

# Functional Fit



## DROP SET FOR GLP-1 PATIENTS

### WHY DROP SETS FOR GLP-1 PATIENTS?

Drop sets are an incredibly effective method for achieving results, especially for GLP-1 patients who may experience muscle loss as a side effect of their medication. Not only will clients feel the intense burn, but they will also be taking a critical step toward preserving and building lean muscle mass.

When we drop to a lighter weight immediately after a heavy set, we extend the muscle's workload. This is particularly beneficial for GLP-1 patients, as muscle retention is vital while pursuing weight loss goals. The lighter weight allows us to recruit additional muscle fibers that may not have been activated with heavier weights alone.

The more muscle fibers we engage, the better our chances of building and maintaining beautiful, lean muscle—an essential factor for supporting overall health during a medical weight loss journey.

Here at Asher Medical, we believe that smart, targeted training is key to helping our patients achieve sustainable results. That's why we're thrilled to partner with Ro Little, our Online Fitness Specialist, who will guide you through these specialized workouts. Her expertise ensures that each workout is safe, effective, and tailored to the unique needs of patients on GLP-1 medications.

On the following pages, you'll find detailed workout plans, complete with written instructions, visual demonstrations, and video tutorials to help you master the movements.

[Joinasher.com](https://www.joinasher.com)



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# DROP SET

## HOW to DROP SET in this Workout:

Tone and build beautiful lean muscle with the drop set protocol! Here's how it's done:

- Set ONE: Perform 10 reps with a MEDIUM weight. Complete all exercises in the set top to bottom. Then ...
- Set TWO: Perform 6-8 reps with a HEAVY weight - and IMMEDIATELY drop to a LIGHT weight for another 12 reps! Do this 1 each exercise, then move to the next. 20 reps back to back - 8 in HEAVY weight, then 12 in LIGHT.

A great weekly calendar to follow is:

|                    |                     |                           |                      |                      |                           |             |
|--------------------|---------------------|---------------------------|----------------------|----------------------|---------------------------|-------------|
| Mon<br><b>Pull</b> | Tues<br><b>Push</b> | Wed<br>Active<br>Recovery | Thurs<br><b>Core</b> | Fri<br><b>Skills</b> | Sat<br>Active<br>Recovery | Sun<br>Rest |
|--------------------|---------------------|---------------------------|----------------------|----------------------|---------------------------|-------------|

## Tracking:

We've also included tracking sheets to jot down your notes with each workout. We believe that tracking is KEY to success. Tracking shows progress. Tracking shows improvement. Tracking shows getting stronger with each and every workout. We encourage you to use these sheets every time you do a workout. Then look back on them and see how far you've come.

Everything you need to rock these workouts is included - but the best part - you've got ME! I'm here as your coach every step of the way. My door is always open - reach out anytime!



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# Drop Set: PULL

## Back Row

From a hinged forward position, holding weights in front, pull the weights up brushing your elbows along your side. Control to lower down. Keep your core braced to protect your lower back.



## Deadlift

Hinge forward at the hips, pressing your glutes back. Then - squeeze your glutes to pull back up. Note - it's not how LOW your weights go - it's about pressing the booty back & feeling the hamstring stretch



## Bicep Curls



Holding dumbbells, with your palms facing forward, curl your arms up towards your shoulders then lower back down - with control. Keep your elbows pinned below your shoulders the whole time.

## Reverse Grip Rows



Hinging forward, holding 2 heavier dumbbells with your palms facing AWAY from your body, row your arms up and control back down. Feel your shoulder blades squeeze at the back and your elbows brushing your sides.

## Weighted Glute Bridge



With weights resting on your hips, squeeze your glutes to lift your hips up as high as you can. Resist back down. You can elevate your feet or keep them flat.

## Zottman Curl



Start holding 2 dumbbells by your hips with your palms facing away from your body. Curl up to your shoulders. Flip your hands at the top so again your palms are facing away. Lower and flip your hands again to starting position.



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# Drop Set: PULL

| <b>DATE:</b>          | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|-----------------------|---------------------------|---------------------------------------|
| Back Row              |                           |                                       |
| Deadlift              |                           |                                       |
| Bicep Curls           |                           |                                       |
| Reverse Grip Rows     |                           |                                       |
| Weighted Glute Bridge |                           |                                       |
| Zottman Curl          |                           |                                       |

| <b>DATE:</b>          | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|-----------------------|---------------------------|---------------------------------------|
| Back Row              |                           |                                       |
| Deadlift              |                           |                                       |
| Bicep Curls           |                           |                                       |
| Reverse Grip Rows     |                           |                                       |
| Weighted Glute Bridge |                           |                                       |
| Zottman Curl          |                           |                                       |

| <b>DATE:</b>          | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|-----------------------|---------------------------|---------------------------------------|
| Back Row              |                           |                                       |
| Deadlift              |                           |                                       |
| Bicep Curls           |                           |                                       |
| Reverse Grip Rows     |                           |                                       |
| Weighted Glute Bridge |                           |                                       |
| Zottman Curl          |                           |                                       |

| <b>DATE:</b>          | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|-----------------------|---------------------------|---------------------------------------|
| Back Row              |                           |                                       |
| Deadlift              |                           |                                       |
| Bicep Curls           |                           |                                       |
| Reverse Grip Rows     |                           |                                       |
| Weighted Glute Bridge |                           |                                       |
| Zottman Curl          |                           |                                       |



# Drop Set: PUSH

## Goblet Squat



With a weight held by your chest (like a goblet), bend your knees to squat down. Then squeeze from the glutes, pressing through your heels to stand back up.

## Shoulder Press



With your palms facing forward, press your arms up overhead and pull back down. Use control up and back down - keeping your shoulders pressing down the whole time.

## Chest Press

Holding 2 dumbbells, palms facing forward, elbows bent at 90 degrees. Press the weights straight up over chest, then pull back down.



## Reverse Lunges

Step 1 leg back, bending your back knee towards the ground, then back in together. Focus more on the bend from the back knee, and do not put any pressure on the front knee. Press up through the heel as you stand and pull back together.



## Underhand Kickbacks



Holding dumbbells in your hands with your elbows bent and palms facing towards the ceiling, straighten your arms, then bend back again.

## Upright Row

Holding 2 weights, lift your elbows up above your shoulders, then press back down. Work to keep your shoulders pressing down the whole move. Chest stays lifted, weights in close to body.



# Drop Set: PUSH

| <b>DATE:</b>        | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|---------------------|---------------------------|---------------------------------------|
| Goblet Squat        |                           |                                       |
| Shoulder Press      |                           |                                       |
| Chest Press         |                           |                                       |
| Reverse Lunges      |                           |                                       |
| Underhand Kickbacks |                           |                                       |
| Upright Row         |                           |                                       |

| <b>DATE:</b>        | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|---------------------|---------------------------|---------------------------------------|
| Goblet Squat        |                           |                                       |
| Shoulder Press      |                           |                                       |
| Chest Press         |                           |                                       |
| Reverse Lunges      |                           |                                       |
| Underhand Kickbacks |                           |                                       |
| Upright Row         |                           |                                       |

| <b>DATE:</b>        | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|---------------------|---------------------------|---------------------------------------|
| Goblet Squat        |                           |                                       |
| Shoulder Press      |                           |                                       |
| Chest Press         |                           |                                       |
| Reverse Lunges      |                           |                                       |
| Underhand Kickbacks |                           |                                       |
| Upright Row         |                           |                                       |

| <b>DATE:</b>        | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|---------------------|---------------------------|---------------------------------------|
| Goblet Squat        |                           |                                       |
| Shoulder Press      |                           |                                       |
| Chest Press         |                           |                                       |
| Reverse Lunges      |                           |                                       |
| Underhand Kickbacks |                           |                                       |
| Upright Row         |                           |                                       |



# Drop Set: CORE

## Dumbbell Swing

Swing a weight from between your legs to up in line with your chest. Use the power from your glutes going forward to help get momentum to swing the weight up.



## Standing Side Bend

Holding heavy weights by your side, bend towards 1 side, reaching the weight to the floor. Pull back up and reach to the other side. Make sure you are not leaning forward or back.



## Russian Twists



Roll back on your tailbone and brace your core ... Then twist your torso from one side to the other. Think about bringing your shoulder to the center line and reaching as far back as you can. Keep breathing and use the core to twist.

## Hay Baler



Sweep a weight up across your body and over the opposite shoulder. Then control the weight back down and swing up again. Transfer your weight as you swing the weight up, and turn your back foot in behind you.

## Weighted Crunch



Holding a weight over your chest, use the power from your core to lift your shoulder blades off the ground. Control back down and repeat.

## Flutter Kicks

Lying on your back, flutter your legs up and down like a swimming kick motion. Keep your lower back pressing into the ground, your chin tucked in, and keep breathing!



# Drop Set: CORE

| DATE:              | Set 1<br>10 Medium | Set 2<br>6-8 HEAVY<br>12 Light |
|--------------------|--------------------|--------------------------------|
| DB Swing           |                    |                                |
| Standing Side Bend |                    |                                |
| Hay Baler          |                    |                                |
| Russian Twist      |                    |                                |
| Weighted Crunch    |                    |                                |
| Flutter Kicks      |                    |                                |

| DATE:              | Set 1<br>10 Medium | Set 2<br>6-8 HEAVY<br>12 Light |
|--------------------|--------------------|--------------------------------|
| DB Swing           |                    |                                |
| Standing Side Bend |                    |                                |
| Hay Baler          |                    |                                |
| Russian Twist      |                    |                                |
| Weighted Crunch    |                    |                                |
| Flutter Kicks      |                    |                                |

| DATE:              | Set 1<br>10 Medium | Set 2<br>6-8 HEAVY<br>12 Light |
|--------------------|--------------------|--------------------------------|
| DB Swing           |                    |                                |
| Standing Side Bend |                    |                                |
| Hay Baler          |                    |                                |
| Russian Twist      |                    |                                |
| Weighted Crunch    |                    |                                |
| Flutter Kicks      |                    |                                |

| DATE:              | Set 1<br>10 Medium | Set 2<br>6-8 HEAVY<br>12 Light |
|--------------------|--------------------|--------------------------------|
| DB Swing           |                    |                                |
| Standing Side Bend |                    |                                |
| Hay Baler          |                    |                                |
| Russian Twist      |                    |                                |
| Weighted Crunch    |                    |                                |
| Flutter Kicks      |                    |                                |

# Drop Set: SKILLS

## Reverse Lunge Curls

Step back & lunge down as you curl your hands up towards your shoulders. Then ... lower your arms as you stand back up. Repeat other leg.



## Renegade Rows

From high plank, row 1 arm up, brushing your elbow along your side, then control the hand back down. Repeat other arm. Work to keep your upper body still, facing the ground - no wobbling as you transfer your weight.



## Lateral Lunge Raise



Lunge out to 1 side, framing your calf with your weights. Pull back in to center, then lift the weights up into a lateral raise. Lower the weights and lunge to the other side. Pull back to center and repeat.

## Hip Dips

From a low plank position, rotate to dip your hips side to side. Have your feet shoulder width apart and use your feet to help guide you side to side. As you dip side to side, be sure to keep your hips tucked under, and use the power from your core to perform the move.



## Wood Chopper

Holding 1 weight horizontally over head to 1 side - with power, chop the weight down to the opposite hip. Then swing back up.



## Burpees

From standing, squat down reaching for the ground .. jump or step back to plank ... step or jump back to squat ... then stand up again. Make this burpee yours! Add in a push up, a jump up top, whatever feels good to you.



# Drop Set: SKILLS

| <b>DATE:</b>        | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|---------------------|---------------------------|---------------------------------------|
| Reverse Lunge Curl  |                           |                                       |
| Renegade Row        |                           |                                       |
| Lateral Lunge Raise |                           |                                       |
| Hip Dips            |                           |                                       |
| Wood Chopper        |                           |                                       |
| Burpees             |                           |                                       |

| <b>DATE:</b>        | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|---------------------|---------------------------|---------------------------------------|
| Reverse Lunge Curl  |                           |                                       |
| Renegade Row        |                           |                                       |
| Lateral Lunge Raise |                           |                                       |
| Hip Dips            |                           |                                       |
| Wood Chopper        |                           |                                       |
| Burpees             |                           |                                       |

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|---------------------|---------------------------|---------------------------------------|
| Reverse Lunge Curl  |                           |                                       |
| Renegade Row        |                           |                                       |
| Lateral Lunge Raise |                           |                                       |
| Hip Dips            |                           |                                       |
| Wood Chopper        |                           |                                       |
| Burpees             |                           |                                       |

| <b>DATE:</b>        | <b>Set 1</b><br>10 Medium | <b>Set 2</b><br>6-8 HEAVY<br>12 Light |
|---------------------|---------------------------|---------------------------------------|
| Reverse Lunge Curl  |                           |                                       |
| Renegade Row        |                           |                                       |
| Lateral Lunge Raise |                           |                                       |
| Hip Dips            |                           |                                       |
| Wood Chopper        |                           |                                       |
| Burpees             |                           |                                       |



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# DROP SET

**Do not attempt these exercises if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (neck or back) problems or injury. If you feel you are exercising beyond your current abilities, or if you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately.**

**You are responsible for exercising within your limits and assume all risk of injury to your person or property. Consult your medical professional before attempting these exercises and follow his or her advice.**



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