Athlete Name			RingTheBell every time you hit a PR!			PR'S can be attained on lifts max lifts or KNOCKOUTS!						
Year												
RingTheBell Site												
	1 Rep Max	Date	2 Rep Max	Date	3 Rep Max	Date	4 Rep Max	Date	5 Rep Max	Date	10 Rep Max	Date
Back Squat												
Front Squat												
OverHead Squat												
Deadlift												
Power Clean												
Squat Clean												
Clean N Jerk												
Jerk Press												
Strict Press												
Power Snatch												
Squat Snatch												
DB Snatch												
Barbell Thruster												
DB Thruster												
	KNOCKOUTS	SCORE/Date	KNOCKOUTS	SCORE/Date	KNOCKOUTS	SCORE/Date	KNOCKOUTS	SCORE/Date	KNOCKOUTS	SCORE/Date	KNOCKOUTS	SCORE/Date