



24 Day Smart Start™

Workout 3

Goal Improve anaerobic capacity with quick bursts of activity, followed by loaded, multi-directional strength training.

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
10 Yard Shuttle Sprint	2 to 3	30 sec	1 minute	Moderate	Moderate
Medball Shuffle with Ice Skater	2 to 3	20 sec	1 minute	Moderate	Moderate
Prone Dumbbell Row to Stand and Overhead Lift	2 to 3	1 minute	1 minute	Moderate	Moderate
Alt. Lateral Lunge with Dumbbell Anterior Shift	2 to 3	1 minute	1 minute	Moderate	Moderate
Alt. Transverse Lunge with Arm Curl	2 to 3	1 minute	1 minute	Moderate	Moderate
Pull Ups <i>assisted</i>	2 to 3	10 reps	1 minute	Moderate	Moderate
Medball with Anterior Power Press	2 to 3	20 sec	120 sec	Hard	Fast
Treadmill Run	1	10 minutes	No rest	Light	Slow