



24 Day Smart Start™

Workout 2B

Goal Improve your strength endurance with giant sets interspersed with small amounts of rest. This keeps more tension in the connective tissue and forces the body to deal with more lactate.

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
Barbell Deadlift <i>Varied Hand Grips in Each Rep</i>	1	45 sec	No rest	Hard	3-0-1
Leg Press	1	45 sec	No rest	Hard	3-0-1
Dumbbell Front Squat	1	45 sec	No rest	Hard	3-0-1
Leg Curl	1	45 sec	1 minute	Hard	3-0-1
<i>Repeat 3 times</i>					
Single Leg Step Up	1	45 sec	No rest	Moderate	3-0-1
Seated Calf Raise	1	45 sec	No rest	Moderate	3-0-1
Dumbbell Lateral Lunge	1	45 sec	No rest	Moderate	3-0-1
Jumping Jacks	1	45 sec	1 minute	Moderate	3-0-1
<i>Repeat 3 times</i>					

20 minutes on bike or elliptical

Cardio 20 sec sprint flat / 20 sec climb / 20 sec sprint flat