



# 24 Day Smart Start™

## Workout 4B

**Goal** Enhance muscle tone with two strength-focused days split into upper body and lower body/core. Modified workouts create overload and add fresh challenges.

**Program** Fitness & Energy

**Level** Intermediate

**Duration** 1 time 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

Strength Workout <i>Optional: Circuit exercises with 1-2 min rest after circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Barbell Chest Press	3	6-8 reps	45 sec	Heavy	Controlled
Cable Row	3	6-8 reps	45 sec	Heavy	Controlled
Dumbbell Curl to Press	3	6-8 reps	45 sec	Heavy	Controlled
Dumbbell Overhead Triceps Extension	3	6-8 reps	45 sec	Heavy	Controlled
Ball Pushups	3	6-8 reps	45 sec	Heavy	Controlled
Ball Dumbbell Cobra	3	6-8 reps	45 sec	Heavy	Controlled
Barbell Deadlift	3	6-8 reps	45 sec	Heavy	Controlled
SL Loaded Bridge	3	5 reps each	45 sec	Heavy	Controlled
Leg Press	3	6-8 reps	45 sec	Heavy	Controlled
BOSU Loaded Crunch	3	6-8 reps	45 sec	Heavy	Controlled
Dumbbell Lateral Lunges	3	5 reps each	45 sec	Heavy	Controlled
4-Step Back with Cable Warding	3	5 reps each	45 sec	Heavy	Controlled

**20 minutes on bike or elliptical**