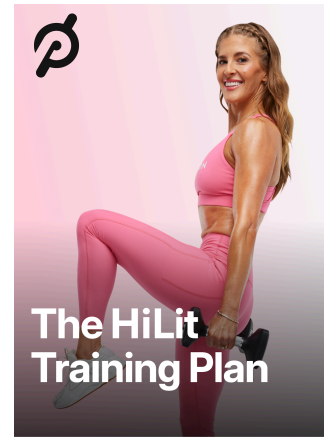


Rebecca Kennedy's HiLit Tracker

Week 4 of 4



WEEK 4 - TRAINING CHECKLIST			
DAY	CLASS(ES)	DONE?	NOTES
Monday Date: _____	45 min Hike	☐	TOTAL CLASS OUTPUT: _____
Tuesday Date: _____	45 min Strength (PULL)	☐	
	10 min Low Impact Cardio	☐	
Wednesday Date: _____	30 min Pilates	☐	
Thursday Date: _____	45 min Strength (PUSH)	☐	
	10 min Low Impact Cardio	☐	
Friday Date: _____	45 min Hiking Bootcamp	☐	TOTAL CLASS OUTPUT: _____
Saturday Date: _____	20 min Full Body Stretch	☐	

WEEK 4, 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	101					1-2	
	REPS		_____/8-10	_____/8-10	_____/8-10	_____/8-10		
Sigle Leg Hip Thrusts LEFT	WEIGHT LOAD: 2 HDB	101					1-2	
	REPS		_____/10-12	_____/10-12	_____/10-12			
Sigle Leg Hip Thrusts RIGHT	WEIGHT LOAD: 2 HDB	101					1-2	
	REPS		_____/10-12	_____/10-12	_____/10-12			
Bent Over Row	WEIGHT LOAD: 2 HDB	101					2	
	REPS		_____/8-10	_____/8-10	_____/8-10	_____/8-10		
Reverse Lunge LEFT	WEIGHT LOAD: 2 HDB	101					1-2	
	REPS		_____/8-10	_____/8-10	_____/8-10			
Reverse Lunge RIGHT	WEIGHT LOAD: 2 HDB	101					1-2	
	REPS		_____/8-10	_____/8-10	_____/8-10			
Standing Bicep Curl	WEIGHT LOAD: 2 MDB	101					1-2	
	REPS		_____/12-15	_____/12-15	_____/12-15			
FINAL 5 MINUTE BURNOUT AMRAP								
Hammer Curl	WEIGHT LOAD: 2 MDB							
	REPS	_____/8	_____/8	_____/8	_____/8			
Reverse Fly	WEIGHT LOAD: 2 MDB							
	REPS	_____/8	_____/8	_____/8	_____/8			
Curtsy Lunge	WEIGHT LOAD: 1 MDB							
	REPS	_____/8	_____/8	_____/8	_____/8			
Starter Drill	WEIGHT LOAD: BODYWEIGHT							
	REPS	_____/8	_____/8	_____/8	_____/8			

WEEK 4, DAY 3 - PILATES REFLECTION	
What felt better than expected?	
What felt hardest today?	
Body awareness takeaway	

WEEK 4, 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	101					1-2	
	REPS		_____/10-12	_____/10-12				
Split Squat - RIGHT	WEIGHT LOAD: 2 HDB	101					1-2	
	REPS		_____/10-12	_____/10-12				
Overhead Press - LEFT	WEIGHT LOAD: 2 HDB	101					1-2	
	REPS		_____/8-10	_____/8-10	_____/8-10	_____/8-10		
Overhead Press - RIGHT	WEIGHT LOAD: 2 HDB	101					1-2	
	REPS		_____/8-10	_____/8-10	_____/8-10	_____/8-10		
Front Squat	WEIGHT LOAD: 2 HDB	101					2	
	REPS		_____/8-10	_____/8-10	_____/8-10	_____/8-10		
Chest Press	WEIGHT LOAD: 2 HDB	101					1-2	
	REPS		_____/8-10	_____/8-10	_____/8-10	_____/8-10		
Skull Crusher	WEIGHT LOAD: 2 MDB	101					1-2	
	REPS		_____/12-15	_____/12-15	_____/12-15			
FINAL 5 MINUTE BURNOUT AMRAP								
Lateral Raises	WEIGHT LOAD: 2 MDB							
	REPS	_____/8	_____/8	_____/8	_____/8			
Lateral Lunges	WEIGHT LOAD: 2 MDB							
	REPS	_____/8	_____/8	_____/8	_____/8			
Front Lunge LEFT	WEIGHT LOAD: 1 MDB							
	REPS	_____/4	_____/4	_____/4	_____/4			
Front Lunge RIGHT	WEIGHT LOAD: 1 MDB							
	REPS	_____/4	_____/4	_____/4	_____/4			
Tricep Push Up	WEIGHT LOAD: BODYWEIGHT							
	REPS	_____/4	_____/4	_____/4	_____/4			