



24 Day Smart Start™

Workout 3A

Goal Increase endurance and energy expenditure by sustaining more challenging exercises for longer periods of time.

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 Biceps Curl	AMRAP 1 8 minutes	10 reps	Rest 4 minutes after AMRAP	High	Fast
3 Shuffle Medball Touchdown		10 reps		High	Fast
Dumbbell Squat 1 Arm Curl Press		5 reps		High	Fast
Mountain Climber		30 reps		High	Fast
Treadmill Run		0.15 mile		High	Fast
TRX Staggered Pushup	AMRAP 2 8 minutes	10 reps		High	Fast
Medball Split Jumps with Rotation		10 reps		High	Fast
Dumbbell Forward Lunge Touchdown		10 reps		High	Fast
Burpee		10 reps		High	Fast
Cardio: Cycle		0.33 mile		High	Fast
30 minute walk later in the day					