



## 24 Minute 100 Rep Drop Set Workout

I hope you have fun with this workout - it's nice to switch it up and use steppers sometimes!

### What you will need:

- Stepper, chair, couch (or nothing) plus set of hand weights (mini band if you want extra)

### Warm-Up:

- Included in warm-up

### Workout:

- We're going to be doing each exercise below consecutively, starting with 100 reps and working our way down in 10's to 10 reps ;)

### Exercises:

- **100 Squats** – Straight up squat to get the body warm. Be sure to adjust your knees and toe positioning so it's comfortable on your knees!
- **90 Side-to-Side Steps**– With a slight bend in your knees, you're going step side-to-side 90 times to start recruiting the side bum muscles.  
Note: You could use a mini band around your calves if you want more resistance.
- **80 Bridges** – On your back, with your knees bent and your feet separated hip distance apart and close to your bum, you're going to thrusts your hips up and down to once again, recruit the glutes!
- **70 Donkey Kicks (35/side)** – In a table top position, you're going to keep the abs in nice and tight with your hips square, while you keep your knee bent and lift your foot towards the ceiling! Be sure not to twists your hips here!
- **60 Lateral Step Ups (30/side)** - You're going to leave one foot up on the stepper while you drive your other leg up and down, kicking it out to the side with a flexed heel to really work the butt & side abs. It's important here that you keep that heel stable!  
Note: If you don't have a stepper, do the same thing squatting!
- **50 Alternating Curtsey Lunges** – Holding on to weight if you want to make it more challenging, you're going to kick your leg back for a lunge and then take it slightly off to the side for a 'curtsey'. Maintain a slight lean forward here to ensure you're hitting the bum!
- **40 Step Up & Kick Back (20/side)** – You're going to leave one foot up on the stepper while you drive the other leg up and down, kicking it to the back of you while pointing to the toe! You should feel this in the back of your bum and slightly in your lower back as it's an extension as well. Be sure to keep your abs in tight here!  
Note: You can do the same thing without a stepper.
- **30 Weighted Sitting Squats** – Using the stepper as a guide, you're going to sit all the way down, and then back up again. Drive through the heels, keep the abs in tight, and let the weights rest on your shoulders.
- **20 180 Jump Squats** – Jump back and forth really working those quads!  
Modifications for knees: Skip the jumps and hold a squat.

Make today badass!  
Ashley Dale Grant



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- **10 Squat Pulses** – Same positioning as the other squats but hold it down and pulse!!

### **Cool down/Stretching:**

- Complete 5-10 minutes of nice gentle stretching.