

KETTLEBELL PROGRESS TRACKER



MY TOP KETTLEBELL GOALS

MY MOTIVATION

BELL TEST
DO EACH MOVE LISTED FOR ONE MINUTE. WRITE DOWN HOW MANY REPS OF EACH YOU COMPLETE IN THAT MINUTE. RETEST AGAIN IN 2-4 WEEKS.

	START	END
BELL WEIGHT		
SINGLE ARM SWINGS		
DOUBLE ARM SWINGS		
PRESS		
CLEAN		
SNATCH		
ROWS		
GOBLET SQUAT		

GOAL
getter

KETTLEBELL SWINGS TRACKER

TRACK YOUR PROGRESS FOR EACH STYLE OF SWING

BELL WEIGHT: KETTLEBELL WEIGHT USED FOR EACH STYLE OF SWING

AMRAP: HOW MANY REPS YOU CAN DO IN A MINUTE OF EACH STYLE SWING

GOAL WEIGHT: KETTLEBELL WEIGHT YOU ARE WORKING TOWARDS NEXT

GOAL AMRAP: REPS IN A MINUTE YOU ARE WORKING TOWARD FOR EACH STYLE SWING

100 A DAY: MAKE NOTE IF YOU REACH 100 SWINGS A DAY FOR EACH STYLE

	SINGLE ARM SWINGS	TWO HANDED SWINGS	DOUBLE BELL SWINGS	ALTERNATING SWINGS
CURRENT BELL WEIGHT				
CURRENT AMRAP				
GOAL WEIGHT				
GOAL AMRAP				
GOAL WEIGHT REACHED				
GOAL AMRAP REACHED				
100 A DAY				



KETTLEBELL CLEAN & SNATCH TRACKER

TRACK YOUR PROGRESS FOR CLEAN AND SNATCH

BELL WEIGHT: KETTLEBELL WEIGHT USED FOR CLEAN AND SNATCH

AMRAP: HOW MANY REPS YOU CAN DO IN A MINUTE OF EACH CLEAN AND SNATCH

GOAL WEIGHT: KETTLEBELL WEIGHT YOU ARE WORKING TOWARDS NEXT

GOAL AMRAP: REPS IN A MINUTE YOU ARE WORKING TOWARD FOR CLEAN AND SNATCH

	SINGLE BELL CLEAN	DOUBLE BELL CLEAN	SNATCH LEFT	SNATCH RIGHT
CURRENT BELL WEIGHT				
CURRENT AMRAP				
GOAL WEIGHT				
GOAL AMRAP				
GOAL WEIGHT REACHED				
GOAL AMRAP REACHED				

KETTLEBELL PRESS TRACKER

TRACK YOUR PROGRESS FOR EACH STYLE OF PRESS

BELL WEIGHT: KETTLEBELL WEIGHT USED FOR EACH STYLE OF PRESS

AMRAP: HOW MANY REPS YOU CAN DO IN A MINUTE OF EACH STYLE OF PRESS

GOAL WEIGHT: KETTLEBELL WEIGHT YOU ARE WORKING TOWARDS NEXT

GOAL AMRAP: REPS IN A MINUTE YOU ARE WORKING TOWARD FOR EACH PRESS

	SINGLE BELL PRESS	DOUBLE BELL PRESS	ALTERNATING BELL PRESS	CHEST BELL PRESS
CURRENT BELL WEIGHT				
CURRENT AMRAP				
GOAL WEIGHT				
GOAL AMRAP				
GOAL WEIGHT REACHED				
GOAL AMRAP REACHED				

KETTLEBELL ROWS TRACKER

TRACK YOUR PROGRESS FOR EACH STYLE OF ROW

BELL WEIGHT: KETTLEBELL WEIGHT USED FOR EACH STYLE OF ROW
AMRAP: HOW MANY REPS YOU CAN DO IN A MINUTE OF EACH STYLE OF ROW
GOAL WEIGHT: KETTLEBELL WEIGHT YOU ARE WORKING TOWARDS NEXT
GOAL AMRAP: REPS IN A MINUTE YOU ARE WORKING TOWARD FOR EACH ROW

	SINGLE BELL BENT OVER ROW	DOUBLE BELL BENT OVER ROW	ALTERNATING SINGLE ARM BENT OVER ROW	RENEGADE ROW
CURRENT BELL WEIGHT				
CURRENT AMRAP				
GOAL WEIGHT				
GOAL AMRAP				
GOAL WEIGHT REACHED				
GOAL AMRAP REACHED				

KETTLEBELL SQUAT TRACKER

TRACK YOUR PROGRESS FOR EACH STYLE OF SQUAT

BELL WEIGHT: KETTLEBELL WEIGHT USED FOR EACH STYLE OF SQUAT

AMRAP: HOW MANY REPS YOU CAN DO IN A MINUTE OF EACH STYLE OF SQUAT

GOAL WEIGHT: KETTLEBELL WEIGHT YOU ARE WORKING TOWARDS NEXT

GOAL AMRAP: REPS IN A MINUTE YOU ARE WORKING TOWARD FOR EACH SQUAT

	GOBLET SQUATS	RACK SQUAT LEFT & RIGHT	OVERHEAD SQUAT	PISTOL SQUAT
CURRENT BELL WEIGHT				
CURRENT AMRAP				
GOAL WEIGHT				
GOAL AMRAP				
GOAL WEIGHT REACHED				
GOAL AMRAP REACHED				

FITNESS PROGRESS

BEFORE		AFTER	
CHEST		CHEST	
WAIST		WAIST	
HIPS		HIPS	
ARM		ARM	
THIGHS		THIGHS	
WEIGHT		WEIGHT	
BMI		BMI	
BODY FAT		BODY FAT	
MUSCLE		MUSCLE	

YOU GOT THIS!

