



24 Day Smart Start™

Workout 1A

Goal Promote muscle growth with 6 upper-body exercises sustained for high lengths of time.

Program Muscle Gain

Level Advanced

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

Upper Body Circuit <i>Take a 1 minute water break after each circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Chest Press	4	8 reps	30 sec	Hard	3-0-1
Lat Pull Down	4	8 reps	30 sec	Hard	3-0-1
Dumbbell Shoulder Press	4	8 reps	30 sec	Hard	3-0-1
Barbell Curl	4	8 reps	30 sec	Hard	3-0-1
Seated Row	4	8 reps	30 sec	Hard	3-0-1
Cable Tricep Press	4	8 reps	30 sec	Hard	3-0-1

30 minutes on treadmill incline 30 sec work/30 sec rest