

My kettlebell practice record

Record the bell, handling and both sides before changing the work.

Date, practice choice and other training this week

Bell model, exact setting, mass and units

Pickup, starting height, support and put-down location

Deadlift: actual sets/ reps and handling notes

Rows: left sets/ reps and right sets/ reps

Holds: actual seconds left/right; press variation and reps

Actual duration, rests, side changes and response

Next question, repeat/change decision and coaching needed

General exercise information; this record does not clear exercise or assess technique.

Stop for pain or feeling unwell; unresolved symptoms need appropriate advice.

Chest pain, fainting or severe unusual breathlessness require urgent care.