

# **BOMBHELL**

HOMEBOY  
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**

**BOMBHELL**

# ***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.*

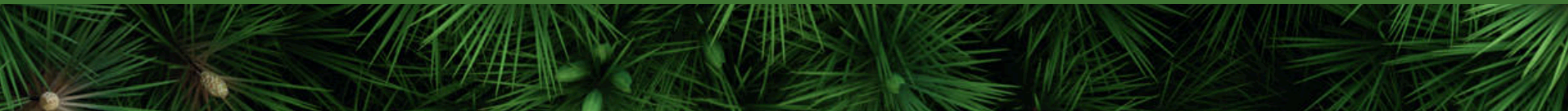
- **DB = Dumbbell**
- **KB = Kettlebell BB = Barbell**
- **WG = Wide Grip**
- **CG = Close Grip**
- **OG = Overhand Grip**
- **RG = Reverse Grip (underhand)**
- **HG = Hammer Grip (Palms facing each other)**
- **SS = Superset**
- **Amrap = As many reps as possible (to failure)**
- **Prone = Lying face 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
HB Squat and Press	<i>Goal Reps</i>	10	10	10
<a href="https://youtu.be/JJIYRc7r_-4">https://youtu.be/JJIYRc7r_-4</a>	<i>Reps</i>			
	<i>Weight</i>			
2 x 20 seconds Calf poppers or jump rope				
Stability ball butt raise OR lower body superman's	<i>Goal Reps</i>	15	15	15
<a href="https://youtu.be/ISjMTXz76a8">https://youtu.be/ISjMTXz76a8</a>	<i>Reps</i>			
	<i>Weight</i>			
Banded Clams	<i>Goal Reps</i>	15	15	15
<a href="https://youtu.be/ISjMTXz76a8">https://youtu.be/ISjMTXz76a8</a>	<i>Reps</i>			
	<i>Weight</i>			
2 x 30 seconds Heismans				
Reverse Lunges	<i>Goal Reps</i>	10 ea	10 ea	10 ea
	<i>Reps</i>			
	<i>Weight</i>			
Lying banded leg curls	<i>Goal Reps</i>	15	15	15
	<i>Reps</i>			
	<i>Weight</i>			

**SHOULDERS & CHEST & ABS**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
HB Arnold Press	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/3Hos8Ok20-k">https://youtu.be/3Hos8Ok20-k</a>	<i>Reps</i>			
	<i>Weight</i>			
HB front raise	<i>Goal Reps</i>	8-10 ea	10-12	10-12
	<i>Reps</i>			
	<i>Weight</i>			
Banded rear dear burnout	<i>Goal Reps</i>	20	20	20
<a href="https://youtu.be/rZOCukMSC1A">https://youtu.be/rZOCukMSC1A</a>	<i>Reps</i>			
	<i>Weight</i>			
2 x 30 seconds Mountain Climbers				
Push Ups - on knees or bench	<i>Goal Reps</i>	30 sec	30 sec	30 sec
<a href="https://youtu.be/SZ1u7k7ssXg">https://youtu.be/SZ1u7k7ssXg</a>	<i>Reps</i>			
	<i>Weight</i>			
Superset				
Plank hold	<i>Goal Reps</i>	30 sec	30 sec	30 sec
<a href="https://youtu.be/sdhL4bK1eBl">https://youtu.be/sdhL4bK1eBl</a>	<i>Reps</i>			
	<i>Weight</i>			
2 x 30 seconds Crab walks				



# HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3	Set. 4
Sumo squat	Goal Reps	10	10	10	10
<a href="https://youtu.be/XkNEF3WUO3Y">https://youtu.be/XkNEF3WUO3Y</a>	Reps				
	Weight				
	2 x 30 seconds High Knees				
Booty dip banded	Goal Reps	15	12	10	8
<a href="https://youtu.be/C4Z3ePhESio">https://youtu.be/C4Z3ePhESio</a>	Reps				
	Weight				
	Slider snow angels				
	Goal Reps	30 sec	30 sec	30 sec	30 sec
<a href="https://youtu.be/N3cv20DsBXQ">https://youtu.be/N3cv20DsBXQ</a>	Reps				
	Weight				
	2 x 30 seconds Sumo stomps				
HB Glute kickback high pulse	Goal Reps	30 sec	30 sec	30 sec	30 sec
<a href="https://youtu.be/CkTqSE3NsKs">https://youtu.be/CkTqSE3NsKs</a>	Reps				
	Weight				
	2 x 30 seconds side to side lunges				

**BACK & ABS**

Exercise		Set 1	Set 2	Set 3
HB Seated row	<i>Goal Reps</i>	12-15	12-15	12-15
<a href="https://youtu.be/SPMYXw8ugpw">https://youtu.be/SPMYXw8ugpw</a>	<i>Reps</i>			
	<i>Weight</i>			
2-4 x 30 seconds Bear Crawls				
One arm HB Row	<i>Goal Reps</i>	10 ea	10 ea	10 ea
<a href="https://youtu.be/3H9X00esc8A">https://youtu.be/3H9X00esc8A</a>	<i>Reps</i>			
	<i>Weight</i>			
Supermans	<i>Goal Reps</i>	15	15	15
<a href="https://youtu.be/4ftGzxY_7DM">https://youtu.be/4ftGzxY_7DM</a>	<i>Reps</i>			
	<i>Weight</i>			
2-4 x 30 seconds Walk out push ups (push up is optional)				
HB bent over row	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/0gt1P0KGBI8">https://youtu.be/0gt1P0KGBI8</a>	<i>Reps</i>			
	<i>Weight</i>			
Lying leg raises	<i>Goal Reps</i>	10++	10++	10++
<a href="https://youtu.be/807zFHFVH68">https://youtu.be/807zFHFVH68</a>	<i>Reps</i>			
	<i>Weight</i>			
Superset				
V ups	<i>Goal Reps</i>	10++	10++	10++
<a href="https://youtu.be/O0A2d8VjGe4">https://youtu.be/O0A2d8VjGe4</a>	<i>Reps</i>			
	<i>Weight</i>			



# BOOTY & UPPER BODY DETAIL



Exercise		Set 1	Set 2	Set 3
Step up	<i>Goal Reps</i>	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/IC14JbgZ630">https://youtu.be/IC14JbgZ630</a>	<i>Reps</i>			
	<i>Weight</i>			
HB Glute kickback	<i>Goal Reps</i>	12-15 ea	12-15 ea	12-15 ea
<a href="https://youtu.be/H6LnwvaOO3k">https://youtu.be/H6LnwvaOO3k</a>	<i>Reps</i>			
	<i>Weight</i>			
Walking side kicks - band above knees	<i>Goal Reps</i>	20 steps	20 steps	20 steps
<a href="https://youtu.be/ny8ilZAW1EA">https://youtu.be/ny8ilZAW1EA</a>	<i>Reps</i>			
	<i>Weight</i>			
HB Curls	<i>Goal Reps</i>	15	12	10
<a href="https://youtu.be/PX9UU6FPdnU">https://youtu.be/PX9UU6FPdnU</a>	<i>Reps</i>			
	<i>Weight</i>			
Superset				
Overhead triceps extension	<i>Goal Reps</i>	15	15	15
<a href="https://youtu.be/I5cxdVu2TmQ">https://youtu.be/I5cxdVu2TmQ</a>	<i>Reps</i>			
	<i>Weight</i>			
2x 30 seconds Bench over Push ups				

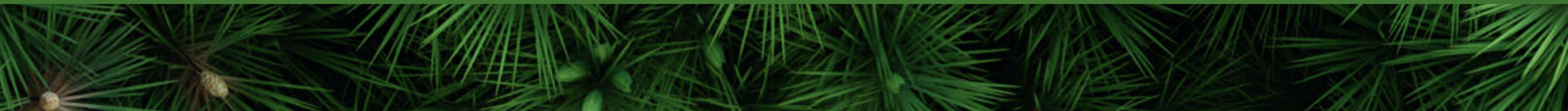




**BOMBHELL**  
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LEVEL 2 • MODERATE

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# QUADS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3
HB Squat and Press	Goal Reps	10	10	10
<a href="https://youtu.be/JJIYRc7r_-4">https://youtu.be/JJIYRc7r_-4</a>	Reps			
	Weight			
2 x 30 seconds 180 squat jumps				
Squat Hold	Goal Reps	30 sec	30 sec	30 sec
<a href="https://youtu.be/as2QL4anY60">https://youtu.be/as2QL4anY60</a>	Reps			
	Weight			
2 x 20 seconds Frog jumps				
Stability ball butt raise OR lower body superman's	Goal Reps	15	15	15
<a href="https://youtu.be/ISjMTXz76a8">https://youtu.be/ISjMTXz76a8</a>	Reps			
	Weight			
Superset				
Banded Clams	Goal Reps	15	15	15
<a href="https://youtu.be/ISjMTXz76a8">https://youtu.be/ISjMTXz76a8</a>	Reps			
	Weight			
2 x 30 seconds Heismans				
Calf Poppers or Raises - rest 15-20 sec	Goal Reps	100	100	100
<a href="https://youtu.be/ycyFunYxd4g">https://youtu.be/ycyFunYxd4g</a>	Reps			
	Weight			

**SHOULDERS & CHEST & ABS**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
HB Arnold Press	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/3Hos8Ok20-k">https://youtu.be/3Hos8Ok20-k</a>	<i>Reps</i>			
	<i>Weight</i>			
2 x 30 seconds Up up down downs				
HB front raise	<i>Goal Reps</i>	8-10 ea	10-12	10-12
	<i>Reps</i>			
	<i>Weight</i>			
Banded rear dear burnout	<i>Goal Reps</i>	20	20	20
<a href="https://youtu.be/rZOCukMSC1A">https://youtu.be/rZOCukMSC1A</a>	<i>Reps</i>			
	<i>Weight</i>			
2 x 30 seconds Mountain Climbers				
Push Ups	<i>Goal Reps</i>	30 sec	30 sec	30 sec
<a href="https://youtu.be/SZ1u7k7ssXg">https://youtu.be/SZ1u7k7ssXg</a>	<i>Reps</i>			
	<i>Weight</i>			
Superset				
Plank hold	<i>Goal Reps</i>	30 sec	30 sec	30 sec
<a href="https://youtu.be/sdhL4bK1eBl">https://youtu.be/sdhL4bK1eBl</a>	<i>Reps</i>			
	<i>Weight</i>			
2 x 30 seconds Crab walks				

# HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3	Set. 4
Lying banded leg curl	Goal Reps	20	20	20	20
<a href="https://youtu.be/DTRVouGV4Ck">https://youtu.be/DTRVouGV4Ck</a>	Reps				
	Weight				
<b>Superset</b>					
Low sumo squat pulses	Goal Reps	20	20	20	20
<a href="https://youtu.be/XkNEF3WUO3Y">https://youtu.be/XkNEF3WUO3Y</a>	Reps				
	Weight				
2 x 30 seconds Sumo scissor jumps					
Booty dip banded with a 3 sec pasc at top of each rep (back on bench or floor)	Goal Reps	15	12	10	8
<a href="https://youtu.be/C4Z3ePhESio">https://youtu.be/C4Z3ePhESio</a>	Reps				
	Weight				
<b>Superset</b>					
Slider snow angels	Goal Reps	30 sec	30 sec	30 sec	30 sec
<a href="https://youtu.be/N3cv20DsBXQ">https://youtu.be/N3cv20DsBXQ</a>	Reps				
	Weight				
2 x 30 seconds Sumo stomps					
HB Glute kickback high pulse	Goal Reps	30 sec	30 sec	30 sec	30 sec
<a href="https://youtu.be/CkTqSE3NsKs">https://youtu.be/CkTqSE3NsKs</a>	Reps				
	Weight				
2 x 30 seconds Proposal squats					

**BACK & ABS**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
Prone Lying Lat Pulldown	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/7v6YXrQSAQk">https://youtu.be/7v6YXrQSAQk</a>	<i>Reps</i>			
	<i>Weight</i>			
HB Seated row	<i>Goal Reps</i>	12-15	12-15	12-15
<a href="https://youtu.be/SPMYXw8ugpw">https://youtu.be/SPMYXw8ugpw</a>	<i>Reps</i>			
	<i>Weight</i>			
2-4 x 30 seconds Bear Crawls				
One arm HB Row	<i>Goal Reps</i>	10 ea	10 ea	10 ea
<a href="https://youtu.be/3H9X00esc8A">https://youtu.be/3H9X00esc8A</a>	<i>Reps</i>			
	<i>Weight</i>			
Supermans	<i>Goal Reps</i>	15	15	15
<a href="https://youtu.be/4ftGzxY_7DM">https://youtu.be/4ftGzxY_7DM</a>	<i>Reps</i>			
	<i>Weight</i>			
2-4 x 30 seconds Walk out push ups				
HB bent over row	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/0gt1P0KGBI8">https://youtu.be/0gt1P0KGBI8</a>	<i>Reps</i>			
	<i>Weight</i>			
Lying leg raises	<i>Goal Reps</i>	15++	15++	15++
<a href="https://youtu.be/807zFHFVH68">https://youtu.be/807zFHFVH68</a>	<i>Reps</i>			
	<i>Weight</i>			
Superset				
V ups	<i>Goal Reps</i>	10++	10++	10++
<a href="https://youtu.be/O0A2d8VjGe4">https://youtu.be/O0A2d8VjGe4</a>	<i>Reps</i>			
	<i>Weight</i>			





# BOOTY & UPPER BODY DETAIL



Exercise		Set 1	Set 2	Set 3
B stance hip thrust - back on floor or bench	Goal Reps	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/5P6dzgBQMaU">https://youtu.be/5P6dzgBQMaU</a>	Reps			
	Weight			
Step up - lean forward to keep tension in booty (reverse lunges if no step)	Goal Reps	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/IC14JbgZ630">https://youtu.be/IC14JbgZ630</a>	Reps			
	Weight			
2 x 30 seconds Step Up jump on box/chair/bench				
HB Glute kickback	Goal Reps	12-15 ea	12-15 ea	12-15 ea
<a href="https://youtu.be/H6LnwvaOO3k">https://youtu.be/H6LnwvaOO3k</a>	Reps			
	Weight			
Walking side kicks - band above knees	Goal Reps	20 steps	20 steps	20 steps
<a href="https://youtu.be/ny8ilZAW1EA">https://youtu.be/ny8ilZAW1EA</a>	Reps			
	Weight			
HB Curls	Goal Reps	15	12	10
<a href="https://youtu.be/PX9UU6FPdnU">https://youtu.be/PX9UU6FPdnU</a>	Reps			
	Weight			
Superset				
Overhead triceps extension	Goal Reps	15	15	15
<a href="https://youtu.be/I5cxdVu2TmQ">https://youtu.be/I5cxdVu2TmQ</a>	Reps			
	Weight			
2x 30 seconds Bench over Push ups				

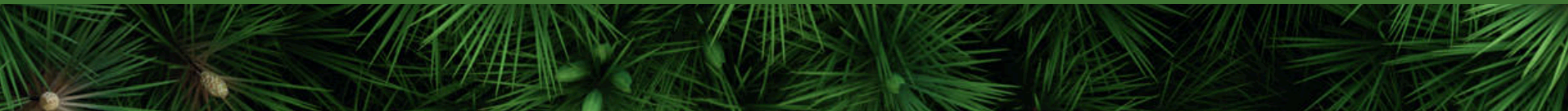




**BOMBHELL**  
*Sexy Santa* **CHALLENGE**

LEVEL 3 • INTENSE

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# QUADS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3	Set. 4
HB Squat and Press	Goal Reps	10	10	10	10
<a href="https://youtu.be/JJIYRc7r_-4">https://youtu.be/JJIYRc7r_-4</a>	Reps				
	Weight				
	2-4 x 30 seconds 180 squat jumps				
Squat Hold	Goal Reps	30 sec	30 sec	30 sec	30 sec
<a href="https://youtu.be/as2QL4anY60">https://youtu.be/as2QL4anY60</a>	Reps				
	Weight				
	2-4 x 20 seconds Frog jumps				
Stability ball butt raise OR lower body superman's	Goal Reps	15	15	15	15
<a href="https://youtu.be/ISjMTXz76a8">https://youtu.be/ISjMTXz76a8</a>	Reps				
	Weight				
	Superset				
Banded Clams	Goal Reps	15	15	15	15
<a href="https://youtu.be/ISjMTXz76a8">https://youtu.be/ISjMTXz76a8</a>	Reps				
	Weight				
	2-4 x 30 seconds Heismans				
Calf Poppers or Raises - rest 15-20 sec	Goal Reps	100	100	100	100
<a href="https://youtu.be/ycyFunYxd4g">https://youtu.be/ycyFunYxd4g</a>	Reps				
	Weight				

**SHOULDERS & CHEST & ABS**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set. 4</b>
HB Arnold Press	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
<a href="https://youtu.be/3Hos8Ok20-k">https://youtu.be/3Hos8Ok20-k</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>Superset</b>					
HB Cheer press	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
<a href="https://youtu.be/vuaUHTRktug">https://youtu.be/vuaUHTRktug</a>	<i>Reps</i>				
	<i>Weight</i>				
2-4 x 30 seconds Up up down downs					
HB front raise	<i>Goal Reps</i>	8-10 ea	10-12	10-12	10-12
	<i>Reps</i>				
	<i>Weight</i>				
Banded rear dear burnout	<i>Goal Reps</i>	20	20	20	20
<a href="https://youtu.be/rZOCukMSC1A">https://youtu.be/rZOCukMSC1A</a>	<i>Reps</i>				
	<i>Weight</i>				
2-4 x 30 seconds Mountain Climbers					
Push Ups	<i>Goal Reps</i>	30 sec	30 sec	30 sec	30 sec
<a href="https://youtu.be/SZ1u7k7ssXg">https://youtu.be/SZ1u7k7ssXg</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>Superset</b>					
Plank hold	<i>Goal Reps</i>	30 sec	30 sec	30 sec	30 sec
<a href="https://youtu.be/sdhL4bK1eBI">https://youtu.be/sdhL4bK1eBI</a>	<i>Reps</i>				
	<i>Weight</i>				
2-4 x 30 seconds Crab walks					

# HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3	Set. 4
HB Romanian Deadlift - put HB under feet	Goal Reps	15	12	10	8
<a href="https://youtu.be/wqClacpUD8w">https://youtu.be/wqClacpUD8w</a> (motion)	Reps				
	Weight				
Lying banded leg curl	Goal Reps	20	20	20	20
<a href="https://youtu.be/DTRVouGV4Ck">https://youtu.be/DTRVouGV4Ck</a>	Reps				
	Weight				
Superset					
Low sumo squat pulses	Goal Reps	20	20	20	20
<a href="https://youtu.be/XkNEF3WUO3Y">https://youtu.be/XkNEF3WUO3Y</a>	Reps				
	Weight				
2-4 x 30 seconds Sumo scissor jumps					
Booty dip banded with a 3 sec pasc at top of each rep (back on bench or floor)	Goal Reps	15	12	10	8
<a href="https://youtu.be/C4Z3ePhESio">https://youtu.be/C4Z3ePhESio</a>	Reps				
	Weight				
Superset					
Slider snow angels	Goal Reps	30 sec	30 sec	30 sec	30 sec
<a href="https://youtu.be/N3cv20DsBXQ">https://youtu.be/N3cv20DsBXQ</a>	Reps				
	Weight				
2 x 30 seconds Sumo stomps					
HB Glute kickback high pulse	Goal Reps	30 sec	30 sec	30 sec	30 sec
<a href="https://youtu.be/CkTqSE3NsKs">https://youtu.be/CkTqSE3NsKs</a>	Reps				
	Weight				
2 x 30 seconds Proposal squats					

**BACK & ABS**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set. 4</b>
Prone Lying Lat Pulldown	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
<a href="https://youtu.be/7v6YXrQSAQk">https://youtu.be/7v6YXrQSAQk</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>Superset</b>					
HB Seated row	<i>Goal Reps</i>	12-15	12-15	12-15	12-15
<a href="https://youtu.be/SPMYXw8ugpw">https://youtu.be/SPMYXw8ugpw</a>	<i>Reps</i>				
	<i>Weight</i>				
2-4 x 30 seconds Bear Crawls					
One arm HB Row	<i>Goal Reps</i>	10 ea	10 ea	10 ea	10 ea
<a href="https://youtu.be/3H9X00esc8A">https://youtu.be/3H9X00esc8A</a>	<i>Reps</i>				
	<i>Weight</i>				
Supermans	<i>Goal Reps</i>	15	15	15	15
<a href="https://youtu.be/4ftGzxY_7DM">https://youtu.be/4ftGzxY_7DM</a>	<i>Reps</i>				
	<i>Weight</i>				
2-4 x 30 seconds Walk out push ups					
HB bent over row	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
<a href="https://youtu.be/0gt1P0KGBI8">https://youtu.be/0gt1P0KGBI8</a>	<i>Reps</i>				
	<i>Weight</i>				
Lying leg raises	<i>Goal Reps</i>	15++	15++	15++	15++
<a href="https://youtu.be/807zFHFVH68">https://youtu.be/807zFHFVH68</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>Superset</b>					
V ups	<i>Goal Reps</i>	10++	10++	10++	10++
<a href="https://youtu.be/O0A2d8VjGe4">https://youtu.be/O0A2d8VjGe4</a>	<i>Reps</i>				
	<i>Weight</i>				



# BOOTY & UPPER BODY DETAIL



Exercise		Set 1	Set 2	Set 3	Set. 4
B stance hip thrust - back on floor or bench	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/5P6dzgBQMaU">https://youtu.be/5P6dzgBQMaU</a>	Reps				
	Weight				
Step up - lean forward to keep tension in booty (reverse lunges if no step)	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/IC14JbgZ630">https://youtu.be/IC14JbgZ630</a>	Reps				
	Weight				
2-4 x 30 seconds Step Up jump on box/chair/bench					
HB Glute kickback	Goal Reps	12-15 ea	12-15 ea	12-15 ea	12-15 ea
<a href="https://youtu.be/H6LnwvaOO3k">https://youtu.be/H6LnwvaOO3k</a>	Reps				
	Weight				
Walking side kicks - band above knees	Goal Reps	20 steps	20 steps	20 steps	20 steps
<a href="https://youtu.be/ny8ilZAW1EA">https://youtu.be/ny8ilZAW1EA</a>	Reps				
	Weight				
2-4 x 30 seconds Grasshoppers					
HB Curls	Goal Reps	15	12	10	8
<a href="https://youtu.be/PX9UU6FPdnU">https://youtu.be/PX9UU6FPdnU</a>	Reps				
	Weight				
Superset					
Overhead triceps extension	Goal Reps	15	15	15	15
<a href="https://youtu.be/I5cxdVu2TmQ">https://youtu.be/I5cxdVu2TmQ</a>	Reps				
	Weight				
2-4 x 30 seconds Bench over Push ups					

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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