

# BAN COSPLAY WORKOUT & GUIDE



Bonus PDF File  
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# BAN COSPLAY WORKOUT ROUTINE

## Training Volume:

5 days a week

## Explanation:

We're still sticking to calisthenics training for this one, but we're going to step up the intensity and scale up on specific movements to really get our muscle fatigue and strength building while also shredding fat. We'll use High Intensity Interval Training Two Days a Week for speed training and fat burn, and then Three Days a Week devoted to strength and calisthenics.

## 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.

## **Ban Cosplay Workout: Sample Workout Schedule**

**Monday:** Upper Body Calisthenics

**Tuesday:** Speed and Fat Burn: High Intensity Interval Training

**Wednesday:** Lower Body Calisthenics Training

**Thursday:** Speed and Fat Burn: High Intensity Interval Training

**Friday:** Full Body Calisthenics and Core

**Saturday:** Rest Day

**Sunday:** Rest Day

## **Ban Cosplay Workout: Upper Body Calisthenics**

**Warm Up:**

*Get Warm!*

Optional: Jump Rope, Butt Kickers, High Knees, Etc.

**Intro Workout:**

3×30 Second L-Sit Hold

3×5 Inch Worms

3×10 Pike Push Ups

**Circuit:**

*Complete 5 Rounds:*

30 Push Ups

25 Russian Twists (30/10)

20 Goblet Lunges (45/20)

15 Dips

10 Pull Ups

5 Double Unders

Break for 1-2 Minutes between rounds.

## **Ban Cosplay Workout: High Intensity Interval Training**

### **Variation One:**

*20-30 Minutes of HIIT Sprints:*

- One Minute ON: Sprint for 60 seconds
- One Minute OFF: Walk for 60 seconds

### **Variation Two:**

*Jump Rope Circuit Training:*

- 30 Jump Ropes [Regular] (Sub Jumping Jacks)
- 20 Jumping Lunges
- 30 Jump Ropes
- 20 Mountain Climbers
- 30 Jump Ropes

- 20 Jump Squats
- 30 Jump Ropes
- 20 Double Unders
- Rest 1 Minute Between Rounds
- Repeat 4 Times (Total 5 Rounds)

## **Ban Cosplay Workout: Lower Body Calisthenics**

### **Warm Up:**

*Get Warm!*

Optional: Jump Rope, Butt Kickers, High Knees, Etc.

### **Intro Workout:**

3×30 Second Wall Sit

3×20 Donkey Kicks each Leg

3×10 Fire Hydrants each Leg

### **Circuit:**

*Complete 5 Rounds:*

30 Jump Squats

25 Double Unders

20 Goblet Pulse Squats

15 Glute Bridges

10 Jumping Lunges

Break for 1-2 Minutes between rounds.

## **Ban Cosplay Workout: High Intensity Interval Training**

### **Variation One:**

*20-30 Minutes of HIIT Sprints:*

- One Minute ON: Sprint for 60 seconds
- One Minute OFF: Walk for 60 seconds

### **Variation Two:**

*Jump Rope Circuit Training:*

- 30 Jump Ropes [Regular] (Sub Jumping Jacks)
- 20 Jumping Lunges
- 30 Jump Ropes
- 20 Mountain Climbers
- 30 Jump Ropes
- 20 Jump Squats
- 30 Jump Ropes
- 20 Double Unders
- Rest 1 Minute Between Rounds
- Repeat 4 Times (Total 5 Rounds)

## **Ban Cosplay Workout: Full Body Calisthenics and Core**

**Warm Up:**

*Get Warm!*

Optional: Jump Rope, Butt Kickers, High Knees, Etc.

**Intro Workout:**

3×30 Second Hollow Hold

3×10 Inch Worms

**Required Circuit:**

*Complete 5 Rounds:*

30 Decline Glute Bridges

25 Second L-Sit

20 Push Ups w/ Dumbbell Rows (Alternating – 10 DB Rows Each Side)

15 Pulse Squats

10 Incline Pike Push Ups

5 Dips

Rest 1-2 Minutes If Needed

**TABATA ABS:**

*Complete 2 Rounds*

(20 Seconds On, 10 Seconds Off, Cycling Through Movements)



Forearm Plank

Sit Ups

Hollow Hold

V-Ups

Mountain Climbers

Slow Side Crunches