



24 Day Smart Start™

Workout 1

Goal Increase muscle growth with a high volume of alternating lower-body and upper-body exercises. Finish with a 15 minute cardio interval to burn extra calories and stimulate anabolic hormones.

Program Muscle Gain

Level Beginner

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
Calf Stretch	1	30 sec per spot		Light-Med	Hold
Kneeling Hip Flexor Stretch	1	30 sec per spot		Light-Med	Hold
Standing Pec Stretch	1	30 sec per spot		Light-Med	Hold
Cardio: Bike	1	5 minutes		Light-Med	Moderate

Whole Body Circuit <i>Rest 1 to 2 minutes after each circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Leg Press	1 to 2	60 sec or 12 reps	120 sec	Moderate	Slow
Barbell Curls	1 to 2	60 sec or 12 reps	120 sec	Moderate	Slow
Dumbbell Squat	1 to 2	60 sec or 12 reps	120 sec	Moderate	Slow
Chest Press	1 to 2	60 sec or 12 reps	120 sec	Moderate	Slow
Leg Curl	1 to 2	60 sec or 12 reps	120 sec	Moderate	Slow
Dumbbell Squat and Overhead Press	1 to 2	60 sec or 12 reps	120 sec	Moderate	Slow
15 minutes on bike or elliptical					