



CHRIS BARANA  
PERSONAL TRAINING

## Example HIIT Plan

### Warm up and HIIT

<u>Exercise</u>	<u>Sets or Time</u>	<u>Reps</u>	<u>Rest in-between sets</u>
Treadmill	5minutes		
Ski machine and row	3 sets	200m	30seconds
Battle ropes and ball slams	3 sets	10reps	30seconds
Boxing and burpes	3sets 30seconds each		30seconds

<u>Exercises</u>	<u>Sets</u>	<u>Reps and seconds</u>	<u>Rest in-between sets</u>	<u>Drop sets or Supersets</u>
Weighted burpes	5sets	30seconds	30seconds	
Mountain Climbers				
Slams				
Skipping				
Boxing				
Press ups				
Ski Machine				

<u>Abs Exercises</u>	<u>Sets</u>	<u>Reps and seconds</u>
Plank Side Plank Leg Raises Crunches Russian Twists	3	30seconds