

LUCY HEARTFILIA COSPLAY WORKOUT & GUIDE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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LUCY HEARTFILIA COSPLAY WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

Similar to Gray Fullbuster's routine we'll be building Lucy's to revolve around 3 days of training and then 2 days of added cardio. The difference will be within the 3 days of training that specifically targets toning and curves for the ladies (and the fact that these 3 days will be the same for this routine); and also the simplification of the HIIT training to keep us at a beginner level.

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.

Lucy Heartfilia Cosplay Workout: Sample Workout Schedule

Monday: Calisthenics Training

Tuesday: High Intensity Interval Training

Wednesday: Calisthenics Training

Thursday: High Intensity Interval Training

Friday: Calisthenics Training

Saturday: Rest Day

Sunday: Rest Day

Lucy Heartfilia Cosplay Workout: Calisthenics Training Day One

Warm Up:

High Knees x 20

Jumping Jacks x 20

Butt Kicks x 20

Cross Body Shoulder Stretch x 20 seconds each arm

Upper Body:

Push Ups (or Knee Push Ups)

3×20

Dips (Scale with Chair/Bench)

3×15

Pike Push Ups

3×10

Tricep Extensions (or Skull Crushers) [Bodyweight Variation]

3×10

Lower Body:

Air Squats

3×20

Lunges

3×10 [Total]

Bulgarian Split Squats

3×10 [Total]

Glute Bridges

3×20

Donkey Kicks

3×20 each leg

Fire Hydrants

3×20 each leg

Core:

Hollow Hold (Reverse Superman)

3×30 seconds

Bicycle Crunches

3×30

Lying Leg Raises

3×25

Lucy Heartfilia Cosplay Workout: High Intensity Interval Training

30 MINUTES "ON" AND "OFF" IN VARIED STYLES

Style One for Run and Bike:

- One Minute ON: Sprint or Bike High Intensity for 1 Minute
- One Minute OFF: Walk or Steady/Easy Bike for 1 Minute

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Style Two for Run and Bike:

- 30 Seconds ON: Sprint (should be even faster than 1 min variation) or Bike High Intensity for 1 Minute
- 90 Seconds OFF: Walk or Steady/Easy Bike for 1 Minute

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Rinse and Repeat for your 30 Minute Tally