



# 24 Day Smart Start™

## Workout 3A

**Goal** Tackle familiar exercises but amp up the load.

**Program** Muscle Gain

**Level** Intermediate

**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
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

Upper Body Circuit <i>Take a 1 minute water break after each circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Chest Press	3	8 reps	1 minute	Hard	2-1-1
Lat Pull Down	3	8 reps	1 minute	Hard	2-1-1
Dumbbell Shoulder Press	3	8 reps	1 minute	Hard	2-1-1
Barbell Curl	3	8 reps	1 minute	Hard	2-1-1
Seated Row	3	8 reps	1 minute	Hard	2-1-1
Cable Tricep Press	3	8 reps	1 minute	Hard	2-1-1

30 minutes on treadmill incline 30 sec work/30 sec rest