



# 24 Day Smart Start™

## Workout 2A

**Goal** Challenge your strength and nervous system with an increased intensity of linear movements and less rest time between sets.

**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 <i>Take a 1 minute water break after each circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Back Squat	3	8 reps	120 sec	Hard	2-1-1
Bent Over Barbell Row	3	8 reps	120 sec	Hard	2-1-1
Dumbbell Deadlift	3	8 reps	120 sec	Hard	2-1-1
Dumbbell Front Squat	3	8 reps	120 sec	Hard	2-1-1
Bench Press	3	8 reps	120 sec	Hard	2-1-1
Dips	3	8 reps	120 sec	Hard	2-1-1