



22 Minute Ball Slam Workout

Oh boy, this is an exciting workout and I can't wait to hear what you think of it!!

What you need: Slam ball and set of weights.

Warm-up: Moving on the spot doing various exercises for a couple minutes.

Workout: We are doing each exercise back and forth, with the balls slams starting at 50 reps, and the weighted lunges starting at 10. Work your way down with the ball slams to 10 reps, and work your way up with the weighted lunges to 50 reps.

- **Ball Slams:** Whether you use a slam ball, a wall ball (ugi), or pillow, I want you to have awesome form. Focus on your posture during this, and ensure that you're using your legs please! Lift the weight above your head, and as you come down, don't bend at the hips and slam your device on the floor. Use the power of your legs and your abs to help slam it down too.
**Start with 50 reps, 40 reps, 30 reps, 20 reps, and finish off with 10 reps.
- **Weighted lunges:** During this exercise, I want you to choose what style you're going to do it in, whether that be alternating backwards lunges, alternating forward lunges, walking lunges, or even stationary. If you do stationary, make sure you switch which leg you have in front half way through. Regardless of which one you choose, I want you to watch your knees and make sure they don't go too far past your toes, and that you're also bending them nice and low to get a good burn.
**Start with 10 reps, 20 reps, 30 reps, 40 reps, and then finish with 50 reps.

Cool-down: 10 minutes of stretching and cooling off this time!

Make today badass!
Ashley Dale Grant