



# 24 Day Smart Start™

## Workout 2B

**Goal** Challenge your strength by increasing the intensity and volume of exercises.

**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
<b>Superset 1</b>					
Barbell Deadlift <i>Varied Hand Grips in Each Rep</i>	3	1 minute	No rest	Moderate	Controlled
Leg Press	3	1 minute	1 minute	Moderate	Controlled
<b>Superset 2</b>					
Dumbbell Front Squat	3	1 minute	No rest	Moderate	Controlled
Leg Curl	3	1 minute	1 minute	Moderate	Controlled
<b>Superset 3</b>					
Single Leg Step Up	3	1 minute	No rest	Moderate	Controlled
Seated Calf Raise	3	1 minute	1 minute	Moderate	Controlled
<b>Superset 4</b>					
Dumbbell Lateral Lunge	3	1 minute	No rest	Moderate	Controlled
Jumping Jacks	3	1 minute	1 minute	Moderate	Controlled
<b>20 minutes on bike or elliptical</b>					
<b>Cardio</b> 20 sec sprint flat / 20 sec climb / 20 sec sprint flat					