

HICCUP COSPLAY WORKOUT & GUIDE



Bonus PDF File
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HICCUP HTTYD

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.

[Hiccup Ultimate Variation \(HTTYD 3\)](#)

[Hiccup HTTYD 1 Basic Variation](#)

[Hiccup HTTYD 3 Variation 2](#)

[Hiccup Wig for Cosplay](#)

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.

[Hiccup Costume Variation 1](#)

[Hiccup Dragon Elite Costume](#)

[Hiccup Cosplay Hoodie](#)

HICCUP HTTYD WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're going to keep this one simple and fun, mainly consisting of beginner movements and cardio to slim down and become Hiccup; but I'll also be focusing in on movements that benefit horseback riders to really get you in the dragon-riding-shape like Hiccup.

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.

Hiccup How To Train Your Dragon 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: Cardio, Light Calisthenics and Dragon Training

Tuesday: Optional Cardio or Walk 10k Steps

Wednesday: Cardio, Light Calisthenics and Dragon Training

Thursday: Optional Cardio or Walk 10k Steps

Friday: Cardio, Light Calisthenics and Dragon Training

Saturday: Optional Cardio or Walk 10k Steps

Sunday: Rest Day

Hiccup Cosplay Workout: Cardio, Light Calisthenics and Dragon Training

Required Cardio:

Complete 30-60 minutes of varied cardio.

You can start with 30 minutes of varied, but I suggest increasing the number from time to time to burn extra calories when 30 minutes begins to become easy.

Varied Cardio Options:

- High Intensity Interval Training on Treadmill

- High Intensity Interval Training on Bike
- Rower
- StairMaster
- High Incline Walk
- Elliptical

Light Calisthenics:

Push Ups

3×25

Lunges

3×20 (10 each leg)

Dips

3×15

Pike Push Ups

3×10

Burpees

3×5

Dragon Training:

Run Up & Down The Stairs

3×10 Flights

Lying Hip Abductors

3×10 each leg

Sit Ups

3×25

Forearm Planks

3×60 seconds

Reverse Sit Ups

3×25

Hiccup Cosplay Workout: Optional Cardio or Walk 10k Steps

This one is pretty self-explanatory, but I figured I'd explain some more nonetheless.

You have the option to complete 60 minutes of varied cardio or activity consisting of:

- High Intensity Interval Training on Treadmill
- High Intensity Interval Training on Bike
- Rower
- StairMaster
- High Incline Walk
- Elliptical

OR activities like:

- Hiking
- Tennis, Basketball, Sports, etc.
- Swimming
- Pilates
- Yoga

Or even other activity workouts on SHJ like:

- [SHJ Parkour Guide: The Nightrunner Workout](#)
- MMA Styled Routines:
 - [Deathstroke](#)
 - [Daredevil](#)
 - [Moon Knight](#)
 - [Sagat](#)
 - [Anna Diop](#)
 - [Frank Grillo](#)
 - [Ryan Potter](#)