



CHRIS BARANA
PERSONAL TRAINING

Example Lean up 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</u>	<u>Rest in-between sets</u>	<u>Drop sets or Supersets</u>
Kettle bell Goblet Squat	4sets	10reps	45seconds	
Barbell squat into press	4sets	8reps	45seconds	
Dumbbell Step up	4sets	12reps each leg	45seconds	
Skipping and press ups	3sets	30seconds	45seconds	Superset
Push press and bent over row	3sets	10reps	45seconds	Superset
One arm dumbbell row	3sets	15reps	45seconds	
Treadmill sprints	5sets	30reps	30seconds	