



24 Day Smart Start™

Workout 4

Goal Stimulate the growth of fast-twitch muscle fibres by performing movements at higher speeds and sustaining loads for longer periods of time.

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 Hands <i>Out-Out-In-In</i>	2 to 3	45 sec	45 sec	Moderate	Fast
Pushup and Dumbbell Row	2 to 3	45 sec	45 sec	Moderate	Fast
Shuffle and Overhead Dumbbell Press	2 to 3	45 sec	45 sec	Moderate	Fast
3D Lunge with Varied Dumbbell Reach	2 to 3	45 sec	45 sec	Moderate	Fast
Barbell Deadlift	2 to 3	45 sec	45 sec	Moderate	Fast
Cable Tricep Extensions	2 to 3	45 sec	45 sec	Moderate	Fast
10 minutes on bike or elliptical					
Cardio 10 sec work really fast / 20 sec recovery					