

GOAL DIGGER Challenge

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HOME TRAINING PLAN





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

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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**

YOU ARE ANYTHING BUT BASIC, NOT EVEN CLOSE TO AVERAGE AND WAY MORE THAN INVISIBLE.

YOU are a GOAL Digger

(Or perhaps you want to LEARN to be one)

If YOU have BIG Goals and are looking for even BIGGER Motivation to make them HAPPEN and live YOUR best life, then YOU are ready for the:

Bombshell GOAL Digger Challenge





LEVEL 1 • STARTER

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QUADS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3
HB squat and press	Goal Reps	10	10	10
https://youtu.be/JJIYRc7r_-4	Reps			
	Weight			
Side to Side Lunges	Goal Reps	10 ea way	10 ea way	10 ea way
https://youtu.be/BWBLeZ1H_f8	Reps			
	Weight			
Cardio: 2 x 30 sec Heisman's				
Banded Glute kicback- toe facing down	Goal Reps	10-15 ea	10-15 ea	10-15 ea
https://youtu.be/H6LnwvaOO3k	Reps			
	Weight			
Walking lunges — optional: hold DBs	Goal Reps	30 sec	30 sec	30 sec
https://youtu.be/6vSE-CrvHLs	Reps			
	Weight			
Banded booty dip - hold last rep up to failure	Goal Reps	10-12	10-12	10-12
https://youtu.be/C4Z3ePhESio	Reps			
	Weight			
Cardio: 2 x 30 sec High Knees				
Banded clams leaning back	Goal Reps	15	15	15
https://youtu.be/1Wk5HbljGpU	Reps			
	Weight			
Calf Poppers	Goal Reps	100	100	100
https://youtu.be/SMFrSsmqg_0	Reps			
	Weight			

SHOULDERS, CHEST, & ABS

Exercise		Set 1	Set 2	Set 3
DB shoulder press	Goal Reps	15	12	10
https://youtu.be/di-ynV298NA	Reps			
	Weight			
DB front raise - palms face each other	Goal Reps	10	10	10
https://youtu.be/eS0p2TyZ2RY	Reps			
	Weight			
DB lateral raise	Goal Reps	15	12	10
https://youtu.be/B-A8bumb9IU	Reps			
	Weight			
Cardio: 2 x 30 sec dirty seals				
Db flat fly's	Goal Reps	10-12	10-12	10-12
	Reps			
	Weight			
Banded rear delt burnout	Goal Reps	20	20	20
https://youtu.be/rZOCukMSC1A	Reps			
	Weight			
In and out abs	Goal Reps	20	20	
https://youtu.be/znBGrJLrSy0	Reps			
	Weight			
Superset				
Low ab flutter kicks	Goal Reps	30	30	
https://youtu.be/6i2lehMx2ZU	Reps			
	Weight			
Cardio: 2 x 30 sec dirty seals				

HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3
Sumo Squats	Goal Reps	10	10	10
https://youtu.be/XkNEF3WUO3Y	Reps			
	Weight			
Superset				
Sat hold	Goal Reps	30 sec	30 sec	30 sec
https://vimeo.com/90862289	Reps			
	Weight			
Lying banded leg curl	Goal Reps	20	20	20
https://youtu.be/DTRVouGV4Ck	Reps			
	Weight			
Cardio: 2 x 30 sec slider snow angels (quick!)				
Step up with a Jane Fonda	Goal Reps	10 ea	10 ea	10 ea
https://vimeo.com/90862317	Reps			
	Weight			
Side to side step out squat	Goal Reps	10-15 ea	10-15 ea	10-15 ea
https://youtu.be/M8VIV7E-1Os	Reps			
	Weight			
Stability ball butt raise	Goal Reps	15	15	15
https://youtu.be/ISjMTXz76a8	Reps			
	Weight			
Cardio: 2 x 30 sex booty lifts or grasshoppers				

BACK, ARMS, & ABS

Exercise		Set 1	Set 2	Set 3
Lying prone lat pull down	Goal Reps	15	15	15
https://youtu.be/7v6YXrQSAQk	Reps			
	Weight			
Superset				
DB or HB curls	Goal Reps	10-15	10-15	10-15
https://youtu.be/MAJBe-HQbKI	Reps			
	Weight			
Seated HB row	Goal Reps	15	15	15
https://youtu.be/SPMYXw8ugpw	Reps			
	Weight			
Cardio: 2 x 30 sec crab walks				
Bench dips	Goal Reps	30 sec	30 sec	30 sec
https://youtu.be/VgNdYoDDweo	Reps			
	Weight			
HB bent over row	Goal Reps	10	10	10
https://youtu.be/0gt1P0KGBI8	Reps			
	Weight			
DB pullover	Goal Reps	10-12	10-12	
https://youtu.be/gYX5PB5BrAw	Reps			
	Weight			
In and out abs	Goal Reps	30 sec	30 sec	30 sec
https://youtu.be/znBGrJLrSy0	Reps			
	Weight			
Cardio: 2 x 30 sec crab walks				



Optional — BOMBSHELL HOURGLASS DAY



Exercise		Set 1	Set 2	Set 3
Bench wrap for butt — optional: band above knees	Goal Reps	15	15	15
https://youtu.be/3-PQyaRrctY	Reps			
	Weight			
<i>Superset</i>				
Db rear lateral raise	Goal Reps	12-15	12-15	12-15
https://youtu.be/-xmWw9RBtco	Reps			
	Weight			
Booty bench burner — optional: band above knees	Goal Reps	10	10	10
https://youtu.be/fl7Brx8YpJY	Reps			
	Weight			
<i>Superset</i>				
Superman's	Goal Reps	10-12	10-12	10-12
https://youtu.be/4ftGzxY_7DM	Reps			
	Weight			
DB upright row	Goal Reps	10-12	10-12	10-12
https://youtu.be/zD66osGHfMs	Reps			
	Weight			
<i>Superset</i>				
Side to side step to squats — optional: band above knees	Goal Reps	10 ea way	10 ea way	10 ea way
https://youtu.be/M8VIV7E-10s	Reps			
	Weight			



LEVEL 2 • MODERATE

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QUADS & BOMBSHELL BOOTY

Exercise		Set 1	Set 2	Set 3	Set. 4
Close stance db squat	Goal Reps	10	10	10	10
	Reps				
	Weight				
HB squat and press	Goal Reps	10	10	10	10
https://youtu.be/JJIYRc7r_-4	Reps				
	Weight				
Cardio: 3 x 30 sec sumo high jumps					
Banded glute kickback - toe facing down	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
https://youtu.be/H6LnwvaOO3k	Reps				
	Weight				
DB Walking lunges	Goal Reps	30 sec	30 sec	30 sec	
https://youtu.be/6vSE-CrvHLs	Reps				
	Weight				
Banded booty dip - hold last rep up to failure	Goal Reps	15	15	15	15
https://youtu.be/DiaFXkJbYPA	Reps				
	Weight				
Banded clams leaning back	Goal Reps	20	16	12	8
https://youtu.be/1Wk5HbljGpU	Reps				
	Weight				
Calf poppers	Goal Reps	100	100	100	
https://youtu.be/SMFrsSmqg_0	Reps				
	Weight				
Cardio: 10-20 min outdoor brisk walk with 2 min walking lunges or skips every 5 min					

SHOULDERS, CHEST, & ABS

Exercise		Set 1	Set 2	Set 3	Set 4
DB shoulder press	Goal Reps	15	12	10	6
https://youtu.be/di-ynV298NA	Reps				
	Weight				
Superset					
DB front raise - palms face each other	Goal Reps	10	10	10	10
https://youtu.be/eS0p2TyZ2RY	Reps				
	Weight				
DB lateral raise	Goal Reps	15	12	10	8
https://youtu.be/B-A8bumb9IU	Reps				
	Weight				
Cardio: 2 x 30 sec dirty seals					
Db flat fly's	Goal Reps	10-12	10-12	10-12	10-12
	Reps				
	Weight				
Banded rear delt burnout	Goal Reps	20	20	20	20
https://youtu.be/rZOCukMSC1A	Reps				
	Weight				
Stability ball crunches	Goal Reps	25	25	25	
https://youtu.be/Xpmpf7AeNRpY	Reps				
	Weight				
Low ab flutter kicks	Goal Reps	50	50	50	
https://youtu.be/6i2lehMx2ZU	Reps				
	Weight				
Cardio: 4 x 30 sec dirty seals					

HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3	Set 4
Cardio: 10 min outdoor warm up walk					
Db sumo squat	<i>Goal Reps</i>	15	12	10	8
https://youtu.be/XkNEF3WUO3Y	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Sumo squat hold	<i>Goal Reps</i>	30 sec	30 sec	30 sec	30 sec
https://vimeo.com/90862289	<i>Reps</i>				
	<i>Weight</i>				
Lying banded leg curl	<i>Goal Reps</i>	20	20	20	20
https://youtu.be/DTRVouGV4Ck	<i>Reps</i>				
	<i>Weight</i>				
Cardio: 10 min ARC leaning all the way over machine - moderate level					
Step up with a Jane Fonda - no rest	<i>Goal Reps</i>	10 ea	10 ea	10 ea	
https://vimeo.com/90862317	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Side to side step out squat	<i>Goal Reps</i>	10-15 ea	10-15 ea	10-15 ea	
https://youtu.be/M8VIV7E-1Os	<i>Reps</i>				
	<i>Weight</i>				
DB Romanian deadlift - slow and controlled	<i>Goal Reps</i>	10	10	10	
https://youtu.be/1vWRcENGhgq	<i>Reps</i>				
	<i>Weight</i>				
Cardio: 10 min Treadmill alternating walking and lunges every 2 min					

BACK, ARMS, & ABS

Exercise		Set 1	Set 2	Set 3	Set 4
Prone lying lat pull down	Goal Reps	15	15	15	15
https://youtu.be/7v6YXrQSAQk	Reps				
	Weight				
Superset					
DB or HB curls	Goal Reps	15	12	10	6
https://youtu.be/MAJBe-HQbKI	Reps				
	Weight				
Seated HB row	Goal Reps	15	15	15	15
https://youtu.be/SPMYXw8ugpw	Reps				
	Weight				
Cardio: 3 X 30 SEC BEAR CRAWLS					
Bench dips	Goal Reps	30 sec	30 sec	30 sec	30 sec
https://youtu.be/VgNdYoDDweo	Reps				
	Weight				
HB bent over row	Goal Reps	15	15	15	15
https://youtu.be/0gt1P0KGBI8	Reps				
	Weight				
DB pullover	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/gYX5PB5BrAw	Reps				
	Weight				
In and out abs	Goal Reps	60 sec	45 sec	30 sec	15 sec
https://youtu.be/znBGrJLrSy0	Reps				
	Weight				
Cardio: 3 X 30 SEC BEAR CRAWLS					



BOMBSHELL HOURGLASS DAY



Exercise		Set 1	Set 2	Set 3	Set 4
Bench wrap for butt — band above knees	<i>Goal Reps</i>	15	15	15	15
https://youtu.be/3-PQyaRrctY	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Db rear lateral raise	<i>Goal Reps</i>	12-15	12-15	12-15	12-15
https://youtu.be/-xmWw9RBtco	<i>Reps</i>				
	<i>Weight</i>				
Booty bench burner — optional: band above knees	<i>Goal Reps</i>	10	10	10	10
https://youtu.be/fl7Brx8YpJY	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Stability ball butt raise	<i>Goal Reps</i>	20	20	20	20
https://youtu.be/ISjMTXz76a8	<i>Reps</i>				
	<i>Weight</i>				
DB upright row	<i>Goal Reps</i>	10-12	10-12	10-12	
https://youtu.be/zD66osGHfMs	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Side to side step to squats — optional: band above knees	<i>Goal Reps</i>	10 ea way	10 ea way	10 ea way	
https://youtu.be/M8VIV7E-1Os	<i>Reps</i>				
	<i>Weight</i>				

OPTIONAL Cardio: 20-30 min Treadmill alternate walk, lunge, run, Shannon Dey's each minute



LEVEL 3 • INTENSE

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QUADS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3	Set. 4	Set 5
Close stance db squat	Goal Reps	15	12	10	6	20
	Reps					
	Weight					
Hb squat and press	Goal Reps	10	10	10	10	10
https://youtu.be/JJIYRc7r_-4	Reps					
	Weight					
Cardio: 4 x 30 sec 180 jumps						
Banded booty dip - hold last rep up to failure	Goal Reps	12-15	10-12	8-10	6-8	4-6
https://youtu.be/DiaFXkJbYPA	Reps					
	Weight					
Banded kickback- toe facing down	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea	
https://youtu.be/H6LnwvaOO3k	Reps					
	Weight					
DB Walking lunges	Goal Reps	30 sec	30 sec	30 sec	30 sec	
https://youtu.be/6vSE-CrvHLs	Reps					
	Weight					
Banded clams leaning back	Goal Reps	20	16	12	8	
https://youtu.be/1Wk5HbljGpU	Reps					
	Weight					
Cardio: 4 x 30 sec sumo scissor jumps						
Calf poppers	Goal Reps	300 total				
https://youtu.be/SMFrsSmqg_0	Reps					
	Weight					

SHOULDERS, CHEST, & ABS

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5
DB shoulder press	Goal Reps	15	12	10	6	3
https://youtu.be/di-ynV298NA	Reps					
	Weight					
DB front raise - palms face each other	Goal Reps	10	10	10	10	10
https://youtu.be/eS0p2TyZ2RY	Reps					
	Weight					
DB lateral raise	Goal Reps	15	12	10	8	
https://youtu.be/B-A8bumb9IU	Reps					
	Weight					
Cardio: 4 x 30 sec dirty seals						
Db flat fly's	Goal Reps	10-12	10-12	10-12	10-12	
	Reps					
	Weight					
Banded rear delt burnout	Goal Reps	20	20	20	20	
https://youtu.be/rZOCukMSC1A	Reps					
	Weight					
Stability ball crunches	Goal Reps	25	25	25	25	
https://youtu.be/Xpmpf7AeNRpY	Reps					
	Weight					
Superset						
Low ab flutter kicks	Goal Reps	50	50	50	50	
https://youtu.be/6i2lehMx2ZU	Reps					
	Weight					
Cardio: 4 x 30 sec dirty seals						

HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5
Db sumo squats	Goal Reps	15	12	10	8	6
https://youtu.be/XkNEF3WUO3Y	Reps					
	Weight					
<i>Superset</i>						
Sumo squat hold	Goal Reps	30 sec	30 sec	30 sec	30 sec	30 sec
https://vimeo.com/90862289	Reps					
	Weight					
Cardio: 4 x 30 sec slider snow angels						
Banded lying leg curl	Goal Reps	12	10	8	6	
https://youtu.be/DTRVouGV4Ck	Reps					
	Weight					
Step up with a Jane Fonda - no rest	Goal Reps	10 ea	10 ea	10 ea	10 ea	
https://vimeo.com/90862317	Reps					
	Weight					
<i>Superset</i>						
Stability ball butt raise	Goal Reps	20	20	20	20	
https://youtu.be/ISjMTXz76a8	Reps					
	Weight					
Cardio: 4 x 30 sec grasshoppers						
DB Romanian deadlift - slow and controlled	Goal Reps	10	10	10	10	
https://youtu.be/1vWRcENGhgq	Reps					
	Weight					
Cardio: 4 x 30 sec slider mountain climbers						



BACK, ARMS, & ABS



Exercise		Set 1	Set 2	Set 3	Set 4	Set 5
Prone lying lat pull down	Goal Reps	15	12	8	6	4
https://youtu.be/7v6YXrQSAQk	Reps					
	Weight					
DB or HB curls	Goal Reps	15	12	10	6	20 - get the pump!
https://youtu.be/MAJBe-HQbKI	Reps					
	Weight					
Cardio: 4 x 30 sec bear crawls						
Seated HB row	Goal Reps	15	12	8	6	6
https://youtu.be/SPMYXw8ugpw	Reps					
	Weight					
Bench dips	Goal Reps	20	20	20	20	
https://youtu.be/VgNdYoDDweo	Reps					
	Weight					
HB bent over row	Goal Reps	15	15	15	15	
https://youtu.be/0gt1P0KGBI8	Reps					
	Weight					
DB pullover	Goal Reps	10-12	10-12	10-12	10-12	
https://youtu.be/gYX5PB5BrAw	Reps					
	Weight					
In and out abs	Goal Reps	60 sec	45 sec	30 sec	60 sec	
https://youtu.be/znBGrJLrSy0	Reps					
	Weight					
Cardio: 4 x 30 sec bear crawls						



BOMBSHELL HOURGLASS DAY



Exercise		Set 1	Set 2	Set 3	Set 4
Bench wrap for butt — band above knees	<i>Goal Reps</i>	15	15	15	15
https://youtu.be/3-PQyaRrctY	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Db rear lateral raise	<i>Goal Reps</i>	12-15	12-15	12-15	12-15
https://youtu.be/-xmWw9RBtco	<i>Reps</i>				
	<i>Weight</i>				
Booty bench burner — optional: band above knees	<i>Goal Reps</i>	10	10	10	10
https://youtu.be/fl7Brx8YpJY	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Stability ball butt raise	<i>Goal Reps</i>	20	20	20	20
https://youtu.be/ISjMTXz76a8	<i>Reps</i>				
	<i>Weight</i>				
DB or BB upright row	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
https://youtu.be/zD66osGHfMs	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Side to side step to squats — optional: band above knees	<i>Goal Reps</i>	10 ea way	10 ea way	10 ea way	10 ea way
https://youtu.be/M8VIV7E-1Os	<i>Reps</i>				
	<i>Weight</i>				

OPTIONAL Cardio: 20-30 min outdoor — alternate walk, lunge, run, Shannon Dey's each minute



BOMBSHELL

NEW BOMBSHELL FITNESS APP

DOWNLOAD THE APP TODAY!

STEP ONE : DOWNLOAD THE

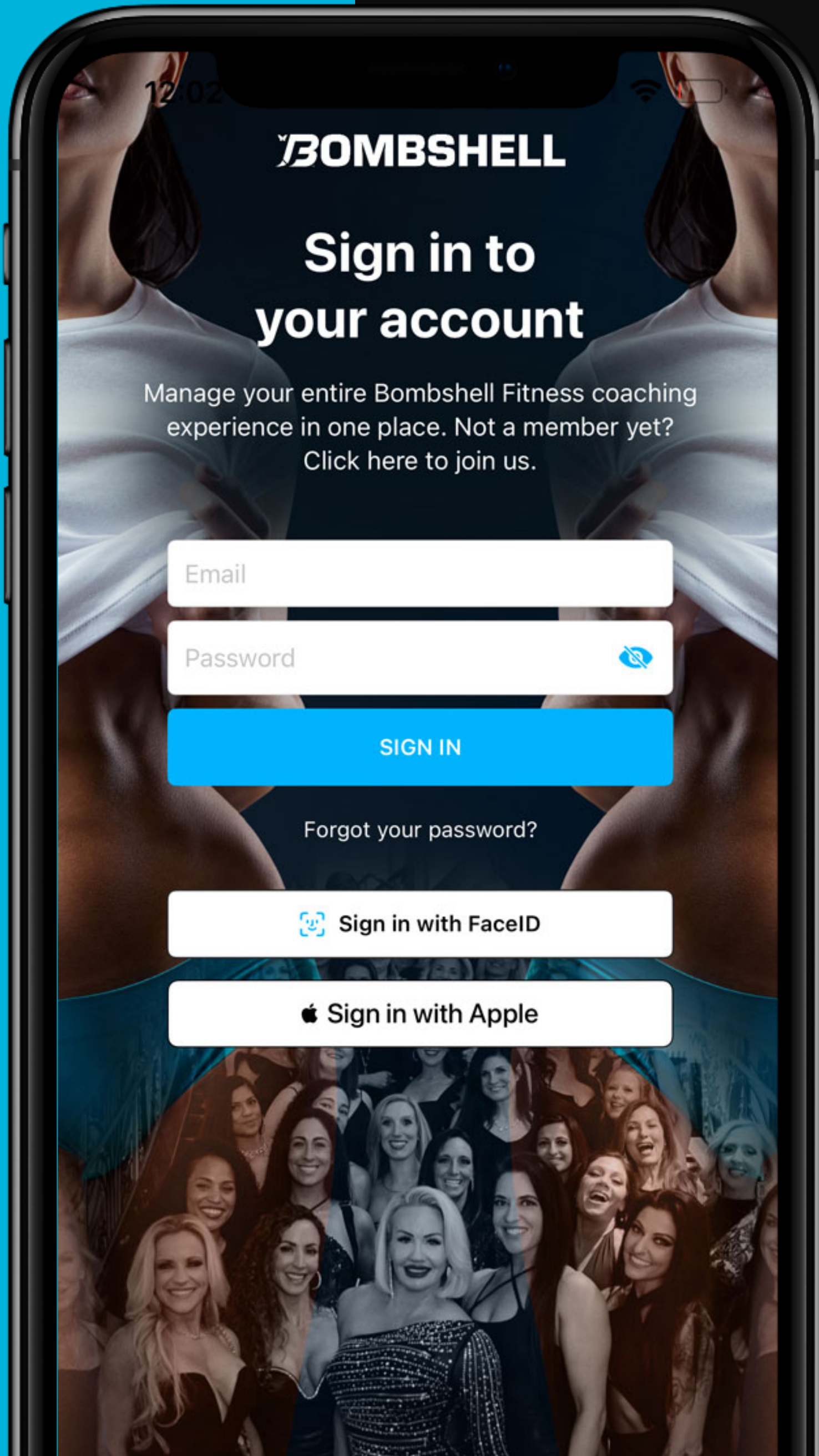
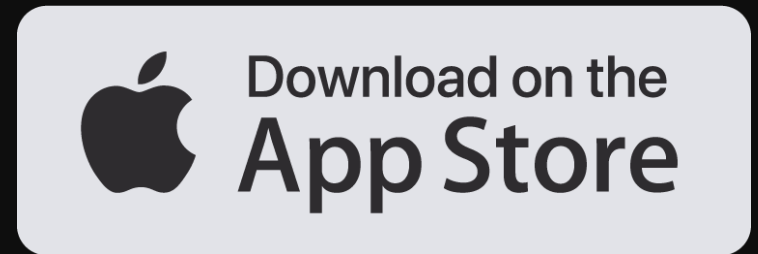
APP Discover the Bombshell Fitness app! Simply visit the Apple App Store and search for "Bombshell Fitness," or click the link below for direct installation.

STEP TWO : LOGIN TO YOUR ACCOUNT

With that step complete, you can now effortlessly log in to your Bombshell Fitness account using your existing credentials.

STEP THREE : MANAGE YOUR ENTIRE ACCOUNT

And just like that, you have the power to manage your entire Bombshell Fitness journey from one convenient location.





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