

# SHOTO TODOROKI COSPLAY WORKOUT & GUIDE



Bonus PDF File  
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# SHOTO TODOROKI 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.\*\**

[Shoto Todoroki School Uniform](#)

[Shoto Todoroki Battle Suit](#)

[Shoto Todoroki Wig](#)

[Shoto Todoroki All Options & Accessories](#)

## 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.\*\**

[Shoto Todoroki Battle Suit](#)

[Shoto Todoroki Hoodie](#)

[Shoto Todoroki Wig](#)

# SHOTO TODOROKI COSPLAY WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be doing a 3 day split of Push/Pull/Legs and then we'll be adding some extra accessory and cardio work on the other two days of the week to really round out our physique.

## 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 Shoto Todoroki 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:** Push Day & Blowout

**Tuesday:** Full Body and Cardio

**Wednesday:** Leg Day & Blowout

**Thursday:** Full Body and Cardio

**Friday:** Pull Day & Blowout

**Saturday:** Rest Day

**Sunday:** Rest Day

## **The Shoto Todoroki Cosplay Workout: Push Day & Blowout**

### **Warm Up:**

5-10 Minute Warm Up Walk

### **Workout:**

Incline Dumbbell Bench Press

4×12,10,8,6

Heavy Cable Pushdowns

4×12,10,8,6

Standing Overhead Press

4×12,10,8,6

Chest Flyes (Cable or DB)

3×10

DB Kickbacks

3×10

**Blowout:**

3 Rounds for Time:

*(Break 1-2 Minutes In Between Rounds if Needed)*

20 Kettlebell Swings

15 Dips

10 One Arm DB Snatches (5 Each Arm)

Push-Ups to Failure

**The Shoto Todoroki Cosplay Workout: Full Body & Cardio**

\*\*Cardio can be done before or after accessory work. I prefer before, but feel free to find what works for you.\*\*

## **Cardio:**

*45-60 Minutes of Varied Cardio Chosen From Below List*

- Treadmill Incline Walk
- Treadmill HIIT
- Treadmill Jog (or on and off)
- Elliptical High Pace Steady
- Elliptical HIIT
- StairMaster High Pace Steady
- Bike HIIT

## **Accessory Work:**

*Complete 5 Rounds of 10 Reps for Each Movement Listed:*

- Push Ups
- Pull Ups (or Chin Ups)
- Leg Raises
- Dips

## **The Shoto Todoroki Cosplay Workout: Leg Day & Blowout**

### **Warm Up:**

5-10 Minute Warm Up Walk

### **Workout:**

Bulgarian Split Squats

4×12,10,8,6

Hamstring Curls

4×12,10,8,6

Seated Calf Raises

4×12,10,8,6

Quad Machine

3×10

Glute Bridges (If Unweighted Double The Reps)

3×10

**Blowout:**

3 Rounds for Time:

*(Break 1-2 Minutes In Between Rounds if Needed)*

20 Kettlebell Deadlifts (10 Each Arm if KB is Light)

15 Cable Pullthroughs

10 Jumping Lunges (5 Each Leg)

Jump Squats to Failure

**The Shoto Todoroki Cosplay Workout: Full Body & Cardio**



**\*\*Cardio can be done before or after accessory work. I prefer before, but feel free to find what works for you.\*\***

### **Cardio:**

*45-60 Minutes of Varied Cardio Chosen From Below List*

- Treadmill Incline Walk
- Treadmill HIIT
- Treadmill Jog (or on and off)
- Elliptical High Pace Steady
- Elliptical HIIT
- StairMaster High Pace Steady
- Bike HIIT

### **Accessory Work:**

*Complete 5 Rounds of 10 Reps for Each Movement Listed:*

- Push Ups
- Pull Ups (or Chin Ups)
- Leg Raises
- Dips

## **The Shoto Todoroki Cosplay Workout: Pull Day & Blowout**

### **Warm Up:**

5-10 Minute Warm Up Walk

### **Workout:**

Bent Over Rows w/ Barbell

4×12,10,8,6

Lateral Cable Pulldowns

4×12,10,8,6

Preacher Curls

4×12,10,8,6

Hammer Curls

3×10

Chin Ups

3×10

**Blowout:**

3 Rounds for Time:

*(Break 1-2 Minutes In Between Rounds if Needed)*

20 Straight Arm Pushdowns

15 Face Pulls

10 Wide Push Ups

Wide Grip Pull Ups to Failure