

# INOSUKE HASHIBIRA COSPLAY WORKOUT & GUIDE



Bonus PDF File  
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# INOSUKE HASHIBIRA 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.\*\**

[Inosuke Hashibira Bottoms](#)

[Inosuke Hashibira Mask](#)

[Inosuke Hashibira Swords](#)

[Inosuke Hashibira Boots](#)

## 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.\*\**

[Inosuke Hashibira Mask Prop](#)

[Inosuke Hashibira Sword Prop](#)

[Inosuke Hashibira Wig Prop](#)

# INOSUKE HASHIBIRA COSPLAY WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

This is a slim and functional physique; and one that is definitely on the side of being more toned/shredded than big/bulky. For that reason, this is the exact routine I'd utilized if I needed to have program for myself to cosplay this one. It focuses on cutting extra fat with all the extra cardio to get lean, while hitting all the muscles needed for the extra toning.

## 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.*

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully

planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## **The Inosuke Hashibira Cosplay Workout: Sample Workout Schedule**

*\*\*This can be done on any 5 days of the week, but this is how I would likely format it for myself.\*\**

**Monday:** Full Body and Light Cardio A

**Tuesday:** Heavy Varied Cardio

**Wednesday:** Full Body and Light Cardio B

**Thursday:** Heavy Varied Cardio

**Friday:** Full Body and Light Cardio C

**Saturday:** Rest Day [Or Added Cardio]

**Sunday:** Rest Day

## **Inosuke Hashibira Workout: Full Body and Light Cardio A**

### **Light Cardio Warm Up:**

20-30 Minutes of Incline Treadmill Walk

### **Full Body Workout:**

Incline Dumbbell Bench Press

4×12,10,8,5

Seated Arnold Press

4×12,10,8,5

Cable Tricep Pushdowns

3×10

Bent Over Rows

3×10

Leg Press

3×10

Alternating Bicep Curls w/ DB

3×10 (each arm)

**Extra Core (Optional):**

Hanging Leg Raises

3×20

Sit Ups

3×20

**Inosuke Hashibira Workout: Heavy Cardio**

I might have scared you with the word “Heavy”, but all I mean is that we’ll be devoting a full day to cardio.

We’re going to shoot for 45-60 minutes.

Vary your cardio 15-20 minutes each machine and make sure you’re working in a 70-80% range throughout.

**Here’s some options for you:**

- Incline Treadmill Walk
- Elliptical
- StairMaster
- Rower

*I tend to stay clear of the bike being that it’s a bit too easy to not work that hard on it, and I’d suggest doing the same with the Elliptical if you’re one that won’t click that “Level Up” button and work your butt off!*

**Inosuke Hashibira Workout: Full Body and Light Cardio B**

**Light Cardio Warm Up:**

20-30 Minutes of Incline Treadmill Walk

**Full Body Workout:**

Deadlift Variation (Can be done w/ Dumbbells)

4×12,10,8,5

Preacher Curls

4×12,10,8,5

Seated Overhead Extension

3×10

Chest Fly Variation (Machine/Cable/DB)

3×10

Bulgarian Split Squats

3×10

Standing Front Raises w/ Plate or DB

3×10

**Extra Core (Optional):**

Hanging Knee Raises w/ Twist

3×20

Sit Ups w/ Twist

3×20

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## **Inosuke Hashibira Workout: Full Body and Light Cardio C**

### **Light Cardio Warm Up:**

20-30 Minutes of Incline Treadmill Walk

### **Full Body Workout:**

Squat Variation (Goblet, Back, Front, Etc)

4×12,10,8,5

Straight Leg Deadlift (W/ DB, EZ Bar or KB)

4×12,10,8,5

Dumbbell Kickbacks

3×10 each arm

Dips

3×10

Chin Ups

3×10

Upright Rows w/ Plate or EZ Bar

3×10

**Extra Core (Optional):**

Lying Leg Raises

3×20

Cable Crunches

3×20