

ASH KETCHUM COSPLAY WORKOUT & GUIDE



Bonus PDF File

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ASH KETCHUM 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.

[Ash Ketchum Full Costume Variation 1](#)

[Ash Ketchum Full Costume Variation 2](#)

[Ash Ketchum Hat Variation 1](#)

[Ash Ketchum Hat Variation 2](#)

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.

[Ash Ketchum Full Costume](#)

[Ash Ketchum Snapback](#)

Pikachu Doll

And there you have it.

Along with this killer workout I'm going to build for you to turn you into Ash Ketchum, these are our favorite options for his outfit.

Don't forget to tag me in your pics @MikeRomaine on [Insta!](#)

ASH KETCHUM COSPLAY WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

You're going to track your walking every single day, but you'll also sub in different training variations 3-5 days a week on top of that training as well if you'd really like to lose some weight and tone up to embody Ash!

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.

Ash Ketchum Cosplay Workout: Sample Workout Schedule

This is just a sample. This can be done 3 days with add-ons, or even 5, but the point is that it can vary a bunch!

Monday: Walk 10K + Optional Add-on Program

Tuesday: Walk 10K + Optional Add-on Program

Wednesday: Walk 10K + Rest

Thursday: Walk 10K + Optional Add-on Program

Friday: Walk 10K + Optional Add-on Program

Saturday: Walk 10K + Rest

Sunday: Walk 10K + Rest

Ash Ketchum Cosplay Workout: Walk 10K & Tracking!

We've seen some celebrities actually do this being that they're traveling and can't get workouts in.

They'll make sure they're active enough throughout the day to get 10,000 steps in.

If you're Ash Ketchum, you probably get a ton more than that! So if you're really utilizing this walking plan, and have the time to get in all the steps, the embodiment and cosplay should be a breeze.

If you hate reading:

Track 10,000 Steps Per Day

Ash Ketchum Cosplay Workout: Calisthenics Optional Add-on Program

We have a handful of calisthenics guides on the site, but we're going to keep it super simple for this one and utilize some things on-the-go.

So that means, while I would usually push pull-ups pretty hard, I'll opt to cut them from this one in favor of ease-of-use!

Here's what you'll be adding in on top of your walking:

This is the total number of reps and can be broken down into multiple sets throughout the day or done in one shot

150 Push Ups

100 Chair Dips

100 Sit Ups

100 Lunges

50 Bodyweight Rows

5 Minutes of Forearm Planks

Ash Ketchum Cosplay Workout: Swimming Optional Add-on Program

This is the ONE add-on program that can actually count towards your daily walking.

If you want to get some long distance cardio or even some sprints in there, you can count it towards your 10K of daily walking.

Here's two options for your cardio add-on:

30 Minute of HIIT Training:

1 Minute ON: Run 5.5-8mph

1 Minute OFF: Walk 2.5-3.5mph

Long Distance Run:

Run 3.1-5miles

Ash Ketchum Cosplay Workout: Swimming Optional Add-on Program

Ash isn't THE BIGGEST swimmer, but we have seen him dive down and take on the water.

Plus, he has Misty as his friend to push him in and get him going, so he has to be pretty good, right?

Either way we'll be utilizing a beginner program that we have had shared among celebrities (and continue to use at SHJ).

The Beginner Speedo Swim Training: [Click here](#).