

NEZUKO KAMADO COSPLAY WORKOUT & GUIDE



Bonus PDF File
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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.

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NEZUKO KAMADO 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.

[Nezuko Kamado Costume](#)

[Nezuko Kamado Mouth Prop](#)

[Nezuko Kamado Wig](#)

[Nezuko Kamado Sandals](#)

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.

[Nezuko Kamado Full Costume](#)

[Nezuko Kamado Wig](#)

[Nezuko Kamado Mouthpiece](#)

NEZUKO KAMADO COSPLAY WORKOUT ROUTINE

Training Volume:

3-5 days

Explanation:

We're going to try to still have some fun with this one and unleash some of that inner demon with some blowout circuits and optional cardio days; but overall this workout can be done without the addition and still get you into cosplay shape when paired with a good diet!

Difficulty Level:

Beginner-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 Nezuko Kamado 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 Blowout

Tuesday: [Optional] Cardio Variations

Wednesday: Full Body and Blowout

Thursday: [Optional] Cardio Variations

Friday: Full Body and Blowout

Saturday: Rest Day

Sunday: Rest Day

Nezuko Kamado Workout Day One: Full Body Workout & Blowout

Workout:

Goblet Squats w/ Weight (KB, DB or anything Weighted)

4x12

Plank to Push Ups

4x20

Assisted Chin Ups

4x10

Standing Overhead Press w/ DB

4x12

Wide Grip Cable Rows

4x12

Wall Sits

4x60 seconds

Blowout:

3 Rounds w/ 2 Minute Breaks In Between Them

20 Kettlebell Swings

20 Push Ups

20 Second Plank

Battle Rope to Failure

Nezuko Kamado Workout Day Two: Option Cardio Variations

You can do a couple different things for this section.

1. Long Distance Run
 - 3-5 Total Miles
2. Varied Cardio 45-60 minutes of 15-20 each of these:
 - Elliptical
 - Incline Treadmill Walk
 - StairMaster
3. High Intensity Interval Training Sprints for 20-30 minutes
 - 30 Second Sprints
 - 1 and a half minute walking cooldown

Nezuko Kamado Workout Day Three: Full Body Workout & Blowout

Workout:

Cable Pullthroughs

4x12

Shoulder Taps

4x20

Assisted Dips

4x10

Upright Rows w/ EZ Bar

4x12

Hammer Strength Pulldowns

4x12

Leg Press Machine

4x12

Blowout:

3 Rounds w/ 2 Minute Breaks In Between Them

20 Goblet Squats

20 Jumping Lunges

20 Second Wall Sits

Box Jumps to Failure

Nezuko Kamado Workout Day Two: Option Cardio Variations

You can do a couple different things for this section.

1. Long Distance Run
 - 3-5 Total Miles
2. Varied Cardio 45-60 minutes of 15-20 each of these:
 - Elliptical
 - Incline Treadmill Walk
 - StairMaster
3. High Intensity Interval Training Sprints for 20-30 minutes
 - 30 Second Sprints

- 1 and a half minute walking cooldown

Nezuko Kamado Workout Day Five: Full Body Workout & Blowout

Workout:

Glute Bridges w/ Weight (EZ Bar, Barbell, Etc.)

4x12

Push Ups

4x20

Bent Over DB Rows

4x10

Smith Machine Overhead Press on Knees

4x12

EZ Bar Standing Curls

4x12

Donkey Kicks

4x12 each leg

Blowout:

3 Rounds w/ 2 Minute Breaks In Between Them

60 Second Plank

25 Hanging Leg Raises

25 Sit Ups

Russian Twists to Failure