



24 Day Smart Start™

Workout 4B

Goal Mix it up and challenge your body with more demanding exercises and increased intensity.

Program Weightloss

Level Advanced

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 |
| Up/Down Dog | 1 to 2 | 45 sec or 10 reps | | Light-Med | Slow |
| Alt. Lunge with Rotation | 1 to 2 | 45 sec or 10 reps | | Light-Med | Controlled |
| Alt. Brazilian Kick Out | 1 to 2 | 45 sec or 10 reps | | Light-Med | Slow |
| Side Lunge with Touchdown | 1 to 2 | 45 sec or 10 reps | | Light-Med | Controlled |
| Cardio: Treadmill | 1 to 2 | 5 minutes | | Light-Med | Moderate |

| Strength Workout <small>Optional: Circuit exercises with 1-2 min rest after circuit</small> | | | | | |
|---|------|--------|----------|-----------|------------|
| Exercise | Sets | Work | Rest | Intensity | Tempo |
| Superset 1 | | | | | |
| Barbell Squat | 3 | 8 reps | No rest | Heavy | Controlled |
| Ball Toes Pushup | 3 | 8 reps | 1 minute | Heavy | Controlled |
| Superset 2 | | | | | |
| Barbell Deadlift | 3 | 8 reps | No rest | Heavy | Controlled |
| Dumbbell Alt. Arm Curls with Step | 3 | 8 reps | 1 minute | Heavy | Controlled |
| Superset 3 | | | | | |
| Lat Pulldown with Reverse Lunge | 3 | 8 reps | No rest | Heavy | Controlled |
| Cable Tricep Pushdown Reverse Grip | 3 | 8 reps | 1 minute | Heavy | Controlled |
| Superset 4 | | | | | |
| Ball Alt. Arm Dumbbell Chest Press | 3 | 8 reps | No rest | Heavy | Controlled |
| Dumbbell Pivot Lunges | 3 | 8 reps | 1 minute | Heavy | Controlled |