

# ELSA INSPIRED WORKOUT ROUTINE



Bonus PDF File  
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# ELSA INSPIRED WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

3-5 days per week

## Elsa Body Weight and Cardio Inspired Cosplay Training

We don't see Elsa doing much training as we've seen other Disney Princesses utilizing some specific training methods (like archery, running, swimming, etc.) – but we still can train to cosplay like her.

Elsa has a petite and skinny physique. Nothing lean or muscular about her, just beautiful and skinny.

For that reason I'm going to be giving you some body weight movements you can use if you'd like to tone up just a bit, but also revolving this training around cardio to burn extra calories while getting you nice and healthy and keeping you in a deficit to lose any fat you need gone.

In place of active off day you can utilize some of our cold weather inspired activity.

**Here's a sample schedule for your Elsa Inspired Cardio and Bodyweight Training:**

Sunday: Active Off Day

Monday: 5k run

Tuesday: 10 min Jog and Bodyweight Circuit

Wednesday: Active Off Day

Thursday: 5k run

Friday: 10 Minute Jog and Bodyweight Circuit

Saturday: Long Distance Run

**The Quick Bodyweight Circuit:**

3-5 Rounds for Time

5 Burpees

10 Plank to Push Ups

15 Mountain Climbers

20 Jumping Lunges

25 Bodyweight Rows

30 Second Wall Squat

## **Elsa Inspired Cold Weather Activity**

This one doesn't have to be anything crazy. I'm thinking snowboarding and skiing! But, it could be as simple as going hiking, or swapped for some surfing if you don't have cold weather by you. I specifically added movements in the body weight circuit that'll help you guys with all of it!

Here's some of the body parts you'll want to strengthen if you're planning on adding in your cold weather skiing or snowboarding: quads, hamstrings and glutes, inner and outer thighs, calves, abs, back and arms.

*So, you know...basically everything...*