



24 Day Smart Start™

Workout 1A

Goal Deliver strength to the whole body using linear compound movements.

Program Performance

Level Intermediate

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 Single Leg Hip Bridge	2	45 sec		Bodyweight	Slow
Prone Plank- Alt. Arm Reaches Random Directions	2	45 sec		Bodyweight	Slow

Strength Whole Body Circuit *Take a 1 minute water break after each circuit*

Exercise	Sets	Work	Rest	Intensity	Tempo
Lat Pull Down	3	8 reps	180 sec	Hard	2-1-1
Barbell Standing Overhead Press	3	8 reps	180 sec	Hard	2-1-1
Front Squat	3	8 reps	180 sec	Hard	2-1-1
Overhead Dumbbell Split Squat	3	8 reps	180 sec	Hard	2-1-1
Close Grip Bench Press	3	8 reps	180 sec	Hard	2-1-1