



# 24 Day Smart Start™

## Workout 4A

**Goal** Challenge your anaerobic capacity and recovery with less rest between sets.

**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 | 30 sec | High      | Moderate |
| Shuffle - Carioca Mixup  | 3    | 40 sec | 30 sec | High      | Moderate |
| Dumbbell Alt. Side Plank with Overhead Reach                                       | 3    | 40 sec | 30 sec | High      | Moderate |
| BOSU Rotational Jumps with Hold  | 3    | 40 sec | 30 sec | High      | Moderate |
| Dumbbell Ice Skater 4-Point Reach  | 3    | 40 sec | 30 sec | High      | Moderate |
| Crab to Turnover Pushup to Jump  | 3    | 40 sec | 30 sec | High      | Moderate |

30 minute walk later in the day