



# 24 Day Smart Start™

## Workout 2A

**Goal** Take your workout to the next level with more sets and a bigger variety of tempos.

**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 Superset <i>Take a 1 minute water break after each circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
<b>Superset 1</b>					
Standing Overhead Press	4	12 reps	No rest	Hard	3-0-1
Chin Up	4	12 reps	1 minute	Hard	3-0-1
<b>Superset 2</b>					
1 Arm Dumbbell Row	4	12 reps	No rest	Hard	3-0-1
Close Grip Dumbbell Bench Press	4	12 reps	1 minute	Hard	3-0-1
<b>Superset 3</b>					
Pushups	4	12 reps	No rest	Hard	3-0-1
Seated Dumbbell Curls	4	12 reps	1 minute	Hard	3-0-1
<b>30 minutes on treadmill incline 30 sec work/30 sec rest</b>					