



24 Day Smart Start™

Workout 1B

Goal Increase lean muscle and resting metabolism with this total body superset hitting key muscle groups.

Program Fitness & Energy

Level Advanced

Duration 2 times per week

Warm up					
Exercise	Sets	Work	Rest	Intensity	Tempo
Foam Roll Inner Thigh	1-3 spots	30 sec per spot	Circuit	Light-Med	Hold
Foam Roll Mid Back	1-3 spots	30 sec per spot		Light-Med	Hold
Up/Down Dog	1 to 2	45 sec or 10 reps		Light-Med	Slow
Alt. Lunge with Rotation	1 to 2	45 sec or 10 reps		Light-Med	Controlled
Alt. Brazilian Kick Out	1 to 2	45 sec or 10 reps		Light-Med	Slow
Side Lunge with Touchdown	1 to 2	45 sec or 10 reps		Light-Med	Controlled
Cardio: Treadmill	1 to 2	5 minutes		Light-Med	Moderate

Total Body Supersets					
Exercise	Sets	Work	Rest	Intensity	Tempo
Superset 1					
Barbell Squat	2	12 reps	No rest	Moderate	Controlled
Ball Thigh Pushup	2	12 reps	1 minute	Moderate	Controlled
Superset 2					
Barbell Deadlift	2	12 reps	No rest	Moderate	Controlled
Dumbbell Curls	2	12 reps	1 minute	Moderate	Controlled
Superset 3					
Seated Lat Pulldown	2	12 reps	No rest	Moderate	Controlled
Cable Tricep Pushdown	2	12 reps	1 minute	Moderate	Controlled
Superset 4					
Dumbbell Bench Press	2	12 reps	No rest	Moderate	Controlled
Dumbbell Reverse Lunges	2	12 reps	1 minute	Moderate	Controlled