



24 Day Smart Start™

Workout 2

Goal Challenge your anaerobic system with similar movements as week 1, but take less rest time between sets.

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
Ladder Iki Shuffle	3	1 minute	1 minute	Moderate	Moderate
Prone Iki Shuffle with Hands	3	1 minute	1 minute	Moderate	Moderate
Squat Thrust	3	12 reps	1 minute	Moderate	Moderate
Dumbbell Squat and Overhead Press	3	1 minute or 12 reps	1 minute	Moderate	Moderate
Barbell Deadlift and Shrug	3	1 minute or 12 reps	1 minute	Moderate	Moderate
Medball Rotational Power Press	3	1 minute or 12 reps	1 minute	Moderate	Moderate
Bike Intervals	10	1 minute	1 minute	Moderate	Fast-Slow