



24 Day Smart Start™

Workout 4B

Goal Mix it up and challenge your body by performing familiar exercises with increased intensity.

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

Strength Workout <i>Optional: Circuit exercises with 1-2 min rest after circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Superset 1					
Barbell Squat	3	8 reps	No rest	Heavy	Controlled
Ball Toes Pushup	3	8 reps	1 minute	Heavy	Controlled
Superset 2					
Barbell Deadlift	3	8 reps	No rest	Heavy	Controlled
Dumbbell Alt. Arm Curls with Step	3	8 reps	1 minute	Heavy	Controlled
Superset 3					
Lat Pulldown with Reverse Lunge	3	8 reps	No rest	Heavy	Controlled
Cable Tricep Pushdown Reverse Grip	3	8 reps	1 minute	Heavy	Controlled
Superset 4					
Ball Alt. Arm Dumbbell Chest Press	3	8 reps	No rest	Heavy	Controlled
Dumbbell Pivot Lunges	3	8 reps	1 minute	Heavy	Controlled