

# 2-Day Gym Training for Power and Endurance

Created by: [Murshid Akram](#)

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This program is based on [circuit training](#), which involves performing a series of exercises in a row without a break between them.

It is a great way to burn calories, increase endurance, improve cardiovascular health, and [help you get sculpted](#).

You can replace some exercises you think don't fit your fitness level.

## Day 1 – Full Body Explosive Workout A

- 20 Kettlebell Swings (10 reps per arm)
- 10 Hang Clean
- 10 Dumbbell Squat Jacks

- 20 Kneeling Cable Crunches
- 10 Push-ups
- 10 Thrusters
- Perform as many rounds as possible with 2-4 minutes of rest between rounds.

## **Day 2 – Full Body Explosive Workout B**

- 10 DB Clean and Presses
- 10 Box Jumps
- 10 Sit-ups
- 20 [Wall Ball Shots](#)
- 10 Burpees
- 10 Bent-over Rows
- Repeat as many times as possible. Keep the rest time 3-4 minutes between rounds.