



## 25 Minute Boot Camp Drop Set Workout

This workout was inspired by a workout I taught in Boot Camp, and the ladies were on fire after. Hoping this translates just as badass through the screen ;)

I hope I am keeping these workouts exciting for you!

### What you will need:

- Set of hand weights

### Warm-Up:

- Some running on the spot, jabbing, jump rope and arm circles.

### Workout:

- We're going to be doing each exercise consecutive for 10 reps, all the way down to 1 rep.

### Exercises

- **Curtsey lunge pulses, total reps each side** – While holding the weights, you're going to have a slight lean forward while you step back and complete 3 pulses to 1 step up. Complete 1 side for 10 reps each, before you move on to the next side.  
*Modification:* If this bothers your knee at all, please complete a regular lunge, don't step off to the side.
- **Wide-leg squat pulses with shoulder press** – While resting the weights on your shoulders, take your feet a little wider with your toes pointing out. From here you're going to come down as low as you can while keeping your heels on the ground, complete 3 pulses, and come up on the 4<sup>th</sup> count and complete a shoulder press.  
*Modification:* If it bothers your lower back at all, hold one weight with both hands in front of your chest, and don't come down as low into your squat. As always, listen to that body!

### Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!  
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