

30 Minute Slam Ball Drop Set Workout

Your heart will be pounding, your body will be sweating, and you are going to feel like a total BADASS after this sweat session.

What you will need:

- Mini band, slam ball, 1 dumbbell or kettlebell

Warm-Up:

- 20 Jumping Jacks
- 10 Squats
- 5 Burpees
X5

Workout:

- **Drop Set** – Start with 20 reps of each move listed below, followed by 18, 16, 14...until you get to 2!

Exercises:

- **Ball Slams**
- **Mini Band Side to Side Steps**
- **Squat Swings –**

Cool down/Stretching:

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant