

HOW I STARTED

A 30-Day Beginner Kettlebell Guide

@DailyKBelles

The moves, the method, and the mindset that actually worked for me.

ABOUT ME

Hi, I'm Daria.

I'm a mum of two (ages 1 and 4), I work full-time in a corporate job, and I started kettlebells because I needed something short, consistent, and realistic - something that could meet me where I was.

I live with PCOS and chronic lower back pain. My son doesn't sleep well, so my cortisol is probably higher than it should be and progress isn't always linear for me. My first pregnancy was a complicated natural birth and my second was a C-section, so rebuilding core strength has been a huge part of my journey.

A friend joked that I never stick to anything long enough to see results. I have ADHD, so consistency hasn't always come easily. But that's exactly why I built this challenge, to prove I could show up every day. Not perfectly. Just consistently.

I used to play tennis competitively and became a qualified coach, so movement has always mattered to me. But after 15 years in the corporate world, I needed to find my way back. Kettlebells became my daily reset.

> *This guide is exactly how I started. The moves, the timing, the weight, the structure - all of it. I'm sharing it because it worked for me, and I think it can work for you too.* 🏋️

A QUICK NOTE BEFORE YOU START

This guide is based on my personal experience and is meant to inspire and support you - not replace professional advice.

I'm currently completing my fitness qualification. Please treat this as a friendly guide from someone who's been in the trenches, not a medical prescription.

If you have injuries, health conditions, are pregnant, or have recently had surgery - please check with your GP before starting. That goes for anyone who hasn't exercised in a while too.

This is your journey, your body, your pace. Adjust weights, skip moves, take more rest days - whatever you need. Now let's get into it. 💪

WHAT YOU NEED

You really don't need much. That's the whole point.

- 🏋️ **One kettlebell** - I started with 8kg - lighter than you think you need
- 📐 **A small space** - enough to swing safely around you
- ⏱️ **A timer** - your phone works perfectly
- 💧 **Water** - always
- 👟 **Comfortable trainers** - flat-soled if possible

What weight to start with:

🌱 Complete Beginner	🔥 Some Experience	⚡ Comfortable with Strength Training
6–8kg	**8–10kg**	**10–12kg**

> *I started with 8kg and stayed there for weeks. Start lighter than your ego wants. Form always comes before weight.*

MY ONE RULE

Minimum 10 minutes of movement. Every day.

That's it. That's the rule.

Not 10 minutes including your warm-up. Not 10 minutes total with your cool-down. 10 minutes of actual kettlebell work - after you've warmed up and before you cool down.

Some days that's all I managed. Some days I did 20 minutes. But I never went below 10 minutes of actual movement, and that consistency is what built the habit.

> *On days you feel great - do more. On days life is chaos - do your 10 minutes and be proud of it. It still counts.*

HOW I PROGRESSED - THE TIMING METHOD

I didn't start by counting reps. I started with timed sessions - work for a set time, rest for a set time. This is what worked for me and what I'd recommend to anyone starting out.

The rule is simple: before you increase your weight, progress through the timing stages first. More time under tension is harder than it sounds.

Phase	Work	Rest	When to use it
Starting Out	30 sec on	30 sec off	First 1–2 weeks - learn the moves, don't rush
Building Up	40 sec on	20 sec off	Once 30/30 feels comfortable
Getting Stronger	60 sec on	30 sec off	When 40/20 feels manageable
Progressing Further	Increase weight	Keep rest moderate	Only once timing progressions feel solid

> *I stayed at 8kg for weeks and just kept reducing my rest time. When 60 seconds on with 30 seconds off felt comfortable, that's when I went up in weight, not before.*

Why this works:

- It builds endurance and technique before adding load
- It's easier to track progress - you can see and feel the difference
- It reduces injury risk - your joints and muscles adapt gradually
- It keeps every session feeling achievable, even on tired days

HOW I STRUCTURE MY SESSIONS

I always train by muscle group - I never just do random moves. This gives each session a clear focus and means you're not hammering the same muscles every day.

💪 **Arm Day** - biceps, triceps, shoulders - overhead press, rows, curls, raises
🦵 **Leg Day** - quads, hamstrings, glutes - squats, lunges, deadlifts, hip thrusts
🏋️ **Full Body** - a bit of everything - swings, squats, rows, core
🔄 **Core Day**-abs, obliques, lower back - twists, windmills, halos, planks
💨 **Swing Day**-all about the hip hinge - Russian swings, single arm, side swings
🌿 **Joint & Mobility Day**-1–2x per week with my lightest kettlebell - gentle movement, stretches, halos, around the world

> *The joint and mobility days are not rest days - they're active recovery. Light kettlebell, slow movement, focus on how your body feels. These are just as important as the harder sessions.*

I post all my workouts in my Instagram captions - so you can follow along and see exactly what I do each day. The moves are always listed so you know what's coming. 📱 @DailyKBelles

REST DAYS & RECOVERY

I personally train every day - but I want to be clear: I don't recommend that for everyone, and I definitely don't recommend doing heavy kettlebell sessions every single day without rest.

Most people will benefit from 1–2 proper rest days per week, especially when starting out. Your muscles repair and grow during rest - not during the workout itself.

On rest days, you can:

- Walk - even just 20 minutes counts
- Do gentle stretching or yoga
- Do a light mobility session with your lightest kettlebell
- Fully rest - sleep, hydrate, recover

> *If you do choose to train every day like I do - make sure at least 1–2 sessions per week are your joint and mobility days. Don't muscle build every single day. Your body needs to repair.*

THE CORE MOVES - LEARN THESE FIRST

These are the moves that feature most in this plan. Master these before anything else.

> *If I get time I'll record demo videos, but my videos for now will have these moves - watch @DailyKBelles for that.* 🎥

Swings

Russian Swing

Hinge at the hips, swing the kettlebell to chest height. Drive through the hips - not the arms. This is the foundation of everything.

💡 *Think of it as a horizontal hip thrust, not a squat. The power comes from your hips.*

Single Arm Swing

Same as the Russian swing but with one hand. Challenges your grip, core, and shoulder stability.

💡 *Keep your shoulder packed down - don't let it shrug up as the bell rises.*

Side Swing

Swing the kettlebell out to the side rather than straight ahead. Great for shoulders and lateral stability.

💡 *Control the bell on the way down - don't let momentum take over.*

Squats & Lower Body

Goblet Squat

Hold the kettlebell at chest height with both hands, squat down keeping your chest tall and knees tracking over your toes.

💡 *Use the weight as a counterbalance - it actually makes squatting easier to learn.*

Deadlift

Hinge at the hips to pick the kettlebell up from the floor, drive through the heels to stand tall. Keep your back flat throughout.

💡 *This is the safest way to strengthen your posterior chain - essential if you have lower back pain.*

Reverse Lunge

Step back into a lunge, lower your back knee toward the floor, drive through the front heel to return. Hold the kettlebell at your chest or by your side.

💡 *Reverse lunges are easier on the knees than forward lunges - start here.*

Sumo Squat

Feet wider than shoulder-width, toes turned out, squat down holding the kettlebell between your legs.

💡 *Great for inner thighs and glutes. Keep your chest tall throughout.*

Hip Thrust

Sit with your back against a surface, feet flat, drive your hips up to the ceiling squeezing your glutes at the top.

💡 *One of the best glute builders. You can hold the kettlebell on your hips for extra resistance.*

Upper Body

Overhead Press

Hold the kettlebell at shoulder height, press it straight up overhead, lower with control. Keep your core tight.

💡 *Don't arch your lower back as you press - brace your core to protect your spine.*

Bent Over Row

Hinge forward at the hips, pull the kettlebell up toward your hip, lower with control. Keep your back flat.

💡 *Think about pulling your elbow back rather than lifting the weight up.*

Bicep Curl

Hold the kettlebell by the handle, curl it up toward your shoulder, lower slowly. Can be done standing or squatting.

💡 *Slow on the way down - that's where the muscle work happens.*

Core & Mobility

Halo

Hold the kettlebell at chest height and circle it slowly around your head. Controlled, smooth movement.

💡 *Keep it slow and deliberate. This is a mobility and shoulder warm-up as much as a strength move.*

Around the World

Pass the kettlebell around your body in a big circle, alternating the direction each rep.

💡 *A brilliant warm-up and cool-down move. Use a lighter weight.*

Russian Twist

Sit on the floor, lean back slightly, feet lifted, and rotate the kettlebell from side to side.

💡 *Keep your chest tall - don't let your back round. Start with feet on the floor if needed.*

Windmill

Press the kettlebell overhead with one arm, then hinge sideways to lower your other hand toward the floor, keeping your eyes on the bell.

💡 *Start with a light weight. This is one of the best moves for your core and shoulder stability - but technique matters.*

Kneeling Side Bend

Kneel on one knee, hold the kettlebell in the opposite hand, and bend sideways toward the floor.

💡 *Great for the obliques. Keep your hips square and don't twist forward.*

WARM UP & COOL DOWN

Always warm up for 3–5 minutes before every session.
I target the areas I'm working on that day using mostly dynamic movements. Here's my typical warm-up:

- Marches on the spot
- Arm swings (forward and across the body)
- Torso twists
- Hip circles (both directions)
- Lunge stretch with rotation
- Side lunge stretch
- Ankle circles and wrist circles
- Neck rolls (gentle)
- Bodyweight squats - a few slow reps to open up the hips
- Light halos or around the world to ease into the weight

> *If I get time I'll record a warm-up and cool-down video - watch @DailyKBelles for that.* 🎥

Cool Down - 3–5 minutes after every session.
Don't skip this. It reduces soreness and supports recovery.

- Hamstring and glute stretch
- Hip flexor stretch (low lunge)
- Shoulder and upper back stretch
- Side body stretch
- Seated or lying spinal twist
- Deep breathing to bring your heart rate down

YOUR 30-DAY PLAN

Each day lists the muscle group focus and the moves. Choose your timing based on where you are in the progression table. Always warm up first and cool down after.

I post my daily workout in my Instagram caption - follow along @DailyKBelles to see the moves in action. 📱

WEEK 1 - Learn the Basics | 30 sec on · 30 sec off

DAY 1	**Full Body - Basics** *Russian swings · goblet squats · deadlifts · bent over rows · halos*
DAY 2	**Core Day** *Russian twists · seated halo · kneeling side bends · around the world · plank hold*
DAY 3	**Leg Day** *Goblet squats · reverse lunges · sumo squats · deadlifts · calf raises*
DAY 4	**🌿 Joint & Mobility** *Halos · around the world · kneeling windmills · lunge stretch · gentle side bends - lightest kettlebell*
DAY 5	**Arm Day** *Overhead press · bent over rows · bicep curls · around the world · halos*
DAY 6	**Swing Day** *Russian swings · single arm swings · side swings · deadlifts · around the world*
DAY 7	**🌿 Rest or Light Movement** *Walk · stretch · full rest - whatever your body needs today*

WEEK 2 - Build Confidence | 40 sec on · 20 sec off

DAY 8	**Full Body** *Russian swings · goblet squats · overhead press · bent over rows · Russian twists*
DAY 9	**Leg Day** *Sumo squats · reverse lunges · hip thrusts · deadlifts · calf raises*

DAY 10	**Arm Day** *Overhead press · bicep curls · bent over rows · halos · around the world*
DAY 11	**Core Day** *Windmills · Russian twists · kneeling side bends · seated halo · plank*
DAY 12	**Swing Day** *Russian swings · single arm swings · side swings · golf swings · American swings*
DAY 13	**🌿 Joint & Mobility** *Halos · around the world · kneeling windmills · lunge stretch · gentle side bends - lightest kettlebell*
DAY 14	**🌿 Rest or Light Movement** *Walk · stretch · full rest - whatever your body needs today*

WEEK 3 - Build Strength | 60 sec on · 30 sec off

DAY 15	**Full Body** *Russian swings · goblet squats · overhead press · deadlifts · Russian twists*
DAY 16	**Leg Day** *Goblet squats · sumo squats · reverse lunges · hip thrusts · calf raises*
DAY 17	**Core Day** *Windmills · Russian twists · kneeling side bends · seated halo · around the world*
DAY 18	**Arm Day** *Overhead press · bicep curls · bent over rows · halos · side swings*
DAY 19	**Swing Day** *Russian swings · single arm swings · side swings · golf swings · American swings*
DAY 20	**🌿 Joint & Mobility** *Halos · around the world · kneeling windmills · gentle side bends · lunge stretch - lightest kettlebell*
DAY 21	**🌿 Rest or Light Movement** *Walk · stretch · full rest - whatever your body needs today*

WEEK 4 - Build Consistency | 60 sec on · 30 sec off (or increase weight)

DAY 22	**Full Body** *Russian swings · goblet squats · bent over rows · overhead press · Russian twists*
DAY 23	**Leg Day** *Sumo squats · reverse lunges · hip thrusts · single leg deadlifts · calf raises*
DAY 24	**Arm Day** *Overhead press · bicep curls · bent over rows · halos · kneeling side bends*
DAY 25	**Core Day** *Windmills · Russian twists · kneeling side bends · seated halo · plank*

DAY 26	**Swing Day** *Russian swings · single arm swings · side swings · golf swings · American swings*
DAY 27	**🌿 Joint & Mobility** *Halos · around the world · kneeling windmills · lunge stretch · gentle side bends - lightest kettlebell*
DAY 28	**🌿 Rest or Light Movement** *Walk · stretch · full rest - whatever your body needs today*

FINAL DAYS - Finish Strong | Your best level

DAY 29	**Full Body Strength** *Russian swings · goblet squats · overhead press · deadlifts · Russian twists · bent over rows*
DAY 30	**🏆 Day 30 - Your Workout** *Pick your 5 favourite moves. Use your best timing. Finish how you want to continue.*

WHAT COMES NEXT

If you've made it through 30 days - you're not a beginner anymore.

From here you can go up in weight, decrease your rest time further, add combo moves, or join my June Calorie Deficit Challenge for a more structured approach combining kettlebells, steps, nutrition and accountability.

> *Download the June Challenge Guide - also free - from the link in my bio. 🔗 @DailyKBelles*

You showed up.

That's the whole thing.

Missed a day? Come back.
Only managed 10 minutes? It counts.
Used your lightest kettlebell? Still showed up.

Follow along: @DailyKBelles

30 days. One swing at a time. 🏋️