

FLEXPOWER FITNESS · \$27 STARTER PLAN

The 4-Week Kettlebell Starter Plan

Twelve sessions. One bell. A complete beginner's on-ramp to strength, conditioning and hip power — with the technique standards that keep your back safe.

Program guide + session log + progression rules

START HERE

How this plan works

Three sessions a week for four weeks. Same six movements every session. The plan does not get more complicated — it gets heavier and denser.

Most beginner kettlebell programs fail for one of two reasons: they teach ten movements before any of them is competent, or they chase sweat instead of skill. This plan does the opposite. You will drill six patterns until they are automatic, then add load and volume on a fixed schedule so progress is decided in advance rather than by how you feel that day.

WHAT YOU NEED

- **One kettlebell.** Most men start at 16 kg (35 lb); most women at 8–12 kg (18–26 lb). If you can press it overhead 5 times with clean form but not 15, it is about right.
- **A second, lighter bell is optional** but useful for pressing and Turkish get-ups in weeks 1–2.
- **Two metres of clear floor** and a hard, non-slip surface. Do not swing on a thick foam mat.
- **A timer.** Phone stopwatch is fine. Nearly every set in this plan is timed, not counted.

The weekly shape

Train Monday / Wednesday / Friday, or any three days with at least one rest day between two of them. Never train two consecutive days in weeks 1–2 — the hinge pattern loads your posterior chain harder than it feels at the time, and the soreness arrives 36 hours later.

DAY	FOCUS	TIME	WHAT IT BUILDS
Session A	Hinge + press ladder	28–34 min	Hip power, overhead strength
Session B	Squat + row + carry	26–32 min	Leg strength, grip, trunk stability
Session C	Swing density + get-up	30–36 min	Conditioning, shoulder integrity
Rest days	Walk 20–30 min, easy	—	Recovery, blood flow, adherence

The six movements

Read this section once before session one, then re-read the cue list before every session in week 1. Technique is the whole programme in the first fortnight.

1. Two-hand swing

The engine of the plan. This is a *hinge*, not a squat and not a front raise. The bell is thrown forward by your hips snapping straight, and it floats — you do not lift it with your arms.

- Stand with the bell one foot ahead of you on the floor, feet a little wider than your hips.
- Hinge back, tip the handle toward you, and *hike* the bell between your legs like a rugby pass — high and close to your groin, not down near your knees.
- Snap your hips forward hard. Glutes clenched, ribs down, standing tall at the top. The bell rises to about chest height on its own.
- Let it fall. Wait. Re-hinge only when your forearms touch your torso again.

The single most common beginner error: squatting the bell up and lifting it with the shoulders. If your knees travel forward and your arms feel worked the next day, you are squatting, not hinging. Fix it by standing 12 inches from a wall, facing away, and hinging until your backside touches the wall without your knees moving forward. That is the range.

2. Goblet squat

Bell held at the chest, elbows inside your knees. Sit straight down between your hips, heels flat, chest tall. Drive the floor away. The bell at your chest acts as a counterweight and lets most beginners squat deeper and cleaner than they can empty-handed.

3. Single-arm press

Bell racked in the crook of your elbow, wrist straight, forearm vertical. Squeeze your glutes and abs, then press up and slightly back so the bell finishes over the middle of your foot. Bring it down under control — the lowering is where the strength is built.

4. Single-arm row

Hinge to about 45 degrees, free hand on a bench or your own thigh. Pull the bell to your hip, not your armpit. Pause one second with the shoulder blade pulled back and down. Do not let your torso rotate to help.

5. Suitcase carry

Bell in one hand, walk tall and slowly. Resist the tilt. This is the most underrated movement in the plan — it builds the trunk stiffness that protects your back during heavy swings.

6. Turkish get-up (half)

Weeks 1–2 use only the first half: lie down, bell pressed up, roll to your elbow, then to your hand, then bridge your hips. Reverse. Slow. This is a shoulder-health movement disguised as a strength movement.

Weeks 1–2 — build the pattern

Loads are deliberately light. If it feels easy, it is working. Volume climbs in weeks 3–4 and you will want the technique automatic by then.

WEEK 1 · SESSION A	SETS	WORK	REST
Swing	6	10 reps	60 s
Single-arm press	3 per side	5 reps	45 s
Half get-up	3 per side	2 reps, slow	45 s
Suitcase carry	3 per side	30 s walk	45 s

WEEK 1 · SESSION B	SETS	WORK	REST
Goblet squat	4	8 reps	60 s
Single-arm row	4 per side	8 reps	45 s
Swing	4	10 reps	60 s
Suitcase carry	3 per side	40 s walk	45 s

WEEK 1 · SESSION C	SETS	WORK	REST
Swing	8	10 reps on the minute	remainder of minute
Goblet squat	3	8 reps	60 s
Half get-up	3 per side	2 reps, slow	45 s

Week 2: repeat every session exactly, but add one set to the swing in Sessions A and B (7 and 5 sets), and extend every carry by 10 seconds. Nothing else changes. Load stays the same.

Weeks 3–4 — add density, then load

Week 3 keeps your week-2 bell and compresses the rest. Week 4 restores the rest and adds bell weight where you have earned it. This is the classic density-then-load progression, and it is the reason this plan produces a visible jump in week 4 rather than a slow grind.

WEEK 3 CHANGE	HOW	WHY
Swing rest	60 s → 40 s	Raises heart-rate demand without new technique load
Press	3 sets of 5 → ladder 1-2-3, twice per side	Ladders accumulate quality reps under fatigue
Goblet squat	4×8 → 4×10	Volume before load on the legs
Get-up	Half → full get-up if the half is clean	Progress only if technique holds
Carry	Add 10 s per set	Grip and trunk endurance

WEEK 4 CHANGE	HOW	WHY
Rest periods	Back to week-2 lengths	Recovers capacity so you can express new strength
Swing bell	Up one size if all week-3 sets were crisp	The hinge pattern is now automatic
Press bell	Stay — unless the 1-2-3 ladder was easy both sessions	Pressing progresses slowest; do not rush it
Session C	10 sets of 10 swings on the minute	The benchmark you will re-test later

THE WEEK-4 BENCHMARK

Session C of week 4 is the test: **100 swings in 10 minutes**, 10 on the minute. If you finish all ten rounds with a straight-back hinge and no rounding, you have completed the on-ramp. Note your time-to-recover — how many minutes until your breathing is conversational again. That number, tracked over months, is the honest measure of your conditioning.

Session log

Print this page. Write the bell weight and a one-word note on how the hinge felt. Four weeks of these notes are worth more than any app.

WEEK	SESSION A — BELL / NOTES	SESSION B — BELL / NOTES	SESSION C — BELL / NOTES
1			
2			
3			
4			

Recovery check

CHECK	WHAT GOOD LOOKS LIKE
☐ Sleep 7+ hours on training nights	Strength work raises sleep need, not lowers it
☐ Walk 20–30 minutes on rest days	Blood flow clears soreness faster than sitting
☐ Protein at every meal	Roughly a palm-sized portion; recovery is built from it
☐ No sharp low-back pain, ever	Ache in the glutes and hamstrings is normal; a sharp back twinge is a stop sign
☐ Grip recovers between sessions	If not, cut carry time by half next week

When to repeat vs. move on

- **Repeat the four weeks** with a heavier bell if your week-4 benchmark was clean and you finished wanting more. Most people should run this cycle twice.
- **Repeat at the same weight** if you missed more than two sessions or your hinge got sloppy in week 3.
- **Move on** to a two-bell programme only once you can do 100 swings in 10 minutes with a bell that is genuinely challenging and can press it 5 times per side.

Ready for coaching eyes on your hinge?

FlexPower Live Training gives you three coached sessions a week over video, form review on the movements in this plan, and a programme that keeps progressing after week 4.

FlexPower Live Training Membership — \$59/month

Join at flexpowerfitness.com/live-training

This guide is general education and is not medical advice, diagnosis, or treatment. It is not a substitute for care from a licensed clinician. Talk to your doctor before starting a new exercise, nutrition, supplement, or sleep protocol — especially if you are pregnant, managing a health condition, or taking medication. Stop any activity that causes pain, dizziness, or shortness of breath and seek medical attention.