

# JESSICA RABBIT WORKOUT & GUIDE



Bonus PDF File  
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# JESSICA RABBIT 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.\*\**

[Jessica Rabbit Cosplay Costume](#)

[Jessica Rabbit RANGER Cosplay Costume](#)

[Jessica Rabbit Wig](#)

## 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.\*\**

[Jessica Rabbit Costume Variation A](#)

[Jessica Rabbit Costume Variation B](#)

[Jessica Rabbit Costume Wig](#)

# JESSICA RABBIT WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be doing an upper and lower body split to really focus in on building your hips and glutes, but instead I'll be giving it a twist and we'll have two lower body days and only one upper, with your other two days consisting of mainly cardio and core.

## 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.

## Jessica Rabbit Cosplay Workout: Sample Workout Schedule

**Monday:** Lower Body and Light Cardio A

**Tuesday:** Cardio and Core

**Wednesday:** Upper Body and Light Cardio

**Thursday:** Cardio and Core

**Friday:** Lower Body and Light Cardio B

**Saturday:** Rest Day

**Sunday:** Rest Day

## **Jessica Rabbit Cosplay Workout: Lower Body and Light Cardio A**

### **Warm Up Cardio:**

15 Minutes of Cardio; Options Include:

- High Incline Walk
- Jog on Treadmill
- Rower
- Elliptical
- StairMaster

### **Lower Body Workout:**

Goblet Squats w/ DB or KB

4×12

Weighted Lunges w/ DB or KB

4x12

Quad Extensions

4x12

Donkey Kicks

4x20 each leg

Fire Hydrants

4x20 each leg

**Cooldown:**

10-15 Minutes of Yoga Movements

## **Jessica Rabbit Cosplay Workout: Upper Body and Light Cardio**

**Warm Up Cardio:**

15 Minutes of Cardio; Options Include:

- High Incline Walk
- Jog on Treadmill
- Rower
- Elliptical
- StairMaster

## **Lower Body Workout:**

Incline Chest Press on Machine

4×12

Tricep Cable Kickbacks

4×12

Cable Rows

4×12

Seated Arnold Press

4×12

Assisted Chin Ups

4×12

## **Cooldown:**

10-15 Minutes of Yoga Movements

## **Jessica Rabbit Cosplay Workout: Lower Body and Light Cardio A**

### **Warm Up Cardio:**

15 Minutes of Cardio; Options Include:

- High Incline Walk

- Jog on Treadmill
- Rower
- Elliptical
- StairMaster

### **Lower Body Workout:**

Straight Leg Deadlift

4×12

Cable Pullthroughs

4×12

Hamstring Curls

4×12

Glute Bridges

4×20 each leg

Dip Machine Leg Pushdown

4×20 each leg

### **Cooldown:**

10-15 Minutes of Yoga Movements

## **Jessica Rabbit Cosplay Workout: Cardio and Core**



## **Cardio:**

60 Minutes of VARIED Cardio; Options Include:

- High Incline Walk
- Jog on Treadmill
- Rower
- Elliptical
- StairMaster

*\*\*You can choose to complete this cardio on ONE machine, or multiple.\*\**

## **Core:**

Lying Leg Raises

3×25

Flutter Kicks

3×25

Sit Ups

3×20

Planks

3×60 seconds