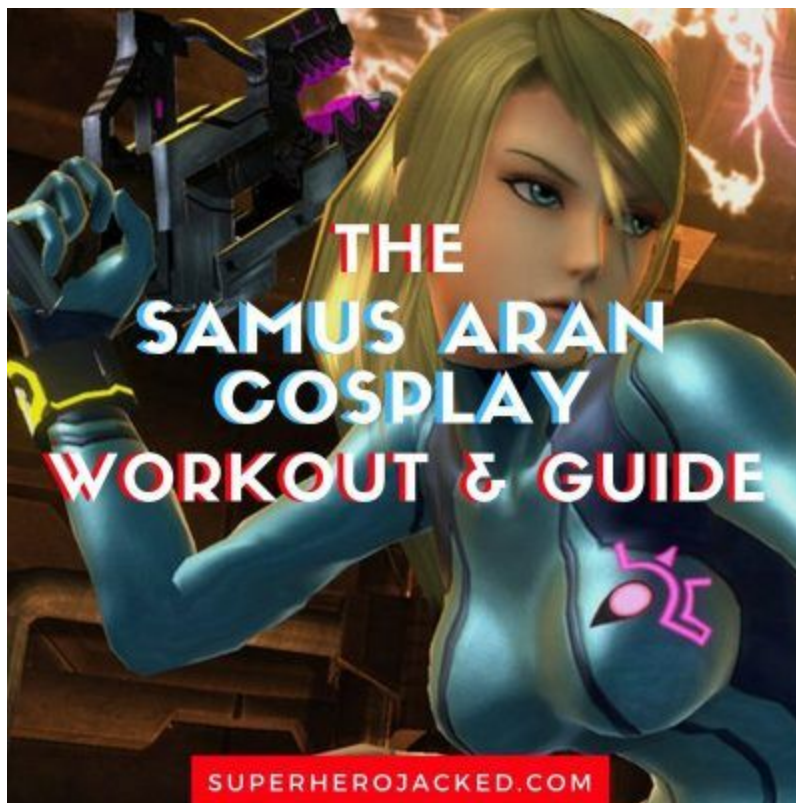


SAMUS ARAN COSPLAY WORKOUT & GUIDE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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SAMUS ARAN 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.

[Samus Aran Costume Variation 1](#)

[Samus Aran Costume Variation 2](#)

[Samus Aran Wig](#)

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.

[Samus Aran Costume Variation 1](#)

[Samus Aran Costume Variation 2](#)

[Samus Aran Wig](#)

And there you have it.

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

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

SAMUS ARAN COSPLAY WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're going to be doing an upper/lower double split with emphasis on toning and cardio to really slim us down but also build us up in the right places.

Difficulty Level:

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.

Samus Aran Cosplay Workout: Sample Workout Schedule

Monday: Upper Body A and Cardio

Tuesday: Lower Body A and Cardio

Wednesday: Optional Cardio Day

Thursday: Upper Body B and Cardio

Friday: Lower Body B and Cardio

Saturday: Rest Day

Sunday: Rest Day

Samus Aran Cosplay Workout: Upper Body A and Cardio

Warm Up:

10 Minute Incline Walk

You can choose to add the rest of your cardio here, or wait until after your workout

Workout:

Incline Dumbbell Press

3×10

Tricep Kickbacks w/ DB

3×10

Dumbbell Pullovers

3×10

Chest Fly Machine

3×10

Seated Arnold Press

3×10

Shoulder Front Raises w/ DBs

3×10

Cardio:

30-60 Minutes of Varied Cardio

Options to Consider:

- High Incline Steady Treadmill Walk
- Elliptical (Steady Paced w/ Moderate Level)
- StairMaster
- Rower
- HIIT Training on Treadmill and/or Sprints

Samus Aran Cosplay Workout: Lower Body A and Cardio

Warm Up:

10 Minute Incline Walk

You can choose to add the rest of your cardio here, or wait until after your workout

Workout:

Back Squats

3×10

Hamstring Curls

3×10

Seated Calf Raises

3×10

Donkey Kicks

3×25 each leg

Fire Hydrants

3×25 each leg

Hanging Leg Raises

3×20

Cardio:

30-60 Minutes of Varied Cardio

Options to Consider:

- High Incline Steady Treadmill Walk
- Elliptical (Steady Paced w/ Moderate Level)
- StairMaster
- Rower
- HIIT Training on Treadmill and/or Sprints

Samus Aran Cosplay Workout: Upper Body B and Cardio

Warm Up:

10 Minute Incline Walk

You can choose to add the rest of your cardio here, or wait until after your workout

Workout:

Standing Overhead Press w/ Bar

3×10

Lateral Raises

3×10

Lateral Cable Pulldowns

3×10

Assisted Chin Ups

3×10

Kettlebell Swings

3×10

Squat Cleans

3×10

Cardio:

30-60 Minutes of Varied Cardio

Options to Consider:

- High Incline Steady Treadmill Walk
- Elliptical (Steady Paced w/ Moderate Level)
- StairMaster
- Rower
- HIIT Training on Treadmill and/or Sprints

Samus Aran Cosplay Workout: Lower Body B and Cardio

Warm Up:

10 Minute Incline Walk

You can choose to add the rest of your cardio here, or wait until after your workout

Workout:

Straight Leg Deadlifts

3×10

Glute Bridges

3×10

Leg Extensions

3×10

Leg Press

3×10

Calf Raises on Leg Press

3×10

Cable Crunches

3×20

Cardio:

30-60 Minutes of Varied Cardio

Options to Consider:

- High Incline Steady Treadmill Walk
- Elliptical (Steady Paced w/ Moderate Level)
- StairMaster
- Rower

- HIIT Training on Treadmill and/or Sprints

Samus Aran Cosplay Workout: Optional Additional Cardio

For this one you can add in some of the varied cardio that is 30-60 minutes of the options that are listed within the other workout routines, OR you can opt for a longer distance run.

Here's the choices again with the addition of the run:

- 3-5 mile run
- High Incline Steady Treadmill Walk
- Elliptical (Steady Paced w/ Moderate Level)
- StairMaster
- Rower
- HIIT Training on Treadmill and/or Sprints