



24 Day Smart Start™

Workout 3B

Goal Tackle more complex exercises with fewer movements performed at higher intensity.

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		BW	Slow
Prone Plank- Rotational Reach	2	45 sec		BW	Slow
Power Workout Superset <small>Optional: Circuit exercises with 1-2 min rest after circuit</small>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Superset 1					
Lateral Vertical Jump	4	10 sec	No rest	Heavy	Controlled
Broad Jump	4	10 reps	1 minute	Heavy	Controlled
Superset 2					
Dumbbell Squat Jump	4	8 reps	No rest	Heavy	Controlled
Transverse Jacks with Medball	4	10 sec	1 minute	Heavy	Controlled
Superset 3					
Lateral 1 Foot Jump Side to Side	4	10 sec each	No rest	Heavy	Controlled
Lateral Crawl Change of Direction	4	15 sec	1 minute	Heavy	Controlled
Superset 4					
Box Depth Jump	4	6 reps	No rest	Heavy	Controlled
Dumbbell Split Jerk- Alt. Legs	4	15 sec	1 minute	Heavy	Controlled
treadmill incline 60 sec work/30 sec rest					
Cardio 20 sec sprint/ 20 sec walk/ 20 sec sprint					