

# THE ULTIMATE 2 HOUR WORKOUT PLAN TO BUILD MUSCLE AND LOSE WEIGHT

Created by: [Murshid Akram](#)

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I've seen many fitness enthusiasts who love exercising two hours a day. Working out two hours in a single session can be too much.

But more is not always bad if you know how to train more. A long training session must be designed in the best possible way that can elicit the best results without hurting yourself.

In this article, I'll share a method that will help you design the best 2 hour workout plan. I'll also hand out a sample of gym workout routine that can enhance your fitness level.

From males and females, anyone who wants to lose weight or build muscles can follow these workout programs.

## Is it Ok to Train for 2 Hours?

Two hours is a long duration for exercising. If you're planning to work out for two hours in one session, you should keep several things in mind, including your diet, lifestyle, goal, and fitness level.

If you train more, you'll have to consume more nutritious foods, especially protein, you'll have to give your muscles decent time for recovery, you must have good cardiovascular health, and your training plan should be well-crafted.

You must include a combination of low-intense cardio, strength training, and stretching exercises in your 2 hour workout program.

If you have a specific to achieve, then only you should train two hours a day, otherwise 60 minutes is enough.

## How to Design a 2-Hour Workout Routine?

Working out two hours a day can be great if your workout plan is well-crafted.

A 2 hour workout routine must include a combination of a dynamic warm-up, low-impact cardio, strength training, and post-workout stretching.

Here's how you can divide the two hour gym workout:

- 10-minute Dynamic Warm-up
- 60-minute Weight Training (+5 minutes break)
- 30-minute Cardio (+5 minutes rest)
- 10-minute Static Exercises

### 10-minute Dynamic Warm-up

You can do various dynamic exercises to increase your heart rate and blood flow and prepare your muscles for lifting weights.

Examples of the best exercises for dynamic warm-up:

- Straight leg marches
- Leg Swings (front and lateral)
- Ankle Hop
- [Hip Cradles](#)
- Lateral Lunges
- Jumping Jacks
- Thoracic spine rotations
- Pushups
- Hip Circles
- Mountain Climbers
- Lunges with a Torso Twist
- High Knees
- Jumping Lunges
- Bear Crawls

- Knee Tap Pushups
- Inchworm

## 60-minute Weight Training

Lifting weights is a crucial part of both muscle-building and weight-loss training. Strength workout bolsters muscles and joints, builds quality lean mass, and helps build a firm physique.

You can split your weight training into multiple parts to hit every muscle group from the upper to the lower body.

The [push-pull-legs \(PPL\)](#), upper-lower split, and hybrid splits are popular examples of resistance training splits.

## 30-minute Cardio Workout

There are various exercises you can do in your cardio part, such as treadmill run, stationary bicycling, cross trainer, and bodyweight cardio exercises.

## 10-minute Static Exercises (Post-workout stretching)

Post-workout stretching helps reduce muscle soreness after intense weight lifting. You can perform various [static stretching exercises](#), such as upward-facing dog, cobra pose, low lunge, 90/90 hip stretch, superman, and pigeon stretch.

**Please note:** If your primary goal is to lose weight, you can do cardio for 40 minutes and a strength workout for one hour.

By creating a workout plan with this pattern, you can utilize your time efficiently and achieve the best results.

The advertisement for Performix features a book cover on the left and a nutrient profile chart on the right. The book cover is titled 'Beyond Body OPTIMIZED FOR MEN' and includes the text 'UNLEASH YOUR POTENTIAL & GET 60% OFF THE NEW MEN'S BOOK'. The nutrient profile chart is titled 'NATURALLY OCCURRING AMINO ACID PROFILE' and lists the following:

Category	Amino Acids	Percentage
Essential Amino Acids	Leucine, Valine, Methionine, Histidine, Phenylalanine, Isoleucine, Tyrosophan, Threonine	48%
	Conditionally Essential Amino Acids	
	Arginine, Glycine, Glutamine, Glutamic Acid, Cysteine, Proline, Tyrosine	32%
	Non-Essential Amino Acids	
	Aspartic Acid, Alanine, Serine	20%

\*Values are naturally occurring & approximated.

# 2 Hour Cardio and Strength Training Gym Workout Plan

## Day 1- Monday

### 10-minute Dynamic Warm-up

- Front Leg Swings
- Ankle Hop
- [Hip Cradles](#)
- Lateral Leg Swings
- Lateral Lunges
- Jumping Jacks
- Mountain Climber
- 15-second workout, 30 seconds rest, and repeat until ten minutes.

### 60-minute Weight Training (+5 minutes break)

Exercise	Muscles	Sets	Reps	Rest
Flat DB Bench Press	Chest	3	10-12	3-min
Incline Hammer Bench Press	Chest	3	10-12	3-min
Pec Deck Fly	Chest	3	12-15	2-min
Rope Pushdown	Triceps	3	12-15	2-min
Lateral Delt Raises	Shoulder	3	10-12	2-min
Calf Raises	Calves	3	15-20	1-min

### 30-minute Cardio (+5 minutes rest)

- 10-minutes Treadmill
- 5-minutes Stationary Bike
- 15-minutes Core Workout
  - 15-sec Mountain Climbing
  - 10 Reverse Crunches
  - 10 Sit-ups
  - 10 Leg Raises
  - 45-sec Plank
  - 15-sec Side Plank on each side
  - 15 Flutter Kicks

- repeat twice

### 10-minute Post-workout Exercises

- 15-sec Upward Facing Dog
- 15-sec Downward Facing Dog
- 15-sec Superman
- 15-sec Pigeon Stretch
- 15-sec Cat-Cow
- Repeat until 10 minutes

## Day 2 – Wednesday

### 10-minute Dynamic Warm-up

- Leg Swings
- Hip Circles
- Mountain Climbers
- Lunges with a Torso Twist
- High Knees
- Jumping Lunges
- Bear Crawls
- Knee Tap Pushups
- Do it at your own pace.

### 60-minute Strength Training (+5 minutes break)

Exercise	Muscles	Sets	Reps	Rest
Back Squat/Leg Press		3	10-12	3-min
Lat Pulldown		3	10-12	3-min
Seated Cable Rowing		3	10-12	3-min
1-arm Dumbbell Row		2	12-15	2-min
Barbell Curl		2	12-15	2-min
Leg Curl		3	15-20	2-min

### 30-minute Cardio (+5 minutes rest)

- Treadmill Run – 10-minutes
- Battle Rope – 5-minutes

- Elliptical Cross Trainer – 5 minutes
- [Core Workout – 10 minutes](#)

### 10-minute Static Exercises

- 15-sec Cobra Pose
- Bird Dog (10-sec/leg)
- 15-sec Superman
- 15-sec Pigeon Stretch
- 15-sec Cat-Cow
- 15-sec Glute Bridge
- Repeat until 10 minutes

## Day 3 – Friday

### 10-minute Dynamic Warm-up

- Straight leg marches
- Thoracic spine rotations
- Leg Swings
- Hip Circles
- Ankle Hop
- Mountain Climbers
- Inchworm
- Do it at your own pace.

### 60-minute Resistance Training (+5 minutes break)

Exercise	Muscle	Sets	Reps	Rest
Military Press	Shoulder	3	10-12	2-min
Lateral Delt Raises	Shoulder	3	10-12	2-min
Rear Delt Fly	Shoulder	3	10-12	2-min
Shoulder Shrug	Shoulder	3	8-12	2-min
Romanian DL	Hamstrings	3	8-10	2-min
Hip Thrust	Glutes	3	8-12	2-min
Hanging Knee Raises	Core	2	15-20	1-min

### 35-minute Cardio

- Treadmill – 10 minutes
- Stationary Bike – 5 minutes
- Bodyweight Cardio – 20 minutes

- Mountain Climbers
- Burpee
- Sit-ups
- Squats
- Pushups
- Ab Wheel Rollout
- Jumping Jacks
- Heel touch crunches
- Plank
- Side Plank
- Do it at your own pace for 20 minutes.

### 10-minute Static Exercises

- 15-sec Cobra Pose
- 15-sec Superman
- 15-sec Downward Facing Dog
- 15-sec Superman
- 15-sec Pigeon Stretch
- 15-sec Cat-Cow
- Repeat until 10 minutes.

**Beyond Body**  
**OPTIMIZED FOR MEN**  
**BEYOND BODY**  
**UNLEASH YOUR POTENTIAL & GET 60% OFF THE NEW MEN'S BOOK**

**PERFORMIX**

**NATURALLY OCCURRING AMINO ACID PROFILE\***

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Glycine	Proline					
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Alanine						

\*Values are naturally occurring & are not limited.

# 5 Pro Tips for Maximizing Workout Plan & Achieving Optimal Results

## 1. Pre-Workout Meal

Consuming pre-workout meal helps perform better during the workout and supports muscle-building.<sup>1</sup>

**Here are some examples of meals you can consume prior to workout.**

1. Protein Shake
2. Chicken Salad
3. Almonds, Cashews, Pistachios
4. Oatmeal
5. Energy Bars
6. Peanut Butter with Brown Bread
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

You should have your meal 30 minutes to 2 hours before the training, depending on the kind of food you consume.

## **2. Workout When You Feel Active**

You can give your maximum during the workout when you feel energetic. You can work out at any time of the day, but make sure you're fresh and ready to lift.

## **3. Keep yourself hydrated during the workout**

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.<sup>2, 3</sup>

## **4. Post-workout Meal**

Post workout meal is crucial for rebuilding and growth trained muscle. You can have a great workout session, but if you don't consume the protein and carbs after the workout, your muscles might not grow.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example, a nutritionist can help you better in this case).

### **Examples of Post-Workout Meals:**

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.



## 5. Make Progress

It is important to gradually increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

### Helpful Resources:

- [25 Best Dumbbell Compound Exercises](#)
- [50 Best Compound Lifts](#)

You can follow this combined [isolation and compound exercise routine](#) to develop your fitness.

### Also, read:

- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Glute Program to Transform Your Booty](#)
- [10-Week Chest Workout Routine for Strength and Size](#)
- [12 Week Shoulder Workout Program for Defined Delts](#)
- [12 Week Arms Workout Routine for Mass Gain](#)

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# Disclaimer

This program is created by Murshid Akram, founder of Thefitnessphantom.com. These guidelines are not formulated to suit any nutrient deficiencies, allergies or any other food related health problems. If you are an individual with such problems, you should consult an Accredited Practicing Dietitian or similar qualified health professional. The information provided here “as is” and for general health improvement recommendations only to promote healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. You should not use this Book as a substitute for qualified professional health advice, diagnosis or treatment. Thefitnessphantom.com and Murshid Akram makes no warranties or representations, express or implied, as to the currency, accuracy, completeness, reliability or suitability of the information contained or referenced on this site.

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