



24 Day Smart Start™

Workout 3B

Goal Improve your strength endurance with giant sets of heavier weights 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
3D Lunge	1	1 minute	No rest	Hard	2-0-1
Leg Press	1	1 minute	30 sec	Hard	2-0-1
Dumbbell Deadlift	1	1 minute	30 sec	Hard	2-0-1
Leg Curl	1	1 minute	30 sec	Hard	2-0-1
Repeat 3 times					
Alt. Step Up	1	1 minute	No rest	Moderate	2-0-1
Machine Standing Calf Raise	1	1 minute	30 sec	Moderate	2-0-1
Dumbbell Squat	1	1 minute	30 sec	Moderate	2-0-1
Dumbbell Split Squat	1	1 minute	30 sec	Moderate	2-0-1
Repeat 3 times					
20 minutes on bike or elliptical					
Cardio 20 sec sprint flat / 20 sec climb / 20 sec sprint flat					