



24 Day Smart Start™

Workout 4

Goal Take your workout to the next level with new medballination movements and heavier loads.

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 Hands <i>Out-Out-In-In</i>	2 to 3	1 minute	Circuit	Light	Slow
Cable Squat to Row	2 to 3	1 minute		Moderate	Slow
Side Step to Dumbbell Alt. Arm Press	2 to 3	1 minute		Moderate	Slow
Varied Dumbbell Hip Hinge	2 to 3	1 minute		Moderate	Slow
Lat Pulldown	2 to 3	1 minute		Moderate	Slow
3 Shuffle Touchdown with Medball	2 to 3	1 minute		Light	Moderate

20 minutes on bike or elliptical