

GRAY FULLBUSTER COSPLAY WORKOUT & GUIDE



Bonus PDF File
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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.

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GRAY FULLBUSTER COSPLAY WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Three days a week you'll be doing a bodyweight and calisthenics style training and the other 2 days a week we're devoting to high intensity interval training to really shred the fat off.

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.

Gray Fullbuster Cosplay Workout: Sample Workout Schedule

Monday: Calisthenics Training Day One

Tuesday: High Intensity Interval Training

Wednesday: Calisthenics Training Day Two

Thursday: High Intensity Interval Training

Friday: Calisthenics Training Day Three

Saturday: Rest Day

Sunday: Rest Day

Gray Fullbuster Cosplay Workout: Calisthenics Training Day One

Warm Up:

High Knees x 20

Jumping Jacks x 20

Butt Kicks x 20

Cross Body Shoulder Stretch x 20 seconds each arm

Calisthenics:

If you cannot complete the designated reps (per set), pause or break and complete them before moving onto the next workout.

Push Ups

5×30

Air Squats

5×30

Dips

5×20

Sit Ups

5×20

Lunges

5×20 (total)

Pull Ups

5×15

Leg Raises

5×15

Gray Fullbuster Cosplay Workout: High Intensity Interval Training Day One

Complete FOUR Rounds

- 45 Second Regular Jump
- 15 Second Break
- 45 Second Alternate Foot Step Jump

- 15 Second Break
- 45 Second Boxer Style Jump
- 15 Second Break
- 45 Second High Knees Jump
- 15 Second Break
- 20 Double Unders or 60 Seconds (Rest Remainder of the Minute)
- Rest 1-2 Minutes Between Rounds

Gray Fullbuster Cosplay Workout: Calisthenics Training Day Two

Warm Up:

High Knees x 20

Jumping Jacks x 20

Butt Kicks x 20

Cross Body Shoulder Stretch x 20 seconds each arm

Calisthenics:

Complete 3 Rounds

70 Jump Ropes

60 Second Plank Hold

50 Mountain Climbers

40 Second Wall Sit

30 Bicycle Crunches

20 Second L-Sit Hold

10 Explosive Push Ups

Rest 1-2 Minutes Between Rounds If Needed

Gray Fullbuster Cosplay Workout: High Intensity Interval Training Day Two

30 MINUTES "ON" AND "OFF" IN VARIED STYLES

Style One for Run and Bike:

- One Minute ON: Sprint or Bike High Intensity for 1 Minute
- One Minute OFF: Walk or Steady/Easy Bike for 1 Minute

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Style Two for Run and Bike:

- 30 Seconds ON: Sprint (should be even faster than 1 min variation) or Bike High Intensity for 1 Minute
- 90 Seconds OFF: Walk or Steady/Easy Bike for 1 Minute

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Rinse and Repeat for your 30 Minute Tally

Gray Fullbuster Cosplay Workout: Calisthenics Training Day Three

Warm Up:

High Knees x 20

Jumping Jacks x 20

Butt Kicks x 20

Cross Body Shoulder Stretch x 20 seconds each arm

Calisthenics:

Complete 5 Rounds

10 Push Ups

5 Incline Pike Push Ups

10 Sit Ups

5 Pistol Squats each leg

No Rest between Rounds