

# OCHAKO URARAKA COSPLAY WORKOUT & GUIDE



Bonus PDF File  
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# UCHAKO URARAKA SUGGESTED COSPLAY

## The Good Stuff:

*\*\*These are not the budget options. These are from our friends over at EZCosplay and are NOT simply "Halloween Costumes" but cosplay outfits that are made to transform you into these characters.\*\**

[Ochako Uraraka School Uniform](#)

[Ochako Uraraka Dress](#)

[Ochako Uraraka Training Suit](#)

[Ochako Uraraka: All Accessories & Options](#)

## Amazon Budget Route:

*\*\*These are budget options that are from Amazon and may be simply Halloween Costume items, but are also the top options we suggest from the platform.\*\**

[Ochako Uraraka School Uniform](#)

[Ochako Uraraka Training Suit](#)

[Ochako Uraraka Wig](#)

# OCHAKO ORARAKA COSPLAY WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

This is a beginner workout routine so it's mainly going to be to get you moving to help with your weight loss if needed. Other than that it'll be to help tone up and work on building a nice physique for the ladies out there who don't want to get too advanced. We'll utilize 3 days of training with mixed cardio and some calisthenics with 2 extra days that can be devoted to cardio if you'd like to step it up a notch on your fat loss.

## Difficulty Level:

Beginner

*When we do our celebrity and character workouts we base the difficulty level off of their routines/their powers. For this one it's just a judgement call on how I believe we can best get you looking like each character. For that reason I'm providing a level for each.*

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## **Ochako Uraraka Cosplay Workout: Sample Workout Schedule**

*\*\*This can be done on any 5 days of the week, but this is how I would likely format it for myself.\*\**

**Monday:** Full Body and Cardio

**Tuesday:** [Optional] Cardio

**Wednesday:** Full Body and Cardio

**Thursday:** [Optional] Cardio

**Friday:** Full Body and Cardio

**Saturday:** Rest Day

**Sunday:** Rest Day

## **Ochako Uraraka Cosplay Workout: Full Body & Cardio Day One**

**Warm Up:**

10 Minutes of Incline Walk

*\*\*This can lead you into additional cardio or you can opt to do your Cardio after your Full Body Workout\*\**

**Cardio:**

20-30 Minutes of Varied Cardio

**\*\*I prefer to do 10-15 minutes each variation of cardio\*\***

Options:

- Treadmill Incline Walk or Jog
- Elliptical High/Steady Pace
- StairMaster High/Steady Pace

**Workout:**

Goblet Squats w/ Weight (KB, DB or anything Weighted)

4x12

Push Ups (Scale to Knee Push Ups)

4x15

Assisted Chin Ups

4x10

Seated Light Arnold Press

4x12

Cable Rows

4x12

Jump Squats

4×12

**Cooldown:**

15-20 Minutes of Stretching/Yoga

**Ochako Uraraka Cosplay Workout: [Optional] Cardio Day One**

**Warm Up:**

5-10 Minute Walk

**Cardio:**

On my extra cardio days I prefer to do 45-60 minutes of the varied cardio that we do during our training days.

You also have the option to switch it up and add in some HIIT (High Intensity Interval Training) if you'd like as well.

**Here's two variations:**

**Treadmill:**

- One Minute Off: Walk 2.5-3.5 mph
- One Minute On: Run 6.5-10 mph

**Bike:**

- One Minute Off: Steady Pace Level 3-5 w/ 50+ RPMs
- One Minute On: Steady Pace Level 7-10 w/ 100+ RPMs

# Ochako Uraraka Cosplay Workout: Full Body & Cardio Day Two

## Warm Up:

10 Minutes of Incline Walk

\*\*This can lead you into additional cardio or you can opt to do your Cardio after your Full Body Workout\*\*

## Cardio:

20-30 Minutes of Varied Cardio

\*\*I prefer to do 10-15 minutes each variation of cardio\*\*

Options:

- Treadmill Incline Walk or Jog
- Elliptical High/Steady Pace
- StairMaster High/Steady Pace

## Workout:

Cable Pullthroughs

4x12

Pause Push Ups

4x15



Assisted Dips

4x10

Seated Light DB Front Raises [Shoulders]

4x12

Cable Pulldowns

4x12

Leg Press

4x12

**Cooldown:**

15-20 Minutes of Stretching/Yoga

## **Ochako Uraraka Cosplay Workout: [Optional] Cardio Day Two**

**Warm Up:**

5-10 Minute Walk

**Cardio:**

On my extra cardio days I prefer to do 45-60 minutes of the varied cardio that we do during our training days.

You also have the option to switch it up and add in some HIIT (High Intensity Interval Training) if you'd like as well.

## **Here's two variations:**

Treadmill:

- One Minute Off: Walk 2.5-3.5 mph
- One Minute On: Run 6.5-10 mph

Bike:

- One Minute Off: Steady Pace Level 3-5 w/ 50+ RPMs
- One Minute On: Steady Pace Level 7-10 w/ 100+ RPMs

## **Ochako Uraraka Cosplay Workout: Full Body & Cardio Day Three**

**Warm Up:**

10 Minutes of Incline Walk

**\*\*This can lead you into additional cardio or you can opt to do your Cardio after your Full Body Workout\*\***

**Cardio:**

20-30 Minutes of Varied Cardio

**\*\*I prefer to do 10-15 minutes each variation of cardio\*\***

Options:

- Treadmill Incline Walk or Jog
- Elliptical High/Steady Pace

- StairMaster High/Steady Pace

**Workout:**

Glute Bridges w/ Weight (EZ Bar, Barbell, Etc.)

4x12

Wide Push Ups (Scale to Knee Push Ups)

4x10

Assisted Wide Grip Pull Ups

4x10

Machine Presses [Shoulders]

4x12

DB Bent Over Rows

4x12

Donkey Kicks

4x12 each leg

**Cooldown:**

15-20 Minutes of Stretching/Yoga