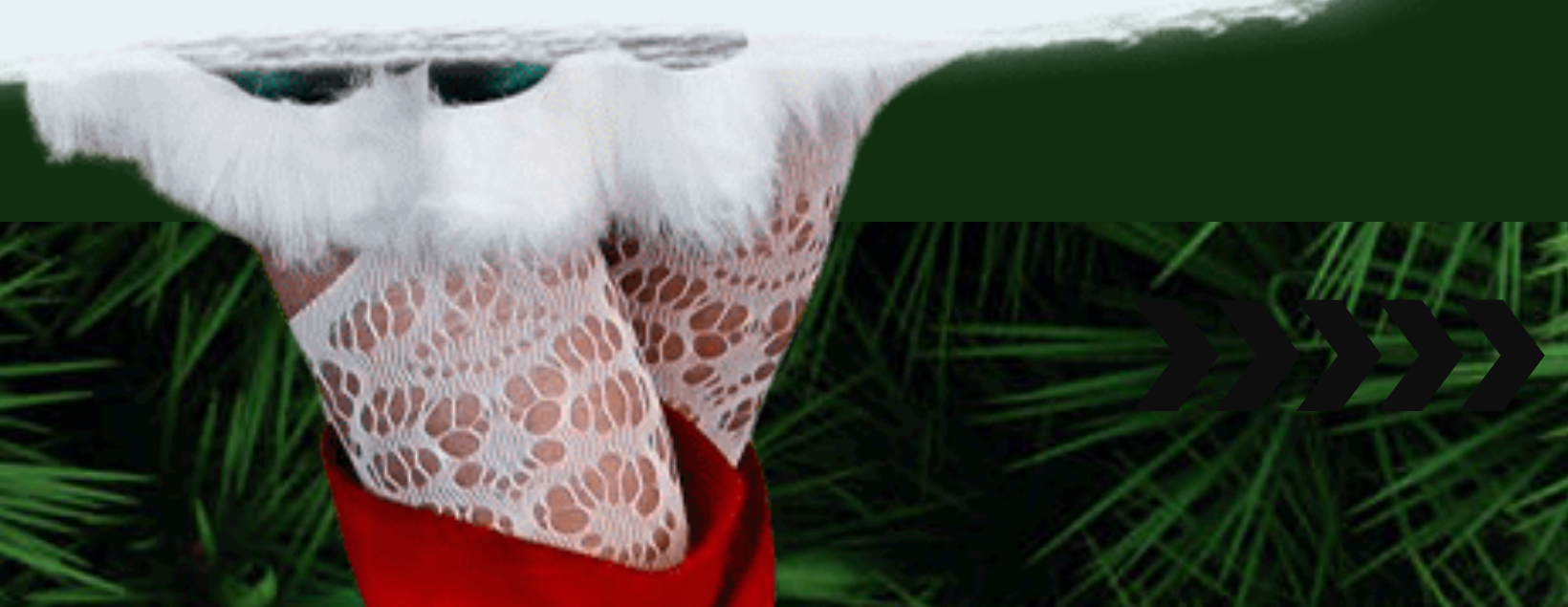


BOMBHELL

CARDIO TRAINING PLAN



BOMBHELL *Sexy Santa* CHALLENGE



BOMBHELL **INSTRUCTIONS**

*PLEASE READ THROUGH ALL INSTRUCTIONS
BEFORE BEGINNING*

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

BOMBHELL

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

STEPPER

Exercise	Level	Incline	Time	Complete
Lean over machine	5++		5 min	
Upright	5++		5 min	
Don't hold on & lean forward	5++		1 min	
Lean over machine	6++		5 min	
Lean over machine	10++		2 min	
Upright	6++		2 min	
		-	1 round = 20 min	

CARDIO OPTION # 2

TREADMILL

CHALLENGE

Exercise	Speed	Incline	Time	Speed
Walk	3.5	2	5 min	
Walk backward	3.0	4	4 min	
Walking side squats right	1.5	2	1 min	
Walking side squats left	1.5	2	1 min	
Walk	4.0	6	5 min	
Side skips right	2.5	2	1 min	
Side skips left	2.5	2	1 min	
Rail squat low pulses		4	1 min	
Rail squats		4	1 min	
	-		1 round = 20 min	



CARDIO OPTION # 3

ELLIPTICAL

Exercise	Level	Incline	Time	Complete
Forward with stationary handles	14		5 min	
Forward and low with moving handles	16		5 min	
Backward with moving handles	14		5 min	
Backward and low with moving handles	16		5 min	
Forward with moving handles - push it!	20++		5 min	
Forward and low with stationary handles - push it!	20++		5 min	
		-	1 round = 30 min	

CARDIO OPTION # 4

HIIT CIRCUIT

Exercise	Reps	Incline	Time	Speed
Box step up and jump	10 ea side			
Skater Lunge jumps	10 ea side			
Grasshoppers	15			
Power Jumps	10			
Sumo Stomps	30			
Sumo squat hold	Count to 30			
Mountain Climbers	30			
			Complete as many rounds as you can in 15 minutes.	



CARDIO OPTION # 5



STEPMILL

Exercise	Level	Incline	Time	Complete
Lean over - normal steps	6-7		5 min	
Lean over - wide steps	6-7		5 min	
Lean over - crossover steps	8		5 min	
Upright & don't hold onto rails - hold that core in!	5-6		5 min	
Lean ALL the way over & push hips back	8		5 min	
Upright & don't hold onto rails - hold that core in!	5-6		5 min	
		-	1 round = 25 min	

CARDIO OPTION # 6

SPIN BIKE & DB'S

Exercise	Gear / Level	Incline	Time	Speed
Standard ride - seated	LOW		5 min	
Lean all the way over & seated	MOD		5 min	
Off seat	HIGH		5 min	
Seated doing DB SH PRESSES	MOD		1 min	
Lean all the way over & seated	HIGH		5 min	
Seated doing DB LATERAL RAISE	MOD		1 min	
Alternate on & off seat	MOD		3 min	
			1 round = 25 min	

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!

BOMBSHELL
Sexy Santa **CHALLENGE**

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