



24 Day Smart Start™

Workout 2A

Goal Mix it up and ignite your metabolism with slightly more challenging exercises.

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 Lateral Split Jump Shift	3	30 sec	30 sec	High	Moderate
3 Shuffle Crossover Touchdown	3	30 sec	30 sec	High	Moderate
BOSU Step Ups	3	30 sec	30 sec	High	Moderate
Alt. Side Plank with Overhead Reach	3	30 sec	30 sec	High	Moderate
TRX Alt.-Arm Ice Skater	3	30 sec	30 sec	High	Moderate
Crab to Turnover to Stand	3	30 sec	30 sec	High	Moderate

30 minute walk later in the day