



24 Day Smart Start™

Workout 1B

Goal Target the anaerobic alactic system with quick, responsive, elastic movements.

Program Performance

Level Intermediate

Duration 1 time 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

Power Workout Superset *Optional: Circuit exercises with 1-2 min rest after circuit*

Exercise	Sets	Work	Rest	Intensity	Tempo
Superset 1					
Fast Feet Lateral Shuffle	4	5 sec	Norest	Moderate	Fast
Vertical Jump	4	10 sec	1 minute	Moderate	Fast
Superset 2					
Split Jumps	4	10 sec	Norest	Moderate	Fast
Transverse Jacks	4	10 sec	1 minute	Moderate	Fast
Superset 3					
Alt. Elevated Step Jump Single Leg	4	10 sec each	Norest	Moderate	Fast
Explosive Pushup	4	15 sec	1 minute	Moderate	Fast
Superset 4					
Dumbbell Power Cleans	4	6 reps	Norest	Moderate	Fast
Dumbbell Split Jerk- Alt. Legs	4	6 reps	1 minute	Moderate	Fast

treadmill incline 10 sec work/30 sec rest