14 Minute Drop Set Do Anywhere Workout

My favourite "do anywhere" workout! I've done this while traveling and don't have any equipment on hand. I can literally do it while Matt is in the bathroom taking a poop or having a shower. So efficient!!

What you will need:

- You don't need anything, but if you want some props grab a ball, chair, bed, or even a couch in the hotel room!

Warm-Up:

- Various moves for 3 minutes.

Workout: Complete both of the exercises below for 20 reps each, 18 reps each, 16 reps each, and so on…down to 2 reps!

- **Drop squat jump -** If you don't have something to drop on, or simply don't want to out of the comfort of your knees, just focus on getting as low as you can with proper form. It will go deeper into your thighs and core if done this way.
  Modification: Eliminate the jumps…NO BIG DEAL!
- **Elevated push-ups –** With your toes up on an elevated surface (or if you're just beginning keep your knees down on the floor), take those hands nice and wide, and come down as low as you can with your chest between your hands. Push hard here, but have good form, so if that means going slower than me…do so!! Just do YOUR best.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant