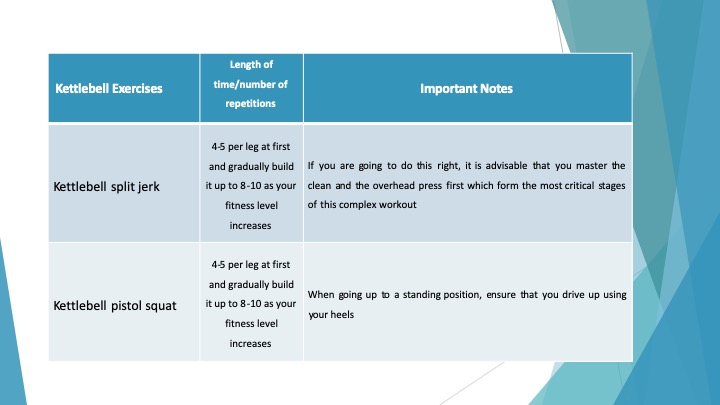
**S15 :**

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| **Kettlebell Exercises** | **Length of time/number of repetitions** | **Important Notes** |
| Kettlebell windmill | 8-10 repetitions per side | Because this is a challenging exercise, it is advisable that you start with lightweight kettlebells at first. When you raise the kettlebell overhead, it is critical that you keep your eyes fixated on the weight so that you maintained proper shoulder alignment |
| Kettlebell deadlift | Aim for at least 15 repetitions | Here, it is important that you engage the core, tighten the glutes and keep your arms as straight as possible when raising the body. The best way to achieve this is also to ensure that you push up your feet. Do not try to pull the kettlebells up using your arms. Instead, allow it to come naturally with you as you bring your body to a standing position |



**S16 :**

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| **Kettlebell Exercises** | **Length of time/number of repetitions** | **Important Notes** |
| Kettlebell clean | 15-18 repetitions | While doing the kettlebell clean, remember that the grip position is important. As you begin, ensure that you keep your knees bent as you reach down to grip the handle of the kettlebell using your right hand. It is also important that you keep your thumb behind you. While in a rack position, the kettlebell should rest on your forearm tucked closer to your body while your fist is held at the chest level |



**S17 :**

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| **Kettlebell Exercises** | **Length of time/number of repetitions** | **Important Notes** |
| Kettlebell split jerk | 4-5 per leg at first and gradually build it up to 8-10 as your fitness level increases | If you are going to do this right, it is advisable that you master the clean and the overhead press first which form the most critical stages of this complex workout |
| Kettlebell pistol squat | 4-5 per leg at first and gradually build it up to 8-10 as your fitness level increases | When going up to a standing position, ensure that you drive up using your heels |