

BOMBHELL

ALL IN ONE
WEIGHT TRAINING PLAN



BOMBHELL
Sexy Santa **CHALLENGE**

#BOMBHELLFITNESS



3 TRAINING LEVELS

The Bombshell Training Plan will be sent in THREE levels. We recommend that unless you are very experienced with Heavy Weight, you begin with the Starter or Moderate and work up to Intense when you have Mastered the other two levels.

LEVEL 1 • STARTER

Experienced Exercisers who want to begin lifting heavier and utilizing more free weights. (Note: Not recommended for those new to the Gym)

STARTS ON PAGE 6

LEVEL 2 • MODERATE

Experienced Exercisers who want to Challenge their Strength and add in more advanced compound movements. (Note: Not recommended for those who do not have any Free Weight Experience)

STARTS ON PAGE 12

LEVEL 3 • INTENSE

The Intense Level is only for very Experienced Exercisers and those comfortable with lifting Heavy Weights. (Not recommended for those who have limited Free Weight Experience)

STARTS ON PAGE 18

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INSTRUCTIONS PAGE 1

*PLEASE READ THROUGH ALL INSTRUCTIONS
BEFORE BEGINNING*

Grouped Exercises

Don't rest between exercises in supersets, tri-sets, quad-sets, or circuits. Rest for 30 to 60 seconds for standalone exercises.

Weight Progression

Increase weights as the number of reps decreases.

Choosing Weights

Use weights that make the last few reps hard. If too easy, increase the weight and try again.

Increasing Reps

Lower the weight slightly when doing more reps.

Training Order

Do weight training before cardio if doing both in one session.

Learning Exercises

Look up exercises you're unsure about, using the Exercise Library or ask for help.

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INSTRUCTIONS PAGE 2

*PLEASE READ THROUGH ALL INSTRUCTIONS
BEFORE BEGINNING*

Warm-Up

Spend 15 minutes warming up with dynamic movements, walking, or specific exercises targeting main muscle groups.

Warm-Up Sets

Do a light set first to find the right weight and get muscles ready.

Safety Gear

Always wear a snug leather weight belt for weight training.

Drop Sets

Start heavy and decrease weight by 10-30% for each part of the set, aiming for failure with little rest in between.

Mobility Work

Do core, activation, and stretching exercises 4-7 times a week, as per your MOBILITY GUIDE.

Calf Exercises

Work on calves 3-4 times a week, doing 4 sets with varying weights and reps..

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EXERCISE TERMS KEY

CAUTION: If at any time you feel pain, faint, nauseous, muscle weakness, experience elevated heartrate or any other physical symptoms, please STOP workout immediately and contact your healthcare provider.

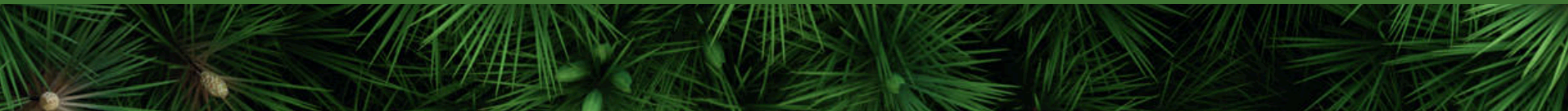
- **DB = Dumbbell**
- **KB = Kettlebell BB = Barbell**
- **WG = Wide Grip**
- **CG = Close Grip**
- **OG = Overhand Grip**
- **RG = Reverse Grip (underhand)**
- **HG = Hammer Grip (Palms facing each other)**
- **SS = Superset**
- **Amrap = As many reps as possible (to failure)**
- **Prone = Lying face down**
- **Supine = Lying face up**



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LEVEL 1 • STARTER

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QUADS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3
Leg press with feet neutral	Goal Reps	15	12	10
https://youtu.be/Ne944wBcGgo	Reps			
	Weight			
Leg Extensions	Goal Reps	10	10	10
https://youtu.be/as2QL4anY60	Reps			
	Weight			
10 MINUTES STEPPER LEANING OVER MACHINE				
Hypers	Goal Reps	10	10	10
https://youtu.be/SgqVH4mpjcQ	Reps			
	Weight			
Outer thigh machine (abductor) leaning ALL the way forward	Goal Reps	15	12	10
https://youtu.be/ZPy840ro2Yc	Reps			
	Weight			
Calf machine seated	Goal Reps	15	15	15
https://youtu.be/ycyFunYxd4g	Reps			
	Weight			
10 MINUTES ARC LEANING OVER MACHINE				





SHOULDERS & CHEST & ABS



Exercise		Set 1	Set 2	Set 3
Shoulder press machine	Goal Reps	10-12	10-12	10-12
	Reps			
	Weight			
RG Diagonal front raise	Goal Reps	8-10 ea	10-12	10-12
https://youtu.be/V3538pxQVDA	Reps			
	Weight			
10 MINUTES ELLIPTICAL WITH ARMS ON HIGH LEVEL				
DB Rear lateral raise	Goal Reps	10-12	10-12	10-12
https://youtu.be/-xmWw9RBtco	Reps			
	Weight			
Pec Deck machine	Goal Reps	10	10	10
	Reps			
	Weight			
High Rope Pulls	Goal Reps	15	15	15
https://youtu.be/sdhL4bK1eBl	Reps			
	Weight			
Cable Crunches	Goal Reps	15	15	15
https://youtu.be/ltkaliQlJvU	Reps			
	Weight			
10 MINUTES ELLIPTICAL WITH ARMS ON HIGH LEVEL				

HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3
DB or Cable Romanian Deadlift	Goal Reps	10	10	10
https://youtu.be/1vWRcENGhgq	Reps			
	Weight			
Lying leg curl	Goal Reps	15	12	10
https://youtu.be/p927DJGJzKg	Reps			
	Weight			
10 MINUTES TREADMILL BACKWARD WALK ON INCLINE				
Smith machine booty dip	Goal Reps	10	10	10
https://youtu.be/DiaFXkJbYPA	Reps			
	Weight			
Adductor (inner thigh) machine	Goal Reps	10-12	10-12	10-12
	Reps			
	Weight			
Glute kickback machine of choice	Goal Reps	10-12 ea	10-12 ea	10-12 ea
https://youtu.be/f0FEB2tu6SA	Reps			
	Weight			
10 MINUTES TREADMILL WALK ON HIGH INCLINE				



BACK & ABS



Exercise		Set 1	Set 2	Set 3
WG Lat Pulldown	<i>Goal Reps</i>	12	10	8
https://youtu.be/0hytdNeYV6Q	<i>Reps</i>			
	<i>Weight</i>			
One arm High Row	<i>Goal Reps</i>	15 ea	12 ea	10 ea
https://youtu.be/1aldSY4aYpw	<i>Reps</i>			
	<i>Weight</i>			
10 MINUTES STEPPER ALTERNATING HIGH AND LOW LEVEL — END WITH 20 SUMO STOMPS				
Y raises prone on incline bench	<i>Goal Reps</i>	10-12	10-12	10-12
https://youtu.be/sjlywl_ZdvU	<i>Reps</i>			
	<i>Weight</i>			
Hanging leg raises	<i>Goal Reps</i>	10++	10++	10++
https://youtu.be/HSz6C-0Gyqc	<i>Reps</i>			
	<i>Weight</i>			
Superset				
Low ab flutter kicks	<i>Goal Reps</i>	20-40	20-40	20-40
https://youtu.be/6i2lehMx2ZU	<i>Reps</i>			
	<i>Weight</i>			
10 MINUTES ROWER — END WITH 30-50 MOUNTAIN CLIMBERS				

OPTIONAL — BOOTY & UPPER DETAIL

Exercise		Set 1	Set 2	Set 3
B stance hip thrust	Goal Reps	10-12 ea	10-12 ea	10-12 ea
https://youtu.be/5P6dzgBQMaU	Reps			
	Weight			
Cable kickback	Goal Reps	12-15 ea	12-15 ea	12-15 ea
https://youtu.be/Rv9f4U5PNmM	Reps			
	Weight			
Cable side kick	Goal Reps	12-15 ea	12-15 ea	12-15 ea
https://youtu.be/ZXI5-_lntE	Reps			
	Weight			
10 MINUTES ARC ON HIGHEST LEVEL POSSIBLE				
BB Curls	Goal Reps	15	12	10
https://youtu.be/ZRI7GtjLHbE	Reps			
	Weight			
Triceps rope press downs	Goal Reps	15	15	15
https://youtu.be/NyBcWvow0Kk	Reps			
	Weight			
10 MINUTES TREADMILL HIGH INCLINE WALK				

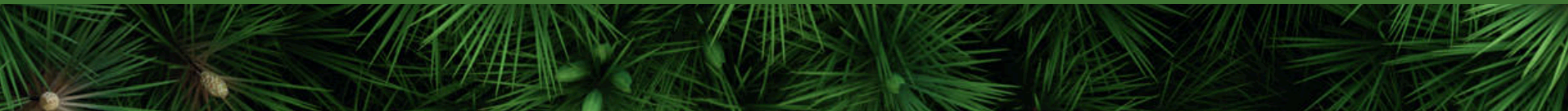




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LEVEL 2 • MODERATE

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QUADS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3	Set. 4
Smith machine straddle squat	Goal Reps	15	12	10	8
https://youtu.be/-Gay-Nak2Sw	Reps				
	Weight				
Leg Extensions	Goal Reps	20	15	12	8
https://youtu.be/as2QL4anY60	Reps				
	Weight				
10 MINUTES STEPPER LEANING OVER MACHINE					
Sissy Squat (hold plate)	Goal Reps	10++	10++	10++	
https://youtu.be/ap1-o5RITvo	Reps				
	Weight				
Double cable stability ball butt raise OR reverse hypers	Goal Reps	15	15	15	
https://youtu.be/SgqVH4mpjcQ	Reps				
	Weight				
10 MINUTES ARC LEANING OVER MACHINE					
Outer thigh machine (abductor) leaning ALL the way forward	Goal Reps	15	12	10	
https://youtu.be/ZPy840ro2Yc	Reps				
	Weight				
Calf machine seated	Goal Reps	20	16	12	
https://youtu.be/ycyFunYxd4g	Reps				
	Weight				
10 MINUTES STEPMILL LEANING OVER MACHINE					



SHOULDERS & CHEST & ABS



Exercise		Set 1	Set 2	Set 3	Set. 4
DB Arnold Press	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/3Hos8Ok20-k	Reps				
	Weight				
DB Cheer press	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/vuaUHTRktug	Reps				
	Weight				
10 MINUTES ELLIPTICAL WITH ARMS ON HIGH LEVEL					
RG Diagonal front raise	Goal Reps	8-10 ea	10-12	10-12	10-12
https://youtu.be/V3538pxQVDA	Reps				
	Weight				
DB Rear lateral raise	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/-xmWw9RBtco	Reps				
	Weight				
Pec Deck - chest UP!	Goal Reps	16	12	8	
	Reps				
	Weight				
10 MINUTES ELLIPTICAL WITH ARMS ON HIGH LEVEL					
High Rope Pulls	Goal Reps	20	16	12	
https://youtu.be/sdhL4bK1eBl	Reps				
	Weight				
Cable Crunches	Goal Reps	25	20	15	
https://youtu.be/ltkaliQlJvU	Reps				
	Weight				

HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3	Set. 4
Romanian Deadlift	Goal Reps	15	12	10	8
https://youtu.be/wqClacpUD8w	Reps				
	Weight				
Lying leg curl	Goal Reps	15	12	10	8
https://youtu.be/p927DJGJzKg	Reps				
	Weight				
Superset					
Low sumo squat pulses	Goal Reps	20	20	20	20
https://youtu.be/XkNEF3WUO3Y	Reps				
	Weight				
10 MINUTES TREADMILL BACKWARD WALK ON HIGH INCLINE					
Smith machine booty dip with a 3 sec pase at top of each rep	Goal Reps	10	10	10	
https://youtu.be/DiaFXkJbYPA	Reps				
	Weight				
Adductor (inner thigh) machine	Goal Reps	10-12	10-12	10-12	
	Reps				
	Weight				
Glute kickback machine of choice - turn toe out	Goal Reps	10-12 ea	10-12 ea	10-12 ea	
https://youtu.be/f0FEB2tu6SA	Reps				
	Weight				
10 MINUTES TREADMILL WALK ON HIGH INCLINE DOING 30 LUNGES AT THE TOP OF EVERY 2 MINUTES					



BACK & ABS

Exercise		Set 1	Set 2	Set 3	Set. 4
WG Lat Pulldown	Goal Reps	12	10	8	6
https://youtu.be/0hytdNeYV6Q	Reps				
	Weight				
Standing straight arm lat pulldown	Goal Reps	12-15	12-15	12-15	12-15
https://youtu.be/46qiDysufoA	Reps				
	Weight				
One arm High Row	Goal Reps	15 ea	12 ea	10 ea	
https://youtu.be/1aldSY4aYpw	Reps				
	Weight				
10 MINUTES STEPPER ALTERNATING HIGH AND LOW LEVEL — END WITH 50 SUMO STOMPS					
Y raises prone on incline bench	Goal Reps	10-12	10-12	10-12	
https://youtu.be/sjlywl_ZdvU	Reps				
	Weight				
BB bent over row	Goal Reps	10-12	10-12	10-12	
https://youtu.be/KOmJB0aA2gU	Reps				
	Weight				
10 MINUTES ROWER — END WITH 100 MOUNTAIN CLIMBERS					
Hanging leg raises	Goal Reps	15++	15++	15++	
https://youtu.be/HSz6C-0Gyqc	Reps				
	Weight				
Superset					
V ups	Goal Reps	10++	10++	10++	
https://youtu.be/O0A2d8VjGe4	Reps				
	Weight				

OPTIONAL — BOOTY & UPPER DETAIL

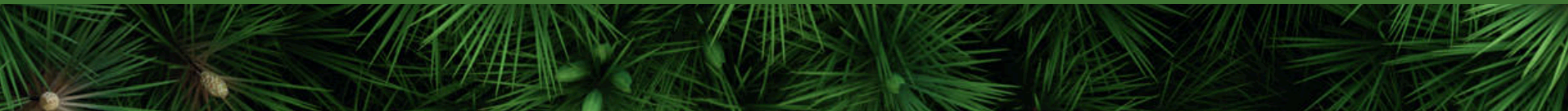
Exercise		Set 1	Set 2	Set 3	Set. 4
B stance hip thrust	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
https://youtu.be/5P6dzgBQMaU	Reps				
	Weight				
Step up - lean forward to keep tension in booty	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
https://youtu.be/IC14JbgZ630	Reps				
	Weight				
10 MINUTES ARC ON HIGHEST LEVEL POSSIBLE					
Cable crossover kickback	Goal Reps	12-15 ea	12-15 ea	12-15 ea	
https://youtu.be/HCVTIHuUGDQ	Reps				
	Weight				
Cable side kick	Goal Reps	12-15 ea	12-15 ea	12-15 ea	
https://youtu.be/ZXI5-_lIntE	Reps				
	Weight				
BB Curls	Goal Reps	15	12	10	
https://youtu.be/ZRI7GtjLHbE	Reps				
	Weight				
Triceps rope press downs	Goal Reps	15	15	15	
https://youtu.be/NyBcWvow0Kk	Reps				
	Weight				
10 MINUTES TREADMILL ALTERNATING WALKING AND RUNNING EACH MINUTE					



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LEVEL 3 • INTENSE

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QUADS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3	Set. 4
Smith machine straddle squat	Goal Reps	15	12	10	8
https://youtu.be/-Gay-Nak2Sw	Reps				
	Weight				
<i>Superset (perform as superset if possible)</i>					
Leg Extensions	Goal Reps	20	15	12	8
https://youtu.be/as2QL4anY60	Reps				
	Weight				
10 MINUTES STEPPER LEANING OVER MACHINE					
Sissy Squat (hold plate)	Goal Reps	10++	10++	10++	10++
https://youtu.be/ap1-o5RITvo	Reps				
	Weight				
Double cable stability ball butt raise OR reverse hypers	Goal Reps	15	15	15	15
https://youtu.be/SgqVH4mpjcQ	Reps				
	Weight				
10 MINUTES ARC LEANING OVER MACHINE					
Outer thigh machine (abductor) leaning ALL the way forward	Goal Reps	15	12	10	8
https://youtu.be/ZPy840ro2Yc	Reps				
	Weight				
Calf machine seated	Goal Reps	20	16	12	20
https://youtu.be/ycyFunYxd4g	Reps				
	Weight				
10 MINUTES STEPMILL LEANING OVER MACHINE					



SHOULDERS & CHEST & ABS



Exercise		Set 1	Set 2	Set 3	Set. 4
DB Arnold Press	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/3Hos8Ok20-k	Reps				
	Weight				
Superset					
DB Cheer press	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/vuaUHTRktug	Reps				
	Weight				
RG Diagonal front raise	Goal Reps	8-10 ea	10-12	10-12	10-12
https://youtu.be/V3538pxQVDA	Reps				
	Weight				
10 MINUTES ELLIPTICAL WITH ARMS ON HIGH LEVEL					
DB Rear lateral raise	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/-xmWw9RBtco	Reps				
	Weight				
Pec Deck - chest UP!	Goal Reps	16	12	8	8
	Reps				
	Weight				
High Rope Pulls	Goal Reps	20	16	12	8
https://youtu.be/sdhL4bK1eBI	Reps				
	Weight				
Cable Crunches	Goal Reps	25	20	15	30
https://youtu.be/ltkaliQIJvU	Reps				
	Weight				
20 MINUTES ELLIPTICAL WITH ARMS ON HIGH LEVEL					

HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3	Set. 4
Romanian Deadlift	Goal Reps	15	12	10	8
https://youtu.be/wqClacpUD8w	Reps				
	Weight				
Lying leg curl	Goal Reps	15	12	10	8
https://youtu.be/p927DJGJzKg	Reps				
	Weight				
10 MINUTES TREADMILL BACKWARD WALK ON HIGH INCLINE					
Stability Ball Leg curls	Goal Reps	15	15	15	15
https://youtu.be/nllpHmDFJCA	Reps				
	Weight				
Superset					
Low sumo squat pulses	Goal Reps	20	20	20	20
https://youtu.be/XkNEF3WUO3Y	Reps				
	Weight				
Smith machine booty dip with a 3 sec pasc at top of each rep	Goal Reps	15	12	10	8
https://youtu.be/DiaFXkJbYPA	Reps				
	Weight				
10 MINUTES TREADMILL WALK ON HIGH INCLINE DOING 30 LUNGES AT THE TOP OF EVERY 2 MINUTES					
Adductor (inner thigh) machine	Goal Reps	10-12	10-12	10-12	10-12
	Reps				
	Weight				
Glute kickback machine of choice	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
https://youtu.be/f0FEB2tu6SA	Reps				
	Weight				



BACK & ABS



Exercise		Set 1	Set 2	Set 3	Set. 4
WG Lat Pulldown	Goal Reps	12	10	8	6
https://youtu.be/0hytdNeYV6Q	Reps				
	Weight				
Standing straight arm lat pulldown	Goal Reps	12-15	12-15	12-15	12-15
https://youtu.be/46qiDysufoA	Reps				
	Weight				
One arm High Row	Goal Reps	15 ea	12 ea	10 ea	8 ea
https://youtu.be/1aldSY4aYpw	Reps				
	Weight				
10 MINUTES STEPPER ALTERNATING HIGH AND LOW LEVEL — END WITH 50 SUMO STOMPS					
Y raises prone on incline bench	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/sjlywl_ZdvU	Reps				
	Weight				
BB bent over row	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/KOmJB0aA2gU	Reps				
	Weight				
10 MINUTES ROWER — END WITH 100 MOUNTAIN CLIMBERS					
Hanging leg raises	Goal Reps	15++	15++	15++	15++
https://youtu.be/HSz6C-0Gyqc	Reps				
	Weight				
Superset					
V ups	Goal Reps	10++	10++	10++	10++
https://youtu.be/O0A2d8VjGe4	Reps				
	Weight				



BOOTY & UPPER BODY DETAIL



Exercise		Set 1	Set 2	Set 3	Set. 4
B stance hip thrust	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
https://youtu.be/5P6dzgBQMaU	Reps				
	Weight				
Step up - lean forward to keep tension in booty	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
https://youtu.be/IC14JbgZ630	Reps				
	Weight				
10 MINUTES ARC ON HIGHEST LEVEL POSSIBLE					
Cable crossover kickback	Goal Reps	12-15 ea	12-15 ea	12-15 ea	12-15 ea
https://youtu.be/HCVTIHuUGDQ	Reps				
	Weight				
Cable side kick	Goal Reps	12-15 ea	12-15 ea	12-15 ea	12-15 ea
https://youtu.be/ZXI5-_lIntE	Reps				
	Weight				
10 MINUTES STEPMILL ALTERNATING SINGLE STEP AND SKIP A STEP EACH MINUTE					
BB Curls	Goal Reps	15	12	10	8
https://youtu.be/ZRI7GtjLHbE	Reps				
	Weight				
Triceps rope press downs	Goal Reps	15	15	15	15
https://youtu.be/NyBcWvow0Kk	Reps				
	Weight				
10 MINUTES TREADMILL ALTERNATING WALKING AND RUNNING EACH MINUTE					

OVER \$5,000 IN PRIZES & GIVEAWAYS

GRAND PRIZES & WEEKLY PRIZES

Participate in the activities, follow through on your commitment to the Weekly Challenges, and do your **BEST** each day to qualify for Weekly Prizes! At the end of the [Sexy Santa Challenge](#), you will submit your Final Challenge photos for online voting to determine the **GRAND PRIZE WINNER**. Voting is open Worldwide and is not dependent on your social media following. **ANYONE CAN WIN!**

THE GRAND PRIZE WINNER of the [2024 Sexy Santa Challenge](#) will receive a glamorous pinup-style photoshoot, featuring a personalized photo session tailored to capture their unique style and personality. The prize includes one professionally edited, high-resolution image printed as a stunning poster-size photo, perfect for display, creating a lasting keepsake of this unforgettable experience! Plus, you'll take home the ultimate symbol of success: a Bombshell Fitness Champions Ring!



2nd and 3rd place winners will score free admission to either the 2025 Bombshell Confidence University or the Ultimate Competitors Weekend! Plus, they'll take home a \$250 Bombshell Boutique Gift Card and a sleek Bombshell Challenge Trophy to celebrate their success!

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Sexy Santa **CHALLENGE**

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