

JON SNOW COSPLAY WORKOUT & GUIDE



Bonus PDF File
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JON SNOW

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.

[Jon Snow Season 8](#)

[Jon Snow Season 7](#)

[Jon Snow Nights Watch](#)

[Jon Snow Longclaw Prop](#)

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.

[Amazon's Choice](#) (Least Expensive)

[Nights Watch](#) (Medium Expense, Second Best)

[Elite Option for Amazon](#) (Expensive, But...The Best)

JON SNOW WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Five days a week might seem high volume but we're going to be using 3 full body workouts a week paired with 2 sessions of cardio. They'll last anywhere from 30-45 minutes a session and be nice a quick and easy for you guys so make sure to pair this with an awesome diet plan as well for the best results.

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.

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.

Jon Snow 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 Day One

Tuesday: Cardio

Wednesday: Full Body Day Two

Thursday: Cardio

Friday: Full Body Day Three

Saturday: Rest Day

Sunday: Rest Day

Jon Snow Cosplay Workout: Full Body Day One

Warm Up Calisthenics:

Push Ups

3×20

Dips

3×15

Pull Ups

3×10

Workout:

Incline DB Press

3×10

DB Seated Overhead Tricep Extension

3×10

Wide Grip Lateral Pulldown Machine

3×10

Standing Alternating DB Curls

3×10 each arm

Cable Straight Bar Front Raises (through your legs)

3×10

Bulgarian Split Squats

3×10

Jon Snow Cosplay Workout: Full Body Day Two

Warm Up Calisthenics:

Push Ups

3×20

Dips

3×15

Pull Ups

3×10

Workout:

Cable Chest Flyes

3×10

Cable Kickbacks

3×10 each arm

Bent Over DB Rows

3×10 each arm

EZ Bar Curls

3×10

Seated Arnold Press

3×10

Leg Press

3×10

Jon Snow Cosplay Workout: Full Body Day Three

Warm Up Calisthenics:

Push Ups

3×20

Dips

3×15

Pull Ups

3×10

Workout:

Bench Press Machine

3×10

Cable Tricep Pushdowns

3×10

Cable Rows

3×10

Hammer Curls w/ Cable and Rope

3×10

Cable One Arm Lat Raises

3×10

Hack Squat or Goblet Squat

3×10

Jon Snow Cosplay Workout: Cardio Days

Varied Cardio:

I tend to vary my cardio 10-15 minutes each. Sometimes I'll do 10 minutes and hop off and eventually come back to that same machine, and sometimes I'll stick to it for one 15-20 minute session before moving on to the next.

- HIIT Treadmill Training
- Incline Walk on Treadmill
- Rowing Machine
- Stair Master High Intensity
- Steady High Intensity Elliptical
- HIIT Training Bike

Complete a total of 30-60 minutes each cardio day.