

TRACER COSPLAY WORKOUT & GUIDE



Bonus PDF File
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TRACER COSPLAY WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to mainly focus on shredding fat and looking to fit into a petite physique and suit like Tracer. We'll inherently work on glutes, hips and toning with it, but the main focus being fat loss will fit hand-in-hand with our speed training we want to focus on.

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.

Tracer (Overwatch) Cosplay Workout: Sample Workout Schedule

Monday: Speed and "Blink" Training (Fat Loss Cardio)

Tuesday: Full Body Workout w/ Upper Body Focus

Wednesday: Endurance Training for Blinks and Recalls (Long Distance Steady Cardio)

Thursday: Full Body Workout w/ Lower Body Focus

Friday: Speed and "Blink" Training (Fat Loss Cardio)

Saturday: Rest Day

Sunday: Rest Day

Tracer Workout: Speed and "Blink" Training (Fat Loss Cardio)

High Intensity Interval Sprints: 20 Minutes On and Off Training

- 30 Seconds ON
 - Sprint for 30 Seconds Straight (HIGH Intensity)
- 90 Seconds OFF
 - Cooldown by walking at a moderate speed, but slow enough to regain your stamina for the next sprint.

Low Intensity Walk: 20 Minutes

Walk on an incline for 20 minutes.

I prefer to have the incline around 6-8 range, but anywhere from 5-10 is fine.

High Intensity Interval Bike: 20 Minutes On and Off

- 1 Minute ON
 - Keep RPMs above 100 with your level at 5-10
- 1 Minute OFF
 - Keep RPMs steady around 50-70 with your level at 3-5

Tracer Workout: Endurance Training for Blinks and Recalls (Long Distance Steady Cardio)

Complete a total of 60 minutes of cardio by utilizing a variation of any of the below cardio options for 15-30 minutes each:

- High Incline Walk
- Jog on Treadmill
- Row
- Steady Paced High Level Bike Ride
- StairMaster
- Elliptical (Moderately High Level)

Shoot to burn over 500 calories.

Tracer Workout: Full Body Workout w/ Upper Body Focus

Warm Up:

10 Minute Incline Walk

Workout:

Incline Bench Press (Machine, Dumbbell or Barbell)

3×12

Kettlebell Swings

3×12

Assisted Dips

3×12

Cable Kickbacks

3×12 each arm

Cable Rows

3×12

Romanian Deadlift with Dumbbells

3×12

Tracer Workout: Full Body Workout w/ Lower Body Focus

Warm Up:

10 Minute Incline Walk

Workout:

Goblet Squats

3×12

Weighted Lunges w/ Dumbbell

3×12 each leg

Thrusters w/ Dumbbell or Barbell

3×12

Clean and Press

3×12

Push Ups

3×20

Assisted Pull Ups

3×10