



# 24 Day Smart Start™

## Workout 4B

**Goal** Continue to enhance lean muscle and resting metabolism by increasing the volume and intensity of your workout.

**Program** Weightloss

**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
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 <i>Optional: Circuit exercises with 1-2 min rest after circuit</i>						
Exercise	Sets	Work	Rest	Intensity	Tempo	
Dumbbell Squat	4	Dumbbell/Bodyweight Circuit	8 reps	45 sec	Heavy	Controlled
Dumbbell Bench Press	4		8 reps	45 sec	Heavy	Controlled
Dumbbell Deadlift	4		8 reps	45 sec	Heavy	Controlled
Kneel to Stand with Dumbbell Curl	4		5 reps each	45 sec	Heavy	Controlled
Lat Pulldown	4	Cable Circuit	8 reps	45 sec	Heavy	Controlled
Cable Reverse Lunge to Row	4		5 reps each	45 sec	Heavy	Controlled
Cable Squat to Row	4		8 reps	45 sec	Heavy	Controlled
Cable Tricep Pushdown	4		8 reps	45 sec	Heavy	Controlled
<b>20 minutes on bike or elliptical</b>						