



24 Day Smart Start™

Workout 4B

Goal Focus on explosive movements that improve your athletic responsiveness and quickness.

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					
Fast Feet Lateral Shuffle	3	10 sec	Norest	Moderate	Fast
Vertical Jump	3	10 reps	1 minute	Moderate	Fast
Superset 2					
Split Jumps	3	8 reps	Norest	Moderate	Fast
Transverse Jacks	3	10 sec	1 minute	Moderate	Fast
Superset 3					
Alt. Elevated Step Jump Single Leg	3	10 sec each	Norest	Moderate	Fast
Explosive Pushup	3	15 sec	1 minute	Moderate	Fast
Superset 4					
Dumbbell Power Cleans	3	6 reps	Norest	Moderate	Fast
Dumbbell Split Jerk- Alt. Legs	3	15 sec	1 minute	Moderate	Fast
treadmill incline 10 sec work/30 sec rest					