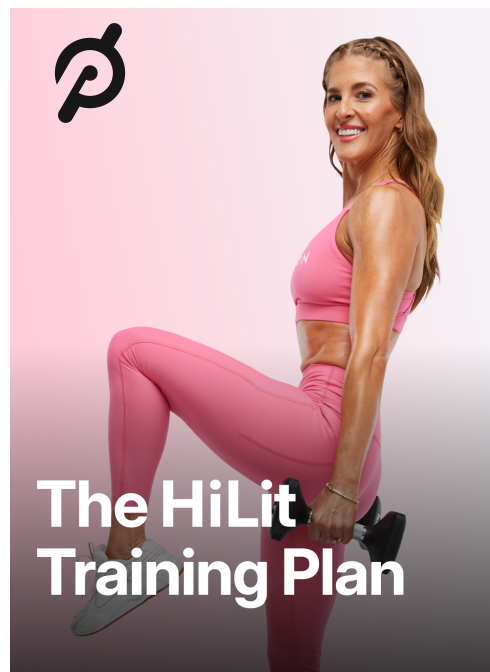


Rebecca Kennedy's HiLit Tracker

Week 3 of 4

WEEK 3 - TRAINING CHECKLIST

DAY	CLASS(ES)	DONE?	NOTES
Monday Date: _____	10 min Full Body Foam Rolling	☐	
	30 min Hike	☐	TOTAL CLASS OUTPUT: _____
Tuesday Date: _____	10 min (optional) Full Body Foam Rolling	☐	
	45 min Strength (PULL)	☐	
Wednesday Date: _____	10 min (optional) Full Body Foam Rolling	☐	
	30 min Pilates	☐	
Thursday Date: _____	10 min (optional) Full Body Foam Rolling	☐	
	45 min Strength (PUSH)	☐	
Friday Date: _____	10 min (optional) Full Body Foam Rolling	☐	
	30 min Hiking Bootcamp	☐	TOTAL CLASS OUTPUT: _____



WEEK 3, 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	312					1-2	
	REPS		_____/8-10	_____/8-10	_____/8-10	_____/8-10		
Hip Thrusts	WEIGHT LOAD: 2 HDB	211					2	
	REPS		_____/10-12	_____/10-12	_____/10-12			
Bent Over Row	WEIGHT LOAD: 2 HDB	211					2	
	REPS		_____/8-10	_____/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			
Standing Bicep Curl	WEIGHT LOAD: 2 MDB	212					1-2	
	REPS		_____/10-12	_____/10-12	_____/10-12			

WEEK 3, DAY 3 - PILATES REFLECTION

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

WEEK 3, 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	313					2	
	REPS		_____/10-12	_____/10-12				
Split Squat - RIGHT	WEIGHT LOAD: 2 HDB	313					2	
	REPS		_____/10-12	_____/10-12				
Overhead Press - LEFT	WEIGHT LOAD: 2 MDB	122					2	
	REPS		_____/10	_____/10	_____/10			
Overhead Press - RIGHT	WEIGHT LOAD: 2 MDB	122					2	
	REPS		_____/10	_____/10	_____/10			
Front Squat	WEIGHT LOAD: 2 MDB	311					2	
	REPS		_____/10	_____/10	_____/10	_____/10		
Chest Press	WEIGHT LOAD: 2 HDB	311					2	
	REPS		_____/10	_____/10	_____/10	_____/10		
Skull Crusher	WEIGHT LOAD: 2 MDB	111					2	
	REPS		_____/12	_____/12	_____/12			