



# 24 Day Smart Start™

## Workout 2A

**Goal** Stimulate fatigue and make the body work harder with less rest time between intervals.

**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 Rotational Curl with Forward Lunge	3	8 reps each	120 sec	Hard	2-1-1
GTS Dumbbell Prone Row then Stand Overhead Lift	3	8 reps each	120 sec	Hard	2-1-1
Bent Over Barbell Row then Arm Curl	3	8 reps	120 sec	Hard	2-1-1
Front Squat and Post Overhead Reach	3	8 reps	120 sec	Hard	2-1-1
Forward Lunge with Lateral Dumbbell Raise	3	8 reps each	120 sec	Hard	2-1-1
Crab Crawl	3	1 minute	120 sec	Hard	2-1-1
Pull Ups	3	max effort	120 sec	Hard	3-1-1