



24 Day Smart Start™

Workout 2A

Goal Mix it up and ignite your metabolism with this circuit of more challenging exercises.

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 |

| Metabolic Whole Body Circuit <i>Take a 1 minute water break after each circuit</i> | | | | | |
|--|----------------------|-----------|----------------------------|-----------|-------|
| Exercise | | Work | Rest | Intensity | Tempo |
| TRX Y Row | AMRAP 1 8 minutes | 10 reps | Rest 4 minutes after AMRAP | High | Fast |
| 3 Shuffle Medball Rainbow | | 10 reps | | High | Fast |
| Dumbbell Squat Curl Alt. Arm Press | | 10 reps | | High | Fast |
| Mountain Climber Crossovers | | 20 reps | | High | Fast |
| Treadmill Run | | 0.1 mile | | High | Fast |
| TRX SL Pushup | AMRAP 2 8 minutes | 10 reps | | High | Fast |
| Medball Split Jumps with Overhead Lift | | 10 reps | | High | Fast |
| Dumbbell Alt. Transverse Lunge Touchdown | | 10 reps | | High | Fast |
| Burpee | | 10 reps | | High | Fast |
| Cardio: Cycle | | 0.25 mile | | High | Fast |
| 30 minute walk later in the day | | | | | |