

# **BOMBHELL**

ALL IN ONE  
WEIGHT TRAINING PLAN



**BOMBHELL**  
*Sexy Santa* **CHALLENGE**

#BOMBHELLFITNESS



## **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**

**BOMBHELL**

# 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.*

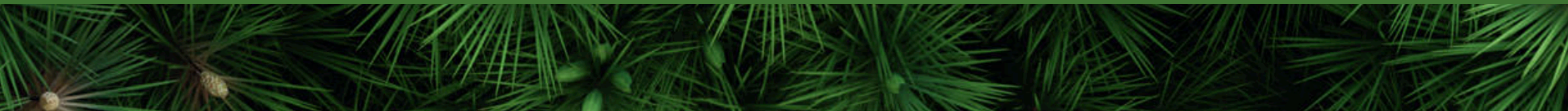
- **DB = Dumbbell**
- **KB = Kettlebell BB = Barbell**
- **WG = Wide Grip**
- **CG = Close Grip**
- **OG = Overhand Grip**
- **RG = Reverse Grip (underhand)**
- **HG = Hammer Grip (Palms facing each other)**
- **SS = Superset**
- **Amrap = As many reps as possible (to failure)**
- **Prone = Lying face down**
- **Supine = Lying face up**



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LEVEL 1 • STARTER

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# LEGS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3
Leg press with feet wide and high	Goal Reps	15	12	10
<a href="https://youtu.be/Ne944wBcGgo">https://youtu.be/Ne944wBcGgo</a>	Reps			
	Weight			
Leg extension - hold last rep up for 5 secs	Goal Reps	10	10	10
<a href="https://youtu.be/as2QL4anY60">https://youtu.be/as2QL4anY60</a>	Reps			
	Weight			
<b>CARDIO: 10 MINUTES STEPPER LEANING OVER MACHINE</b>				
Butt machine with toe facing down	Goal Reps	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/f0FEB2tu6SA">https://youtu.be/f0FEB2tu6SA</a>	Reps			
	Weight			
Seated leg curl	Goal Reps	10-12	10-12	10-12
	Reps			
	Weight			
Upright abductor machine	Goal Reps	15	15	15
<a href="https://youtu.be/blt6MTzOk3k">https://youtu.be/blt6MTzOk3k</a>	Reps			
	Weight			
<b>CARDIO: 10 MINUTES TREADMILL MOD INCLINE BACKWARD WALK</b>				



# UPPER BODY PUSH



Exercise		Set 1	Set 2	Set 3	
Shoulder press machine	Goal Reps	15	12	8	
	Reps				
	Weight				
DB lateral raise	Goal Reps	10-12	10-12	10-12	
<a href="https://youtu.be/B-A8bumb9IU">https://youtu.be/B-A8bumb9IU</a>	Reps				
	Weight				
RG diagonal front raise	Goal Reps	8 ea	8 ea	8 ea	
<a href="https://youtu.be/V3538pxQVDA">https://youtu.be/V3538pxQVDA</a>	Reps				
	Weight				
<b>CARDIO: 10 MINUTES ELLIPTICAL MOD LEVEL WITH ARMS</b>					
Chest press machine	Goal Reps	15	12	10	
	Reps				
	Weight				
Bench dips	Goal Reps	20 sec	20 sec	20 sec	
<a href="https://youtu.be/VgNdYoDDweo">https://youtu.be/VgNdYoDDweo</a>	Reps				
	Weight				
Db rear lateral raise	Goal Reps	10-12	10-12	10-12	
<a href="https://youtu.be/-xmWw9RBtco">https://youtu.be/-xmWw9RBtco</a>	Reps				
	Weight				
<b>CARDIO: 10 MINUTES ELLIPTICAL MOD LEVEL WITH ARMS</b>					





# BOOTY & ABS



Exercise		Set 1	Set 2	Set 3
Optional: Smith machine or BB Booty dip	<i>Goal Reps</i>	10	10	10
<a href="https://youtu.be/DiaFXkJbYPA">https://youtu.be/DiaFXkJbYPA</a>	<i>Reps</i>			
	<i>Weight</i>			
Hypers	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/LE7UfuiZfSs">https://youtu.be/LE7UfuiZfSs</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>CARDIO: 10 MINUTES ARC MOD LEVEL LEANING OVER MACHINE</b>				
Cable kickback	<i>Goal Reps</i>	10 ea	10 ea	10 ea
<a href="https://youtu.be/Rv9f4U5PNmM">https://youtu.be/Rv9f4U5PNmM</a>	<i>Reps</i>			
	<i>Weight</i>			
Abductor machine (outer thigh)	<i>Goal Reps</i>	10-15	10-15	10-15
<a href="https://youtu.be/ZPy840ro2Yc">https://youtu.be/ZPy840ro2Yc</a>	<i>Reps</i>			
	<i>Weight</i>			
Cable ab crunch	<i>Goal Reps</i>	15-20	15-20	15-20
<a href="https://youtu.be/ltkaliQlJvU">https://youtu.be/ltkaliQlJvU</a>	<i>Reps</i>			
	<i>Weight</i>			
<i>Superset</i>				
Low ab flutter kicks	<i>Goal Reps</i>	20-30	20-30	20-30
<a href="https://youtu.be/6i2lehMx2ZU">https://youtu.be/6i2lehMx2ZU</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>CARDIO: 10 MINUTES STAIRMASTER MOD LEVEL LEANING OVER MACHINE</b>				



# UPPER BODY PULL



Exercise		Set 1	Set 2	Set 3
WG Lat pulldown	<i>Goal Reps</i>	15	12	8
<a href="https://youtu.be/-gW3FlywCTo">https://youtu.be/-gW3FlywCTo</a>	<i>Reps</i>			
	<i>Weight</i>			
Cable high row - kneeling	<i>Goal Reps</i>	12	10	8
<a href="https://youtu.be/1aldSY4aYpw">https://youtu.be/1aldSY4aYpw</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>CARDIO: 5 MINUTES ROWER</b>				
High rope pulls	<i>Goal Reps</i>	12-15	12-15	12-15
<a href="https://youtu.be/sdhL4bK1eBl">https://youtu.be/sdhL4bK1eBl</a>	<i>Reps</i>			
	<i>Weight</i>			
Back row machine	<i>Goal Reps</i>	10-12	10-12	10-12
	<i>Reps</i>			
	<i>Weight</i>			
<b>CARDIO: 10 MINUTES ROWER</b>				
Seated incline curls	<i>Goal Reps</i>	10	10	10
<a href="https://youtu.be/OPXXct4V8hk">https://youtu.be/OPXXct4V8hk</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>END WITH 2 X 30 SEC HOLD SUPERMAN</b>				

# OPTIONAL — BOOTY & BRAWN DAY

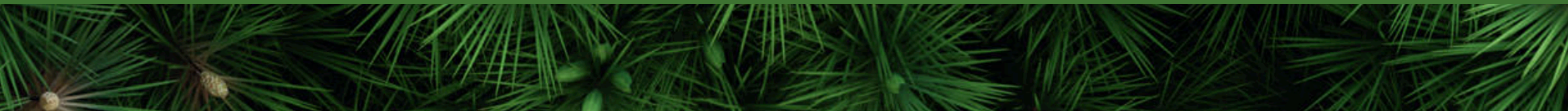
Exercise		Set 1	Set 2	Set 3
Reverse Lunges	<i>Goal Reps</i>	10-12 ea	10-12 ea	10-12 ea
	<i>Reps</i>			
	<i>Weight</i>			
DB Shoulder press	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/di-ynV298NA">https://youtu.be/di-ynV298NA</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>CARDIO: 10 MINUTES STAIRMASTER LEANING OVER MACHINE</b>				
Butt machine	<i>Goal Reps</i>	10 ea	10 ea	10 ea
<a href="https://youtu.be/f0FEB2tu6SA">https://youtu.be/f0FEB2tu6SA</a>	<i>Reps</i>			
	<i>Weight</i>			
Cable side kicks	<i>Goal Reps</i>	15 ea	15 ea	15 ea
<a href="https://youtu.be/ZXI5-_lIntE">https://youtu.be/ZXI5-_lIntE</a>	<i>Reps</i>			
	<i>Weight</i>			
WG Pull ups (assisted)	<i>Goal Reps</i>	AMRAP	AMRAP	AMRAP
<a href="https://youtu.be/9Qa-ogkfS8c">https://youtu.be/9Qa-ogkfS8c</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>CARDIO: 10 MINUTES STAIRMASTER LEANING OVER MACHINE</b>				



**BOMBHELL**  
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LEVEL 2 • MODERATE

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# LEGS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3
Smith Machine wide squat	Goal Reps	15	12	10
<a href="https://youtu.be/FSPvXIVY8Ws">https://youtu.be/FSPvXIVY8Ws</a>	Reps			
	Weight			
<b>Superset</b>				
Wide squat hold - stay low!	Goal Reps	30 sec	30 sec	30 sec
<a href="https://vimeo.com/90862289">https://vimeo.com/90862289</a>	Reps			
	Weight			
Leg press feet low and close	Goal Reps	15	12	10
<a href="https://youtu.be/Ne944wBcGgo">https://youtu.be/Ne944wBcGgo</a>	Reps			
	Weight			
<b>CARDIO: 10 MINUTES STEPPER LEANING OVER MACHINE</b>				
Leg extension - hold last rep up for 10 secs	Goal Reps	10	10	10
<a href="https://youtu.be/as2QL4anY60">https://youtu.be/as2QL4anY60</a>	Reps			
	Weight			
Butt machine with toe facing down	Goal Reps	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/f0FEB2tu6SA">https://youtu.be/f0FEB2tu6SA</a>	Reps			
	Weight			
Seated leg curl - pump curl	Goal Reps	10-12	10-12	10-12
	Reps			
	Weight			
Upright abductor machine	Goal Reps	15	15	15
<a href="https://youtu.be/blt6MTzOk3k">https://youtu.be/blt6MTzOk3k</a>	Reps			
	Weight			
<b>CARDIO: 15 MINUTES TREADMILL HIGH INCLINE BACKWARD WALK</b>				



# UPPER BODY PUSH



Exercise		Set 1	Set 2	Set 3	Set. 4
Shoulder press machine	Goal Reps	15	12	8	6
	Reps				
	Weight				
DB lateral raise	Goal Reps	10-12	10-12	10-12	10-12
<a href="https://youtu.be/B-A8bumb9IU">https://youtu.be/B-A8bumb9IU</a>	Reps				
	Weight				
RG diagonal front raise	Goal Reps	8 ea	8 ea	8 ea	
<a href="https://youtu.be/V3538pxQVDA">https://youtu.be/V3538pxQVDA</a>	Reps				
	Weight				
<b>CARDIO: 10 MINUTES ELLIPTICAL MOD LEVEL WITH ARMS</b>					
Chest press machine	Goal Reps	15	12	10	
	Reps				
	Weight				
Bench push ups	Goal Reps	20 sec	20 sec	20 sec	
<a href="https://youtu.be/evWVAoXXc18">https://youtu.be/evWVAoXXc18</a>	Reps				
	Weight				
Superset					
Bench dips	Goal Reps	20 sec	20 sec	20 sec	
<a href="https://youtu.be/VgNdYoDDweo">https://youtu.be/VgNdYoDDweo</a>	Reps				
	Weight				
Db rear lateral raise	Goal Reps	12-15	10-12	8-10	
<a href="https://youtu.be/-xmWw9RBtco">https://youtu.be/-xmWw9RBtco</a>	Reps				
	Weight				

**CARDIO: 10 MINUTES ELLIPTICAL MOD LEVEL WITH ARMS — GET OFF EVERY 2 MIN TO DO 20 UP UP DOWN DOWNS**



# BOOTY & ABS



Exercise		Set 1	Set 2	Set 3
Smith machine booty dip	Goal Reps	10	10	10
<a href="https://youtu.be/DiaFXkJbYPA">https://youtu.be/DiaFXkJbYPA</a>	Reps			
	Weight			
Hypers	Goal Reps	10-12	10-12	10-12
<a href="https://youtu.be/LE7UfuiZfSs">https://youtu.be/LE7UfuiZfSs</a>	Reps			
	Weight			
DB RDL's	Goal Reps	10-12	10-12	10-12
<a href="https://youtu.be/1vWRcENGhgq">https://youtu.be/1vWRcENGhgq</a>	Reps			
	Weight			
<b>CARDIO: 10 MINUTES ARC MOD LEVEL LEANING OVER MACHINE</b>				
Cable crossover kickback - lean over	Goal Reps	15 ea	15 ea	15 ea
<a href="https://youtu.be/HCVTIHuUGDQ">https://youtu.be/HCVTIHuUGDQ</a>	Reps			
	Weight			
Abductor machine leaning back	Goal Reps	15	15	15
<a href="https://youtu.be/ZPy840ro2Yc">https://youtu.be/ZPy840ro2Yc</a>	Reps			
	Weight			
Cable ab crunch	Goal Reps	20	20	20
<a href="https://youtu.be/ltkaliQIJvU">https://youtu.be/ltkaliQIJvU</a>	Reps			
	Weight			
<i>Superset</i>				
v ups	Goal Reps	15	15	15
<a href="https://youtu.be/O0A2d8VjGe4">https://youtu.be/O0A2d8VjGe4</a>	Reps			
	Weight			
<b>CARDIO: 10 MINUTES STAIRMASTER MOD LEVEL LEANING OVER MACHINE</b>				



# UPPER BODY PULL



Exercise		Set 1	Set 2	Set 3
WG Lat pulldown	Goal Reps	15	12	8
<a href="https://youtu.be/-gW3FlywCTo">https://youtu.be/-gW3FlywCTo</a>	Reps			
	Weight			
BB RG bent over row	Goal Reps	15	12	8
<a href="https://youtu.be/KOmJB0aA2gU">https://youtu.be/KOmJB0aA2gU</a>	Reps			
	Weight			
<b>CARDIO: 10 MINUTES ROWER</b>				
Cable high row - kneeling	Goal Reps	12	10	8
<a href="https://youtu.be/1aldSY4aYpw">https://youtu.be/1aldSY4aYpw</a>	Reps			
	Weight			
High rope pulls	Goal Reps	12-15	12-15	12-15
<a href="https://youtu.be/sdhL4bK1eBl">https://youtu.be/sdhL4bK1eBl</a>	Reps			
	Weight			
<b>CARDIO: 10 MINUTES TREADMILL HIGH INCLINE - ALTERNATE WALK/LUNGE EACH MINUTE</b>				
Seated incline curls	Goal Reps	15	12	10
<a href="https://youtu.be/OPXXct4V8hk">https://youtu.be/OPXXct4V8hk</a>	Reps			
	Weight			
Y raises prone on incline bench	Goal Reps	10-12	10-12	10-12
<a href="https://youtu.be/sjlywl_ZdvU">https://youtu.be/sjlywl_ZdvU</a>	Reps			
	Weight			
<b>CARDIO: 10 MINUTES ROWER</b>				
<b>END WITH 1 MIN HOLD SUPERMAN</b>				





# BOOTY & BRAWN DAY



Exercise		Set 1	Set 2	Set 3	Set. 4
Smith machine reverse lunge	<i>Goal Reps</i>	10-12 ea	10-12 ea	10-12 ea	
<a href="https://youtu.be/ITQNN067dGc">https://youtu.be/ITQNN067dGc</a>	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Smith machine half butt squat	<i>Goal Reps</i>	15 ea	15 ea	15 ea	
<a href="https://youtu.be/uQa1aB9kH1E">https://youtu.be/uQa1aB9kH1E</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>CARDIO: 10 MINUTES STAIRMASTER LEANING OVER MACHINE</b>					
BB Military press	<i>Goal Reps</i>	10-12	8-10	6-8	
<a href="https://youtu.be/bTVK4ZDfHb8">https://youtu.be/bTVK4ZDfHb8</a>	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Grasshoppers or up up down downs	<i>Goal Reps</i>	10-15	10-15	10-15	
<a href="https://youtu.be/5tAgXYvDZx4">https://youtu.be/5tAgXYvDZx4</a>	<i>Reps</i>				
	<i>Weight</i>				
Cable side kicks	<i>Goal Reps</i>	15 ea	15 ea	15 ea	
<a href="https://youtu.be/ZXI5-_lntE">https://youtu.be/ZXI5-_lntE</a>	<i>Reps</i>				
	<i>Weight</i>				
WG Pull ups	<i>Goal Reps</i>	AMRAP	AMRAP	AMRAP	
<a href="https://youtu.be/9Qa-ogkfS8c">https://youtu.be/9Qa-ogkfS8c</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>CARDIO: 10 MINUTES STAIRMASTER LEANING OVER MACHINE</b>					



**BOMBHELL**  
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LEVEL 3 • INTENSE

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# LEGS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3	Set. 4
Smith Machine wide squat	Goal Reps	15	12	10	8
<a href="https://youtu.be/FSPvXIVY8Ws">https://youtu.be/FSPvXIVY8Ws</a>	Reps				
	Weight				
<b>Superset</b>					
Wide squat hold - stay low!	Goal Reps	1 min	45 sec	30 sec	1 min
<a href="https://vimeo.com/90862289">https://vimeo.com/90862289</a>	Reps				
	Weight				
Leg press feet low and close	Goal Reps	15	12	10	8
<a href="https://youtu.be/Ne944wBcGgo">https://youtu.be/Ne944wBcGgo</a>	Reps				
	Weight				
<b>CARDIO: 10 MINUTES STEPPER LEANING OVER MACHINE</b>					
Leg extension - hold every 3rd rep 10 sec	Goal Reps	15	12	9	9
<a href="https://youtu.be/as2QL4anY60">https://youtu.be/as2QL4anY60</a>	Reps				
	Weight				
Butt machine with toe facing down	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/f0FEB2tu6SA">https://youtu.be/f0FEB2tu6SA</a>	Reps				
	Weight				
Seated leg curl - pump curl	Goal Reps	10-12	10-12	10-12	10-12
	Reps				
	Weight				
Upright abductor machine	Goal Reps	15	12	10	8
<a href="https://youtu.be/blt6MTzOk3k">https://youtu.be/blt6MTzOk3k</a>	Reps				
	Weight				
<b>CARDIO: 15 MINUTES TREADMILL HIGH INCLINE BACKWARD WALK</b>					



# UPPER BODY PUSH



Exercise		Set 1	Set 2	Set 3	Set. 4
Shoulder press machine	<i>Goal Reps</i>	15	12	8	6
	<i>Reps</i>				
	<i>Weight</i>				
DB lateral raise	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
<a href="https://youtu.be/B-A8bumb9IU">https://youtu.be/B-A8bumb9IU</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>CARDIO: 10 MINUTES ELLIPTICAL MOD LEVEL WITH ARMS</b>					
RG diagonal front raise	<i>Goal Reps</i>	8 ea	8 ea	8 ea	8 ea
<a href="https://youtu.be/V3538pxQVDA">https://youtu.be/V3538pxQVDA</a>	<i>Reps</i>				
	<i>Weight</i>				
Chest press machine	<i>Goal Reps</i>	15	12	10	8
	<i>Reps</i>				
	<i>Weight</i>				
<b>CARDIO: 10 MINUTES ELLIPTICAL MOD LEVEL WITH ARMS</b>					
Bench dips	<i>Goal Reps</i>	20 sec	20 sec	20 sec	20 sec
<a href="https://youtu.be/VgNdYoDDweo">https://youtu.be/VgNdYoDDweo</a>	<i>Reps</i>				
	<i>Weight</i>				
Superset					
Db rear lateral raise	<i>Goal Reps</i>	12-15	10-12	8-10	8-10
<a href="https://youtu.be/-xmWw9RBtco">https://youtu.be/-xmWw9RBtco</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>CARDIO: 10 MINUTES ELLIPTICAL MOD LEVEL WITH ARMS — GET OFF EVERY 2 MIN TO DO 20 UP UP DOWN DOWNS</b>					

# BOOTY & ABS

Exercise		Set 1	Set 2	Set 3	Set. 4
Smith machine with a pulse at the top of each rep	<i>Goal Reps</i>	10	10	10	10
<a href="https://youtu.be/DiaFXkJbYPA">https://youtu.be/DiaFXkJbYPA</a>	<i>Reps</i>				
	<i>Weight</i>				
Hypers	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
<a href="https://youtu.be/LE7UfuiZfSs">https://youtu.be/LE7UfuiZfSs</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>CARDIO: 10 MINUTES ARC MOD LEVEL LEANING OVER MACHINE</b>					
DB RDL's	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
<a href="https://youtu.be/1vWRcENGhgq">https://youtu.be/1vWRcENGhgq</a>	<i>Reps</i>				
	<i>Weight</i>				
Cable crossover kickback - lean over	<i>Goal Reps</i>	15 ea	15 ea	15 ea	15 ea
<a href="https://youtu.be/HCVTIHuUGDQ">https://youtu.be/HCVTIHuUGDQ</a>	<i>Reps</i>				
	<i>Weight</i>				
Abductor machine leaning back	<i>Goal Reps</i>	15	15	15	15
<a href="https://youtu.be/ZPy840ro2Yc">https://youtu.be/ZPy840ro2Yc</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>CARDIO: 10 MINUTES STAIRMASTER MOD LEVEL LEANING OVER MACHINE</b>					
Cable ab crunch	<i>Goal Reps</i>	20	20	20	
<a href="https://youtu.be/ltkaliQJvU">https://youtu.be/ltkaliQJvU</a>	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
v ups	<i>Goal Reps</i>	15	15	15	
<a href="https://youtu.be/O0A2d8VjGe4">https://youtu.be/O0A2d8VjGe4</a>	<i>Reps</i>				
	<i>Weight</i>				



# UPPER BODY PULL



Exercise		Set 1	Set 2	Set 3	Set. 4
WG Lat pulldown	Goal Reps	15	12	8	6
<a href="https://youtu.be/-gW3FlywCTo">https://youtu.be/-gW3FlywCTo</a>	Reps				
	Weight				
	<i>Superset</i>				
Reverse seated lat pulldown	Goal Reps	10	10	10	10
<a href="https://youtu.be/yaYP-0KAEIO">https://youtu.be/yaYP-0KAEIO</a>	Reps				
	Weight				
	<b>CARDIO: 10 MINUTES ROWER</b>				
BB RG bent over row	Goal Reps	15	12	8	6
<a href="https://youtu.be/KOmJB0aA2gU">https://youtu.be/KOmJB0aA2gU</a>	Reps				
	Weight				
	Cable high row - kneeling	Goal Reps	12	10	8
<a href="https://youtu.be/1aldSY4aYpw">https://youtu.be/1aldSY4aYpw</a>	Reps				
	Weight				
	<b>CARDIO: 10 MINUTES TREADMILL HIGH INCLINE - ALTERNATE WALK/LUNGE EACH MINUTE</b>				
High rope pulls	Goal Reps	12-15	12-15	12-15	12-15
<a href="https://youtu.be/sdhL4bK1eBl">https://youtu.be/sdhL4bK1eBl</a>	Reps				
	Weight				
	Seated incline curls	Goal Reps	15	12	10
<a href="https://youtu.be/0PXXct4V8hk">https://youtu.be/0PXXct4V8hk</a>	Reps				
	Weight				
	<b>CARDIO: 10 MINUTES ROWER</b>				
<b>END WITH 1 MIN HOLD SUPERMAN</b>					

# BOOTY & BRAWN DAY

Exercise		Set 1	Set 2	Set 3	Set. 4
Smith machine reverse lunge with front foot elevated on step	<i>Goal Reps</i>	10-12 ea	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/ITQNN067dGc">https://youtu.be/ITQNN067dGc</a>	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Smith machine half butt squat	<i>Goal Reps</i>	15 ea	15 ea	15 ea	15 ea
<a href="https://youtu.be/uQa1aB9kH1E">https://youtu.be/uQa1aB9kH1E</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>CARDIO: 10 MINUTES STAIRMASTER LEANING OVER MACHINE</b>					
BB Military press	<i>Goal Reps</i>	10-12	8-10	6-8	6-8
<a href="https://youtu.be/bTVK4ZDfHb8">https://youtu.be/bTVK4ZDfHb8</a>	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Grasshoppers or up up down downs	<i>Goal Reps</i>	10-15	10-15	10-15	10-15
<a href="https://youtu.be/5tAgXYvDZx4">https://youtu.be/5tAgXYvDZx4</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>CARDIO: 10 MINUTES STEPPER GETTING OFF EVERY 2 MIN FOR AMRAP POP PUSH UPS</b>					
Cable side kicks	<i>Goal Reps</i>	15 ea	15 ea	15 ea	15 ea
<a href="https://youtu.be/ZXl5-_llntE">https://youtu.be/ZXl5-_llntE</a>	<i>Reps</i>				
	<i>Weight</i>				
WG Pull ups - hold each rep at the top for 2-3 seconds	<i>Goal Reps</i>	AMRAP	AMRAP	AMRAP	AMRAP
<a href="https://youtu.be/9Qa-ogkfS8c">https://youtu.be/9Qa-ogkfS8c</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>CARDIO: 10 MINUTES STAIRMASTER LEANING OVER MACHINE</b>					

OVER \$5,000 IN PRIZES & GIVEAWAYS

# GRAND PRIZES & WEEKLY PRIZES

Participate in the activities, follow through on your commitment to the Weekly Challenges, and do your **BEST** each day to qualify for Weekly Prizes! At the end of the [Sexy Santa Challenge](#), you will submit your Final Challenge photos for online voting to determine the **GRAND PRIZE WINNER**. Voting is open Worldwide and is not dependent on your social media following. **ANYONE CAN WIN!**

**THE GRAND PRIZE WINNER** of the [2024 Sexy Santa Challenge](#) will receive a glamorous pinup-style photoshoot, featuring a personalized photo session tailored to capture their unique style and personality. The prize includes one professionally edited, high-resolution image printed as a stunning poster-size photo, perfect for display, creating a lasting keepsake of this unforgettable experience! Plus, you'll take home the ultimate symbol of success: a Bombshell Fitness Champions Ring!



2nd and 3rd place winners will score free admission to either the 2025 Bombshell Confidence University or the Ultimate Competitors Weekend! Plus, they'll take home a \$250 Bombshell Boutique Gift Card and a sleek Bombshell Challenge Trophy to celebrate their success!



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*Sexy Santa* **CHALLENGE**

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