

Rebecca Kennedy's HiLit Tracker

Week 1 of 4

WEEK 1 - TRAINING CHECKLIST

DAY	CLASS(ES)	COMPLETED?	NOTES
Monday Date: _____	10 min Mobility	☐	TOTAL CLASS OUTPUT: _____
	30 min Power Walk	☐	
Tuesday Date: _____	10 min Mobility (optional)	☐	
	30 min Strength (PULL)	☐	
	10 min Low Impact Cardio	☐	
Wednesday Date: _____	10 min Mobility (optional)	☐	
	20 min Pilates	☐	
Thursday Date: _____	10 min Mobility (optional)	☐	
	30 min Strength (PUSH)	☐	
	15 min Low Impact Cardio	☐	
Friday Date: _____	10 min Mobility (optional)	☐	
	20 min Standing Core	☐	
	10 min Stretch	☐	



The HiLit Training Plan

WEEK 1, DAY 2 30 MIN FULL BODY PULL		TEMPO	SET 1	SET 2	SET 3	RIR (Reps in Reserve)	REST (seconds)	NOTES
Romanian Deadlift (RDL)	WEIGHT LOAD: 2 HDB	212				3	40	
	REPS		_____/12	_____/12	_____/12			
Hip Thrusts	WEIGHT LOAD: 2 HDB	211				3	40	
	REPS		_____/12	_____/12	_____/12			
Single Arm Row - LEFT	WEIGHT LOAD: 1 MDB	211				3	45	
	REPS		_____/12	_____/12	_____/12			
Single Arm Row - RIGHT	WEIGHT LOAD: 1 MDB	211				3	45	
	REPS		_____/12	_____/12	_____/12			
Reverse Lunge - LEFT	WEIGHT LOAD: 2 MDB	211				3	45	
	REPS		_____/12	_____/12	_____/12			
Reverse Lunge - RIGHT	WEIGHT LOAD: 2 MDB	211				3	45	
	REPS		_____/12	_____/12	_____/12			
Tall Kneeling Bicep Curl	WEIGHT LOAD: 2 MDB	212				3	30	
	REPS		_____/15	_____/15				

PILATES REFLECTION

What felt better than expected?	
What felt hardest today?	
Body awareness takeaway	

WEEK 1, DAY 4 30 MIN FULL BODY PUSH		TEMPO	SET 1	SET 2	SET 3	RIR (Reps in Reserve)	REST (seconds)	NOTES
Split Squat - LEFT	WEIGHT LOAD: 2 MDB	211				3	40	
	REPS		_____/15	_____/15				
Split Squat - RIGHT	WEIGHT LOAD: 2 MDB	211				3	40	
	REPS		_____/15	_____/15				
Overhead Press - LEFT	WEIGHT LOAD: 2 MDB	202				3	40	
	REPS		_____/12	_____/12	_____/12			
Overhead Press - RIGHT	WEIGHT LOAD: 2 MDB	202				3	40	
	REPS		_____/12	_____/12	_____/12			
Goblet Squat	WEIGHT LOAD: 1 MDB	311				3	40	
	REPS		_____/12	_____/12	_____/12			
Chest Press	WEIGHT LOAD: 2 MDB	302				3	45	
	REPS		_____/12	_____/12	_____/12			
Skull Crusher	WEIGHT LOAD: 2 MDB	212				3	40	
	REPS		_____/15	_____/15				