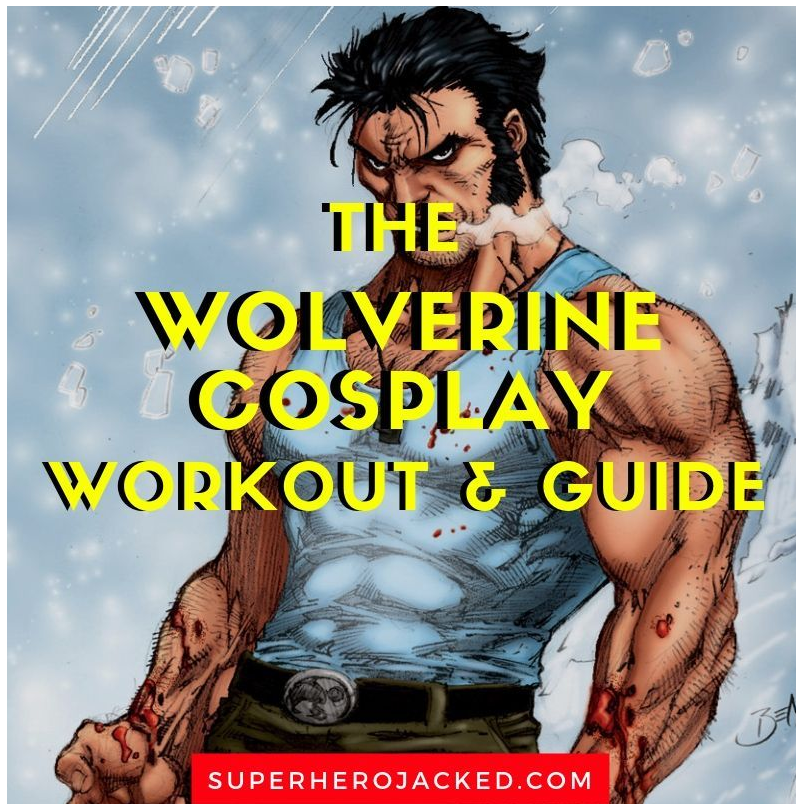


WOLVERINE COSPLAY WORKOUT & GUIDE



Bonus PDF File

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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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WOLVERINE 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.

[Full Wolverine X-Men Suit](#)

[Logan's Leather Jacker](#) (to go with left-most-cosplay above)

Alternative Option: [Just The Claws](#)

Alternative Option: ["The Last Stand" X-Men Suit](#)

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.

[Full Wolverine X-Men Suit](#)

[Logan's Leather Jacker](#) (to go with left-most-cosplay above)

Alternative Option: [Just The Claws](#)

WOLVERINE COSPLAY WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

So we're focused on staying lean (or getting lean and vascular) while bulking up. We've seen Hugh Jackman do something similar for his role. We'll be training 5 days per week to do the same, and I'll also be adding in some supersets like Jackman likes to utilize (strictly because they are effective for our goal here as well).

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.

Wolverine Cosplay Workout: Chest and Triceps

Warm Up Cardio:

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

Workout:

Bench Press

4×10, 8, 5, 3

Close Grip Bench

4×10, 8, 5, 5

Superset One:

A. Incline Bench Press

3×10

B. Standing Incline DB Flyes

3×10

Triset One:

A. Tricep Cable Overhead Extensions

3×10

B. Tricep Cable Pushdowns

3×10

C. Tricep Cable Kickbacks

3×10

Blowout:

A. Dips

3×10-15

B. Pushups

To Failure

Wolverine Cosplay Workout: Back and Biceps

Warm Up Cardio:

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

Workout:

Deadlifts (Hex Bar is Fine)

4×10, 8, 5, 3

Barbell Bicep Curls

4×10, 8, 5, 5

Superset One:

A. Cable Bicep Curls

3×10

B. Cable Hammer Curls w/ Rope

3×10

Triset One:

A. Lateral Pulldowns

3×10

B. Straight Arm Pushdown

3×10

C. Face Pulls

3×10

Blowout:

A. Chin Ups

3×10-12

B. Pushups

To Failure

Wolverine Cosplay Workout: Cardio, Core and Calisthenics

Cardio:

30-60 minutes of varied cardio

****Time depends on how much fat-loss you're going for****

Varied Cardio Options: Treadmill, StairMaster, Elliptical, Rower, Bike

Core:

Forearm Planks

4×60 seconds

Sit Ups

4×25

Lying or Hanging Leg Raises

4×25

Calisthenics:

*****Scale to lower rep schemes if you're a beginner*****

Push Ups

5×10 or 5×30

Pull Ups

5×5 or 5×10

Dips

5×10 or 5×20

Wolverine Cosplay Workout: Legs and Calves

Warm Up Cardio:

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

Workout:

Back Squats

4×10, 8, 5, 3

Straight Leg Deadlift (Light or KB)

4×10, 8, 5, 5

Superset One:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

Triset One:

A. Weighted Lunges

3×10

B. Quad Extension

3×10

C. Cable Pullthroughs

3×10

Blowout:

A. Hamstring Curls or Kickbacks

3×10-15

B. Jump Rope

To Failure

Wolverine Cosplay Workout: Shoulders and Traps

Warm Up Cardio:

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

Workout:

Overhead Press (Seated or Standing)

4×10, 8, 5, 3

Barbell Shrugs

4×10, 8, 5, 5

Superset One:

A. Power Cleans

3×10

B.DB Farmers Walk

3×50 ft

Triset One:

A. Arnold Press Seated

3×10

B. Dumbbell Straight Raises

3×10

C. Upright Rows

3×10

Blowout:

A. Kettlebell Swings

3×10-15

B. Pushups

To Failure

Wolverine Cosplay Workout Schedule:

Monday: Chest and Triceps

Tuesday: Back and Biceps

Wednesday: Cardio, Core and Calisthenics

Thursday: Legs and Calves

Friday: Shoulders and Traps

Saturday: Off Day

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