

The HiLit+ Training Plan

with Rebecca Kennedy



High Intensity meets ***Low Impact***.
All you need is a set of dumbbells + 60 minutes.

NAME: _____

PROGRAM START DATE: _____



START HERE

Welcome to HiLit+

Rebecca Kennedy's premiere program is back!! And this time, we're helping you build more strength, confidence, and power for the summer. Let's go!!

This booklet is your complete training and wellness companion for all 7 weeks: 6 weeks of progressive programming plus 1 week to deload. And better yet - all you need is a set of dumbbells!!

LOOKING FOR MORE? JOIN THE OFFICIAL PELOTON HILIT+ TEAM!

Join the HiLit Team on the Peloton App to share your progress and receive updates as part of a community like no other.

Within the Peloton App, tap **Community** → **Teams** → find/search for the **HiLit+** Team → tap **Join**.

YOUR WEEKLY RHYTHM

- **Monday, Wednesday, Friday** — Full Body Strength + Low Impact Cardio (or Jump Training)
- **Tuesday** — Outdoor Power Walk
- **Thursday** — Pilates + Outdoor Easy Walk
- **Saturday & Sunday** — Recover

Commit to 60 minutes, 5 days a week, for 7 weeks.

WHAT'S INSIDE

- **Program Calendar** — Every week, every day, at a glance >> check off classes as you complete them.
- **Strength Logs** — Set-by-set tracking for each training day, organized by phase, with the exact moves, loads, and tempos Rebecca programmed.
- **Daily Fuel & Wellness Log** — Hydration, sleep, supplements, and meals.
- **Weekly Wins & Reflection** — A check-in to close the loop before the next week.

HOW TO READ YOUR STRENGTH LOG

TEMPO is a 4-digit code; each number a count in seconds:

eccentric (lowering) >> bottom pause >> concentric (lifting) >> top pause.

EX: 3 0 1 2 means a 3-second lower, no pause at the bottom, a 1-second lift, and a 2-second pause at the top.

RIR (Reps in Reserve) is how many more reps you could have done before failure.

EX: RIR 2 means you stop with about two good reps left in the tank.

Each exercise lists what Rebecca has programmed >> sets, target reps, RIR, tempo, and rest.

Use the **SET** columns to log the actual weight and reps you complete.

LOAD KEY

LDB	MDB	HDB	BW
Light Dumbbell	Medium Dumbbell	Heavy Dumbbell	Bodyweight

The HiLit+ Program Calendar

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	☐ 5 min Full Body Warm Up ☐ 5 min Full Body Stretch ☐ 30 min Lower Body Strength ☐ 10 min Low Impact Cardio	☐ 5 min Full Body Warm Up ☐ 5 min Full Body Stretch ☐ 45 min Outdoor Power Walk	☐ 5 min Full Body Warm Up ☐ 5 min Full Body Stretch ☐ 30 min Upper Body Strength ☐ 15 min Low Impact Cardio	☐ 5 min Full Body Warm Up ☐ 5 min Full Body Stretch ☐ 30 min Pilates ☐ 20 min Outdoor Easy Walk	☐ 5 min Full Body Warm Up ☐ 5 min Full Body Stretch ☐ 30 min Lower Body Strength ☐ 20 min Low Impact Cardio
WEEK 2	☐ 5 min Full Body Warm Up ☐ 5 min Full Body Stretch ☐ 45 min Lower Body Strength ☐ 10 min Low Impact Cardio	☐ 5 min Full Body Warm Up ☐ 5 min Full Body Stretch ☐ 60 min Outdoor Power Walk	☐ 5 min Full Body Warm Up ☐ 5 min Full Body Stretch ☐ 45 min Upper Body Strength ☐ 10 min Low Impact Cardio	☐ 5 min Full Body Warm Up ☐ 5 min Full Body Stretch ☐ 45 min Pilates ☐ 15 min Outdoor Easy Walk	☐ 5 min Full Body Warm Up ☐ 5 min Full Body Stretch ☐ 45 min Lower Body Strength ☐ 20 min Low Impact Cardio
WEEK 3	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Lower Body Strength ☐ 10 min Low Impact Cardio	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 60 min Outdoor Power Walk	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Upper Body Strength ☐ 10 min Jump Training	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 30 min Pilates ☐ 30 min Outdoor Easy Walk	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Lower Body Strength ☐ 10 min Low Impact Cardio
WEEK 4	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Lower Body Strength ☐ 10 min Low Impact Cardio	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 60 min Outdoor Power Walk	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Upper Body Strength ☐ 10 min Jump Training	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 30 min Pilates ☐ 30 min Outdoor Easy Walk	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Lower Body Strength ☐ 10 min Low Impact Cardio
WEEK 5	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Lower Body Strength ☐ 15 min Low Impact Cardio	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Outdoor Power Walk	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Upper Body Strength ☐ 15 min Jump Training	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Pilates ☐ 15 min Outdoor Easy Walk	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Lower Body Strength ☐ 15 min Low Impact Cardio
WEEK 6	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Lower Body Strength ☐ 15 min Low Impact Cardio	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Outdoor Power Walk	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Upper Body Strength ☐ 15 min Jump Training	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Pilates ☐ 15 min Outdoor Easy Walk	☐ 10 min Full Body Mobility ☐ 10 min Full Body Stretch ☐ 45 min Lower Body Strength ☐ 15 min Low Impact Cardio
WEEK 7 (Deload)	☐ 20 min Recovery	☐ 45 min Easy Walk	☐ 30 min Full Body Strength	☐ 20 min Recovery	☐ 45 min Easy Walk

****Note - the warmups, full body stretches, and mobility classes are not required for the program but are Rebecca recommended!**



How to Use Your HiLit+ Strength Progress Tracker

- 1

Do the session
Follow your weekly booklet — it has today's exact exercises, sets, and targets.
- 2

Log your numbers
Write your actual load (lbs) and reps per set.
- 3

Transfer to this tracker
Pull straight from your booklet. Keep this as your running 6-week record.
- 4

Read your progress
By week 6, scan left to right to see how far you've come on every lift.

KEY

☐ Fill-in cell — write your numbers here

☐ Gray = not in this week's program, skip it

15 lbs

15 lbs

17.5 lbs

Load column
Weight lifted per set — one number per line (3 sets = 3 numbers)

12/12

12/12

10/12

Reps column
Reps completed / target reps per set

↑ PR

Optional: personal record

EXAMPLE — FILLED-IN TRACKER SHOWING 6 WEEKS OF PROGRESSION

EXERCISE	WEEK 1 · BASELINE		WEEK 2 · BUILD		WEEK 3 · GROWTH		WEEK 4 · GROWTH		WEEK 5 · PUSH		WEEK 6 · PUSH	
	WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 5		WEEK 6	
	Load (lbs)	Reps	Load (lbs)	Reps	Load (lbs)	Reps	Load (lbs)	Reps	Load (lbs)	Reps	Load (lbs)	Reps
DAY 1 · LOWER BODY · Monday												
Romanian Deadlift (RDL) 3 sets × 10-12 reps	15 lbs	12/12	20 lbs	12/12					22.5 lbs	10/10	25 lbs	10/10
	15 lbs	12/12	20 lbs	12/12					25 lbs	10/10	27.5 lbs	10/10
	17.5 lbs	10/12	22.5 lbs	10/12					25 lbs	8/10	27.5 lbs	8/10
											↑ PR	
B-Stance RDL 3 sets × 8-10 reps					17.5 lbs	10/10	20 lbs	10/10	22.5 lbs	10/10	25 lbs	10/10
					17.5 lbs	10/10	22.5 lbs	10/10	22.5 lbs	10/10	27.5 lbs	8/10
					20 lbs	8/10	22.5 lbs	8/10	25 lbs	8/10	27.5 lbs	8/10
DAY 3 · UPPER BODY · Wednesday												
Chest Press 3 sets × 10-12 reps	15 lbs	12/12	17.5 lbs	12/12	15 lbs	10/10	17.5 lbs	10/10	20 lbs	10/10	22.5 lbs	10/10
	15 lbs	12/12	20 lbs	12/12	17.5 lbs	10/10	17.5 lbs	10/10	22.5 lbs	10/10	25 lbs	8/10
	17.5 lbs	10/12	20 lbs	10/12	17.5 lbs	8/10	20 lbs	8/10	22.5 lbs	8/10	25 lbs	8/10
DAY 5 · LOWER BODY · Friday												
Split Squat — Right 3 sets × 10-12 reps	10 lbs	15/15	12.5 lbs	12/12	15 lbs	10/10	17.5 lbs	10/10	20 lbs	10/10	22.5 lbs	10/10
	10 lbs	15/15	15 lbs	10/12	17.5 lbs	10/10	17.5 lbs	10/10	20 lbs	10/10	22.5 lbs	8/10
	12.5 lbs	12/15	15 lbs	10/12	17.5 lbs	10/10	20 lbs	8/10	22.5 lbs	8/10	25 lbs	8/10
											↑ PR	

Example data is illustrative. Your numbers will vary based on starting point and equipment. What matters is the direction — load up, week over week.

- A

3 sets = 3 numbers, stacked
Write each set's weight on its own line in the Load cell: Set 1 on top, Set 2 middle, Set 3 bottom. You'll often go slightly heavier on the last set.
- B

Gray cells — just skip
When an exercise phases in or out of the program, those cells go gray. Your booklet tells you what to do that week.
- C

Load goes up, reps may come down
That's the progression working. As loads get heavier in the Push phase, 8 reps instead of 12 is intentional. More weight at fewer reps is still progress.
- D

Mark your PRs
When you hit a new personal record — heavier than you've ever gone — note it. By Week 6, those ↑ PR markers are the visual story of this program.

- 01

FILL IN RIGHT AFTER THE SESSION
Numbers go stale fast. Log them while you're still catching your breath, straight from your weekly booklet.
- 02

HEAVIER LOAD OR MORE REPS — BOTH COUNT
Progress isn't only adding weight. If you went from 10 to 12 reps at the same load, that's a win. Log what you actually did.
- 03

USE THIS AS YOUR STARTING POINT NEXT TIME
When you come back to HiLit+ or start a new program, your Week 6 numbers are your baseline. Never start from scratch again.

HiLit+ · Total Strength Progress Tracker

[illegible]

[illegible]

HiLit+ · Total Strength Progress Tracker

[illegible]

PHASE 1 — WEEK 1, DAY 1 · BASELINE PREP

Strength — Monday



DATE _____

Class Name: 30 min HiLit+: Lower Body Strength W1 D1

EXERCISE	LOAD	SET 1	SET 2	SET 3	SET 4	NOTES
Romanian Deadlift 3 sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 45s	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
Unilateral Reverse Lunge 2 each sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 40s	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Single-Leg Glute Bridge 2 each sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 40s	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Lateral Squat 2 each sets · 10-12 reps · RIR 3 · tempo 2 0 2 · rest 45s	2 MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Frog Pumps 2 sets · max reps tempo 1 0 1 · rest 30s	BW	W: _____ R: _____	W: _____ R: _____			

PHASE 1 — WEEK 1, DAY 3 · BASELINE PREP

Strength — Wednesday



DATE _____

Class Name: 30 min HiLit+: Upper Body Strength W1 D3

EXERCISE	LOAD	SET 1	SET 2	SET 3	NOTES
Alt. Quadruped Row 3 sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 40s	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Alt. Tall-Kneeling OH Press 3 sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 40s	2 MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Chest Press 3 sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 40s	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Skull Crusher 2 sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 45s	1 HDB	W: _____ R: _____	W: _____ R: _____		
Curl 2 sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 40s	2 MDB	W: _____ R: _____	W: _____ R: _____		

PHASE 1 — WEEK 1, DAY 5 · BASELINE PREP

Strength — Friday



DATE _____

Class Name: 30 min HiLit+: Lower Body Strength W1 D5

EXERCISE	LOAD	SET 1	SET 2	SET 3	SET 4	NOTES
R/L Split Squat 2 each sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 40s	2 MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Goblet Squat 3 sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 45s	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
Walking Lunge 2 sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 45s	2 MDB	W: _____ R: _____	W: _____ R: _____			
Sumo Squat 3 sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 45s	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
R/L Curtsy Lunge 2 each sets · 10-15 reps · RIR 3 · tempo 2 0 2 · rest 45s	2 MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	

PHASE 2 — WEEK 2, DAY 1 · BUILD PHASE

Strength — Monday



DATE _____

Class Name: 45 min HiLit+: Lower Body Strength W2 D1

EXERCISE	LOAD	SET 1	SET 2	SET 3	SET 4	NOTES
Romanian Deadlift <i>1 prep + 3 work sets · 8-12 reps · RIR 2 · tempo 2 0 2</i>	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R Reverse Lunge <i>1 prep + 3 work sets · 8-12 reps · RIR 2 · tempo 2 0 2</i>	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
L Reverse Lunge <i>1 prep + 3 work sets · 8-12 reps · RIR 2 · tempo 2 0 2</i>	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Glute Bridge <i>3 sets · 8-12 reps · RIR 2 · tempo 2 0 2</i>	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
Alt. Lateral Squat <i>3 sets · 8-12 reps · RIR 2 · tempo 2 0 2</i>	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
Sumo RDL <i>3 sets · 8-12 reps · RIR 2 · tempo 2 0 2</i>	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		

ACCESSORY WORK

EXERCISE	LOAD	TARGET	SET 1	SET 2
Push-Up	BW	2 sets · 10-15 reps	Reps: _____	Reps: _____
Dead Bug	BW	2 sets · 20 reps	Reps: _____	Reps: _____

PHASE 2 — WEEK 2, DAY 3 · BUILD PHASE

Strength — Wednesday



DATE _____

Class Name: 45 min HiLit+: Upper Body Strength W2 D3

EXERCISE	LOAD	SET 1	SET 2	SET 3	SET 4	NOTES
Alt. Bent Over Row 1 prep + 3 work sets · 8-12 reps · RIR 2 · tempo 2 0 2	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Standing Alt. OH Press 1 prep + 3 work sets · 8-12 reps · RIR 2 · tempo 2 0 2	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Chest Press 1 prep + 3 work sets · 8-12 reps · RIR 2 · tempo 2 0 2	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
OH Tricep Extension 3 sets · 10-12 reps · RIR 2 · tempo 2 0 2	2 MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
Concentration Curl 3 sets · 10-12 reps · RIR 2 · tempo 2 0 2	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		

ACCESSORY WORK

EXERCISE	LOAD	TARGET	SET 1	SET 2
Lat Raise	2 MDB	2 sets · 12 reps · tempo 2 0 2	Reps: _____	Reps: _____

PHASE 2 — WEEK 2, DAY 5 · BUILD PHASE

Strength — Friday



DATE _____

Class Name: 45 min HiLit+: Lower Body Strength W2 D5

EXERCISE	LOAD	SET 1	SET 2	SET 3	SET 4	NOTES
Split Squat <i>Iso + med + heavy sets ·</i> <i>1 + 12 + 10 reps · tempo 2 0 2</i>	—	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
Front Squat + Hip Circles <i>1 prep + 3 work sets · 8-12 reps ·</i> <i>RIR 2 · tempo 2 0 2</i>	—	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Walking Lunge <i>3 sets · 10 each reps ·</i> <i>RIR 2 · tempo 2 0 2</i>	—	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
Sumo Squat + Calf Raise <i>2 sets · 12 reps ·</i> <i>RIR 2 · tempo 2 0 2</i>	2 MDB	W: _____ R: _____	W: _____ R: _____			
Curtsy Lunge <i>3 sets · 12 each reps ·</i> <i>RIR 2 · tempo 2 0 2</i>	—	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		

ACCESSORY WORK

EXERCISE	LOAD	TARGET	SET 1	SET 2	SET 3	SET 4	SET 5
Bird Dog	BW	2 sets · 10 each reps	Reps: _____	Reps: _____			
Push-Up	BW	10 sets · 3 reps	Reps: _____ Reps: _____	Reps: _____ Reps: _____	Reps: _____ Reps: _____	Reps: _____ Reps: _____	Reps: _____ Reps: _____
Prowler	BW	2 sets	Reps: _____	Reps: _____			

PHASE 3 — WEEKS 3 & 4, DAY 1 · GROWTH PHASE

Strength — Monday



WEEK _____ DATE _____

Class Name: 45 min HiLit+: Lower Body Strength W3 D1 <<<<< **Repeat this same class for Week 4, Day 1**

EXERCISE	LOAD	SET 1	SET 2	SET 3	SET 4	NOTES
R B-Stance RDL 1 prep + 3 work sets · 8-12 reps · RIR 1-2 · tempo 3 0 1	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
L B-Stance RDL 1 prep + 3 work sets · 8-12 reps · RIR 1-2 · tempo 3 0 1	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R Reverse Lunge 1 prep + 3 work sets · 8-12 reps · RIR 1-2 · tempo 3 0 1	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
L Reverse Lunge 1 prep + 3 work sets · 8-12 reps · RIR 1-2 · tempo 3 0 1	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R Single-Leg Glute Bridge 3 sets · 8-12 reps · RIR 1-2 · tempo 3 0 1	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
L Single-Leg Glute Bridge 3 sets · 8-12 reps · RIR 1-2 · tempo 3 0 1	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
R Goblet Lateral Squat 3 sets · 8-12 reps · RIR 1-2 · tempo 3 0 1	1 MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
L Goblet Lateral Squat 3 sets · 8-12 reps · RIR 1-2 · tempo 3 0 1	1 MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		

ACCESSORY WORK

EXERCISE	LOAD	TARGET	SET 1	SET 2	SET 3	SET 4	SET 5
Hand-Release Push-Up	BW	5 sets · 5 reps	Reps: _____	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Half Get-Up	1 MDB	2 sets · 10 reps	Reps: _____	Reps: _____			
Reverse Crunch	BW	2 sets · 15 reps	Reps: _____	Reps: _____			

PHASE 3 — WEEKS 3 & 4, DAY 3 · GROWTH PHASE

Strength — Wednesday



WEEK _____ DATE _____

Class Name: 45 min HiLit+: Upper Body Strength W3 D3 <<<<< **Repeat this same class for Week 4, Day 3**

EXERCISE	LOAD	SET 1	SET 2	SET 3	SET 4	NOTES
L - Lawnmower Row <i>1 prep + 3 work sets · tempo 3 0 1</i>	1HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R - Lawnmower Row <i>1 prep + 3 work sets · tempo 3 0 1</i>	1HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
L - SA Half-Kneeling OH Press <i>1 prep + 3 work sets · tempo 3 0 1</i>	1HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R - SA Half-Kneeling OH Press <i>1 prep + 3 work sets · tempo 3 0 1</i>	1HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
L - SA Chest Press <i>1 prep + 3 work sets · tempo 3 0 1</i>	1HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R - SA Chest Press <i>1 prep + 3 work sets · tempo 3 0 1</i>	1HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
SA Skull Crusher <i>3 sets · tempo 3 0 1</i>	1MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
Concentration Curl <i>3 sets</i>	1HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		

ACCESSORY WORK

EXERCISE	LOAD	TARGET	SET 1	SET 2
Lat Raise (2 ways)	2MDB	2 sets	Reps: _____	Reps: _____
Arnold Press	2MDB	2 sets	Reps: _____	Reps: _____
Crush Press	2MDB	2 sets	Reps: _____	Reps: _____

PHASE 3 — WEEKS 3 & 4, DAY 5 · GROWTH PHASE

Strength — Friday (Focus: Quad/Ham)



WEEK _____ DATE _____

Class Name: 45 min HiLit+: Lower Body Strength W3 D3 <<<<< Repeat this same class for Week 4, Day 3

EXERCISE	LOAD	SET 1	SET 2	SET 3	SET 4	NOTES
L Split Squat <i>1 prep + 3 work sets · RIR 1-2 · tempo 3 0 1</i>	2HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R Split Squat <i>1 prep + 3 work sets · RIR 1-2</i>	2HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R Offset Front Squat <i>1 prep + 3 work sets · RIR 1-2 · tempo 3 0 1</i>	1HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
L Offset Front Squat <i>1 prep + 3 work sets · RIR 1-2</i>	1HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Sumo Squat <i>3 sets · RIR 1-2 · tempo 3 0 1</i>	2HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R Front Lunge <i>3 sets · RIR 1-2 · tempo 3 0 1</i>	2HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
L Front Lunge <i>3 sets · RIR 1-2</i>	2HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R/L Curtsy Lunge <i>2-3 sets · RIR 1-2 · tempo 3 0 1</i>	2MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	

ACCESSORY WORK

EXERCISE	LOAD	TARGET	SET 1	SET 2	SET 3
Quadruped Hamstring Work	BW	1 set	Reps: _____		
Push-Up	BW	3 sets · 10 reps	Reps: _____	Reps: _____	Reps: _____
Bridge Walkouts	BW	2 sets	Reps: _____	Reps: _____	
Side Plank + Tuck-Ups	BW	1 set	Reps: _____		

PHASE 4 — WEEKS 5 & 6, DAY 1 · PUSH PHASE

Strength — Monday



WEEK _____ DATE _____

Class Name: 45 min HiLit+: Lower Body Strength W5 D1 <<<<< **Repeat this same class for Week 6, Day 1**

EXERCISE	LOAD	SET 1	SET 2	SET 3	SET 4	NOTES
Romanian Deadlift <i>1 prep + 3 work sets · 8-10 reps · RIR 1 · tempo 1 0 1</i>	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
R Single-Leg Glute Bridge <i>1 prep + 3 work sets · 8-10 reps · RIR 1 · tempo 1 0 1</i>	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
L Single-Leg Glute Bridge <i>1 prep + 3 work sets · 8-10 reps · RIR 1 · tempo 1 0 1</i>	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Alt. Reverse Lunge <i>3 sets · 8-10 reps · RIR 1 · tempo 1 0 1</i>	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
B-Stance RDL <i>2 sets · 8-10 reps · RIR 1 · tempo 1 0 1</i>	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Sumo RDL <i>1 prep + 3 work sets · 8-10 reps · RIR 1 · tempo 1 0 1</i>	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Lateral Squat <i>2 sets · 10-12 reps · RIR 1-2 · tempo 1 0 1</i>	1 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	

FINISHER

5 hand-release push-ups + 10 kettlebell-style swings + 5 overhead dumbbell sit-ups. Increase rounds or load each round.

ROUNDS COMPLETED: _____

PHASE 4 — WEEKS 5 & 6, DAY 3 · PUSH PHASE

Strength — Wednesday



WEEK _____ DATE _____

Class Name: 45 min HiLit+: Upper Body Strength W5 D3 <<<<< **Repeat this same class for Week 6, Day 3**

EXERCISE	LOAD	SET 1	SET 2	SET 3	SET 4	NOTES
Bent Over Row 1 prep + 3 work sets · 8-10 reps · RIR 1 · tempo 1 0 2	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Push Press 1 prep + 3 work sets · 8-10 reps · RIR 1 · tempo 1 0 1	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Chest Press 1 prep + 3 work sets · 8-10 reps · RIR 1 · tempo 1 0 1	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Skull Crusher 3 sets · 8-10 reps · RIR 1 · tempo 1 0 1	2 MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		
21's Curl 3 sets · 21 reps · tempo 1 0 1	2 MDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____		

ACCESSORY WORK

EXERCISE	LOAD	TARGET	SET 1	SET 2
Mountain Climber	BW	—	Reps: _____	Reps: _____
Bicycle	BW	—	Reps: _____	Reps: _____
Bicep Curl	—	2 sets · 10-15 reps	Reps: _____	Reps: _____
Tricep Extension	—	2 sets · 10-15 reps	Reps: _____	Reps: _____
5-Way Shoulder Blast	2 MDB	2 sets · 8 reps	Reps: _____	Reps: _____

PHASE 4 — WEEKS 5 & 6, DAY 5 · PUSH PHASE

Strength — Friday



WEEK _____ DATE _____

Class Name: 45 min HiLit+: Lower Body Strength W5 D5 <<<<< **Repeat this same class for Week 6, Day 5**

EXERCISE	LOAD	SET 1	SET 2	SET 3	NOTES
Goblet Squat 2 sets · 8-10 reps · RIR 2-3 · tempo 10 1	1 HDB	W: _____ R: _____	W: _____ R: _____		
Front Squat 3 sets · 8-10 reps · RIR 1 · tempo 10 1	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Right - Front Lunge 3 sets · 8-10 reps · RIR 1 · tempo 10 1	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Left - Front Lunge 3 sets · 8-10 reps · RIR 1 · tempo 10 1	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Sumo Squat 3 sets · 8-10 reps · RIR 1 · tempo 10 1	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Right - Curtsy Lunge 3 sets · 8-10 reps · RIR 1 · tempo 10 1	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	
Left - Curtsy Lunge 3 sets · 8-10 reps · RIR 1 · tempo 10 1	2 HDB	W: _____ R: _____	W: _____ R: _____	W: _____ R: _____	

FINISHER

Endurance finisher (increase load each round): 10 push-ups + 20 racked marches + 20 suitcase marches, plus Copenhagen plank and woodchop.

ROUNDS COMPLETED: _____

DAILY TRACKER

Daily Fuel & Wellness Log



DAY / WEEK _____ DATE _____

Hydration (oz): _____	Sleep (hrs): _____	Overall Energy (1-5): _____
-----------------------	--------------------	-----------------------------

BREAKFAST

LUNCH

DINNER

SNACKS / SUPPLEMENTS

WEEKLY TRACKER

Weekly Wins & Reflection



WEEK ____ of 7

My biggest win this week:

My biggest challenge this week:

One thing I'm proud of:

My goal for next week:

WEEKLY CHECK-IN RATING

Overall energy this week

Low 1 2 3 4 5 High

Strength progress

Low 1 2 3 4 5 High

Consistency

Low 1 2 3 4 5 High