



24 Day Smart Start™

Workout 2B

Goal Develop your strength and power with quick, loaded movements.

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
Power Workout Superset <i>Optional: Circuit exercises with 1-2 min rest after circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Superset 1					
Lateral 2 Foot Jumps <i>back and forth</i>	4	10 sec	Norest	Heavy	Controlled
Medball Anterior Power Press	4	10 reps	1 minute	Heavy	Controlled
Superset 2					
Split Jumps	4	8 reps	Norest	Heavy	Controlled
Medball Rotational Power Press	4	10 sec	1 minute	Heavy	Controlled
Superset 3					
Dumbbell Snatch	4	10 sec each	Norest	Heavy	Controlled
Explosive Pushup	4	15 sec	1 minute	Heavy	Controlled
Superset 4					
1 Arm Clean	4	6 reps	Norest	Heavy	Controlled
Dumbbell Bent Over Reciprocating Rows	4	15 sec	1 minute	Heavy	Controlled
treadmill incline 30 sec work / 30 sec rest					