

SHOTA AIZAWA COSPLAY WORKOUT & GUIDE



Bonus PDF File
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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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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SHOTA AIZAWA COSPLAY WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Eraser Head is slim and toned. We're going to be training 2 days a week strictly devoted to our endurance and fat loss to be slim like Aizawa for our cosplay, but then we're also going to train with calisthenics to strengthen up and fight like him as well (which will make up the other 3 days a week).

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.

Shota Aizawa Cosplay Workout: Sample Workout Schedule

Monday: Calisthenics and Parkour

Tuesday: High Intensity Interval Training

Wednesday: Calisthenics and Parkour

Thursday: HIIT and Fat Loss Cardio

Friday: Calisthenics and Parkour

Saturday: Rest Day

Sunday: Rest Day

Shota Aizawa Cosplay Workout: Calisthenics and Parkour Training A

Warm Up:

Jump Rope

3×100

Butt Kicks

2×20

High Knees

2×20

Mountain Climbers

2×20

Workout:

Push Ups

5×20

Air Squats

5×20

Dips

5×20

Sit Ups

5×20

Lunges

5×20 total

Parkour Training:

- [Nightrunner Parkour Workout](#)

Shota Aizawa Cosplay Workout: HIIT Training and Cardio

For this one you have a couple options:

1. You can utilize the designated High Intensity Interval Training that I provide
2. You can do another form of cardio and burn an extra 200-300 calories for the day.

HIIT Training Format:

- One Minute ON: Sprint (High Intensity Training) for One Minute Straight
- One Minute OFF: Cooldown for One Minute

HIIT Training Variations:

- Treadmill
- Bike
- Row Machine
- Etc.

Shota Aizawa Cosplay Workout: Calisthenics and Parkour Training B

Warm Up:

Jump Rope

3×100

Butt Kicks

2×20

High Knees

2×20

Mountain Climbers

2×20

Workout:

Wide Push Ups

5×20

Jump Squats

5×20

Chair Dips

5×20

V-Ups

5×20

Side Squats

5×20 total

Parkour Training:

- [Nightrunner Parkour Workout](#)

Shota Aizawa Cosplay Workout: HIIT Training and Cardio

For this one you have a couple options:

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HIIT Training Variations:

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- Bike
- Row Machine
- Etc.

Shota Aizawa Cosplay Workout: Calisthenics and Parkour Training C

Warm Up:

Jump Rope

3×100

Butt Kicks

2×20

High Knees

2×20

Mountain Climbers

2×20

Workout:

Close Push Ups

5×20

Box Jumps

5×20

Skull Crushers

5×20

Leg Raises

5×20

Jumping Lunges

5×20 total

Parkour Training:

- [Nightrunner Parkour Workout](#)