



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 3 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

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.