



# Kettlebell Club



## Q3 Performance Tracker

Name \_\_\_\_\_

	Week 1	Week 2	Week 3	Week 4	Best
<b>Body Composition</b>					
Height-to-Waist Ratio					
Waist-to-Hip Ratio (F)					
Chest-to-Waist Ratio (M)					
Weight (optional)					
Body Fat % (optional)					
<b>Performance Tracker</b>					
Push-ups					
Pull-ups					
Dips					
Deadlifts					
Turkish Get-Up					
Balanced Lunges					
Pistol Squats					
Hip Thrusts					
<b>Challenges</b>					
TRX 40/40 Challenge					
Kettlebell Swing Test					
Secret Service Snatch Test					