



24 Day Smart Start™

Workout 4A

Goal Continue to 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 1 Arm Row	AMRAP 1 8 minutes	10 reps	Rest 4 minutes after AMRAP	High	Fast
Medball Ice Skaters		10 reps		High	Fast
Dumbbell Rotational Squat Curl Press		10 reps		High	Fast
Mountain Climber Crossovers		20 reps		High	Fast
Treadmill Run		0.15 mile		High	Fast
TRX Fly	AMRAP 2 8 minutes	10 reps		High	Fast
Medball Lateral Split Jumps		10 reps		High	Fast
Dumbbell Side Lunge with Alt. Shift		10 reps		High	Fast
Burpee		10 reps		High	Fast
Cardio: Cycle		0.33 mile		High	Fast
30 minute walk later in the day					