



## 100 Rep Drop Set Mini Band Workout

A requested workout from you badass babes, so I hope you dig it. My bum sure did!! LOL.

### What you will need:

- Mini bands ;)

### Warm-Up:

- Included in warm-up.

### Workout:

- We're going to be doing each of the exercises below consecutively for 100 reps, 90 reps, 80 reps etc. until we reach our push-ups for 10 reps.

### Exercises

- **Mini band bridge thrusts, 100 reps** – With the band around your thighs, you're going to thrust your hips into the air for 100 reps, doing your best to not fully let your hips fall back down.
- **Mini band lateral side to side steps, 90 reps** – With the band around your calves or feet for more intensity, you're going to just slightly bend those knees as you step side to side to work the side bum.
- **Mini band standing mountain climbers, 80 reps** – With the band around your feet for this exercise, you're going to REALLY pull your core in while you alternate lifting your knees up towards your chest for a lower ab workout.
- **Mini band alternating step-backs, 70 reps** - With the band around your feet or calves, you're going to keep your knees slightly bent while you alternate stepping your feet back to recruit the back of your butt and a little lower back. Be sure to keep your abs in for this one so you don't hyperextend your back.
- **Mini band high plank alternating side taps, 60 reps** – With the band around your feet or calves, you're going to hold a high plank (low plank if your wrists need it), and alternate stepping your feet off to the side just enough to feel your glutes and quads. You could do this on your knees if you need to.
- **Mini band donkey kicks, 25 per side** – With the band around your feet, you're going to complete 25 donkey kicks on the right side, and then switch to the left. Keep pushing through your heel, and make sure you're not pushing the heel up so high you arch your back.
- **Mini band bicycles, 40 reps** – With the band still around your feet, you're going to complete slow and controlled abdominal bicycle moves.
- **Mini band jack squats, 30 reps** – With the band around your quads, calves or feet, you're going to jump out into a jumping jack and then fall into a squat.  
*Modification:* If you want to skip the jumps, step side to side into a squat instead. All good!
- **Mini band seated back rows, 10 per side** – With the band around your right foot and holding it in your right hand, lean back, hold your left leg, sit up tall and then complete 10 slow and controlled back rows focusing on the midback.

Make today badass!  
Ashley Dale Grant



## **100 Rep Drop Set Mini Band Workout**

- **Mini band push-ups, 10 reps** – With the band around your forearms, you're going to take your hands as wide as you can and then come down into a low push-ups. You can do these on or off your knees – just challenge yourself!

### **Cool Down/Stretching**

- Complete 5-10 minutes of nice gentle stretching.

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