



## 15 Minute Cardio Ball Workout

Alright Badass Queens, this is meant for those of you that are looking for an intense workout in a very short amount of time. Including the warm-up, it's only 15 minutes. And even if you don't have a ball, you can use the modifications below and really get a sweat on.

### What you will need:

- TKO or Slam Ball (could use dumbbell for 2 of the exercises)

### Warm-Up:

- A mixture of things for 3 minutes...just get moving!

### Workout:

- We're going to be doing each exercise below for 50 seconds on and 10 seconds off for a total of 3 times.

### Exercises:

- **Side-to-Side Squat with Ball Lift** – Holding the ball (or dumbbell) at chest level, you're going to do a side to side step squat + a ball/weight lift when you come back to centre.
- **Ball Slams**– Self-explanatory! Just watch your form, and if you find your lower back hurts to grab the ball off the floor, just don't drop it.  
*Modification without ball:* Squat jumps or heavy squats
- **3 Sat & Pepper Legs + Lunge** – Holding the ball (or dumbbell) at your chest level, you're going to do 3 salt and pepper switches with your feet and on the 3 count, go down into a lunge. Best to watch the video for this one!  
*Modifications for knees:* Skip the jumps and do alternating lunges instead.
- **Mountain Climbers** – Place your hands on the ball or ground, keep the abs in tight, and alternate bringing those knees in towards your chest.  
*Modification:* Use your knees Queen!

### Cool down/Stretching:

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!  
Ashley Dale Grant