



24 Day Smart Start™

Workout 1B

Goal Gain more volume in a shorter period of time with this superset program.

Program Muscle Gain

Level Intermediate

Duration 1 time 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
Lower Body Superset <i>Optional: Circuit exercises with 1-2 min rest after circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Superset 1					
3D Lunge	3	8 reps	No rest	Heavy	Controlled
Leg Press	3	8 reps	1 minute	Heavy	Controlled
Superset 2					
Dumbbell Deadlift	3	8 reps	No rest	Heavy	Controlled
Leg Curl	3	8 reps	1 minute	Heavy	Controlled
Superset 3					
Alt. Step Up	3	8 reps	No rest	Heavy	Controlled
Machine Standing Calf Raise	3	8 reps	1 minute	Heavy	Controlled
Superset 4					
Dumbbell Squat	3	8 reps	No rest	Heavy	Controlled
Dumbbell Split Squat	3	8 reps	1 minute	Heavy	Controlled
20 minutes on bike or elliptical					
Cardio 20 sec sprint flat / 20 sec climb / 20 sec sprint flat					