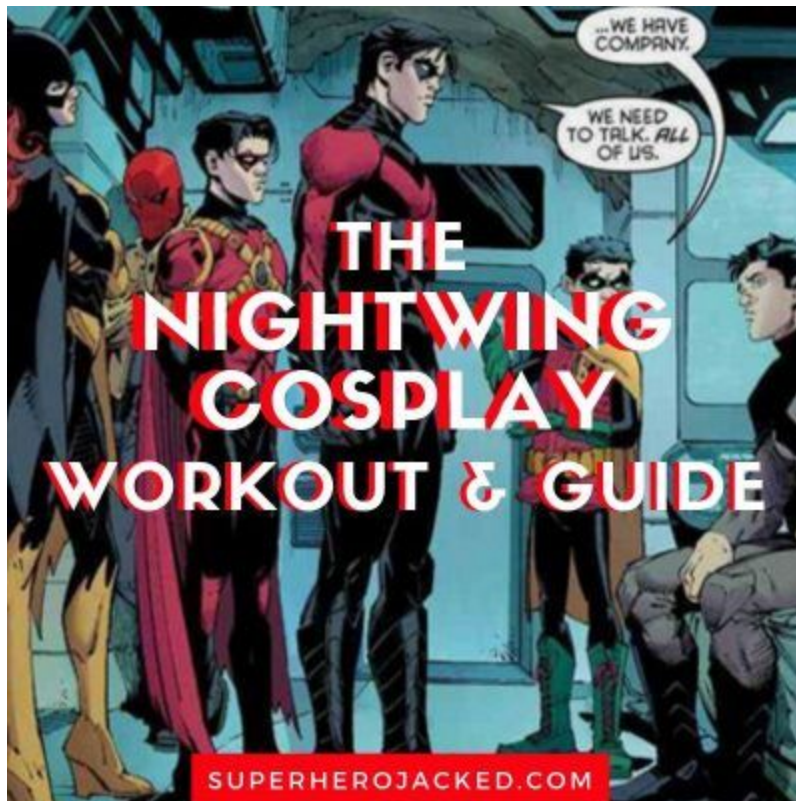


NIGHTWING COSPLAY WORKOUT & GUIDE



Bonus PDF File
By: Mike Romaine

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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.

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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NIGHTWING 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.

[Typical Arkham City Blue Style](#)

[Young Justice Style](#)

[Red Arkham City](#)

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.

[Rubies Puffed Chest Suit](#)

[Nightwing T-Shirt](#)

[Nightwing Bodysuit](#)

NIGHTWING COSPLAY WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one I want to give our Nightwing fans a chance to chase this physique with a very scaled down beginner program. We'll be sticking to the calisthenics because it's Nightwing, but it's going to be VERY simple and very easy to follow. Be sure to pair this with a good diet plan and you'll be all set for your future cosplay endeavors.

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.

Nightwing Cosplay Workout Routine: Workout Schedule

Monday: Short Cardio and Calisthenics

Tuesday: Long Cardio Session

Wednesday: Short Cardio and Calisthenics

Thursday: Long Cardio Session

Friday: Off Day or Activity

Saturday: Off Day

Nightwing Cosplay Workout Routine: Short Cardio and Calisthenics

**You can do your cardio before or after your calisthenics. I generally prefer before.*

Cardio:

20-30 minutes of varied cardio

General options: Slow incline walk and/or Elliptical steady pace

Calisthenics:

Pull Ups

5×10

Dips

5×15

Air Squats

5×20

Sit Ups

5×25

Push Ups

5×30

Nightwing Cosplay Workout Routine: Long Cardio Session

For this session you'll be doing varied cardio but I'd like you to step it up a bit.

Complete a total of 60 minutes altogether.

Varied Cardio Options:

- Treadmill Run/Walk On and Off (Consider HIIT Training)
- Elliptical Level 5+ Steady High Paced Speed
- StairMaster Moderate Difficulty
- Row Machine