



24 Day Smart Start™

Workout 3B

Goal Mix it up and challenge your body with exercises that continue to progress in difficulty.

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 Split Squat	3	10 reps	No rest	Heavy	Controlled
Ball Feet Pushup	3	10 reps	1 minute	Heavy	Controlled
Superset 2					
Barbell Wide Deadlift	3	10 reps	No rest	Heavy	Controlled
Dumbbell Alt. Arm Curls with Rotation	3	10 reps	1 minute	Heavy	Controlled
Superset 3					
Standing Lat Pulldown	3	10 reps	No rest	Heavy	Controlled
Cable Tricep Pushdown with Side Step	3	10 reps	1 minute	Heavy	Controlled
Superset 4					
Ball Dumbbell Chest Press	3	10 reps	No rest	Heavy	Controlled
Dumbbell Transverse Lunges	3	10 reps	1 minute	Heavy	Controlled