



24 Day Smart Start™

Workout 2

Goal Mix it up and challenge your body with familiar exercises that have increased slightly in difficulty.

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
Dumbbell Shuffle Stop and Press	1 to 2	1 minute	120 sec	Moderate	Moderate
3D Lunge and Arm Curl	1 to 2	1 minute	120 sec	Moderate	Moderate
Pushups	1 to 2	1 minute	120 sec	Moderate	Moderate
Seated Rows	1 to 2	1 minute	120 sec	Moderate	Moderate
Decline Situps	1 to 2	1 minute	120 sec	Moderate	Moderate
Walking Low Strides	1 to 2	1 minute	120 sec	Moderate	Moderate

15 minutes on bike or elliptical 60 sec work /60 sec recovery