

BOMBSHELL

OLD SCHOOL
WEIGHT TRAINING PLAN



 BOMBSHELL
Sexy Santa CHALLENGE

#BOMBSHELLFITNESS



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.

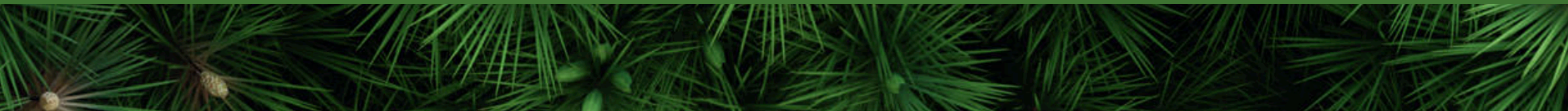
- **DB = Dumbbell**
- **KB = Kettlebell BB = Barbell**
- **WG = Wide Grip**
- **CG = Close Grip**
- **OG = Overhand Grip**
- **RG = Reverse Grip (underhand)**
- **HG = Hammer Grip (Palms facing each other)**
- **SS = Superset**
- **Amrap = As many reps as possible (to failure)**
- **Prone = Lying face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



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LEVEL 1 • STARTER

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LEGS & GLUTES

Exercise		Set 1	Set 2	Set 3
WIDE HIGH leg press	<i>Goal Reps</i>	10	8	6
https://youtu.be/Ne944wBcGgo	<i>Reps</i>			
	<i>Weight</i>			
Leg extension	<i>Goal Reps</i>	10	10	10
https://youtu.be/as2QL4anY60	<i>Reps</i>			
	<i>Weight</i>			
BB RDL	<i>Goal Reps</i>	12	10	8
https://youtu.be/wqClacpUD8w	<i>Reps</i>			
	<i>Weight</i>			
Butt Machine	<i>Goal Reps</i>	8 ea	8 ea	8 ea
https://youtu.be/f0FEB2tu6SA	<i>Reps</i>			
	<i>Weight</i>			
Abductor leaning forward	<i>Goal Reps</i>	15	12	10
https://youtu.be/ZPy840ro2Yc	<i>Reps</i>			
	<i>Weight</i>			
End with 30 lying leg raises (rest as needed)				



WEIGHT TRAINING DAY 2
UPPER PUSH



Exercise		Set 1	Set 2	Set 3
Smith machine shoulder press	<i>Goal Reps</i>	12	10	8
https://youtu.be/bTVK4ZDfHb8	<i>Reps</i>			
	<i>Weight</i>			
Chest press machine	<i>Goal Reps</i>	15	12	10
	<i>Reps</i>			
	<i>Weight</i>			
Db lateral raise	<i>Goal Reps</i>	10-12	10-12	10-12
https://youtu.be/B-A8bumb9IU	<i>Reps</i>			
	<i>Weight</i>			
BB RG Front raise	<i>Goal Reps</i>	10-12	10-12	10-12
https://youtu.be/kfsTovYbQTQ	<i>Reps</i>			
	<i>Weight</i>			
Rear delt fly on pec deck	<i>Goal Reps</i>	20	16	12
	<i>Reps</i>			
	<i>Weight</i>			
End with 3x 30 sec assisted dips OR triceps machine				



HAMSTRINGS & GLUTES



Exercise		Set 1	Set 2	Set 3
Smith machine Booty Dip	<i>Goal Reps</i>	15	12	10
https://youtu.be/kfsTovYbQTQ	<i>Reps</i>			
	<i>Weight</i>			
Lying leg Curl	<i>Goal Reps</i>	8-10	8-10	8-10
https://youtu.be/p927DJGJzKg	<i>Reps</i>			
	<i>Weight</i>			
Cable side kick	<i>Goal Reps</i>	15 ea	12 ea	10 ea
https://youtu.be/ZXI5-_llntE	<i>Reps</i>			
	<i>Weight</i>			
Cable bent over kickback	<i>Goal Reps</i>	15 ea	12 ea	10 ea
https://youtu.be/au8Zavy5n2U	<i>Reps</i>			
	<i>Weight</i>			
End with 2x20 cable ab crunch				

UPPER PULL

Exercise		Set 1	Set 2	Set 3
CG Lat Pulldown	<i>Goal Reps</i>	12	10	8
https://youtu.be/-gW3FlywCTo	<i>Reps</i>			
	<i>Weight</i>			
WG Standing straight arm lat pulldown	<i>Goal Reps</i>	15	12	10
https://youtu.be/46qiDysufoA	<i>Reps</i>			
	<i>Weight</i>			
BB Bent over row	<i>Goal Reps</i>	12	10	8
https://youtu.be/KOmJB0aA2gU	<i>Reps</i>			
	<i>Weight</i>			
Preacher Curl machine (biceps)	<i>Goal Reps</i>	15	12	10
https://youtu.be/pWeWgJphkx4	<i>Reps</i>			
	<i>Weight</i>			
DB Pullover	<i>Goal Reps</i>	15	12	10
https://youtu.be/gYX5PB5BrAw	<i>Reps</i>			
	<i>Weight</i>			
End with 50 Low ab flutter kicks or bicycle crunches				

OPTIONAL: GLUTES & DETAILS

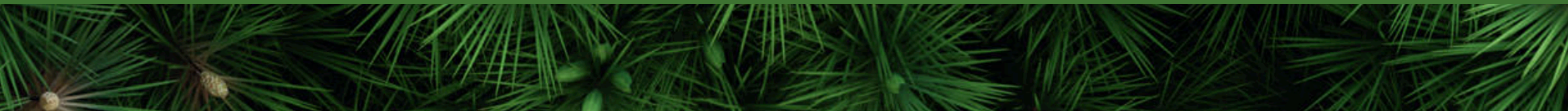
Exercise		Set 1	Set 2	Set 3
Hypers	<i>Goal Reps</i>	10-15	10-15	10-15
https://youtu.be/LE7UfuiZfSs	<i>Reps</i>			
	<i>Weight</i>			
Walking Lunges - long strides	<i>Goal Reps</i>	20 steps	20 steps	20 steps
https://youtu.be/6vSE-CrvHLs	<i>Reps</i>			
	<i>Weight</i>			
Adductor (inner thigh) machine	<i>Goal Reps</i>	15	12	10
	<i>Reps</i>			
	<i>Weight</i>			
DB Lateral Raise	<i>Goal Reps</i>	12-15	12-15	12-15
https://youtu.be/B-A8bumb9IU	<i>Reps</i>			
	<i>Weight</i>			
Bus Drivers	<i>Goal Reps</i>	20	20	20
https://youtu.be/Z1Fl7jv9hm0	<i>Reps</i>			
	<i>Weight</i>			
WG Lat Pulldown to top of head	<i>Goal Reps</i>	15	15	15
https://youtu.be/-gW3FlywCTo	<i>Reps</i>			
	<i>Weight</i>			
5-10 minutes Rower machine				



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LEVEL 2 • MODERATE

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LEGS & GLUTES

Exercise		Set 1	Set 2	Set 3	Set 4
Smith machine WIDE squat - sit BACK	<i>Goal Reps</i>	10	8	6	4
https://youtu.be/EYj2xtWXeRs	<i>Reps</i>				
	<i>Weight</i>				
Leg extension - turn toes in at the top	<i>Goal Reps</i>	10	10	10	10
https://youtu.be/as2QL4anY60	<i>Reps</i>				
	<i>Weight</i>				
Superset					
Pump leg extension	<i>Goal Reps</i>	10	10	10	10
https://youtu.be/QqBjBjIxbZg	<i>Reps</i>				
	<i>Weight</i>				
BB RDL	<i>Goal Reps</i>	12	10	8	
https://youtu.be/wqClacpUD8w	<i>Reps</i>				
	<i>Weight</i>				
Butt Machine - HEAVY!!	<i>Goal Reps</i>	8 ea	8 ea	8 ea	
https://youtu.be/f0FEB2tu6SA	<i>Reps</i>				
	<i>Weight</i>				
Abductor leaning ALL the way forward	<i>Goal Reps</i>	15	12	10	8
https://youtu.be/ZPy840ro2Yc	<i>Reps</i>				
	<i>Weight</i>				
End with 30 hanging leg raises					



WEIGHT TRAINING DAY 2
UPPER PUSH



Exercise		Set 1	Set 2	Set 3	Set 4
Smith machine shoulder press	<i>Goal Reps</i>	12	10	8	6
https://youtu.be/bTVK4ZDfHb8	<i>Reps</i>				
	<i>Weight</i>				
Smith machine incline bench press	<i>Goal Reps</i>	15	12	10	8
	<i>Reps</i>				
	<i>Weight</i>				
Db lateral raise	<i>Goal Reps</i>	10-12	10-12	10-12	
https://youtu.be/B-A8bumb9IU	<i>Reps</i>				
	<i>Weight</i>				
Superset					
1/4 rep db lateral raise	<i>Goal Reps</i>	8	8	8	
https://youtu.be/EPDZ2izgjHU	<i>Reps</i>				
	<i>Weight</i>				
BB RG Front raise	<i>Goal Reps</i>	10-12	10-12	10-12	
https://youtu.be/kfsTovYbQTO	<i>Reps</i>				
	<i>Weight</i>				
Rear delt fly on pec deck	<i>Goal Reps</i>	20	16	12	
	<i>Reps</i>				
	<i>Weight</i>				
End with 3x AMRAP dips					

HAMSTRINGS & GLUTES

Exercise		Set 1	Set 2	Set 3	Set 4
Smith machine Booty Dip	<i>Goal Reps</i>	15	12	10	8
https://youtu.be/kfsTovYbQTQ	<i>Reps</i>				
	<i>Weight</i>				
Leg press sled with feet wide and high	<i>Goal Reps</i>	12	10	8	6
https://youtu.be/Ne944wBcGgo	<i>Reps</i>				
	<i>Weight</i>				
Smith machine sumo deadlift	<i>Goal Reps</i>	15	12	10	
https://youtu.be/GvcuDgcEofA	<i>Reps</i>				
	<i>Weight</i>				
Lying leg Curl	<i>Goal Reps</i>	8-10	8-10	8-10	8-10
https://youtu.be/p927DJGJzKg	<i>Reps</i>				
	<i>Weight</i>				
Cable side kick	<i>Goal Reps</i>	15 ea	12 ea	10 ea	
https://youtu.be/ZXI5-_lntE	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Cable bent over kickback	<i>Goal Reps</i>	15 ea	12 ea	10 ea	
https://youtu.be/au8Zavy5n2U	<i>Reps</i>				
	<i>Weight</i>				
End with 3x20 cable ab crunch					



UPPER PULL



Exercise		Set 1	Set 2	Set 3	Set 4
Pull Ups - wide grip (assisted)	<i>Goal Reps</i>	AMRAP	AMRAP	AMRAP	
https://youtu.be/9Qa-ogkfS8c	<i>Reps</i>				
	<i>Weight</i>				
CG Lat Pulldown	<i>Goal Reps</i>	12	10	8	6
https://youtu.be/-gW3FlywCTo	<i>Reps</i>				
	<i>Weight</i>				
WG Standing straight arm lat pulldown	<i>Goal Reps</i>	15	12	10	
https://youtu.be/46qiDysufoA	<i>Reps</i>				
	<i>Weight</i>				
BB Bent over row	<i>Goal Reps</i>	12	10	8	
https://youtu.be/KOmJB0aA2gU	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Preacher Curl	<i>Goal Reps</i>	15	12	10	
https://youtu.be/pWeWgJphkx4	<i>Reps</i>				
	<i>Weight</i>				
DB Pullover	<i>Goal Reps</i>	15	12	10	
https://youtu.be/gYX5PB5BrAw	<i>Reps</i>				
	<i>Weight</i>				
End with 100 Low ab flutter kicks or bicycle crunches					



GLUTES & DETAILS



Exercise		Set 1	Set 2	Set 3	Set 4
BB Booty Dip	Goal Reps	15	12	8	20
https://youtu.be/N-XKA9P_gu0	Reps				
	Weight				
Hypers- controlled	Goal Reps	10-15	10-15	10-15	
https://youtu.be/LE7UfuiZfSs	Reps				
	Weight				
Walking BB Lunges - long strides	Goal Reps	20 steps	20 steps	20 steps	
https://youtu.be/6vSE-CrvHLs	Reps				
	Weight				
Adductor (inner thigh) machine	Goal Reps	15	12	10	8
	Reps				
	Weight				
DB Lateral Raise	Goal Reps	12-15	12-15	12-15	
https://youtu.be/B-A8bumb9IU	Reps				
	Weight				
<i>Superset</i>					
Bus Drivers	Goal Reps	20	20	20	
https://youtu.be/Z1FI7jv9hm0	Reps				
	Weight				
WG Lat Pulldown to top of head	Goal Reps	15	15	15	
https://youtu.be/-gW3FlywCTo	Reps				
	Weight				
5-10 minutes Rower machine					



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LEVEL 3 • INTENSE

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LEGS & GLUTES

Exercise		Set 1	Set 2	Set 3	Set 4
Pitshark / belt squat/ reverse hack / Smith machine WIDE squat - sit BACK	<i>Goal Reps</i>	10	8	6	4
https://youtu.be/EYj2xtWXeRs	<i>Reps</i>				
	<i>Weight</i>				
Smith machine Bulgarian split squat	<i>Goal Reps</i>	8-10 ea	8-10 ea	8-10 ea	8-10 ea
https://youtu.be/c_2Fohgqx8w	<i>Reps</i>				
	<i>Weight</i>				
Leg extension - turn toes in at the top	<i>Goal Reps</i>	10	10	10	10
https://youtu.be/as2QL4anY60	<i>Reps</i>				
	<i>Weight</i>				
Superset					
Pump leg extension	<i>Goal Reps</i>	10	10	10	10
https://youtu.be/QqBjBjIxbZg	<i>Reps</i>				
	<i>Weight</i>				
BB RDL	<i>Goal Reps</i>	12	10	8	6
https://youtu.be/wqClacpUD8w	<i>Reps</i>				
	<i>Weight</i>				
Butt Machine - HEAVY!!	<i>Goal Reps</i>	8 ea	8 ea	8 ea	8 ea
https://youtu.be/f0FEB2tu6SA	<i>Reps</i>				
	<i>Weight</i>				
Abductor leaning ALL the way forward	<i>Goal Reps</i>	15	12	10	8
https://youtu.be/ZPy840ro2Yc	<i>Reps</i>				
	<i>Weight</i>				
End with 50 hanging leg raises					



WEIGHT TRAINING DAY 2
UPPER PUSH



Exercise		Set 1	Set 2	Set 3	Set 4
Smith machine shoulder press	<i>Goal Reps</i>	12	10	8	6
https://youtu.be/bTVK4ZDfHb8	<i>Reps</i>				
	<i>Weight</i>				
Smith machine incline bench press	<i>Goal Reps</i>	15	12	10	8
	<i>Reps</i>				
	<i>Weight</i>				
Db lateral raise	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
https://youtu.be/B-A8bumb9IU	<i>Reps</i>				
	<i>Weight</i>				
Superset					
1/4 rep db lateral raise	<i>Goal Reps</i>	8	8	8	8
https://youtu.be/EPDZ2izgjHU	<i>Reps</i>				
	<i>Weight</i>				
BB RG Front raise	<i>Goal Reps</i>	10-12	10-12	10-12	10-12
https://youtu.be/kfsTovYbQTQ	<i>Reps</i>				
	<i>Weight</i>				
Rear delt fly on pec deck	<i>Goal Reps</i>	20	16	12	8
	<i>Reps</i>				
	<i>Weight</i>				
End with 3x AMRAP dips					

HAMSTRINGS & GLUTES

Exercise		Set 1	Set 2	Set 3	Set 4
Smith machine Booty Dip	<i>Goal Reps</i>	15	12	10	8
https://youtu.be/kfsTovYbQTQ	<i>Reps</i>				
	<i>Weight</i>				
Leg press sled with feet wide and high	<i>Goal Reps</i>	12	10	8	6
https://youtu.be/Ne944wBcGgo	<i>Reps</i>				
	<i>Weight</i>				
Smith machine sumo deadlift	<i>Goal Reps</i>	15	12	10	8
https://youtu.be/GvcuDgcEofA	<i>Reps</i>				
	<i>Weight</i>				
Lying leg Curl	<i>Goal Reps</i>	8-10	8-10	8-10	8-10
https://youtu.be/p927DJGJzKg	<i>Reps</i>				
	<i>Weight</i>				
Cable side kick	<i>Goal Reps</i>	15 ea	12 ea	10 ea	10 ea
https://youtu.be/ZXI5-_lIntE	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Cable bent over kickback	<i>Goal Reps</i>	15 ea	12 ea	10 ea	10 ea
https://youtu.be/au8Zavy5n2U	<i>Reps</i>				
	<i>Weight</i>				
End with 4x20 cable ab crunch					



UPPER PULL



Exercise		Set 1	Set 2	Set 3	Set 4
Pull Ups - wide grip	<i>Goal Reps</i>	AMRAP	AMRAP	AMRAP	AMRAP
https://youtu.be/9Qa-ogkfS8c	<i>Reps</i>				
	<i>Weight</i>				
CG Lat Pulldown	<i>Goal Reps</i>	12	10	8	6
https://youtu.be/-gW3FlywCTo	<i>Reps</i>				
	<i>Weight</i>				
WG Standing straight arm lat pulldown	<i>Goal Reps</i>	15	12	10	10
https://youtu.be/46qiDysufoA	<i>Reps</i>				
	<i>Weight</i>				
Plate loaded High Row	<i>Goal Reps</i>	12 ea	10 ea	8 ea	8 ea
	<i>Reps</i>				
	<i>Weight</i>				
BB Bent over row	<i>Goal Reps</i>	12	10	8	8
https://youtu.be/KOmJB0aA2gU	<i>Reps</i>				
	<i>Weight</i>				
<i>Superset</i>					
Preacher Curl	<i>Goal Reps</i>	15	12	10	8
https://youtu.be/pWeWgJphkx4	<i>Reps</i>				
	<i>Weight</i>				
DB Pullover	<i>Goal Reps</i>	15	12	10	8
https://youtu.be/gYX5PB5BrAw	<i>Reps</i>				
	<i>Weight</i>				
End with 200 Low ab flutter kicks (rest as needed)					



GLUTES & DETAILS



Exercise		Set 1	Set 2	Set 3	Set 4
BB Booty Dip	Goal Reps	15	12	8	20
https://youtu.be/N-XKA9P_gu0	Reps				
	Weight				
Hypers- controlled	Goal Reps	10-15	10-15	10-15	10-15
https://youtu.be/LE7UfuiZfSs	Reps				
	Weight				
Walking BB Lunges - long strides	Goal Reps	20 steps	20 steps	20 steps	20 steps
https://youtu.be/6vSE-CrvHLs	Reps				
	Weight				
Adductor (inner thigh) machine	Goal Reps	15	12	10	8
	Reps				
	Weight				
DB Lateral Raise	Goal Reps	Run the rack	Run the rack	Run the rack	
https://youtu.be/B-A8bumb9IU	Reps				
	Weight				
<i>Superset</i>					
Bus Drivers	Goal Reps	20	20	20	
https://youtu.be/Z1Fl7jv9hm0	Reps				
	Weight				
WG Lat Pulldown to top of head	Goal Reps	15	15	15	15
https://youtu.be/-gW3FlywCTo	Reps				
	Weight				
10 minutes Rower machine					

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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