

# **BOMBHELL**

HOMEBOY  
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.*

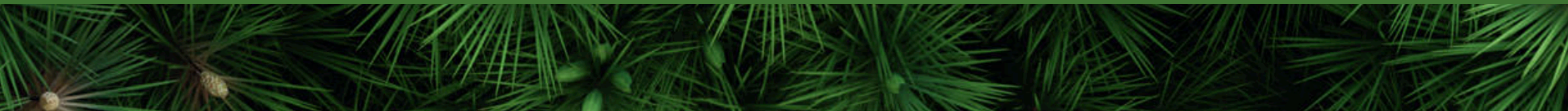
- **DB = Dumbbell**
- **KB = Kettlebell BB = Barbell**
- **WG = Wide Grip**
- **CG = Close Grip**
- **OG = Overhand Grip**
- **RG = Reverse Grip (underhand)**
- **HG = Hammer Grip (Palms facing each other)**
- **SS = Superset**
- **Amrap = As many reps as possible (to failure)**
- **Prone = Lying face 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
HB wide squat and press	Goal Reps	10	10	10
<a href="https://youtu.be/8gzH83I37Ng">https://youtu.be/8gzH83I37Ng</a>	Reps			
	Weight			
HB Front Squat	Goal Reps	10	10	10
<a href="https://youtu.be/JyQ47T_clWY">https://youtu.be/JyQ47T_clWY</a>	Reps			
	Weight			
<b>3 x 30 sec of '4 frog jumps or wide squats followed by 8 duck walks'</b>				
Banded Walking side kicks	Goal Reps	10 ea way	10 ea way	10 ea way
<a href="https://youtu.be/ny8ilZAW1EA">https://youtu.be/ny8ilZAW1EA</a>	Reps			
	Weight			
Banded glute kickback	Goal Reps	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/H6LnwvaOO3k">https://youtu.be/H6LnwvaOO3k</a>	Reps			
	Weight			
Lying banded leg curl	Goal Reps	15-20	15-20	15-20
<a href="https://youtu.be/DTRVouGV4Ck">https://youtu.be/DTRVouGV4Ck</a>	Reps			
	Weight			
Booty lifts	Goal Reps	10-15	10-15	10-15
<a href="https://youtu.be/6h99gRxGreA">https://youtu.be/6h99gRxGreA</a>	Reps			
	Weight			
<b>3 x 30 sec of Grasshoppers or sumo squats</b>				



# UPPER BODY PUSH



Exercise		Set 1	Set 2	Set 3
Shoulder press	Goal Reps	15	12	8
<a href="https://youtu.be/di-ynV298NA">https://youtu.be/di-ynV298NA</a>	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			
<b>2 x 30 sec up up down downs</b>				
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			
Banded chest press	Goal Reps	12-15	12-15	12-15
<a href="https://youtu.be/H CZp299Bov4">https://youtu.be/H CZp299Bov4</a>	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	12-15	10-12	8-10
<a href="https://youtu.be/-xmWw9RBtco">https://youtu.be/-xmWw9RBtco</a>	Reps			
	Weight			
<b>3 x 30 sec push ups or pop push ups</b>				



**BOOTY & ABS**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
<b>Booty dip</b>	<i>Goal Reps</i>	10	10	10
<a href="https://youtu.be/DiaFXkJbYPA">https://youtu.be/DiaFXkJbYPA</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>Lower body banded Superman's</b>	<i>Goal Reps</i>	15	15	15
<a href="https://youtu.be/scbuNAA_G6U">https://youtu.be/scbuNAA_G6U</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>2 x 30 sec sumo stomps</b>				
<b>Handle band glute kickback high pulse</b>	<i>Goal Reps</i>	15	15	15
<a href="https://youtu.be/CkTqSE3NsKs">https://youtu.be/CkTqSE3NsKs</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>2 x 30 sec low squat pulses</b>				
<b>Crunches</b>	<i>Goal Reps</i>	20	20	20
<a href="https://youtu.be/LZ9e436VtQE">https://youtu.be/LZ9e436VtQE</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>Superset</b>				
<b>v ups</b>	<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
Prone lying Lat pulldown	Goal Reps	10-15	10-15	10-15
<a href="https://youtu.be/7v6YXrQSAQk">https://youtu.be/7v6YXrQSAQk</a>	Reps			
	Weight			
Seated HB row	Goal Reps	10	10	10
<a href="https://youtu.be/SPMYXw8ugpw">https://youtu.be/SPMYXw8ugpw</a>	Reps			
	Weight			
HB bent over row	Goal Reps	15	15	15
<a href="https://youtu.be/0gt1P0KGBI8">https://youtu.be/0gt1P0KGBI8</a>	Reps			
	Weight			
Banded rear delt burnout	Goal Reps	15++	15++	15++
<a href="https://youtu.be/rZOCukMSC1A">https://youtu.be/rZOCukMSC1A</a>	Reps			
	Weight			
DB curls	Goal Reps	15	15	15
<a href="https://youtu.be/MAJBe-HQbKI">https://youtu.be/MAJBe-HQbKI</a>	Reps			
	Weight			
<b>2 x 30 sec planks - rest 15 sec</b>				
<b>2 x 30 sec bicycle crunches - rest 15 sec</b>				
<b>2 x 30 sec mountain climbers - rest 15 sec</b>				



# OPTIONAL DAY — BOOTY & BRAWN DAY



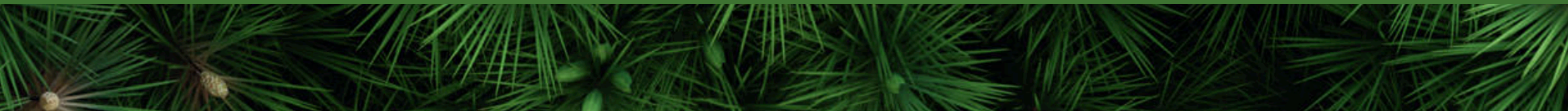
Exercise		Set 1	Set 2	Set 3
Reverse lunge	Goal Reps	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/ITQNN067dGc">https://youtu.be/ITQNN067dGc</a>	Reps			
	Weight			
Side to side lunges	Goal Reps	15 ea	15 ea	15 ea
<a href="https://youtu.be/BWBLzZ1H_f8">https://youtu.be/BWBLzZ1H_f8</a>	Reps			
	Weight			
HB Overhead press	Goal Reps	10-12	10-12	10-12
<a href="https://youtu.be/telekQcyyho">https://youtu.be/telekQcyyho</a>	Reps			
	Weight			
Push ups	Goal Reps	20 sec	20 sec	20 sec
<a href="https://youtu.be/SZ1u7k7ssXg">https://youtu.be/SZ1u7k7ssXg</a>	Reps			
	Weight			
Seated banded clams - hold last rep until failure	Goal Reps	15	15	15
<a href="https://youtu.be/3-jkQTypELw">https://youtu.be/3-jkQTypELw</a>	Reps			
	Weight			
Optional — pull ups	Goal Reps	AMRAP	AMRAP	AMRAP
<a href="https://youtu.be/9Qa-ogkfS8c">https://youtu.be/9Qa-ogkfS8c</a>	Reps			
	Weight			
<b>CARDIO: 20-30 minutes brisk walk outside</b>				
<b>Every 5 minutes do 5 booty lifts, 5 wide squats, and 10 lunges</b>				



**BOMBHELL**  
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LEVEL 2 • MODERATE

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# LEGS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3
HB wide squat and press	Goal Reps	10	10	10
<a href="https://youtu.be/8gzH83I37Ng">https://youtu.be/8gzH83I37Ng</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			
HB Front Squat	Goal Reps	10	10	10
<a href="https://youtu.be/JyQ47T_cIWY">https://youtu.be/JyQ47T_cIWY</a>	Reps			
	Weight			
<b>3 x 30 sec of '4 frog jumps or wide squats followed by 8 duck walks'</b>				
Banded Walking side kicks	Goal Reps	15 ea way	15 ea way	15 ea way
<a href="https://youtu.be/ny8ilZAW1EA">https://youtu.be/ny8ilZAW1EA</a>	Reps			
	Weight			
Banded glute kickback	Goal Reps	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/H6LnwvaOO3k">https://youtu.be/H6LnwvaOO3k</a>	Reps			
	Weight			
Stability ball leg curl	Goal Reps	15-20	15-20	15-20
<a href="https://youtu.be/nllpHmDFJCA">https://youtu.be/nllpHmDFJCA</a>	Reps			
	Weight			
Slider snow angels	Goal Reps	20	20	20
<a href="https://youtu.be/N3cv20DsBXQ">https://youtu.be/N3cv20DsBXQ</a>	Reps			
	Weight			
<b>3 x 30 sec of Grasshoppers or sumo squats</b>				



# UPPER BODY PUSH



Exercise		Set 1	Set 2	Set 3
Shoulder press	Goal Reps	15	12	8
<a href="https://youtu.be/di-ynV298NA">https://youtu.be/di-ynV298NA</a>	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			
<b>3 x 30 sec up up down downs</b>				
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			
Banded chest press	Goal Reps	12-15	12-15	12-15
<a href="https://youtu.be/HCZp299Bov4">https://youtu.be/HCZp299Bov4</a>	Reps			
	Weight			
<b>3 x 30 sec dirty seals</b>				
Bench dips	Goal Reps	20 sec	20 sec	20 sec
<a href="https://youtu.be/VgNdYoDDweco">https://youtu.be/VgNdYoDDweco</a>	Reps			
	Weight			
Superset				
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			
<b>3 x 30 sec push ups or pop push ups</b>				

**BOOTY & ABS**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>
<b>Booty dip with a pulse at the top of each rep</b>	<i>Goal Reps</i>	10	10	10
<a href="https://youtu.be/DiaFXkJbYPA">https://youtu.be/DiaFXkJbYPA</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>Lower body banded Superman's</b>	<i>Goal Reps</i>	15	15	15
<a href="https://youtu.be/scbuNAA_G6U">https://youtu.be/scbuNAA_G6U</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>3 x 30 sec sumo stomps</b>				
<b>DB RDL's</b>	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/1vWRcENGhgq">https://youtu.be/1vWRcENGhgq</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>Stability ball butt raise with band above knees</b>	<i>Goal Reps</i>	20	20	20
<a href="https://youtu.be/ISjMTXz76a8">https://youtu.be/ISjMTXz76a8</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>Proposal squats with band above knees</b>	<i>Goal Reps</i>	10	10	10
<a href="https://youtu.be/dfLnNfGLYvw">https://youtu.be/dfLnNfGLYvw</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>3 x 30 sec alien squats or low squat pulses</b>				
<b>Crunches</b>	<i>Goal Reps</i>	20	20	20
<a href="https://youtu.be/LZ9e436VtQE">https://youtu.be/LZ9e436VtQE</a>	<i>Reps</i>			
	<i>Weight</i>			
<b>Superset</b>				
<b>v ups</b>	<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
Prone lying Lat pulldown	Goal Reps	10-15	10-15	10-15
<a href="https://youtu.be/7v6YXrQSAQk">https://youtu.be/7v6YXrQSAQk</a>	Reps			
	Weight			
Seated HB row	Goal Reps	10	10	10
<a href="https://youtu.be/SPMYXw8ugpw">https://youtu.be/SPMYXw8ugpw</a>	Reps			
	Weight			
<b>3 x 30 sec high knees</b>				
HB bent over row	Goal Reps	15	15	15
<a href="https://youtu.be/0gt1P0KGBI8">https://youtu.be/0gt1P0KGBI8</a>	Reps			
	Weight			
Cable high row - kneeling - anchor band high	Goal Reps	10-12	10-12	10-12
<a href="https://youtu.be/1aldSY4aYpw">https://youtu.be/1aldSY4aYpw</a>	Reps			
	Weight			
<b>3 x 30 sec renegade rows or planks</b>				
Banded rear delt burnout	Goal Reps	20++	20++	20++
<a href="https://youtu.be/rZOCukMSC1A">https://youtu.be/rZOCukMSC1A</a>	Reps			
	Weight			
DB curls	Goal Reps	15	15	15
<a href="https://youtu.be/MAJBe-HQbKI">https://youtu.be/MAJBe-HQbKI</a>	Reps			
	Weight			
<b>2 x 30 sec bicycle crunches - rest 15 sec</b>				
<b>2 x 30 sec mountain climbers - rest 15 sec</b>				
<b>END WITH 1 MIN HOLD SUPERMAN</b>				



# BOOTY & BRAWN DAY



Exercise		Set 1	Set 2	Set 3
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>				
Side to side lunges	<i>Goal Reps</i>	15 ea	15 ea	15 ea
<a href="https://youtu.be/BWBLzZ1H_f8">https://youtu.be/BWBLzZ1H_f8</a>	<i>Reps</i>			
	<i>Weight</i>			
HB Overhead press	<i>Goal Reps</i>	10-12	10-12	10-12
<a href="https://youtu.be/telekQcyyho">https://youtu.be/telekQcyyho</a>	<i>Reps</i>			
	<i>Weight</i>			
<i>Superset</i>				
Headstand push ups or push ups	<i>Goal Reps</i>	20 sec	20 sec	20 sec
<a href="https://youtu.be/mH2d6umPrO0">https://youtu.be/mH2d6umPrO0</a>	<i>Reps</i>			
	<i>Weight</i>			
Seated banded clams - hold last rep until failure	<i>Goal Reps</i>	15-20	15-20	15-20
<a href="https://youtu.be/3-jkQTypELw">https://youtu.be/3-jkQTypELw</a>	<i>Reps</i>			
	<i>Weight</i>			
Optional — 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>			

**CARDIO: 20-30 minutes brisk walk outside**  
**Every 5 minutes do 5 burpees or booty lifts, 5 wide squats, and 10 switch lunge jumps or lunges**



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

LEVEL 3 • INTENSE

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# LEGS & BOMBSHELL BOOTY



Exercise		Set 1	Set 2	Set 3	Set. 4
HB wide squat and press	Goal Reps	10	10	10	10
<a href="https://youtu.be/8gzH83I37Ng">https://youtu.be/8gzH83I37Ng</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				
HB Front Squat	Goal Reps	10	10	10	10
<a href="https://youtu.be/JyQ47T_clWY">https://youtu.be/JyQ47T_clWY</a>	Reps				
	Weight				
<b>4 x 30 sec of '4 frog jumps forward followed by 8 duck walks back'</b>					
Banded Walking side kicks	Goal Reps	15 ea way	15 ea way	15 ea way	15 ea way
<a href="https://youtu.be/ny8ilZAW1EA">https://youtu.be/ny8ilZAW1EA</a>	Reps				
	Weight				
Banded glute kickback	Goal Reps	10-12 ea	10-12 ea	10-12 ea	10-12 ea
<a href="https://youtu.be/H6LnwvaOO3k">https://youtu.be/H6LnwvaOO3k</a>	Reps				
	Weight				
Stability ball leg curl	Goal Reps	15-20	15-20	15-20	15-20
<a href="https://youtu.be/nllpHmDFJCA">https://youtu.be/nllpHmDFJCA</a>	Reps				
	Weight				
Slider snow angels	Goal Reps	20	20	20	
<a href="https://youtu.be/N3cv20DsBXQ">https://youtu.be/N3cv20DsBXQ</a>	Reps				
	Weight				
<b>4 x 30 sec of Grasshoppers</b>					



# UPPER BODY PUSH



Exercise		Set 1	Set 2	Set 3	Set. 4
Shoulder press	<i>Goal Reps</i>	15	12	8	6
	<i>Reps</i>				
	<i>Weight</i>				
<a href="https://youtu.be/di-ynV298NA">https://youtu.be/di-ynV298NA</a>					
DB lateral raise	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
	<i>Reps</i>				
	<i>Weight</i>				
<a href="https://youtu.be/B-A8bumb9IU">https://youtu.be/B-A8bumb9IU</a>					
<b>4 x 30 sec up up down downs</b>					
RG diagonal front raise	<i>Goal Reps</i>	8 ea	8 ea	8 ea	8 ea
	<i>Reps</i>				
	<i>Weight</i>				
<a href="https://youtu.be/V3538pxQVDA">https://youtu.be/V3538pxQVDA</a>					
Banded chest press	<i>Goal Reps</i>	12-15	12-15	12-15	12-15
	<i>Reps</i>				
	<i>Weight</i>				
<a href="https://youtu.be/H CZp299Bov4">https://youtu.be/H CZp299Bov4</a>					
<b>4 x 30 sec dirty seals</b>					
Bench dips	<i>Goal Reps</i>	20 sec	20 sec	20 sec	20 sec
	<i>Reps</i>				
	<i>Weight</i>				
<a href="https://youtu.be/VgNdYoDDweo">https://youtu.be/VgNdYoDDweo</a>					
Superset					
Db rear lateral raise	<i>Goal Reps</i>	12-15	10-12	8-10	8-10
	<i>Reps</i>				
	<i>Weight</i>				
<a href="https://youtu.be/-xmWw9RBtco">https://youtu.be/-xmWw9RBtco</a>					
<b>4 x 30 sec push ups or pop push ups</b>					

**BOOTY & ABS**

<b>Exercise</b>		<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set. 4</b>
Booty dip 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>				
Lower body banded Superman's	<i>Goal Reps</i>	15	15	15	15
<a href="https://youtu.be/scbuNAA_G6U">https://youtu.be/scbuNAA_G6U</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>4 x 30 sec sumo stomps</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>				
Stability ball butt raise with band above knees	<i>Goal Reps</i>	20	20	20	
<a href="https://youtu.be/ISjMTXz76a8">https://youtu.be/ISjMTXz76a8</a>	<i>Reps</i>				
	<i>Weight</i>				
Proposal squats with band above knees	<i>Goal Reps</i>	10	10	10	
<a href="https://youtu.be/dfLnNfGLYvw">https://youtu.be/dfLnNfGLYvw</a>	<i>Reps</i>				
	<i>Weight</i>				
<b>4 x 30 sec alien squats</b>					
Crunches	<i>Goal Reps</i>	20	20	20	
<a href="https://youtu.be/LZ9e436VtQE">https://youtu.be/LZ9e436VtQE</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
Prone lying Lat pulldown	Goal Reps	10-15	10-15	10-15	10-15
<a href="https://youtu.be/7v6YXrQSAQk">https://youtu.be/7v6YXrQSAQk</a>	Reps				
	Weight				
<b>Superset</b>					
Seated HB row	Goal Reps	10	10	10	10
<a href="https://youtu.be/SPMYXw8ugpw">https://youtu.be/SPMYXw8ugpw</a>	Reps				
	Weight				
<b>4 x 30 sec high knees</b>					
HB bent over row	Goal Reps	15	15	15	15
<a href="https://youtu.be/0gt1P0KGBI8">https://youtu.be/0gt1P0KGBI8</a>	Reps				
	Weight				
Cable high row - kneeling - anchor band high	Goal Reps	10-12	10-12	10-12	10-12
<a href="https://youtu.be/1aldSY4aYpw">https://youtu.be/1aldSY4aYpw</a>	Reps				
	Weight				
<b>4 x 30 sec renegade rows</b>					
Banded rear delt burnout	Goal Reps	20++	20++	20++	20++
<a href="https://youtu.be/rZOCukMSC1A">https://youtu.be/rZOCukMSC1A</a>	Reps				
	Weight				
DB curls	Goal Reps	15	15	15	15
<a href="https://youtu.be/MAJBe-HQbKI">https://youtu.be/MAJBe-HQbKI</a>	Reps				
	Weight				
<b>3 x 30 sec bicycle crunches - rest 15 sec</b>					
<b>3 x 30 sec mountain climbers - rest 15 sec</b>					
<b>END WITH 1 MIN HOLD SUPERMAN</b>					

# BOOTY & BRAWN DAY

Exercise		Set 1	Set 2	Set 3	Set. 4
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>					
Side to side lunges	<i>Goal Reps</i>	15 ea	15 ea	15 ea	15 ea
<a href="https://youtu.be/BWBLzZ1H_f8">https://youtu.be/BWBLzZ1H_f8</a>	<i>Reps</i>				
	<i>Weight</i>				
HB Overhead press	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
<a href="https://youtu.be/telekQcyyho">https://youtu.be/telekQcyyho</a>	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Headstand push ups	<i>Goal Reps</i>	20 sec	20 sec	20 sec	20 sec
<a href="https://youtu.be/mH2d6umPrO0">https://youtu.be/mH2d6umPrO0</a>	<i>Reps</i>				
	<i>Weight</i>				
Seated banded clams - hold last rep until failure	<i>Goal Reps</i>	15-20	15-20	15-20	15-20
<a href="https://youtu.be/3-jkQTypELw">https://youtu.be/3-jkQTypELw</a>	<i>Reps</i>				
	<i>Weight</i>				
Optional — pull ups	<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: 20-30 minutes brisk walk outside</b>					
<b>Every 5 minutes do 5 burpees, 5 wide squats, and 10 switch lunge jumps or lunges</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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