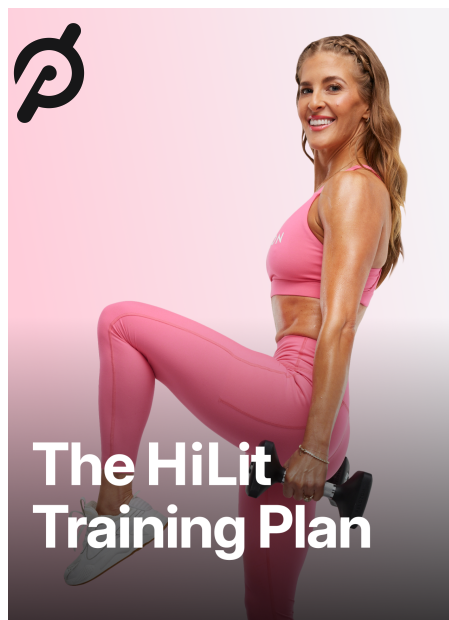


Rebecca Kennedy's HiLit Tracker

Week 2 of 4



WEEK 2 - TRAINING CHECKLIST

DAY	CLASS(ES)	DONE?	NOTES
Monday Date: _____	15 min Mobility	☐	
	30 min Hike	☐	TOTAL CLASS OUTPUT: _____
Tuesday Date: _____	15 min Mobility (optional)	☐	
	45 min Strength (PULL)	☐	
Wednesday Date: _____	15 min Mobility (optional)	☐	
	45 min Pilates	☐	
Thursday Date: _____	15 min Mobility (optional)	☐	
	45 min Strength (PUSH)	☐	
Friday Date: _____	15 min Mobility (optional)	☐	
	15 min Standing Core	☐	
	30 min Low Impact Cardio	☐	

WEEK 2, DAY 2 45 MIN FULL BODY PULL		TEMPO	SET 1	SET 2	SET 3	SET 4	RIR (Reps in Reserve)	NOTES
Romanian Deadlift (RDL)	WEIGHT LOAD: 2 HDB	311					2	
	REPS		_____/8-10	_____/8-10	_____/8-10	_____/8-10		
Hip Thrusts	WEIGHT LOAD: 2 HDB	211					2	
	REPS		_____/10-12	_____/10-12	_____/10-12	_____/10-12		
Single Arm Row - LEFT	WEIGHT LOAD: 1 HDB	211					2	
	REPS		_____/8-10	_____/8-10	_____/8-10			
Single Arm Row - RIGHT	WEIGHT LOAD: 1 HDB	211					2	
	REPS		_____/8-10	_____/8-10	_____/8-10			
Reverse Lunge - LEFT	WEIGHT LOAD: 2 HDB	211					1-2	
	REPS		_____/10	_____/10	_____/10			
Reverse Lunge - RIGHT	WEIGHT LOAD: 2 HDB	211					1-2	
	REPS		_____/10	_____/10	_____/10			
Tall Kneeling Bicep Curl	WEIGHT LOAD: 2 MDB	212					1-2	
	REPS		_____/10-12	_____/10-12	_____/10-12			

WEEK 2, DAY 3 - PILATES REFLECTION

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

WEEK 2, DAY 4 45 MIN FULL BODY PUSH		TEMPO	SET 1	SET 2	SET 3	SET 4	RIR (Reps in Reserve)	NOTES
Split Squat - LEFT	WEIGHT LOAD: 2 HDB	211					2	
	REPS		_____/10	_____/10	_____/10			
Split Squat - RIGHT	WEIGHT LOAD: 2 HDB	211					2	
	REPS		_____/10	_____/10	_____/10			
Overhead Press - LEFT	WEIGHT LOAD: 1 HDB	212					2	
	REPS		_____/10	_____/10	_____/10			
Overhead Press - RIGHT	WEIGHT LOAD: 1 HDB	212					2	
	REPS		_____/10	_____/10	_____/10			
Goblet Squat	WEIGHT LOAD: 1 HDB	311					2	
	REPS		_____/10	_____/10	_____/10	_____/10		
Chest Press	WEIGHT LOAD: 2 HDB	321					2	
	REPS		_____/10	_____/10	_____/10	_____/10		
Skull Crusher	WEIGHT LOAD: 2 MDB	211					2	
	REPS		_____/12	_____/12	_____/12			