



24 Day Smart Start™

Workout 1

Goal Challenge your whole body and increase your anaerobic capacity with a workout focused on loaded, multi-directional movements.

Program Performance

Level Beginner

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	Hold
Calf Stretch	1	30 sec per spot		Light-Med	Hold
Kneeling Hip Flexor Stretch	1	30 sec per spot		Light-Med	Hold
Standing Pec Stretch	1	30 sec per spot		Light-Med	Hold
Cardio: Bike	1	5 minutes		Light-Med	Moderate
Supine Hip Bridge	2	45 sec		Bodyweight	Slow
Prone Plank- Leg Lift	2	45 sec		Bodyweight	Slow

Whole Body Circuit <i>Rest 1 to 2 minutes after each circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Lateral Shuffle	3	1 minute	120 sec	Moderate	Moderate
Forward / Backward Shuffle	3	1 minute	120 sec	Moderate	Moderate
Pushup Lateral Crawl	3	12 reps	120 sec	Moderate	Moderate
Barbell Back Squat	3	1 minute or 12 reps	120 sec	Moderate	Moderate
Dumbbell Deadlift to Overhead Snatch	3	1 minute or 12 reps	120 sec	Moderate	Moderate
Rot. Lunge with Rot. Med Ball Chop	3	1 minute or 12 reps	120 sec	Moderate	Moderate
Bike Intervals	10	30 sec	30 sec	Moderate	Fast-Slow