

# BULMA COSPLAY WORKOUT & GUIDE



Bonus PDF File  
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# BULMA COSPLAY WORKOUT ROUTINE

## Training Volume:

3 days per week

## Explanation:

For Bulma's cosplay we're going to still focus on having some curves (let's be honest, she did show some throughout the series), but first and foremost our goal is to burn fat and stay slim and petite. That being said, we'll be "training" just 3 days a week, while other days will be "optional" to accelerate fat-loss and toning.

## 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.

## **Bulma Cosplay Workout: Sample Workout Schedule**

**Monday:** Upper Body & Workout and Cardio

**Tuesday:** Track Steps or Optional Cardio

**Wednesday:** Full Body Workout and Cardio

**Thursday:** Track Steps or Optional Cardio

**Friday:** Lower Body & Core Workout and Cardio

**Saturday:** Track Steps or Optional Cardio

**Sunday:** Track Steps or Optional Cardio

## **Bulma Cosplay Workout: Upper Body Workout and Cardio**

*\*\*Cardio can be done before or after your training.\*\**

### **Workout:**

Machine Chest Press

3×10

Overhead Press (Dumbbells or Machine)

3×10

Cable Rows

3×10

Tricep Cable Kickbacks

3×10 each arm

Assisted Chin Ups

3×10

Bicep Curl Step Ups w/ Dumbbells

3×10 each leg/arm

**Cardio:**

*Complete 30 Minutes of Varied Cardio*

Options Include:

- Treadmill Incline Walk
- Treadmill Jog or “Jog/Walk”
- Elliptical Steady Paced Moderate Intensity
- StairMaster Moderate Intensity
- Bike Moderate Speed High Intensity/Difficulty
- Rower

**Bulma Cosplay Workout: Full Body Workout and Cardio**

*\*\*Cardio can be done before or after your training.\*\**

**Workout:**

Dumbbell Thrusters

3×10

Push Ups (or Knee Push Ups)

3×10

Hamstring Kickbacks

3×10 each leg

Chest Fly Machine

3×15

Cable Back Extensions

3×10

Burpees

3×20

**Cardio:**

*Complete 30 Minutes of Varied Cardio*

Options Include:

- Treadmill Incline Walk
- Treadmill Jog or “Jog/Walk”
- Elliptical Steady Paced Moderate Intensity
- StairMaster Moderate Intensity
- Bike Moderate Speed High Intensity/Difficulty

- Rower

## **Bulma Cosplay Workout: Lower Body and Core Workout and Cardio**

*\*\*Cardio can be done before or after your training.\*\**

### **Workout:**

Squat Variation (Smith Machine, Barbell, Landmine, Hack or Goblet)

3×10

Leg Press

3×10

Lying Leg Raises

3×20

Glute Bridges (Weighted or Bodyweight)

3×15

Donkey Kicks (With or Without Band)

3×10 each leg

Cable Crunches

3×20

## **Cardio:**

*Complete 30 Minutes of Varied Cardio*

Options Include:

- Treadmill Incline Walk
- Treadmill Jog or “Jog/Walk”
- Elliptical Steady Paced Moderate Intensity
- StairMaster Moderate Intensity
- Bike Moderate Speed High Intensity/Difficulty
- Rower

## **Bulma Cosplay Workout: Tracking Steps (Levels)**

- **Superhero Level:** 10,000 Steps for the Day
- **Sidekick Level:** 6-8k Steps for the Day
- **Agent in Training Level:** 5k Steps for the Day