

# GWEN STACY COSPLAY WORKOUT & GUIDE



Bonus PDF File  
By: Mike Romaine

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# GWEN STACY / SPIDER-GWEN 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.\*\**

[Spider Gwen Basic Option](#)

[Spider Gwen Alternative Pick \(Symbiote Style!\)](#)

[Accessory: Blonde 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.\*\**

[Spider Gwen Basic Option](#)

[Gwen Stacy Hoodie](#)

# GWEN STACY COSPLAY WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

As I mentioned above we'll be focusing in on building a round butt and toned legs, and toning up the rest of our physique; while dropping fat. For that reason we'll be using some weight training (although not too advanced and only a couple times a week) and mixing it with cardio to really tone up and lose fat.

## Difficulty Level:

Intermediate

*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.*

## Spider-Gwen Workout Routine: Sample Workout Schedule

**Monday:** Lower Body A

**Tuesday:** Cardio and Light Calisthenics

**Wednesday:** Upper Body

**Thursday:** Cardio and Light Calisthenics

**Friday:** Lower Body B

**Saturday:** Optional Cardio

**Sunday:** Rest Day

## **Spider-Gwen Workout: Lower Body A**

### **Warm Up:**

15 minute Elliptical

### **Workout:**

Straight Leg Deadlift w/ KB

4x12

Hamstring Curls

4x12

Weighted Lunges

4x12 each leg

Dip Machine Leg Pushdown

4x12 each leg

Weighted Glute Bridges

4×12

Cable Pullthroughs

4×12

Donkey Kicks

4×20 each leg

## **Spider-Gwen Workout: Cardio and Light Calisthenics**

### **Cardio:**

30-60 minutes of varied cardio

*If you feel you have extra fat to burn (weight to lose), I suggest stepping it up a notch and completing 60 minutes.*

### **Light Calisthenics:**

Push Ups (or Knee Ups or Pause Push Ups)

3×25

Air Squats (Scale w/ Higher Squat)

3×20

Dips (Scaled to Stair/Bench Dips)

3×15

Pull Ups (Or Assisted)

3×10

## **Spider-Gwen Workout: Upper Body**

### **Warm Up:**

15 minute Elliptical

### **Workout:**

Bench Press Variation (Machine, DBs, Barbell, etc)

4×12

Seated Arnold Press

4×12

Cable Bicep Curls

4×12

Machine Dips

4×12

Cable Kickbacks

4×12

DB Shoulder Front Raises

4×12

Kettlebell Swings

4×12

## **Spider-Gwen Workout: Cardio and Light Calisthenics**

### **Cardio:**

30-60 minutes of varied cardio

*If you feel you have extra fat to burn (weight to lose), I suggest stepping it up a notch and completing 60 minutes.*

### **Light Calisthenics:**

Push Ups (or Knee Ups or Pause Push Ups)

3×25

Air Squats (Scale w/ Higher Squat)

3×20

Dips (Scaled to Stair/Bench Dips)

3×15

Pull Ups (Or Assisted)

3×10

## **Spider-Gwen Workout: Lower Body B**



**Warm Up:**

15 minute Elliptical

**Workout:**

Goblet Squats with KB

4×12

Leg Press

4×12

Bulgarian Split Squat

4×12 each leg

Quad Extensions

4×12

Box Jumps

4×12

DB Thrusters

4×12

Seated Calf Raises

4×12