



24 Day Smart Start™

Workout 3A

Goal Increase endurance and energy expenditure by sustaining more challenging exercises for longer periods of time.

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 Jacks with Ant Shift	3	40 sec	40 sec	High	Moderate
Shuffle - Carioca Mixup	3	40 sec	40 sec	High	Moderate
Loaded Dumbbell Alt. Side Plank	3	40 sec	40 sec	High	Moderate
BOSU Crossover Step Ups	3	40 sec	40 sec	High	Moderate
Dumbbell Ice Skater	3	40 sec	40 sec	High	Moderate
Crab to Turnover Pushup to Stand	3	40 sec	40 sec	High	Moderate
30 minute walk later in the day					