



24 Day Smart Start™

Workout 1A

Goal Improve growth hormone and oxygen utilization and increase extended calorie burn with this 6-exercise HIIT circuit.

Program Fitness & Energy

Level Intermediate

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	Sets	Work	Rest	Intensity	Tempo
Medball Split Jump Shift	2 to 3	30 sec	30 sec	Light	Hold 3 sec
3 Shuffle Crossover	2 to 3	30 sec	30 sec	Light	Slow
BOSU Toe Tap with Hold	2 to 3	30 sec	30 sec	Light	Slow
Alt. Side Planks	2 to 3	30 sec	30 sec	Light	Slow
TRX Two Arm Ice Skater	2 to 3	30 sec	30 sec	Light	Slow
Plank to Stand	2 to 3	30 sec	30 sec	Light	Moderate

30 minute walk later in the day