



24 Day Smart Start™

Workout 3A

Goal Build strength with fewer reps of higher intensity challenges.

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
Lateral Lunge with Arm Curl	3	6 reps	180 sec	Hard	2-1-1
Reciprocating Dumbbell Chest Press	3	6 reps	180 sec	Hard	2-1-1
Barbell Romanian Deadlift	3	6 reps	180 sec	Hard	3-1-1
Dumbbell Walking Lunges	3	6 reps	180 sec	Hard	1-1-1
Bench Curls	3	6 reps	180 sec	Hard	2-1-1
Dips	3	6 reps	180 sec	Hard	2-1-1