



24 Day Smart Start™

Workout 2B

Goal Improve power output with loaded movements that drive greater amounts of force to the muscles.

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 <small>Optional: Circuit exercises with 1-2 min rest after circuit</small>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Superset 1					
Lateral 2 Foot Jumps <small>back and forth</small>	3	10 sec	Norest	Moderate	Fast
Medball Anterior Power Press	3	10 reps	1 minute	Moderate	Fast
Superset 2					
Split Jumps	3	8 reps	Norest	Moderate	Fast
Medball Rotational Throw at Wall	3	10 sec	1 minute	Moderate	Fast
Superset 3					
Dumbbell Snatch	3	10 sec each	Norest	Moderate	Fast
Explosive Pushup	3	15 sec	1 minute	Moderate	Fast
Superset 4					
1 Arm Clean	3	6 reps	Norest	Moderate	Fast
Dumbbell Bent Over Reciprocating Rows	3	15 sec	1 minute	Moderate	Fast
treadmill incline 30 sec work/30 sec rest					