



# 24 Day Smart Start™

## Workout 1B

**Goal** Prepare the tissues to capture energy with quick, explosive bouts of exercise.

**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 <small>from Heel Elevated</small>	2	45 sec		Bodyweight	Slow
Prone Plank- Rotational Reach	2	45 sec		Bodyweight	Slow

Power Workout Superset <small>Optional: Circuit exercises with 1-2 min rest after circuit</small>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Superset 1					
Fast Feet Lateral Shuffle	3	8 reps	No rest	Heavy	Controlled
Vertical Jump	3	8 reps	1 minute	Heavy	Controlled
Superset 2					
Split Jumps	3	8 reps	No rest	Heavy	Controlled
Transverse Jacks	3	8 reps	1 minute	Heavy	Controlled
Superset 3					
Alt. Elevated Step Jump Single Leg	3	8 reps	No rest	Heavy	Controlled
Explosive Pushup	3	8 reps	1 minute	Heavy	Controlled
Superset 4					
Dumbbell Power Cleans	3	8 reps	No rest	Heavy	Controlled
Dumbbell Split Jerk- Alt. Legs	3	8 reps	1 minute	Heavy	Controlled
treadmill incline 10 sec work/30 sec rest					