



19 Minute 100 Rep Mini Band Drop Set Workout

Something different for you ladies. Let me know what you think of it! Enjoy!

What you will need:

- Mini band if you have one ;)

Warm-Up:

- Included in the workout.

Workout: Complete the exercises below in sequence from 100 reps down to 10 reps, completing 10 star jumps in between each set.

- **100 mini band marches** – With the band around the arches of your feet, stand with your feet hip distance apart, pull the abs in nice and tight, and lift your knees up like you're 'marching on the spot'. It will really recruit your core and legs if done properly.
10 banded star jumps OR 10 squat with side to side leg lifts
- **90 side taps** – Keeping the band around the feet where they are, you're going to bend your knees a bit, pull the abs in tight, and alternate tapping your toes side to side to really get that side bum working!
10 banded star jumps OR 10 squat with side to side leg lifts
- **80 mini band marches** – Same as above.
10 banded star jumps OR 10 squat with side to side leg lifts
- **70 side taps** – Same thing as above.
10 banded star jumps OR 10 squat with side to side leg lifts
- **60 mini band marches** – Same as above
10 banded star jumps OR 10 squat with side to side leg lifts
- **50 side taps** – Same thing as above.
10 banded star jumps OR 10 squat with side to side leg lifts
- **40 banded donkey kicks (20 per side)** – Down in a table top position, you're going to hold those abs in tight while you kick one leg behind you for 20 reps in a row. Keep this controlled and smooth in movement, and kick your leg far behind you so you really feel the gluts contract.
10 banded star jumps OR 10 squat with side to side leg lifts
- **30 side plank leg lifts (15 per side)** – In a side plank position (and the band around your calves now) with your bottom leg bent and supporting you on the ground, keep your upper body nice and straight while you lift the top leg in smooth and controlled movements to really work the side bum and abs.
10 banded star jumps OR 10 squat with side to side leg lifts
- **20 banded donkey kicks (10 per side)** – Same as above.
10 banded star jumps OR 10 squat with side to side leg lifts
- **10 side plank leg lifts (5 per side)** – Same as above.

Make today badass!
Ashley Dale Grant



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Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.