



# 24 Day Smart Start™

## Workout 4

**Goal** Improve your power output with anaerobic challenges in both vertical and horizontal directions.

**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
Treadmill Sprint	2 to 3	45 sec	135 sec	Bodyweight	Fast
Pushups	2 to 3	30 sec	90 sec	Light	Fast
Jump Squat	2 to 3	30 sec	90 sec	Moderate	Fast
Medball Vertical Chop	2 to 3	30 sec	90 sec	Moderate	Fast
Dumbbell 1 Arm Snatch	2 to 3	45 sec	135 sec	Moderate	Fast
Dumbbell Lateral Lunge with Overhead Press	2 to 3	45 sec	135 sec	Moderate	Fast
Barbell Deadlift	2 to 3	45 sec	135 sec	Hard	Fast
Bike	5	2 minutes	1 minute	Moderate	Moderate