

13 Fun and Fast Kettlebell Workouts to Blast Fat, Boost Strength, and Get in Really, Really Good Shape



Fitness doesn't need to be complicated.

In fact, there are only a select handful of exercises that are practically guaranteed to make you strong as an ox and move like a ninja.

With a kettlebell or two in your hands, you can get as buff, flexible, and lean as you want to be.

These workouts can supplement just about any strength program. Not following a plan? Just plug these in every other day alongside plenty of swings and easy walking.

Simple & Sinister Warm-Up

This full-body routine will get you ready for just about any workout. Plus, it's an effective mini movement session when you only have a couple minutes:

Kettlebell Halo x 5 each way
Prying Goblet Squat x 5
Knee Squeeze Glute Bridge x 3

Repeat for 3 Rounds

> [Watch a video demo of Simple and Sinister Warm-Up](#) <

Kettle-Booty 2020

Single Leg Deadlift x 12 each
Dead-Stop Clean x 6 (Left) / Racked Squat x 6 (Left)
Dead-Stop Clean x 6 (Right) / Racked Squat x 6 (Right)

Repeat for 2-3 Rounds

> [Watch a video demo of Kettle-Booty 2020](#) <

The Schmedium Shirt Buster

Descending Ladder of 1-Arm “Float” Push-ups and Rows:

12/12

9/9

6/6

3/3

ALL ON ONE SIDE

Repeat for 2 Rounds Total

> [Watch a video demo of The Schmedium Shirt Buster](#) <

Smoke & Mirrors

Double Kettlebell Swing x 10

See-Saw Presses x 5/5 (move both arms at the same speed)

Repeat for 5 Rounds

> [Watch a video demo of Smoke & Mirrors](#) <

Humane Burpee

15 Swings / 5 Goblet Squats / 5 Push-ups

15 Swings / 4 Goblet Squats / 4 Push-ups

15 Swings / 3 Goblet Squats / 3 Push-ups

15 Swings / 2 Goblet Squats / 2 Push-ups

15 Swings / 1 Goblet Squat / 1 Push-up

> [Watch a video demo of the Humane Burpee](#) <

Balanced Butt Burner

Single-Leg Kettlebell Swap x 6/6 + Belly Hinge to Goblet Squat x 10

Repeat for 3-5 Rounds

> [Watch a video demo of Balanced Butt Burner](#) <

Bearwalker

Every Minute on the Minute:

3 Cleans + 3 Push-Presses

Repeat other side

(Should take about 30 seconds)

Bear Squat to Mountain Climber for remainder of the minute

Repeat for 5-10 Minutes

> [Watch a video demo of Bearwalker](#) <

Karate Kid

Every Minute on the Minute:

5 Swings + 5 Snatches

Hold kettlebell overhead and perform slow high-knee to butt-kick marches for the remainder of the minute

Repeat other side

*Add one rep each of swings and snatches until you get to 10 reps each or you run out of time for the marches

> [Watch a video demo of Karate Kid](#) <

Squat Against The Machine

Thruster x 3, Squat x 3, Swing switch and repeat other side

Thruster x 2, Squat x 3, Swing switch and repeat other side

Thruster x 1, Squat x 3, Swing switch and repeat other side

(Don't set the bell down until the sequence is done!)

Rest 2-3 minutes and repeat for 2-3 rounds

> [Watch a video demo of Squat Against The Machine](#) <

Double Trouble

Double Clean x 2 / Push-up x 5

Double Clean x 4 / Push-up x 5

Double Clean x 6 / Push-up x 5

Double Clean x 4 / Push-up x 5

Double Clean x 2 / Push-up x 5

Perform the whole sequence without stopping.

After 2-3 minutes rest, repeat with 3 push-ups per super-set, then 1.

> [Watch a video demo of Double Trouble](#) <

Partner Workouts

Traffic Cop

In this partner workout, one partner will lift and the other will play “traffic cop” by directing the movement with *Stop* and *Go* commands.

In our example, Savanna handles double bottoms-up kettlebells while I point out one side at a time to randomly start and pause the press motion.

The lifter should choose a weight she can safely handle for 45-60 seconds.

Some creative constraints:

- Work one arm per set
- Work both arms together
- Keep one arm in a static press (half-press, overhead, etc) and press with the other
- Keep one arm in a suitcase hold (weight by your side) and press with the other
- Perform in a 1/2 or full kneeling position

> [Watch a video demo of Traffic Cop](#) <

Monkey See Monkey Do

Set a timer for 1-2 minutes.

One partner will lead a movement flow (no ballistic lifts), the other will attempt to match and mirror the movements exactly.

Some ideas:

- Make (and match) faces 😜😐😬
- Write words in the air with your hands and feet
- Move to the beat of a song
- Vary the speed
- Pause at various angles

Get creative and think outside the typical lifting box.

And be nice to your partner 😊

Major Benefits

Our brains are wired to imitate and learn by observing others.

Mirror neurons are those that fire when you perform an action AND when you see someone else performing that same action.

In a sense, we have an innate ability to get inside each other's heads.

For this exercise, the follower is playing out both sides of the process in real-time, observing the movement and acting it out.

As the poet Ludacris put it – *“When I move, you move. Just like that.”*

This game is all about staying in the present moment. As the follower copies the leader, he finds the *flow* in deep focus on action but without time to get hung up on his own technique.

> [Watch a video demo of Monkey See Monkey Do](#) <

5 Kettlebell Mobility Moves for Shoulders

> [Watch a video demo of 5 Shoulder Mobility Moves](#) <

Who Is Zack Henderson?



Hey there.

I'm Zack, a personal trainer of 10 years and an East Nashville neighbor since 2016.

And I'm here to do one thing...

Help get you in the *best shape of your life*, no matter your age, how busy you are, or how much PBR you drink.

I offer a fitness approach that stands in stark contrast to most popular workouts that leave so many injured and exhausted.

You can lose weight, build muscle, and gain flexibility in a fun and sustainable way.

The kettlebell is just one tool in the toolbox. The rabbit hole goes much deeper.

You can:

- Find me at zackhenderson.com
- Connect on Instagram at [@EastNashvilleKettlebell](https://www.instagram.com/EastNashvilleKettlebell)
- Connect on Facebook in the [private group](#)
- [Drop me an email](#) if you're interested in personal coaching, online programming, or workshops