



24 Day Smart Start™

Workout 1

Goal Challenge the strength and metabolism of the whole body with this 6-exercise circuit. Finish with 20 minutes of steady state cardio to burn extra calories.

Program Fitness & Energy

Level Beginner

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
Calf Stretch	1	30 sec per spot		Light-Med	Hold
Kneeling Hip Flexor Stretch	1	30 sec per spot		Light-Med	Hold
Standing Pec Stretch	1	30 sec per spot		Light-Med	Hold
Cardio: Bike	1	5 minutes		Light-Med	Moderate

Whole Body Circuit <i>Rest 1 to 2 minutes after each circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Elevated Plank	1 to 2	45 sec or 15 reps	Circuit	Light	Hold 3 sec
Ball Squat	1 to 2	45 sec or 15 reps		Light	Slow
Machine Chest Press	1 to 2	45 sec or 15 reps		Light	Slow
Loaded Hip Hinge	1 to 2	45 sec or 15 reps		Light	Slow
Machine Row	1 to 2	45 sec or 15 reps		Light	Slow
3 Shuffle Crossover Reach	1 to 2	45 sec or 15 reps		Light	Moderate
20 minutes on bike or elliptical					