

MISTY COSPLAY WORKOUT ROUTINE



Bonus PDF File
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MISTY COSPLAY WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

As I said: nutrition is going to be the most important part of getting your Misty cosplaying ready. BUT, I'm also going to program you a swimming routine to utilize a few times a week, a simple running routine for a few times a week, and a bodyweight circuit to get you ready to surf on your Starmie!

Misty Pokemon Cosplay Workout: Weekly Running

Running is a fun way (well, fun for some) to help support your caloric deficit (which you'll need to slim down), while also supporting optimal health in many different ways.

That being said, we're incorporating this one not just to support both those things mentioned, but also to support the fact that we see Misty, Ash and Brock do their fair share of running!

Here's a weekly breakdown for you to follow:

Monday: 2-3 mile run

Tuesday: Off or Bodyweight Circuit

Wednesday: 2-3 mile run

Thursday: Off or Bodyweight Circuit

Friday: 3-5 mile run

Saturday/Sunday: Off or Bodyweight Circuit

Misty Pokemon Cosplay Workout: Bodyweight Circuit (Surfing Starmie)

Okay, this won't only help you surf Starmie, this will also help you tone up and cut fat — while also enabling you to surf other Pokemon as well!

Complete this circuit 3 times through:

30 Lying Leg Raises

25 Plank to Push Ups

20 Jumping Lunges

15 Push Ups (or Knee Push Ups)

10 Burpees

5 Pistol Squats each Leg

Misty Pokemon Cosplay Workout: Swimming Program

Ever since we saw swimming within Nathalie Emmanuel's routine we've been utilizing the same beginner programming she uses when we program it in other characters.

That program is from Annie Emerson that is shared on Speedo.

You can find that [here](#).

Feel free to add this into your weekly training if you enjoy swimming as much as Misty!