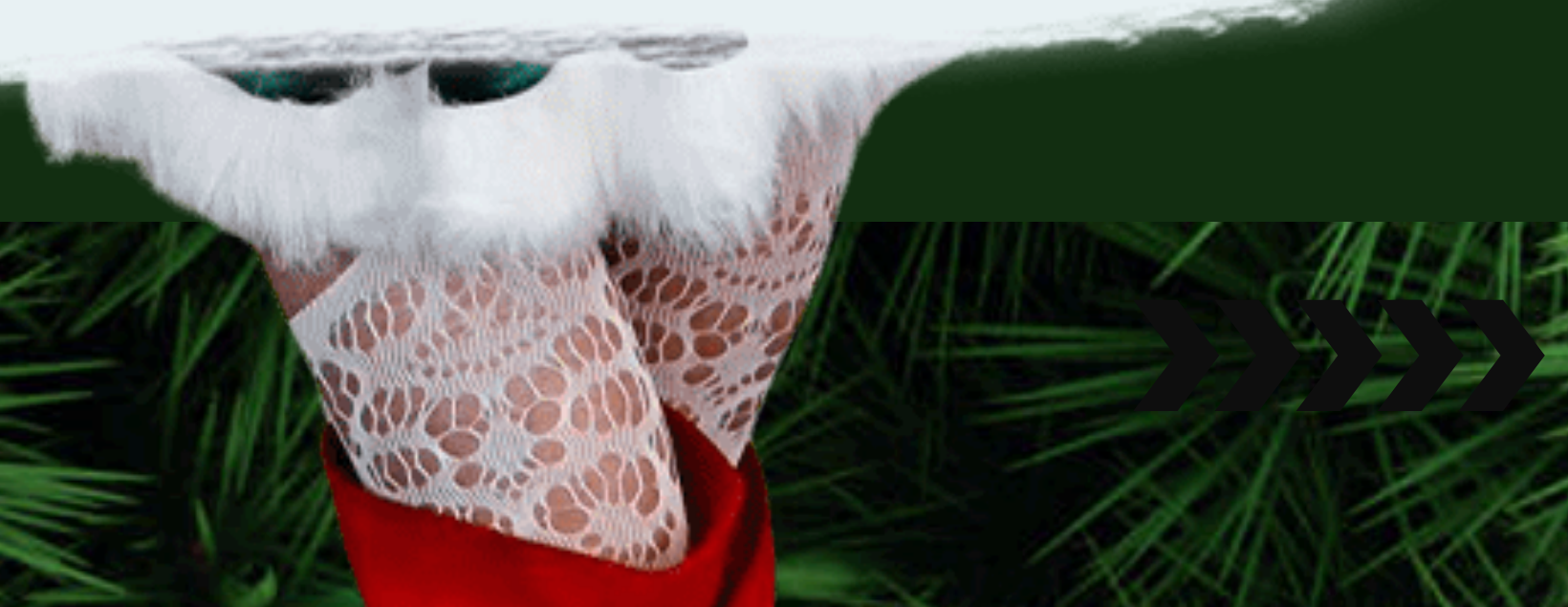


# **BOMBHELL**

CARDIO TRAINING PLAN



## **BOMBHELL** *Sexy Santa* CHALLENGE



# **BOMBHELL** **INSTRUCTIONS**

*PLEASE READ THROUGH ALL INSTRUCTIONS  
BEFORE BEGINNING*

## **ALWAYS WARM UP**

Always warm up completely before starting cardio sessions.

## **INTENSITY**

Cardio should be intense. It should be hard enough that talking is difficult.

## **SHAPERS/WRAPS**

Consider wearing a sport shaper or neoprene wrap during cardio.

## **SPEED/RESISTANCE**

Speed/Resistance suggestions vary by your fitness and machine type. Start low and adjust as you get used to the exercise.

## **WEIGHT TRAINING FIRST**

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

## **GET CARDIO GEAR**

Bombshell Sliders, Handle Bands, Jump Rope and Bombshell B-Banded sets available at: [Bombshellboutique.com](http://Bombshellboutique.com)

**BOMBHELL**

# 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

**CHOOSE FROM THE  
FOLLOWING OPTIONS:**



CARDIO OPTION # 1

# STAIRMASTER

Exercise	Level	Incline	Time	Complete
Upright - normal steps	6		5 min	
Lean over - drive hard into heels!	6		5 min	
Lean over - crossover steps	8		5 min	
Upright - hands at sides or on hips	6		5 min	
Lean all the way over - ALL OUT	10		5 min	
		-	<b>1 round = 25 min</b>	

CARDIO OPTION # 2

# TREADMILL

# CHALLENGE

Exercise	Speed	Incline	Time	Speed
Walk	3.0	4	5 min	
Side Skips right	2.0	4	2 min	
Side Skips Left	2.0	4	2 min	
Walk Backward	3.0	6	2 min	
Rail Squat low pulses		4	2 min	
Run or Sprint	7.0++	4	1 min	
Walk	3.0	4	1 min	
Run or Sprint	7.0++	4	5 min	
Walk	3.5	6	5 min	
	-		<b>1 round = 25 min</b>	



CARDIO OPTION # 3

# ELLIPTICAL

Exercise	Level	Incline	Time	Complete
Forward with moving handles	12		5 min	
Forward and low with stationary handles - lean forward	16		5 min	
Backward and low with stationary handles	16		5 min	
Forward with moving handles - SPRINT!	12		5 min	
Forward and low with moving handles - lean forward	16		5 min	
Forward with moving handles - SPRINT!	10		5 min	
		-	<b>1 round = 30 min</b>	

CARDIO OPTION # 4

# HIIT CIRCUIT

Exercise	Reps	Incline	Time	Speed
Walk out push ups	5-10			
Booty Lifts	15-20			
4 frog jumps forward, 8 duck walks back	5-10			
Pop push Ups or Push ups	AMRAP			
Mountain Climbers	30			
Reverse Lunge and Kick	10 ea			
Quick Feet or Calf Poppers	Count to 50			
			<b>Complete as many rounds as you can in 15-20 minutes.</b>	



CARDIO OPTION # 5



# ARC TRAINER

Exercise	Level	Incline	Time	Complete
Upright	30	3	5 min	
Lean Over	40	5	5 min	
Lean over with booty all the way back	30	7	5 min	
Upright	40	3	5 min	
Lean Over	45++	MAX	5 min	
		-	<b>1 round = 25 min</b>	

CARDIO OPTION # 6

# SPIN BIKE

# CHALLENGE

Exercise	Gear / Level	Incline	Time	Speed
Standard ride - seated	LOW		5 min	
Lean all the way over - seated	MOD		3 min	
Off seat	HIGH		2 min	
Lean all the way over - seated	MOD		3 min	
Standard ride - seated	MOD		5 min	
Lean all the way over - off seat	HIGH		2 min	
Standard ride - seated	LOW		5 min	
			<b>1 round = 25 min</b>	

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!

**BOMBSHELL**  
*Sexy Santa* **CHALLENGE**

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