

2 Hour Cardio Workout Plan

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2 Hour Cardio and Weight Training Gym Workout Plan for Fat Loss

Day 1

Exercise	Time/Reps	Rest
Treadmill	15-minutes	5-min
Bicycling	10-minutes	5-min
Bench Press	12, 10, and 8 reps	3-5 min
Bent-over Row	12, 10 & 8 reps	3-5 min
Overhead Press	12, 10 & 8 reps	3-5 min
Leg Press	12, 10 & 8 reps	3-5 min
Knee Pushups	AMRAM x 3	2-3 min
Core Training	10-minutes	–
Elliptical Trainer	5-minutes	5-min
Treadmill	5-minutes	–

Core Exercises

Work: 30 seconds, Rest: 1 minute

1. Mountain Climbing
2. Reverse Crunches
3. Sit-ups
4. Leg Raises
5. Plank – 45-60 seconds
6. Side Plank – 20-30 seconds
7. Flutter Kicks
8. Russian Twist
9. Mountain Climbing
10. Sit-ups

Day 2

Exercise	Time/Reps	Rest
Treadmill	15-minutes	5-min
Elliptical Trainer	10-minutes	5-min
Deadlift	6, 5, and 4 reps	3-5 min
Lat Pulldown	12, 10 & 8 reps	3-5 min
Weighted Squat	12, 10 & 8 reps	3-5 min
Hip Thrust	12, 10 & 8 reps	3-5 min
Pec Dec Fly	AMRAM x 3	2-3 min
Core Exercises (2)	10-minutes	–
Battle Rope	5-minutes	5-min
Bicycling	10-minutes	–

Core Workouts for Day 2

Do each workout for 30 seconds, followed by the 60 seconds rest.

1. Ab Wheel Roll out
2. Sit-ups on Bench
3. Reverse Crunches
4. Heel Touch crunches
5. Plank – 45-60 seconds
6. Side Plank – 20-30 seconds
7. Dumbbell Side Bend
8. Cable Crunches
9. Scissors
10. Mountain Climbers

Day 3

Exercise	Time/Reps	Rest
Treadmill	20-minutes	5-min
Bicycling	10-minutes	5-min
Bench Press	12, 10, and 8 reps	3-5 min
One-arm DB Row	12, 10, and 8 reps	3-5 min
Forward Lunges	12, 10 & 8 reps	3-5 min
Romanian DL	6, 5, & 4 reps	3-5 min
Bodyweight Cardio	20-minutes	–
Elliptical Trainer	5-minutes	5-min
Treadmill Jog	5-minutes	–

Low-intense 20-minute Bodyweight Cardio

Do as many reps or fast as you can in 15 seconds, followed by 45 seconds rests.

1. Mountain Climbers x 2
2. Burpee x 2
3. Sit-ups x 2
4. Squats x 2
5. Pushups x 2
6. Ab Wheel Roll out x 2
7. Jumping Jacks x 2
8. Heel touch cruches
9. Plank – 45-60 seconds
10. Side Plank – 20-30 seconds

Two Hour Cardio Workout Routine At Home Combined With Dumbbell Exercises

If you do low-intense exercises, then doing a 2-hour cardio and dumbbell workout program at home will be effective for you.

It will help you burn a good number of calories without torching your heart.

I've placed exercises into five categories in the routine: [upper and lower body](#), core, full-body, and [dumbbell workout](#).

And there'll be five exercises in one round, and you'll do one exercise from each category to complete one round.

For example

- 10 squats for the lower body,
- 10 pushups for the upper body,
- 15 sit-ups for the core,
- 5 burpees for full body and
- Any dumbbell workout, such as DB floor press ten reps.
- That's your one round. I hope it's clear to you.

So, let's start with the workout program.

Round 1 – 15 minutes

Exercise	Work	Rest
Jump Squats	30 seconds	1 minute
Kneeling Pushup	60 seconds	2 minutes
Situp	30 seconds	1 minute
Burpee	60 seconds	2 minutes
DB Floor Press	15 reps	3-4 mins

Round 2 – 15 minutes

Exercise	Work	Rest
Stationary Lunges	30 seconds	1 minute
Bench Dips	60 seconds	2 minutes
Leg Raises	30 seconds	1 minute
Man Makers	60 seconds	2 minutes
One-arm DB Row	15 reps	3-4 mins

Round 3 – 15 minutes

Exercise	Work	Rest
Split Squats	30 seconds	1 minute
Floor IYT Raises	60 seconds	2 minutes
Mountain Climber	30 seconds	1 minute
Squat Thrust	60 seconds	2 minutes
DB Romanian DL	10 reps	3-5 mins

Round 4 – 15 minutes

Exercise	Work	Rest
Wall Push-ups	60 seconds	2 minutes
Glute Bridge	30 seconds	1 minute
Plank	60 seconds	1 minute
Jumping Jack	30 seconds	1 minute
DB Overhead Press	15 reps	3-5 mins

Round 5 – 15 minutes

Exercise	Work	Rest
Lateral Squat	60 seconds	2 minutes
Bird Dog	30 seconds	1 minute
Flutter Kicks	30 seconds	1 minute
Burpee	60 seconds	2 minutes
DB Deadlift	15 reps	3-5 mins

Round 6 – 15 minutes

Exercise	Work	Rest
Superman pulls	60 seconds	2 minutes
Calf Raises	60 seconds	2 minutes
Side Plank	30-sec/side	1 minute
Man Maker	60 seconds	2 minutes
DB Pullover	10 reps	3-5 mins

Round 7 – 15 minutes

Exercise	Work	Rest
Reverse Lunges	60 seconds	2 minutes
Floor IYT Raises	30 seconds	1 minute
Reverse Crunches	30 seconds	1 minute
Jumping Jacks	60 seconds	2 minutes
DB Rear Delt Fly	15 reps	3-5 mins

Round 8 – 15 minutes

Exercise	Work	Rest
DB Leg Curl	60 seconds	2 minutes
Knee Pushup	60 seconds	2 minutes
DB Side Bend	30 seconds	1 minute
Squat Thrust	30 seconds	1 minute
DB Upright Row	15 reps	3-5 mins