

MELIODAS 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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MELIODAS COSPLAY WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

The main focus is fat burning for a toned physique and six pack abs. For that reason we'll be substituting Meliodas' combat and abilities with cardio for 2 days of the week, and then training for muscle toning and six pack abs three days a week through the use of calisthenics and core work.

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.

Meliodas Cosplay Workout: Sample Workout Schedule

Monday: Calisthenics and Core

Tuesday: Demon King Cardio Fat Burn

Wednesday: Calisthenics and Core

Thursday: Demon King Cardio Fat Burn

Friday: Calisthenics and Core

Saturday: Rest Day

Sunday: Rest Day

Meliodas Cosplay Workout: Calisthenics and Core

Warm Up:

2×20 Jumping Jacks

2×10 Stair Taps (or Kettlebell Taps)

Calisthenics Workout(s):

Skip through A, B and C each calisthenics training day.

Calisthenics Training A:

Complete 5 Rounds

20 Double Unders

30 Second Plank

10 Plank to Push Ups

25 Lying Leg Raises

20 Wide to Close Push Ups

15 Jump Squats

10 Dips

5 Pull Ups

Calisthenics Training B:

Complete 5 Rounds

30 Push Ups

25 Sit Ups

20 Second Hollow Hold

15 Dips

10 Jumping Lunges

5 Burpees

Calisthenics Training C:

Complete 5 Rounds

50 Jump Rope

40 Push Ups

30 Air Squats

20 Skull Crushers (Bodyweight)

10 Chin Ups

Core Workout(s):

Skip through A, B and C each calisthenics training day.

Core Training A:

3 Giant Sets:

A. 1 Minute Plank

B. 25 Leg Raises w/ Hip Thrust

C. 20 Crunches

Core Training B:

3 Giant Sets:

A. 1 Minute L-Sit

B. 25 Hanging Leg Raises

C. 20 V-Ups

Core Training C:

3 Giant Sets:

A. 1 Minute Hollow Hold

B. 26 Side Knee Raises

C. 20 Side Crunches