

The Ultimate 8 Week Cardio Workout Plan for Beginners

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The 10 Best Exercises for Cardio Gym Workout Plan

[Exercise #1 – Treadmill Run](#)

[Exercise #2 – Stationary Bicycling](#)

[Exercise #3 – Elliptical Cross Trainer](#)

[Exercise #4 – Core Workout](#)

[Exercise #5 – Low-intensity steady state \(LISS\)](#)

[Exercise #6 – Dumbbell Cardio](#)

[Exercise #7 – Rowing Machine](#)

[Exercise #8 – Jumping Rope](#)

[Exercise #9 – HIIT Cardio](#)

[Exercise #10 – Plyometric Cardio](#)

You can check out [original article](#) to know more about exercises mentioned in this program and FAQs.

Week 1

Monday

- 15 minutes – Treadmill
- 5 minutes – Stationary Bicycling
- 10 minutes – Core Workout

Wednesday

- 10 minutes – Treadmill
- 5 minutes – Elliptical Cross Trainer
- 15 minutes – Full Body Low-intensity steady state (LISS)

Friday

- 10 minutes – Treadmill
- 5 minutes – Jumping Rope
- 15 minutes – Dumbbell Cardio

Week 2

Monday

- 10 minutes – Treadmill
- 15 minutes – Plyometric Cardio
- 5 minutes – Core Workout

Wednesday

- 10 minutes – Treadmill
- 5 minutes – Stationary Bicycling
- 5 minutes – Rowing/Elliptical Cross Trainer
- 10 minutes – Full Body Low-intensity steady state (LISS)

Friday

- 10 minutes – Treadmill
- 5 minutes – Jumping Rope
- 15 minutes – Dumbbell Cardio

Week 3

Monday

- 10 minutes – Treadmill
- 5 minutes – Stationary Bicycling
- 15 minutes – HIIT Cardio

Wednesday

- 10 minutes – Treadmill
- 15 minutes – Rowing/Plyometric Cardio
- 5 minutes – Core Workout

Friday

- 10 minutes – Treadmill
- 20 minutes – LISS

Week 4

Monday

- 10 minutes – Treadmill
- 5 minutes – Elliptical Cross Trainer
- 15 minutes – Core Workout

Wednesday

- 10 minutes – Treadmill
- 5 minutes – Stationary Bicycling
- 15 minutes – Dumbbell Cardio

Friday

- 5 minutes – Treadmill
- 5 minutes – Stationary Bicycling
- 15 minutes – HIIT Cardio

Week 5

Monday

- 10 minutes – Treadmill
- 10 minutes – Rowing/Plyometric Cardio
- 10 minutes – Core Workout

Wednesday

- 10 minutes – Treadmill
- 5 minutes – Elliptical Cross Trainer
- 15 minutes – Dumbbell Cardio

Friday

- 10 minutes – Treadmill
- 5 minutes – Jumping Rope
- 15 minutes – LISS

Week 6

Monday

- 10 minutes – Treadmill
- 5 minutes – Stationary Bicycling
- 15 minutes – Core Workout

Wednesday

- 10 minutes – Treadmill
- 10 minutes – Elliptical Cross Trainer
- 10 minutes – Rowing/Plyometric Cardio

Friday

- 10 minutes – Treadmill
- 20 minutes – HIIT Cardio

Week 7

Monday

- 5 minutes – Treadmill
- 5 minutes – Stationary Bicycling
- 20 minutes – Dumbbell Cardio

Wednesday

- 10 minutes – Treadmill
- 5 minutes – Elliptical Cross Trainer
- 15 minutes – Core Workout

Friday

- 10 minutes – Treadmill
- 20 minutes – LISS

Week 8

Monday

- 10 minutes – Treadmill
- 5 minutes – Elliptical Cross Trainer
- 15 minutes – Rowing/Plyometric Cardio

Wednesday

- 5 minutes – Treadmill
- 5 minutes – Stationary Bicycling
- 20 minutes – Dumbbell Cardio

Friday

- 5 minutes – Treadmill
- 5 minutes – Elliptical Cross Trainer
- 20 minutes – HIIT Cardio

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