



CHRIS BARANA
PERSONAL TRAINING

Example Training Plan

Leg day

Warm up

<u>Exercise</u>	<u>Sets or Time</u>	<u>Reps</u>	<u>Rest in-between sets</u>
Treadmill	5minutes		
Bodyweight squats	3 sets	15	30seconds
Bodyweight lunges	3 sets	10 (each leg)	30seconds
<u>Stretches</u>			
Quad stretch lying down	Hold ford 10seconds	Each leg	
Butterfly Stretch sitting down	Hold ford 10seconds	Each leg	

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Rest in-between sets</u>	<u>Drop sets or Supersets</u>
Leg Press	4sets	10reps	45seconds	Drop set on last two sets
Barbell Squats	4sets	8reps	45seconds	Last 2 sets till failure
Deadlifts	4sets	8reps	45seconds	Last 2 sets till failure
Dumbbell lunges and single leg extensions	3sets	12reps (each leg)	45seconds	Superset
RDLs with seated hamstring curls	3sets	10reps	45seconds	Superset
Smith machine split squat	3sets	10reps	45seconds	3sets 15reps
1 legged leg press	3sets	15reps	30seconds	Till failure