

# **BOMBHELL**

OLD SCHOOL  
WEIGHT TRAINING PLAN



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



## **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.*

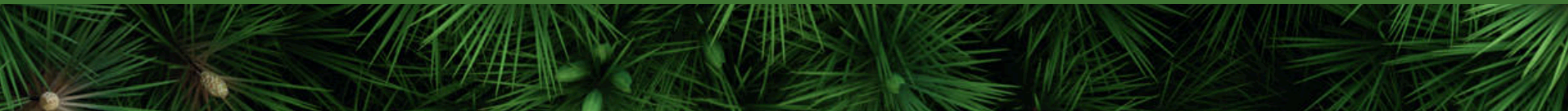
- **DB = Dumbbell**
- **KB = Kettlebell BB = Barbell**
- **WG = Wide Grip**
- **CG = Close Grip**
- **OG = Overhand Grip**
- **RG = Reverse Grip (underhand)**
- **HG = Hammer Grip (Palms facing each other)**
- **SS = Superset**
- **Amrap = As many reps as possible (to failure)**
- **Prone = Lying face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



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LEVEL 1 • STARTER

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# LEGS & BOOTY

Exercise		Set 1	Set 2	Set 3
Leg press with feet wide and high	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/Ne944wBcGgo">https://youtu.be/Ne944wBcGgo</a>	<i>Reps</i>			
	<i>Weight</i>			
Lying Leg Curl	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/p927DJGJzKg">https://youtu.be/p927DJGJzKg</a>	<i>Reps</i>			
	<i>Weight</i>			
Butt Machine of choice	<i>Goal Reps</i>	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/f0FEB2tu6SA">https://youtu.be/f0FEB2tu6SA</a>	<i>Reps</i>			
	<i>Weight</i>			
Leg extension machine	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/as2QL4anY60">https://youtu.be/as2QL4anY60</a>	<i>Reps</i>			
	<i>Weight</i>			
Outer thigh machine - lean forward	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/ZPy840ro2Yc">https://youtu.be/ZPy840ro2Yc</a>	<i>Reps</i>			
	<i>Weight</i>			
End with 10 minutes arc or elliptical on moderate level OR machine interval program				

# SHOULDERS, CHEST, & ABS

Exercise		Set 1	Set 2	Set 3
Chest Press Machine - incline	Goal Reps	12	10	8
	Reps			
	Weight			
Shoulder Press machine	Goal Reps	12	10	8
	Reps			
	Weight			
DB Lateral Raise	Goal Reps	10-12	10-12	10-12
	Reps			
<a href="https://youtu.be/B-A8bumb9IU">https://youtu.be/B-A8bumb9IU</a>	Weight			
Cable Front Raise	Goal Reps	10	10	10
	Reps			
<a href="https://youtu.be/f9wUdVED2g0">https://youtu.be/f9wUdVED2g0</a>	Weight			
Reverse Crunches	Goal Reps	30 sec	30 sec	30 sec
	Reps			
<a href="https://youtu.be/LXGmjessqFjM">https://youtu.be/LXGmjessqFjM</a>	Weight			
End with 10 minutes stepper leaning over machine				



**BACK & BOOTY**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
<b>Lat Pulldown machine</b>	<i>Goal Reps</i>	12	10	8
	<i>Reps</i>			
	<i>Weight</i>			
<b>Seated Back Row machine</b>	<i>Goal Reps</i>	12	10	8
	<i>Reps</i>			
	<i>Weight</i>			
<b>DB Rear Lateral Raise</b>	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/-xmWw9RBtco">https://youtu.be/-xmWw9RBtco</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>Sumo Squat (optional - hold db below hips)</b>	<i>Goal Reps</i>	10	10	10
<a href="https://youtu.be/XkNEF3WUO3Y">https://youtu.be/XkNEF3WUO3Y</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>Assisted pull up machine</b>	<i>Goal Reps</i>	20-30 sec	20-30 sec	20-30 sec
<a href="https://youtu.be/9Qa-ogkfS8c">https://youtu.be/9Qa-ogkfS8c</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>Hypers</b>	<i>Goal Reps</i>	10	10	10
<a href="https://youtu.be/LE7UfuiZfSs">https://youtu.be/LE7UfuiZfSs</a>	<i>Reps</i>			
	<i>Weight</i>			
End with 10 minutes treadmill mod-high incline walk				



# ARMS, ABS, & BOOTY



Exercise		Set 1	Set 2	Set 3
Alternating arm DB Curls	<i>Goal Reps</i>	8-10 ea	8-10 ea	8-10 ea
<a href="https://youtu.be/-AA0WRMuHBw">https://youtu.be/-AA0WRMuHBw</a>	<i>Reps</i>			
	<i>Weight</i>			
Rope Triceps press downs	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/NyBcWvow0Kk">https://youtu.be/NyBcWvow0Kk</a>	<i>Reps</i>			
	<i>Weight</i>			
In and Out abs	<i>Goal Reps</i>	30 sec	30 sec	30 sec
<a href="https://youtu.be/znBGrJLrSy0">https://youtu.be/znBGrJLrSy0</a>	<i>Reps</i>			
	<i>Weight</i>			
Superset				
Plank on feet or knees	<i>Goal Reps</i>	30 sec	30 sec	30 sec
<a href="https://youtu.be/05cAD_B4u7E">https://youtu.be/05cAD_B4u7E</a>	<i>Reps</i>			
	<i>Weight</i>			
Butt machine of choice	<i>Goal Reps</i>	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/f0FEB2tu6SA">https://youtu.be/f0FEB2tu6SA</a>	<i>Reps</i>			
	<i>Weight</i>			
End with 10 minutes stepper or step mill				



# OPTIONAL HOURGLASS DAY



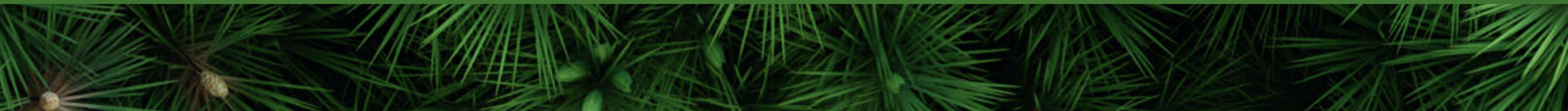
Exercise		Set 1	Set 2	Set 3
Sumo Squat	Goal Reps	10	10	10
<a href="https://youtu.be/XkNEF3WUO3Y">https://youtu.be/XkNEF3WUO3Y</a>	Reps			
	Weight			
Lateral Raise	Goal Reps	10-12	10-12	10-12
<a href="https://youtu.be/B-A8bumb9IU">https://youtu.be/B-A8bumb9IU</a>	Reps			
	Weight			
Bench Push Ups	Goal Reps	AMRAP in 30 sec	AMRAP in 30 sec	AMRAP in 30 sec
	Reps			
	Weight			
Cable Kickback	Goal Reps	12 ea	12 ea	12 ea
<a href="https://youtu.be/AoJXZf_oMG0">https://youtu.be/AoJXZf_oMG0</a>	Reps			
	Weight			
Cable side kick	Goal Reps	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/ZXl5-_llntE">https://youtu.be/ZXl5-_llntE</a>	Reps			
	Weight			
WG seated row	Goal Reps	10	10	10
<a href="https://youtu.be/iSXakDuJlrM">https://youtu.be/iSXakDuJlrM</a>	Reps			
	Weight			



**BOMBHELL**  
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LEVEL 2 • MODERATE

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**LOWER BODY I**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>
<b>Leg press - feet wide and high</b>	<i>Goal Reps</i>	12	10	8	6
	<i>Reps</i>				
	<i>Weight</i>				
<b>Smith Machine reverse lunge</b>	<i>Goal Reps</i>	8-10 ea	8-10 ea	8-10 ea	
<a href="https://youtu.be/ITQNN067dGc">https://youtu.be/ITQNN067dGc</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>Leg extension</b>	<i>Goal Reps</i>	15	12	10	
<a href="https://youtu.be/as2QL4anY60">https://youtu.be/as2QL4anY60</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>Lying Leg Curl</b>	<i>Goal Reps</i>	12	10	8	
<a href="https://youtu.be/p927DJGJzKg">https://youtu.be/p927DJGJzKg</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>DB RDL</b>	<i>Goal Reps</i>	8-10	8-10	8-10	
<a href="https://youtu.be/1vWRcENGhgq">https://youtu.be/1vWRcENGhgq</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>End with 30 reps abductor leaning all the way forward</b>					



# UPPER BODY I



Exercise		Set 1	Set 2	Set 3	Set 4
Military Press or DB Shoulder Press	Goal Reps	12	10	8	6
<a href="https://youtu.be/bTVK4ZDfHb8">https://youtu.be/bTVK4ZDfHb8</a>	Reps				
	Weight				
DB Lateral Raise	Goal Reps	12-15	10-12	8-10	Drop set
<a href="https://youtu.be/B-A8bumb9IU">https://youtu.be/B-A8bumb9IU</a>	Reps				
	Weight				
BB or DB incline bench press	Goal Reps	15	12	8	
	Reps				
	Weight				
Rear delt fly on pec deck	Goal Reps	15	12	10	
	Reps				
	Weight				
RG diagonal front raise	Goal Reps	8-10 ea	8-10 ea	8-10 ea	
<a href="https://youtu.be/V3538pxQVDA">https://youtu.be/V3538pxQVDA</a>	Reps				
	Weight				
Skull crushers	Goal Reps	10-12	10-12	10-12	
<a href="https://youtu.be/alyNGTs9fkQ">https://youtu.be/alyNGTs9fkQ</a>	Reps				
	Weight				
Decline sit ups	Goal Reps	30-60 sec	30-60 sec		
<a href="https://youtu.be/QnVofBv4oHk">https://youtu.be/QnVofBv4oHk</a>	Reps				
	Weight				

**LOWER BODY II**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>
<b>BB Hip thrust</b>	<i>Goal Reps</i>	15	12	8	6
<a href="https://youtu.be/N-XKA9P_gu0">https://youtu.be/N-XKA9P_gu0</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>Smith machine front squat</b>	<i>Goal Reps</i>	10-12	8-10	6-8	
<a href="https://youtu.be/ljSd7r4asuU">https://youtu.be/ljSd7r4asuU</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>Adductor machine</b>	<i>Goal Reps</i>	12	10	8	
	<i>Reps</i>				
	<i>Weight</i>				
<b>Butt machine</b>	<i>Goal Reps</i>	8-10 ea	8-10 ea	8-10 ea	
<a href="https://youtu.be/f0FEB2tu6SA">https://youtu.be/f0FEB2tu6SA</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>Squatted abductor machine</b>	<i>Goal Reps</i>	15	12	10	
	<i>Reps</i>				
	<i>Weight</i>				
<b>Cable ab crunches</b>	<i>Goal Reps</i>	25	20	15	
<a href="https://youtu.be/ltkaliQIJvU">https://youtu.be/ltkaliQIJvU</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>End with 50 reps seated calf machine</b>					



# UPPER BODY II



Exercise		Set 1	Set 2	Set 3
Pull ups - assisted	Goal Reps	AMRAP	AMRAP	AMRAP
<a href="https://youtu.be/9Qa-ogkfS8c">https://youtu.be/9Qa-ogkfS8c</a>	Reps			
	Weight			
BB or DB bent over row	Goal Reps	15	12	8
<a href="https://youtu.be/KOmJB0aA2gU">https://youtu.be/KOmJB0aA2gU</a>	Reps			
	Weight			
Reverse seated lat pulldown	Goal Reps	15	12	8
<a href="https://youtu.be/yaYP-0KAEIO">https://youtu.be/yaYP-0KAEIO</a>	Reps			
	Weight			
Y raise prone on incline bench	Goal Reps	10-12	10-12	10-12
<a href="https://youtu.be/sjlywl_ZdvU">https://youtu.be/sjlywl_ZdvU</a>	Reps			
	Weight			
Standing straight arm lat pulldown	Goal Reps	10-12	10-12	10-12
<a href="https://youtu.be/46qiDysufoA">https://youtu.be/46qiDysufoA</a>	Reps			
	Weight			
DB Lateral Raise	Goal Reps	Drop set (3)	Drop set (3)	Drop set (3)
<a href="https://youtu.be/B-A8bumb9IU">https://youtu.be/B-A8bumb9IU</a>	Reps			
	Weight			
Preacher Curl	Goal Reps	15	12	10
<a href="https://youtu.be/pWeWgJphkx4">https://youtu.be/pWeWgJphkx4</a>	Reps			
	Weight			





# OPTIONAL HOURGLASS DAY



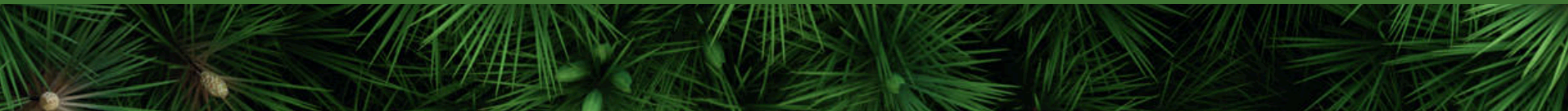
Exercise		Set 1	Set 2	Set 3	Set 4
Smith Machine Sumo deadlift	Goal Reps	15	12	10	8
<a href="https://youtu.be/GvcuDgcEofA">https://youtu.be/GvcuDgcEofA</a>	Reps				
	Weight				
Tick Tock Lateral Raise	Goal Reps	10-12	10-12	10-12	
<a href="https://youtu.be/5ec_anP-4bc">https://youtu.be/5ec_anP-4bc</a>	Reps				
	Weight				
Hypers	Goal Reps	15	12	10	10
<a href="https://youtu.be/LE7UfuiZfSs">https://youtu.be/LE7UfuiZfSs</a>	Reps				
	Weight				
Pop Push ups or Push Ups	Goal Reps	AMRAP in 30 sec	AMRAP in 30 sec	AMRAP in 30 sec	
<a href="https://youtu.be/AoJXZf_oMG0">https://youtu.be/AoJXZf_oMG0</a>	Reps				
	Weight				
Cable Kickback - bent over	Goal Reps	15 ea	12 ea	12 ea	12 ea
<a href="https://youtu.be/AoJXZf_oMG0">https://youtu.be/AoJXZf_oMG0</a>	Reps				
	Weight				
Cable side kick	Goal Reps	10-12 ea	10-12 ea	10-12 ea	
<a href="https://youtu.be/ZXI5-_lIntE">https://youtu.be/ZXI5-_lIntE</a>	Reps				
	Weight				
WG seated row	Goal Reps	10-15	10-15	10-15	10-15
<a href="https://youtu.be/iSXakDuJlrM">https://youtu.be/iSXakDuJlrM</a>	Reps				
	Weight				



**BOMBHELL**  
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LEVEL 3 • INTENSE

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**LOWER BODY I**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Set 5</b>
Linear hack or leg sled press - feet wide and high	<i>Goal Reps</i>	12	10	8	6	4
	<i>Reps</i>					
	<i>Weight</i>					
Smith Machine reverse lunge	<i>Goal Reps</i>	8-10 ea	8-10 ea	8-10 ea	8-10 ea	
<a href="https://youtu.be/ITQNN067dGc">https://youtu.be/ITQNN067dGc</a>	<i>Reps</i>					
	<i>Weight</i>					
Leg extension	<i>Goal Reps</i>	15	12	10	8	
<a href="https://youtu.be/as2QL4anY60">https://youtu.be/as2QL4anY60</a>	<i>Reps</i>					
	<i>Weight</i>					
Lying Leg Curl	<i>Goal Reps</i>	12	10	8	6	
<a href="https://youtu.be/p927DJGJzKg">https://youtu.be/p927DJGJzKg</a>	<i>Reps</i>					
	<i>Weight</i>					
DB RDL	<i>Goal Reps</i>	8-10	8-10	8-10	8-10	
<a href="https://youtu.be/1vWRcENGhqq">https://youtu.be/1vWRcENGhqq</a>	<i>Reps</i>					
	<i>Weight</i>					
End with 30-50 reps abductor leaning all the way forward						

**UPPER BODY I**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Set 5</b>
<b>Military Press</b>	<i>Goal Reps</i>	12	10	8	6	4
<a href="https://youtu.be/bTVK4ZDfHb8">https://youtu.be/bTVK4ZDfHb8</a>	<i>Reps</i>					
	<i>Weight</i>					
<b>DB Lateral Raise</b>	<i>Goal Reps</i>	12-15	10-12	8-10	Drop set	
<a href="https://youtu.be/B-A8bumb9IU">https://youtu.be/B-A8bumb9IU</a>	<i>Reps</i>					
	<i>Weight</i>					
<b>BB incline bench press</b>	<i>Goal Reps</i>	15	12	8	6	
	<i>Reps</i>					
	<i>Weight</i>					
<b>Rear delt fly on pec deck</b>	<i>Goal Reps</i>	15	12	10	10	
	<i>Reps</i>					
	<i>Weight</i>					
<b>RG diagonal front raise</b>	<i>Goal Reps</i>	8-10 ea	8-10 ea	8-10 ea	8-10 ea	
<a href="https://youtu.be/V3538pxQVDA">https://youtu.be/V3538pxQVDA</a>	<i>Reps</i>					
	<i>Weight</i>					
<b>Skull crushers</b>	<i>Goal Reps</i>	10-12	10-12	10-12		
<a href="https://youtu.be/alyNGTs9fkQ">https://youtu.be/alyNGTs9fkQ</a>	<i>Reps</i>					
	<i>Weight</i>					
<b>Decline sit ups</b>	<i>Goal Reps</i>	30-60 sec	30-60 sec			
<a href="https://youtu.be/QnVofBv4oHk">https://youtu.be/QnVofBv4oHk</a>	<i>Reps</i>					
	<i>Weight</i>					

**LOWER BODY II**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Set 5</b>
<b>BB Hip thrust</b>	<i>Goal Reps</i>	15	12	8	6	4
<a href="https://youtu.be/N-XKA9P_gu0">https://youtu.be/N-XKA9P_gu0</a>	<i>Reps</i>					
	<i>Weight</i>					
<b>Smith machine front squat</b>	<i>Goal Reps</i>	10-12	8-10	6-8	6-8	
<a href="https://youtu.be/ljSd7r4asuU">https://youtu.be/ljSd7r4asuU</a>	<i>Reps</i>					
	<i>Weight</i>					
<b>Adductor machine</b>	<i>Goal Reps</i>	12	10	8	8	
	<i>Reps</i>					
	<i>Weight</i>					
<b>Butt machine</b>	<i>Goal Reps</i>	8-10 ea	8-10 ea	8-10 ea	8-10 ea	
<a href="https://youtu.be/f0FEB2tu6SA">https://youtu.be/f0FEB2tu6SA</a>	<i>Reps</i>					
	<i>Weight</i>					
<b>Squatted abductor machine</b>	<i>Goal Reps</i>	15	12	10	8	
	<i>Reps</i>					
	<i>Weight</i>					
<b>Cable ab crunches</b>	<i>Goal Reps</i>	25	20	15	15	
<a href="https://youtu.be/ltkaliQIjvU">https://youtu.be/ltkaliQIjvU</a>	<i>Reps</i>					
	<i>Weight</i>					
<b>End with 100 reps seated calf machine</b>						



# UPPER BODY II



Exercise		Set 1	Set 2	Set 3	Set 4
Pull ups	<i>Goal Reps</i>	AMRAP	AMRAP	AMRAP	AMRAP
<a href="https://youtu.be/9Qa-ogkfS8c">https://youtu.be/9Qa-ogkfS8c</a>	<i>Reps</i>				
	<i>Weight</i>				
BB bent over row	<i>Goal Reps</i>	15	12	8	6
<a href="https://youtu.be/KOmJB0aA2gU">https://youtu.be/KOmJB0aA2gU</a>	<i>Reps</i>				
	<i>Weight</i>				
Reverse seated lat pulldown	<i>Goal Reps</i>	15	12	8	6
<a href="https://youtu.be/yaYP-0KAEIO">https://youtu.be/yaYP-0KAEIO</a>	<i>Reps</i>				
	<i>Weight</i>				
Y raise prone on incline bench	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
<a href="https://youtu.be/sjlywl_ZdvU">https://youtu.be/sjlywl_ZdvU</a>	<i>Reps</i>				
	<i>Weight</i>				
Standing straight arm lat pulldown	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
<a href="https://youtu.be/46qiDysufoA">https://youtu.be/46qiDysufoA</a>	<i>Reps</i>				
	<i>Weight</i>				
DB Lateral Raise	<i>Goal Reps</i>	Run the rack	Run the rack	Run the rack	
<a href="https://youtu.be/B-A8bumb9IU">https://youtu.be/B-A8bumb9IU</a>	<i>Reps</i>				
	<i>Weight</i>				
Preacher Curl	<i>Goal Reps</i>	Drop set (3)	Drop set (3)		
<a href="https://youtu.be/pWeWgJphkx4">https://youtu.be/pWeWgJphkx4</a>	<i>Reps</i>				
	<i>Weight</i>				



# HOURGLASS DAY



Exercise		Set 1	Set 2	Set 3	Set 4
Smith Machine Sumo deadlift	Goal Reps	15	12	8	8
<a href="https://youtu.be/GvcuDgcEofA">https://youtu.be/GvcuDgcEofA</a>	Reps				
	Weight				
Tick Tock Lateral Raise	Goal Reps	10-12	10-12	10-12	10-12
<a href="https://youtu.be/5ec_anP-4bc">https://youtu.be/5ec_anP-4bc</a>	Reps				
	Weight				
Hypers	Goal Reps	15	12	10	10
<a href="https://youtu.be/LE7UfuiZfSs">https://youtu.be/LE7UfuiZfSs</a>	Reps				
	Weight				
Pop Push ups	Goal Reps	AMRAP in 30 sec	AMRAP in 30 sec	AMRAP in 30 sec	
<a href="https://youtu.be/AoJXZf_oMG0">https://youtu.be/AoJXZf_oMG0</a>	Reps				
	Weight				
Cable Kickback - bent over	Goal Reps	15 ea	12 ea	12 ea	12 ea
<a href="https://youtu.be/AoJXZf_oMG0">https://youtu.be/AoJXZf_oMG0</a>	Reps				
	Weight				
Cable side kick	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/ZXI5-_lIntE">https://youtu.be/ZXI5-_lIntE</a>	Reps				
	Weight				
WG seated row	Goal Reps	15	12	10	8
<a href="https://youtu.be/iSXakDuJlrM">https://youtu.be/iSXakDuJlrM</a>	Reps				
	Weight				

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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