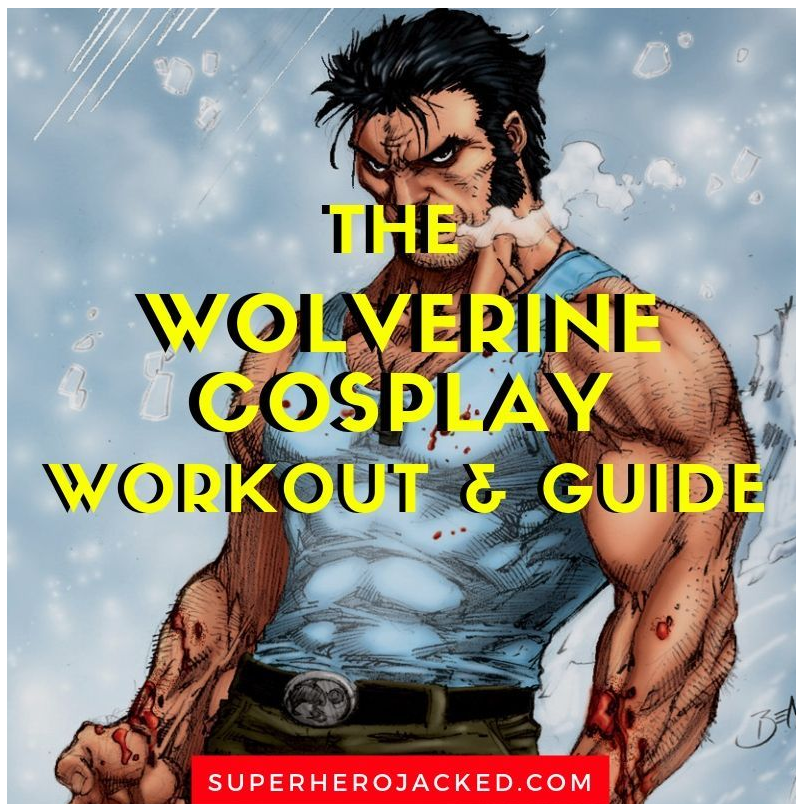


WOLVERINE COSPLAY WORKOUT & GUIDE



Bonus PDF File

By: Mike Romaine

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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.

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HARLEY QUINN 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.

[Jester Option](#)

[Suicide Squad Option](#)

[Alternative Pick \(Arkam\)](#)

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.

[Jester Option](#)

[Suicide Squad Option](#)

[Alternative Pick](#)

HARLEY QUINN COSPLAY WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

As I mentioned above we'll be focusing in on building up a tight core, round butt and toned legs, and toning up the rest of our physique. For that reason we'll be using some bodyweight training mixed with classes and/or cardio depending on your specific needs. Your mock schedule will be listed at the end.

Difficulty Level:

Beginner to 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.

Harley Quinn Cosplay Workout: Cardio, Calisthenics, Core and Booty

Warm Up Cardio:

15-30 minutes of varied cardio (*30 if extra fat loss is needed/wanted*)

Calisthenics:

Push Ups, Knee Ups or Pause Push Ups

3×20

Dips (Chair Dips are Fine)

3×15

Chin Ups or Bodyweight Rows (Assisted is Fine)

3×10

Booty:

Donkey Kicks

3×20 each leg

Glute Bridges

3×20

Air Squats

3×15

Jumping Lunges

3×10 each leg

Core:

Forearm Planks

3×60 seconds

Sit Ups

3×25

Lying Leg Raises

3×25

Harley Quinn Cosplay Workout Schedule:

Monday: Cardio, Calisthenics, Core, and Booty

Tuesday: 1-3 mile jog OR Class: Spin, Yoga, Pilates

Wednesday: Cardio, Calisthenics, Core, and Booty

Thursday: 1-3 mile jog OR Class: Spin, Yoga, Pilates

Friday: Cardio, Calisthenics, Core, and Booty

Saturday: Off Day

Sunday: Active Off Day (Get outside and get active!)