



# 24 Day Smart Start™

## Workout 3

**Goal** Ignite your metabolism and maximize total work by tackling more demanding exercises.

**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
Elevated Plank Feet <i>Out-Out-In-In</i>	1 to 2	1 minute	1 minute	Moderate	Moderate
Forward/Backward Prone Bear Crawl	1 to 2	1 minute	1 minute	Moderate	Moderate
Bench Press	1 to 2	1 minute	1 minute	Moderate	Moderate
Barbell Squat	1 to 2	1 minute	1 minute	Moderate	Moderate
Pulldowns	1 to 2	1 minute	1 minute	Moderate	Moderate
Shuffle Sumo Deadlifts	1 to 2	1 minute	1 minute	Moderate	Moderate

**20 minutes on bike or elliptical 60 sec work / 30 sec recovery**