

The Anime Girl Diet

Rules

- Max calories 500
- You must follow the exercise plan
- For dinner make sure to eat small portions
- No alcohol
- You may drink only water and herbal tea
- You can have as much herbal tea as you would like
- Try and memorise some idol dances

Diet Plan

Diet Plan:

- No breakfast
- (150 cal) Lunch is a salad sandwich with butter (or vegan butter)
- (350 cal) Dinner is free choice but you must stay under 350 calories
- You must have at least 2 cups of herbal tea a day
- Make sure to stay hydrated with water too!

When Working Out

- Its recommended to listen to cutesy japanese idol music or Jpop



Anime girl exercise routine

*Official workout routine
(for a cute and slim figure)*

~ ARMS ~

https://www.youtube.com/watch?v=WyyZO_83Cpc (have to do)

<https://www.youtube.com/watch?v=DNr0dAebrFA> (optional)

- 12 tricep pushups hands facing feet (bent legs) x3

- Stretch!

- 12 tricep pushups hands facing back (bent legs) x3

- Stretch!

- 12 tricep pushup hands facing feet (legs straight*) x3

- *bend knees if too difficult but try your best!

- Stretch!

- 12 Pushups* x3

- (*on knees if not strong enough yet, you'll get there someday I promise!)

- Stretch!

- 12 pushups x3 (slowly)

- Stretch!

- "T" Arm Pulses 1 minute!

- Hold T arm pose (30 seconds)

- Stretch!



Anime girl exercise routine

FLAT STOMACH & TINY WAIST

~ TUMMY ~

<https://www.youtube.com/watch?v=MTy107oZ-J0> (optional)

<https://www.youtube.com/watch?v=Ih8LD0FDI4g> (optional)

<https://www.youtube.com/watch?v=svuV-UmpKsc> (have to do)

- 12 hand to elbow planks x3
- Stretch!
- 12 Half plank butt twists x2
- Stretch!
- 12 elbow twists x2 holding
- Stretch!
- 12 crunches x3
- 12 crunch pulses x3
- Stretch!
- 12 leg bends x1
- 12 leg crosses x1
- 12 second leg hold x1
- Do one last big stretch!



Anime girl exercise routine

SKINNY LEGS AND THIGH GAP

<https://www.youtube.com/watch?v=qM-NOwNxpe\g> (have to do)

(Each set is of 12)

- lift hips up and down (squeeze legs tight) pillow in between legs X3
- Stretch!
- lift hips up and down and with the pillow, but keep one leg lifted. switch legs after twelve. X2
- Stretch!
- pulse with hips - higher than usual do one set of x1
- Stretch!
- no pillow, hips up and open and close ur legs. stomach flat, squeeze legs together. your feet should be touching, side to side x3
- Stretch!
- lift ur hips up and close ur knees. don't move ur foot, just the knees. your feet should be apart here x3
- Stretch!
- lift your hips up and down, but keep your feet apart here x1
- Pulse x1
- Stretch!
- get on your side and cross one leg over the other. move the leg that isn't crossed up and down, but not by much. keep it off the ground. do this for two sets. then circle your leg instead of moving it up and down and then move the circle backwards x2 both legs
- Reverse it x2
- Stretch!
- get on your side and push one leg up and then let it touch in front of you. then move it up and down x3
- Other leg x3`
- Stretch!

