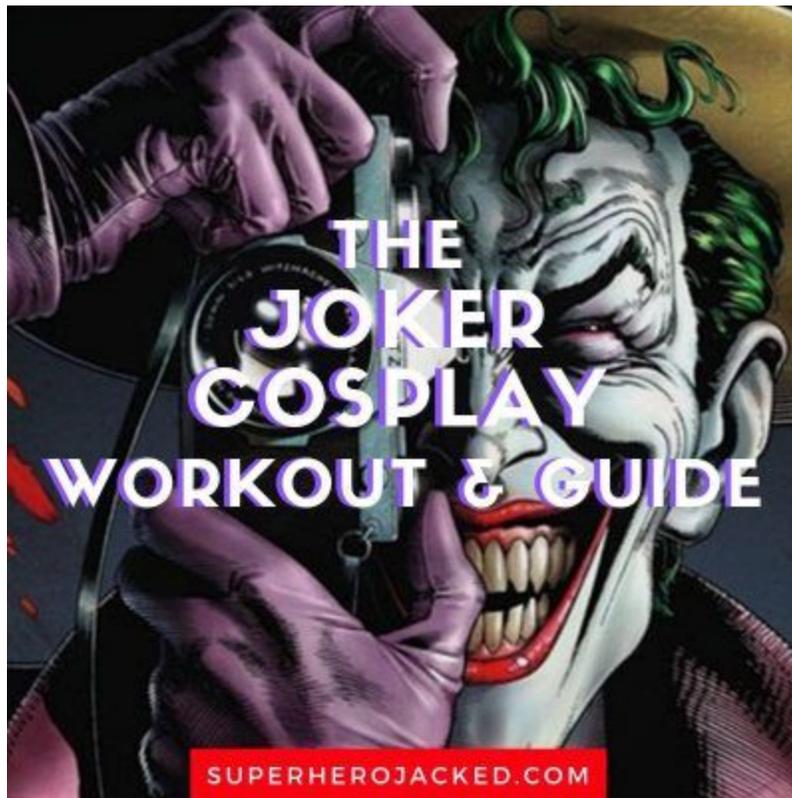


JOKER COSPLAY WORKOUT & GUIDE



Bonus PDF File
By: Mike Romaine

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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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THE JOKER

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.

[Joaquin Phoenix Joker](#)

[Dark Knight Joker](#)

[The Dark Knight Nurse Joker](#)

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.

[Dark Knight Costume](#)

["Deluxe" Dark Knight Edition](#)

[Non-Traditional Joker Option](#)

THE JOKER COSPLAY WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

The Joker is slim. I would say “skinny” but in some variations he’s still shown as strong, vascular and toned. So, we’re going to look to replicate that and possibly even add a nice six pack to the mix. But, keep in mind that the workout portion of this will be mainly shooting for fat loss, which is why we’re using such a heavy cardio base and only training 2 full body days in there.

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.

The Joker 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: Cardio

Tuesday: Full Body Day One

Wednesday: Cardio

Thursday: Full Body Day Two

Friday: Cardio

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

Seated DB Front Raise (Shoulders)

3×10

Bulgarian Split Squats

3×10 each leg

Core:

Hanging Leg Raises w/ Twist

3×20

Sit Ups w/ Twist

3×20

Planks

3×60 seconds

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

Core:

Lying Leg Raises followed by Flutter Kicks

3×20 each

Cable Crunches

3×20

Side Planks

3×30 seconds each side

The Joker 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 60 minutes each cardio day.