



**WORKOUT PLAN ©2023 All Rights Reserved**  
**Created Exclusively for Bombshell Fitness by Shannon Dey M.S.**

**CAUTION: If at any time you feel pain, faint, dizzy, nauseous, muscle weakness, experience elevated heart rate or any other adverse physical symptoms please STOP workout immediately and consult your Healthcare Provider.**

**Sexy Santa Challenge Week 6 BAD ASS BOMBHELL Bonus Workout:**

Complete the following exercises in order. Choose the option that is best for YOU. You may also add the optional exercises listed at the bottom. Have Fun!

I am a New Bombshell: Perform 1-2 x through

I am getting in to the Groove of Bombshell: Perform 2-3 x through

I am an Advanced Bombshell: Perform 3-4 x through

I am an Expert Bombshell: Perform 4-5 x through

20 pop squats OR sumo squat (Optional: banded)

10 (each leg) skater lunge (Optional: banded)

10 (each leg) sumo stomp (Optional: banded)

10 (each leg) side to side step out squat (Optional: banded)

10 (each leg) switch lunge OR stationary lunge

10 (each leg) squat with a shannon dey (Optional: banded)

10 (each leg) lunge and kick

10 (each arm) squat and press

4 x Around Football Drills

10 x Alien Squats

10 Walk Out Push Ups
16 Proposal Squats (8 leading with Right Leg & 8 leading with Left Leg)
Optional: Intersperse 50 pushups in sets of 10-20 throughout the workout.
Optional: Intersperse 50 tricep dips in sets of 10-20 throughout entire workout.