



24 Day Smart Start™

Workout 3B

Goal Continue to 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
Superset 1					
3D Lunge	3	1 minute	No rest	Moderate	2-0-1
Leg Press	3	1 minute	1 minute	Moderate	2-0-1
Superset 2					
Dumbbell Deadlift	3	1 minute	No rest	Moderate	2-0-1
Leg Curl	3	1 minute	1 minute	Moderate	2-0-1
Superset 3					
Alt. Step Up	3	1 minute	No rest	Moderate	2-0-1
Machine Standing Calf Raise	3	1 minute	1 minute	Moderate	2-0-1
Superset 4					
Dumbbell Squat	3	1 minute	No rest	Moderate	2-0-1
Dumbbell Split Squat	3	1 minute	1 minute	Moderate	2-0-1
20 minutes on bike or elliptical					
Cardio 20 sec sprint flat / 20 sec climb / 20 sec sprint flat					