****

**Rite Of Passage Log Sheet**

Start Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Kettlebell: \_\_\_\_\_\_\_\_\_\_ kg.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week/Date | Intensity | Sets | Swings | TGU (optional) |
| 1 | Heavy | 1-3 | 1-3 | 1-3 |  |  |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 2 | Heavy | 1-3 | 1-3 | 1-3 | 1-3 |  |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 3 | Heavy | 1-3 | 1-3 | 1-3 | 1-3 | 1-3 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 4 | Heavy | 1-4 | 1-3 | 1-3 | 1-3 | 1-3 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 5 | Heavy | 1-4 | 1-4 | 1-3 | 1-3 | 1-3 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 6 | Heavy | 1-4 | 1-4 | 1-4 | 1-3 | 1-3 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| Week | Intensity | Sets | Swings | TGU |
| 7 | Heavy | 1-4 | 1-4 | 1-4 | 1-4 | 1-3 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 8 | Heavy | 1-4 | 1-4 | 1-4 | 1-4 | 1-4 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 9 | Heavy | 1-5 | 1-4 | 1-4 | 1-4 | 1-4 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 10 | Heavy | 1-5 | 1-5 | 1-4 | 1-4 | 1-4 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 11 | Heavy | 1-5 | 1-5 | 1-5 | 1-4 | 1-4 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 12 | Heavy | 1-5 | 1-5 | 1-5 | 1-5 | 1-4 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |
| 13 | Heavy | 1-5 | 1-5 | 1-5 | 1-5 | 1-5 |  |  |
|  | Light (-2) |  |  |  |  |  |  |  |
|  | Medium (-1) |  |  |  |  |  |  |  |