

GOAL DIGGER Challenge

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BOMBHELL CARDIO PLAN



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CARDIO INSTRUCTIONS



PLEASE READ THROUGH ALL INSTRUCTIONS
BEFORE BEGINNING

CHOOSE YOUR CARDIO OPTIONS!

Complete 3-5 sessions per week from the options provided.

Each session is about 30-40 minutes.

If you want to really SHRED, choose 5-6 sessions per week.

If you want to maintain OR focus more on weight training, choose 4 sessions per week.

If you are beginner or want to GAIN, choose 2-3 sessions per week.

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

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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

***CHOOSE FROM THE
FOLLOWING OPTIONS:***





CARDIO OPTION # 1



TREADMILL & STEPPER

Exercise	Speed / Level	Incline	Time	Complete
Treadmill - Walk	3.0	4	3 min	
Treadmill - Walking lunges or Shannon Dey's (kickbacks)	1.5	4	1 min	
Treadmill - Walking side squats right	1.5	4	1 min	
Treadmill - Walking side squats left	1.5	4	1 min	
Treadmill - Walk	3.5	4	1 min	
Treadmill - Run or brisk walk	6.0++ / 4.0	2	1 min	
Treadmill - Walk	4.0	6	1 min	
Treadmill - Walk Backward	3.0	6	5 min	
Treadmill - Run or brisk walk	7.0++ / 4.0	4	1 min	
Stepper - lean over	5		5 min	
Stepper - upright	7		5 min	
Stepper - lean over	8		5 min	
Stepper - lean over and shift hips back	10		5 min	
			1 round = 35 min	



CARDIO OPTION # 2

ELLIPTICAL

Exercise	Level	Incline	Time	Complete
Forward with moving handles	8		5 min	
Forward and low - stationary handles	12		5 min	
Backward and low - stationary handle	14		5 min	
Forward with moving handles	16		5 min	
Forward and low with moving handles	16++		5 min	
Forward with moving handles	10		5 min	
		-	1 round = 30 min	

CARDIO OPTION # 3

HIIT CIRCUIT

Exercise	Reps	Incline	Time	Speed
High Knees	30			
Mountain Climbers	30			
Grasshoppers	15			
Booty Lifts	20			
Heismans	20			
Box Jumps or Frog Jumps or Sumo explosive squats	10			
			Complete as many rounds as you can in 15-20 minutes.	



CARDIO OPTION # 4

STEPMILL

Exercise	Level	Incline	Time	Complete
Hold on and lean over	6		5 min	
Don't hold on - upright	6		5 min	
Hold on and crossover steps	6		5 min	
Hold on and skip a step	6		2 min	
Hold on and lean all the way over	10++		3 min	
		-	2 rounds = 40 min	

CARDIO OPTION # 5

TREADMILL

Exercise	Speed	Incline	Time	Speed
Walk	3.0	4	3 min	
Duck walks or Rail squats	1.5	4	1 min	
Walk	4.0	4	3 min	
Calf Poppers			30 sec	
Sumo Scissor Jumps or Stomps			30 sec	
	-		2 rounds = 30 min	



CARDIO OPTION # 6

ARC TRAINER

Exercise	Level	Incline	Time	Complete
Lean over	30	3	5 min	
Feet wide	40	5	5 min	
Feet narrow	40	5	5 min	
Don't hold on	30	7	3 min	
Lean over and shift hips back	40++	MAX	2 min	
		-	2 rounds = 40 min	

CARDIO OPTION # 7

SPIN BIKE + DB'S

Exercise	Gear / Level	Incline	Time	Speed
Standard position	MOD		5 min	
Lean over / off seat	HIGH		5 min	
Standard ride + DB shoulder presses	MOD		1 min	
Lean over / off seat	HIGH		2 min	
Standard ride + DB lateral raises	MOD		1 min	
Alternate on and off seat	MOD		1 min	
			2 rounds = 30 min	



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