



24 Day Smart Start™

Workout 2

Goal Mix it up and challenge your body with more demanding exercises, followed by 20 minutes of steady state cardio.

Program Weightloss

Level Beginner

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
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

Whole Body Circuit <i>Rest 1 to 2 minutes after each circuit</i>					
Exercise	Sets	Work	Rest	Intensity	Tempo
Elevated Plank 1 Leg	1 to 2	45 sec or 15 reps	Circuit	Light	Hold 3 sec
Wide Stance Ball Squat	1 to 2	45 sec or 15 reps		Light	Slow
Machine Chest Press	1 to 2	45 sec or 15 reps		Light	Slow
Wide Stance Loaded Hip Hinge	1 to 2	45 sec or 15 reps		Light	Slow
Machine Row	1 to 2	45 sec or 15 reps		Light	Slow
3 Shuffle Touchdown	1 to 2	45 sec		Light	Moderate

20 minutes on bike or elliptical