

# SABITO COSPLAY WORKOUT & GUIDE



Bonus PDF File  
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# SABITO

# 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.\*\**

[Sabito Costume](#)

[Sabito Mask](#)

[Sabito Wig](#)

[Sabito Sword 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.\*\**

[Sabito Costume](#)

[Sabito Mask Prop](#)

[Sabito Wig](#)

And there you have it.

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

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

# **SABITO COSPLAY WORKOUT ROUTINE**

## **Training Volume:**

3-5 days per week

## **Explanation:**

The training portion is 3-5 days a week because if you want to you can cut the cardio days, but I would keep them to not only embody Sabito more, but also help with the fat loss and promote more toning.

## **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.

### **Sabito 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 Calisthenics Blowout

**Tuesday:** Cardio

**Wednesday:** Full Body and Calisthenics Blowout

**Thursday:** Cardio

**Friday:** Full Body and Calisthenics Blowout

**Saturday:** Rest Day [Or Added Distance Cardio]

**Sunday:** Rest Day

### **Sabito Cosplay Workout: Full Body and Calisthenics A**

**Warm Up:**

5-10 Minute Incline Walk

## **Workout:**

Kettlebell Swings

4×12

Battle Ropes

4×30 Seconds

Box Jumps

4×12

Weighted Planks w/ Plate on Back

4×60 seconds

## **Calisthenics Blowout:**

*3 Rounds:*

25 Push Ups

20 Air Squats

10 Dips

5 Chin Ups

## **Sabito Cosplay Workout: Cardio Day A**

On your first cardio day you're going to be working on endurance training.

You can start small with a mile or so jogging on and off, but your ultimate goal is to be able to get out and run 3-5 miles straight.

**Programming:**

- 3-5 mile jog

**Sabito Cosplay Workout: Full Body and Calisthenics B**

**Warm Up:**

5-10 Minute Incline Walk

**Workout:**

Single Arm KB Deadlifts

4×12 each arm

Sled Pull

4×50 meters

Jumping Lunges

4×12 each leg

Weighted Dips

4×8

**Calisthenics Blowout:**

*3 Rounds:*

20 Traditional Push Ups

15 Close Push Ups

10 Wide Push Ups

5 Plank to Push Ups

## **Sabito Cosplay Workout: Cardio Day B**

On your second cardio day of the week you'll be adding in some speed training.

I'll give you two different variations so you can swap between them and make your training more diverse.

### **Programming: 30-45 Minutes of High Intensity Interval Training**

- Treadmill Variation One:
  - 1 Minute ON: Run 6.5-9mph
  - 1 Minute OFF: Walk 2.5-3.5mph
- Treadmill Variation Two:
  - 30 Seconds ON: Sprint 8-10+mph
  - 1 Minute 30 Seconds OFF: Walk 2.5-3mph

## **Sabito Cosplay Workout: Full Body and Calisthenics C**

**Warm Up:**

5-10 Minute Incline Walk



**Workout:**

KB Goblet Squats

4×12

Double Unders (Sub 3 Jump Ropes per Double Under)

4×20

Sled Push

4×50 meters

Clean and Press

4×8

**Calisthenics Blowout:**

*3 Rounds:*

30 Second Plank

25 Sit Ups

20 Lying Leg Raises

20 Flutter Kicks

15 Second Reverse Superman Hold