



24 Day Smart Start™

Workout 1B

Goal Gain more volume in a shorter period of time with this superset program.

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

Lower Body Giant Sets					
Exercise	Sets	Work	Rest	Intensity	Tempo
3D Lunge	1	45 sec	No rest	Hard	3-0-1
Leg Press	1	45 sec	No rest	Hard	3-0-1
Dumbbell Deadlift	1	45 sec	No rest	Hard	3-0-1
Leg Curl	1	45 sec	1 minute	Hard	3-0-1
Repeat 3 times					
Alt. Step Up	1	45 sec	No rest	Moderate	3-0-1
Machine Standing Calf Raise	1	45 sec	No rest	Moderate	3-0-1
Dumbbell Squat	1	45 sec	No rest	Moderate	3-0-1
Dumbbell Split Squat	1	45 sec	1 minute	Moderate	3-0-1
Repeat 3 times					
20 minutes on bike or elliptical					
Cardio 20 sec sprint flat / 20 sec climb / 20 sec sprint flat					