



24 Day Smart Start™

Workout 4B

Goal Perform these exercises in order, then repeat the entire circuit again. This creates variability for your tissues and nervous system.

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

Strength Circuit <i>Optional: Circuit exercises with 1-2 minute rest after circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Dumbbell Split Squat	1	45 sec	No rest	Hard	2-0-1
Leg Press	1	45 sec	1 minute	Hard	2-0-1
3D Lunge	1	45 sec	No rest	Hard	2-0-1
Leg Curl	1	45 sec	1 minute	Hard	2-0-1
Lateral Step Up	1	45 sec	No rest	Hard	2-0-1
Jumping Jacks	1	45 sec	1 minute	Hard	Fast
Dumbbell Deadlifts	1	45 sec	No rest	Hard	2-0-1
Twisting Jacks/ Mogul Ski Jumps	1	45 sec	1 minute	Hard	Fast
<i>Repeat 3 times</i>					
20 minutes on bike or elliptical					
Cardio 60 sec flat or climb / 30 sec recovery					