

GOAL DIGGER Challenge

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BOMBSHELL

OLD SCHOOL WEIGHT 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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LEGS & BOOTY

Exercise		Set 1	Set 2	Set 3
Leg press with feet WIDE and HIGH on platform	Goal Reps	15	12	10
https://youtu.be/Ne944wBcGgo	Reps			
	Weight			
Leg Extensions	Goal Reps	10-12	10-12	10-12
https://youtu.be/as2QL4anY60	Reps			
	Weight			
Butt machine - toe turned out	Goal Reps	12-15 ea	10-12 ea	8-10 ea
https://youtu.be/f0FEB2tu6SA	Reps			
	Weight			
Outer thigh / abductor leaning forward	Goal Reps	15	15	15
https://youtu.be/ZPy840ro2Yc	Reps			
	Weight			
Lying leg curl with chest up off pad	Goal Reps	10	10	10
https://youtu.be/p927DJGJzKg	Reps			
	Weight			



SHOULDERS, CHEST, & ABS

Exercise		Set 1	Set 2	Set 3
DB shoulder press	Goal Reps	12	10	8
https://youtu.be/di-ynV298NA	Reps			
	Weight			
DB lateral raise	Goal Reps	10-12	10-12	10-12
https://youtu.be/B-A8bumb9IU	Reps			
	Weight			
DB front raise	Goal Reps	10	10	10
https://youtu.be/eS0p2TyZ2RY	Reps			
	Weight			
Chest Press machine	Goal Reps	10-12	10-12	10-12
	Reps			
	Weight			
Seated DB rear delt fly's	Goal Reps	12-15	10-12	8-10
https://youtu.be/VRQp5qgabhs	Reps			
	Weight			
In and out abs	Goal Reps	30 sec	30 sec	
https://youtu.be/znBGrJLrSy0	Reps			
	Weight			
Superset				
Cable ab crunch	Goal Reps	15	15	
https://youtu.be/ltkaliQIJvU	Reps			
	Weight			



HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3
Smith Machine Wide squat	Goal Reps	10	10	10
https://youtu.be/-xFWbzrCUFI	Reps			
	Weight			
Smith machine half butt squat	Goal Reps	10 ea	10 ea	10 ea
https://youtu.be/uQa1aB9kH1E	Reps			
	Weight			
BB Booty Dip	Goal Reps	12	10	8
https://youtu.be/N-XKA9P_gu0	Reps			
	Weight			
Cable sidekick	Goal Reps	15 ea	15 ea	15 ea
https://youtu.be/ZXI5-_llntE	Reps			
	Weight			
Cable kickback	Goal Reps	10 ea	10 ea	10 ea
https://youtu.be/Rv9f4U5PNmM	Reps			
	Weight			
Seated leg curl	Goal Reps	10-12	10-12	10-12
	Reps			
	Weight			



BACK, ABS, & ARMS

Exercise		Set 1	Set 2	Set 3
WG Lat Pulldown	Goal Reps	15	12	10
https://youtu.be/0hytdNeYV6Q	Reps			
	Weight			
One arm DB row	Goal Reps	12 ea	10 ea	8 ea
https://youtu.be/vQHgs8pF9KY	Reps			
	Weight			
Seated WG row	Goal Reps	15	12	10
https://youtu.be/iSXakDuJlrM	Reps			
	Weight			
Preacher Curl machine	Goal Reps	10	10	10
https://youtu.be/pWeWgJphkx4	Reps			
	Weight			
Superset				
Triceps rope press downs or triceps machine	Goal Reps	10	10	10
https://youtu.be/NyBcWvowOKk	Reps			
	Weight			
End with 30-50 decline sit ups				



OPTIONAL — BOMBSHELL BONUS DAY

Exercise		Set 1	Set 2	Set 3
Butty Bench Burner	<i>Goal Reps</i>	10-12	10-12	10-12
https://youtu.be/fl7Brx8YpJY	<i>Reps</i>			
	<i>Weight</i>			
Bench/box pop overs	<i>Goal Reps</i>	10 ea way	10 ea way	10 ea way
https://youtu.be/3-PQyaRrctY	<i>Reps</i>			
	<i>Weight</i>			
DB up and backs	<i>Goal Reps</i>	10	10	10
https://youtu.be/l09crmfNY-M	<i>Reps</i>			
	<i>Weight</i>			
BB Clean and Press	<i>Goal Reps</i>	10	10	10
https://youtu.be/faHzsnAQyN8	<i>Reps</i>			
	<i>Weight</i>			
Duck walks - 5 forward 5 back	<i>Goal Reps</i>	10	10	10
https://youtu.be/-50BGI2Vq5g	<i>Reps</i>			
	<i>Weight</i>			





LEVEL 2 • MODERATE

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LEGS & BOOTY

Exercise		Set 1	Set 2	Set 3	Set 4
Leg press with feet WIDE and HIGH on platform	Goal Reps	15	12	10	6
https://youtu.be/Ne944wBcGgo	Reps				
	Weight				
Pump Leg Extensions	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/QqBjBjIxbZg	Reps				
	Weight				
DB Sumo descending squat	Goal Reps	8,10,12	8,10,12	8,10,12	
https://youtu.be/QSAHBT4L5eQ	Reps				
	Weight				
Butt machine - toe turned out	Goal Reps	12-15 ea	10-12 ea	8-10 ea	8-10 ea
https://youtu.be/f0FEB2tu6SA	Reps				
	Weight				
Outer thigh / abductor leaning forward	Goal Reps	15	15	15	
https://youtu.be/ZPy840ro2Yc	Reps				
	Weight				
Superset					
Lying leg curl with chest up off pad	Goal Reps	10	10	10	
https://youtu.be/p927DJGJzKg	Reps				
	Weight				



SHOULDERS, CHEST, & ABS

Exercise		Set 1	Set 2	Set 3	Set 4
DB shoulder press	Goal Reps	12	10	8	6
https://youtu.be/di-ynV298NA	Reps				
	Weight				
DB lateral raise drop set	Goal Reps	15, 12, 8	15, 12, 8	15, 12, 8	
https://youtu.be/B-A8bumb9IU	Reps				
	Weight				
BB WG RG front raise	Goal Reps	10	10	10	10
https://youtu.be/kfsTovYbQTQ	Reps				
	Weight				
DB incline fly's	Goal Reps	10-12	10-12	10-12	
https://youtu.be/zPLSrbpsOfg	Reps				
	Weight				
Seated DB rear delt fly's	Goal Reps	12-15	10-12	8-10	20
https://youtu.be/VRQp5qgabhs	Reps				
	Weight				
In and out abs	Goal Reps	30 sec	30 sec	30 sec	
https://youtu.be/znBGrJLrSy0	Reps				
	Weight				
Superset					
Cable ab crunch	Goal Reps	20	20	20	
https://youtu.be/ltkaliQIjvU	Reps				
	Weight				





HAMSTRINGS & BOOTY



Exercise		Set 1	Set 2	Set 3	Set 4
Smith Machine Wide squat	Goal Reps	10	10	10	10
https://youtu.be/-xFWbZRcUFI	Reps				
	Weight				
Smith machine half butt squat	Goal Reps	15 ea	12 ea	10 ea	
https://youtu.be/uQa1aB9kH1E	Reps				
	Weight				
Superset					
Curtsy lunges	Goal Reps	10 ea way	10 ea way	10 ea way	
https://youtu.be/QaeBe3xvNTc	Reps				
	Weight				
BB Booty Dip (optional band above knees)	Goal Reps	12	10	8	6
https://youtu.be/N-XKA9P_gu0	Reps				
	Weight				
Cable sidekick	Goal Reps	15 ea	15 ea	15 ea	
https://youtu.be/ZXI5-_lntE	Reps				
	Weight				
Superset					
Cable crossover kickback	Goal Reps	15 ea	15 ea	15 ea	
https://youtu.be/HCVTIHuUGDQ	Reps				
	Weight				
DB RDL - slow and controlled	Goal Reps	10-12	10-12	10-12	
https://youtu.be/1vWRcENGhgq	Reps				
	Weight				





BACK, ABS, & ARMS

Exercise		Set 1	Set 2	Set 3	Set 4
WG Lat Pulldown	Goal Reps	15	12	10	6
https://youtu.be/0hytdNeYV6Q	Reps				
	Weight				
Standing straight arm lat pulldown	Goal Reps	12-15	12-15	12-15	
https://youtu.be/46qiDysufoA	Reps				
	Weight				
DB Pullover	Goal Reps	8-10	8-10	8-10	8-10
https://youtu.be/gYX5PB5BrAw	Reps				
	Weight				
One arm DB row	Goal Reps	12 ea	10 ea	8 ea	
https://youtu.be/vQHgs8pF9KY	Reps				
	Weight				
Seated WG row	Goal Reps	15	12	10	8
https://youtu.be/iSXakDuJlrM	Reps				
	Weight				
Preacher Curl	Goal Reps	15	12	10	
https://youtu.be/pWeWgJphkx4	Reps				
	Weight				
Superset					
Skull crushers	Goal Reps	15	12	10	
https://youtu.be/alyNGTs9fkQ	Reps				
	Weight				
End with 50-100 decline sit ups					



BOMBHELL BONUS DAY

Exercise		Set 1	Set 2	Set 3
Butty Bench Burner	<i>Goal Reps</i>	10-12	10-12	10-12
https://youtu.be/fl7Brx8YpJY	<i>Reps</i>			
	<i>Weight</i>			
Superset				
Bench Wrap or reverse hypers	<i>Goal Reps</i>	15	15	15
https://youtu.be/3-PQyaRrctY	<i>Reps</i>			
	<i>Weight</i>			
Superset				
Bench/box pop overs	<i>Goal Reps</i>	10 ea way	10 ea way	10 ea way
https://youtu.be/3-PQyaRrctY	<i>Reps</i>			
	<i>Weight</i>			
DB up and backs	<i>Goal Reps</i>	10	10	10
https://youtu.be/I09crmfNY-M	<i>Reps</i>			
	<i>Weight</i>			
Superset				
BB Clean and Press	<i>Goal Reps</i>	10	10	10
https://youtu.be/faHzsnAQyN8	<i>Reps</i>			
	<i>Weight</i>			
Dirty Seals	<i>Goal Reps</i>	30 'steps'	30 'steps'	30 'steps'
https://youtu.be/6yuUgloP5Xo	<i>Reps</i>			
	<i>Weight</i>			
Superset				
Duck walks - 10 forward 10 back	<i>Goal Reps</i>	10	10	10
https://youtu.be/-50BGI2Vq5g	<i>Reps</i>			
	<i>Weight</i>			





LEVEL 3 • INTENSE

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LEGS & BOOTY

Exercise		Set 1	Set 2	Set 3	Set 4
Walking Lunges (warm up)	Goal Reps	20 steps	20 steps	20 steps	
https://youtu.be/6vSE-CrvHLs	Reps				
	Weight				
Leg press with feet WIDE and HIGH on platform	Goal Reps	15	12	10	6
https://youtu.be/Ne944wBcGgo	Reps				
	Weight				
Pump Leg Extensions	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/QqBjBjIxbZg	Reps				
	Weight				
Landmine Sumo Deadlift	Goal Reps	15	12	10	8
https://youtu.be/zHiqUfDdbYA	Reps				
	Weight				
Butt machine - toe turned out	Goal Reps	12-15 ea	10-12 ea	8-10 ea	8-10 ea
https://youtu.be/f0FEB2tu6SA	Reps				
	Weight				
Outer thigh / abductor leaning forward	Goal Reps	15	15	15	15
https://youtu.be/ZPy840ro2Yc	Reps				
	Weight				
Superset					
Lying leg curl with chest up off pad	Goal Reps	10	10	10	10
https://youtu.be/p927DJGJzKg	Reps				
	Weight				



SHOULDERS, CHEST, & ABS

Exercise		Set 1	Set 2	Set 3	Set 4
DB shoulder press	Goal Reps	12	10	8	6
https://youtu.be/di-ynV298NA	Reps				
	Weight				
DB lateral raise drop set	Goal Reps	15, 12, 8	15, 12, 8	15, 12, 8	15, 12, 8
https://youtu.be/B-A8bumb9IU	Reps				
	Weight				
BB WG RG front raise - try to pause at the top	Goal Reps	10	10	10	10
https://youtu.be/kfsTovYbQTQ	Reps				
	Weight				
DB incline fly's	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/zPLSrbpsOfg	Reps				
	Weight				
Seated DB rear delt fly's	Goal Reps	12-15	10-12	8-10	20
https://youtu.be/VRQp5qgabhs	Reps				
	Weight				
Hanging leg raises	Goal Reps	AMRAP	AMRAP	AMRAP	AMRAP
https://youtu.be/HSz6C-0Gyqc	Reps				
	Weight				
Superset					
Cable ab crunch	Goal Reps	20	20	20	20
https://youtu.be/ltkaliQlJvU	Reps				
	Weight				



HAMSTRINGS & BOOTY

Exercise		Set 1	Set 2	Set 3	Set 4
Smith Machine Linda squat	Goal Reps	15	12	10	8
https://youtu.be/NBoiAqxz__0	Reps				
	Weight				
Smith machine half butt squat	Goal Reps	15 ea	12 ea	10 ea	8 ea
https://youtu.be/uQa1aB9kH1E	Reps				
	Weight				
Superset					
Curtsy lunges	Goal Reps	10 ea way	10 ea way	10 ea way	10 ea way
https://youtu.be/QaeBe3xvNTc	Reps				
	Weight				
BB Booty Dip (optional band above knees)	Goal Reps	12	10	8	6
https://youtu.be/N-XKA9P_gu0	Reps				
	Weight				
Cable sidekick	Goal Reps	15 ea	15 ea	15 ea	
https://youtu.be/ZXI5-_lntE	Reps				
	Weight				
Superset					
Cable crossover kickback	Goal Reps	15 ea	15 ea	15 ea	
https://youtu.be/HCVTIHuUGDQ	Reps				
	Weight				
DB RDL - slow and controlled	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/1vWRcENGhgq	Reps				
	Weight				





BACK, ABS, & ARMS



Exercise		Set 1	Set 2	Set 3	Set 4
WG Lat Pulldown	Goal Reps	15	12	10	6
https://youtu.be/0hytdNeYV6Q	Reps				
	Weight				
Standing straight arm lat pulldown	Goal Reps	12-15	12-15	12-15	12-15
https://youtu.be/46qiDysufoA	Reps				
	Weight				
DB Pullover	Goal Reps	8-10	8-10	8-10	8-10
https://youtu.be/gYX5PB5BrAw	Reps				
	Weight				
One arm DB row	Goal Reps	12 ea	10 ea	8 ea	6 ea
https://youtu.be/vQHgs8pF9KY	Reps				
	Weight				
Seated WG row	Goal Reps	15	12	10	8
https://youtu.be/iSXakDuJlrM	Reps				
	Weight				
Preacher Curl	Goal Reps	15	12	10	8
https://youtu.be/pWeWgJphkx4	Reps				
	Weight				
Superset					
Skull crushers	Goal Reps	15	12	10	8
https://youtu.be/alyNGTs9fkQ	Reps				
	Weight				
End with 50-100 decline sit ups					



BOMBHELL BONUS DAY



Exercise		Set 1	Set 2	Set 3	Set 4
Booty Bench Burner	Goal Reps	10-12	10-12	10-12	10-12
https://youtu.be/fl7Brx8YpJY	Reps				
	Weight				
Superset					
Bench Wrap or reverse hypers	Goal Reps	15	15	15	15
https://youtu.be/3-PQyaRrctY	Reps				
	Weight				
Superset					
Bench/box pop overs	Goal Reps	10 ea way	10 ea way	10 ea way	10 ea way
https://youtu.be/3-PQyaRrctY	Reps				
	Weight				
DB up and backs	Goal Reps	10	10	10	10
https://youtu.be/I09crmfNY-M	Reps				
	Weight				
Superset					
BB Clean and Press	Goal Reps	10	10	10	10
https://youtu.be/faHzsnAQyN8	Reps				
	Weight				
Dirty Seals	Goal Reps	50 'steps'	50 'steps'	50 'steps'	
https://youtu.be/6yuUgloP5Xo	Reps				
	Weight				
Superset					
Duck walks - 10 forward 10 back	Goal Reps	10	10	10	
https://youtu.be/-50BGI2Vq5g	Reps				
	Weight				





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NEW BOMBSHELL FITNESS APP

DOWNLOAD THE APP TODAY!

STEP ONE : DOWNLOAD THE

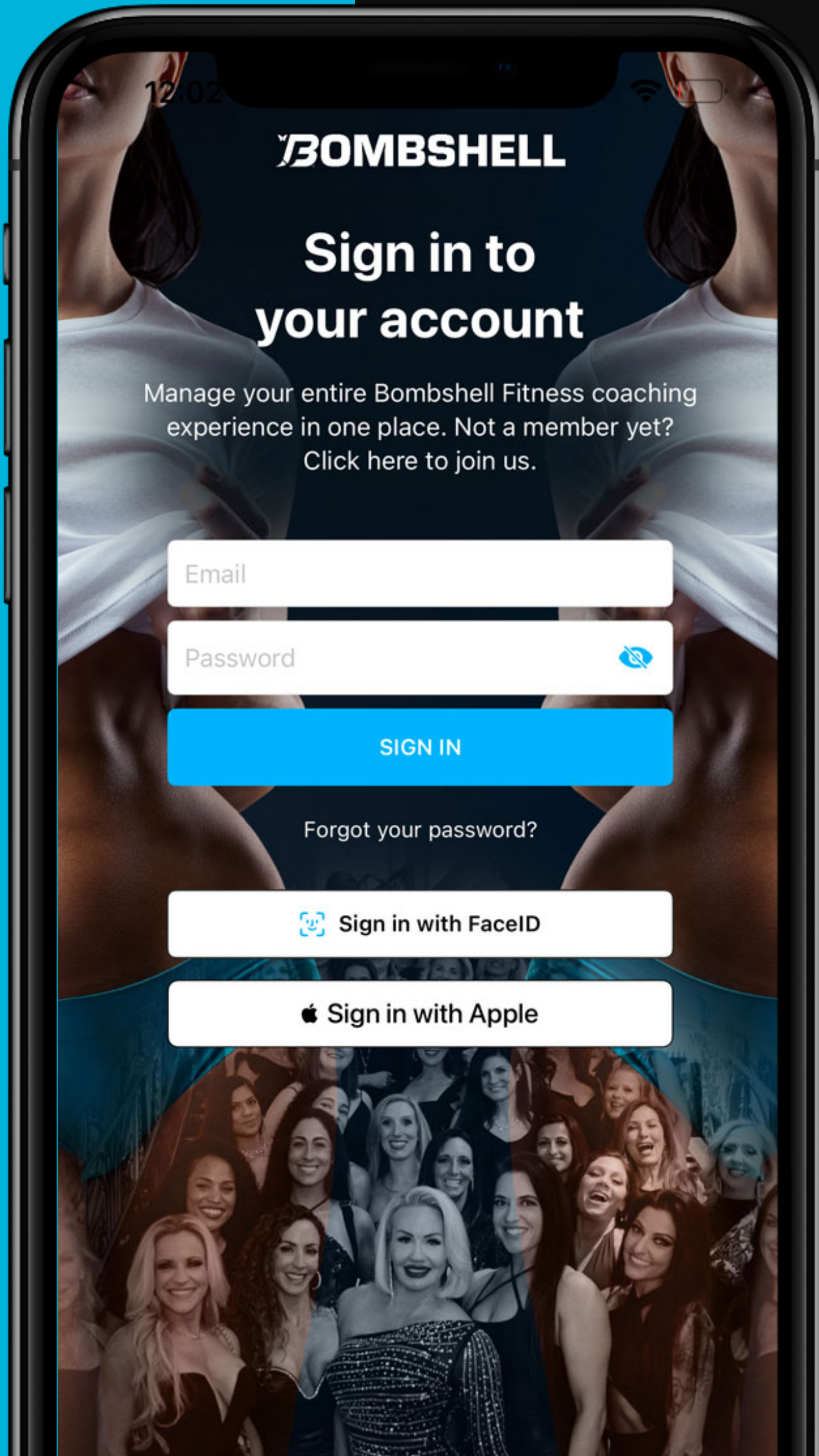
APP Discover the Bombshell Fitness app! Simply visit the Apple App Store and search for "Bombshell Fitness," or click the link below for direct installation.

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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