



24 Day Smart Start™

Workout 1A

Goal Designed for the advanced athlete, this workout introduces loaded movements and deceleration training.

Program Performance

Level Advanced

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
Foam Roll Quad	1-3 spots	30 sec per spot		Light-Med	Slow
Calf Stretch	1	30 sec per side		Light-Med	Hold
Kneeling Hip Flexor Stretch	1	30 sec per side		Light-Med	Hold
Standing Pec Stretch	1	30 sec per side		Light-Med	Hold
Cardio: Bike	1	5 minutes		Light-Med	Moderate
Supine Single Leg Hip Bridge <i>from Heel Elevated</i>	2	45 sec		Bodyweight	Slow
Prone Plank- Rotational Reach	2	45 sec		Bodyweight	Slow

Strength Whole Body Circuit <i>Take a 1 minute water break after each circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Squat then Dumbbell Lateral Shift with Lateral Lunge	3	8 reps each	180 sec	Hard	2-1-1
GTS Dumbbell Prone Lift	3	8 reps each	180 sec	Hard	2-1-1
Bent Over Barbell Row then Arm Curl	3	8 reps	180 sec	Hard	2-1-1
Front Squat	3	8 reps	180 sec	Hard	2-1-1
Forward Lunge with Lateral Dumbbell Shift	3	8 reps each	180 sec	Hard	2-1-1
Random Bear Crawl	3	1 minute	180 sec	Hard	2-1-1
Chin Ups	3	max effort	180 sec	Hard	3-1-1