



24 Day Smart Start™

Workout 4A

Goal Challenge your anaerobic capacity and recovery with less rest between sets.

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
Incline Chest Press	3	8 reps	1 minute	Hard	2-1-1
Prone Alt. Dumbbell Row	3	8 reps	1 minute	Hard	2-1-1
Dumbbell Farmer Walk in Random Directions <i>(Figure 8)</i>	3	8 reps	1 minute	Hard	0-0-0
Bear Crawl	3	8 reps	1 minute	Hard	0-0-0
Pull ups	3	8 reps	1 minute	Hard	2-1-1
Decline Sit Ups	3	8 reps	1 minute	Hard	4-1-1

30 minutes on treadmill incline 60 sec work/60 sec rest