



# 24 Day Smart Start™

## Workout 3A

**Goal** Tackle familiar exercises but amp up the load.

**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>					
Barbell Standing Overhead Press	5	8 reps	No rest	Hard	3-0-1
Wide Grip Pull Up	5	8 reps	60-120 sec	Hard	3-0-1
<b>Superset 2</b>					
Bent Over Barbell Row	5	8 reps	No rest	Hard	3-0-1
Close Grip Dumbbell Bench Press	5	8 reps	60-120 sec	Hard	3-0-1
<b>Superset 3</b>					
Pushups	5	8 reps	No rest	Hard	3-0-1
Kettlebell Swings	5	8 reps	60-120 sec	Hard	3-0-1
<b>30 minutes on treadmill incline 30 sec work/30 sec rest</b>					