

45 MINUTE CARDIO WORKOUT AT THE GYM

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Check out [article](#) for more info

Program Overview

Frequency	5 days a week
Duration/Session	45 minutes
Routine Type	Upper/Lower Split
Goal	Build Strength and Mass
Target Gender	Male and Female
Skill Level	Beginner to Intermediate
Suggested Program Duration	12-16 Weeks

Schedule

Instructions: Work out at your own pace and take as little rest as possible between exercises.

Monday

- 15-sec Jumping Jacks x 2
- 15-sec Mountain Climbing x 2
- 10 Squat Jumps
- 10 Pushups
- 15-sec High Knees
- 15-minute Treadmill Jog + Moderate run
- 5-minute Stationary Bicycling
- 5-minute Elliptical Cross Trainer
- 10 Hanging Knee Raises x 2
- 20 High-Low Cable Chop (10/side) x 2
- Forearm Plank (as long as you can hold)

- Side Plank (as long as you can hold)

Tuesday

- 15-sec Jumping Jacks x 2
- 15-sec High Knees x 2
- 5 Burpees x 2
- 20 Front Leg Swings (10/leg) x 2
- 10-minute Treadmill Jog + Run
- 10 [Dumbbell Clusters](#)
- 20 1-arm Kettlebell Swings (10/arm)
- 20 steps Farmers Walk (10 front & 10 reverse)
- 10 [Dumbbell Push Press](#)
- 20 Dumbbell Step-ups (10/leg)
- 20 Unilateral DB Row (10/side)
- 20 Dumbbell Front Squat
- 10 Bench Press

Wednesday

- 15-sec Ankle Hops x 2
- 15-sec Jumping Jacks x 2
- 15-sec High Knees x 2
- 5 Burpees x 2
- 10 Jumping Lunges (5/side)
- 30-sec [Front Leg Swings](#) (15-sec/leg)
- 30-sec Lateral Leg Swings (15-sec/leg)
- 15-minute Treadmill Jog + Moderate run
- 10-minute Stationary Bicycling
- 3-5 min Battle Rope/Jumping Rope

Friday

- 15-sec Jumping Jacks x 2
- 15-sec High Knees x 2
- 20 Lateral Leg Swings (10/leg)
- 10 Squat Jumps

- 10 Push-ups
- 20 1-arm Kettlebell Swings (10/arm)
- 20 Dumbbell Front Squats
- 20 Dumbbell Push Press
- 20 One-arm Dumbbell Rows (10/side)
- 20 Dumbbell Lunges (10/leg)
- 20 Bench Presses
- 20 Dumbbell Lateral Raises
- 5-minute Treadmill Run
- 5-minute Stationary Bicycling
- 5-min Elliptical Cross Trainer

Saturday

- 15-sec Jumping Jacks
- 15-sec High Knees
- 15-sec Mountain Climbing
- 10 Squat Jumps
- 20 Shoulder Taps (10/side)
- 30-sec [Inchworm](#)
- 15-min Treadmill Jog + Run
- [10-minute Abs Workout](#)
- 5-min Stationary Bicycling / Elliptical Cross Trainer

Once you complete the above programs, you can start the following program:

- [60-minute Weight Loss Workout Routine](#)

Pro Tips to Get the Most Out of This Program

1. **Increase intensity and training level:** It's best to increase the intensity, the number of reps, and set gradually to challenge yourself and achieve the maximum results.
2. **Pre-Workout Meal:** It's best to have some pre-workout snacks and drinks for an effective training session. You can take a pre-workout meal 30 minutes to 2 hours prior to the training, depending on the kind of food you consume.

3. **Post-Workout Meal:** It's good to have [high-protein foods](#) and supplements after the workout to recover muscles. I suggest consuming 50-60 grams of protein after a workout for optimal results (it is only an example; a nutritionist can help you better in this case).
4. **Adjustment:** You can adjust the routine according to your fitness level and goal.
5. **Train when you feel energetic:** It is best to work out when you feel physically and mentally active to give your best.
6. **Keep enjoying the workout:** Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result.
7. **Drink enough water to keep yourself hydrated:** Keeping yourself hydrated throughout the day is crucial. Research shows that staying hydrated during the workout helps prevent uneasiness and injuries and boosts performance.

Recommended Supplements for Speeding up Weight Loss:

1. [Fat Burn Active](#)
2. [Keto Actives](#)
3. [NuviaLab Keto](#)
4. [Fast Burn Extreme](#)
5. [Nutrigo Lab Burner](#)
6. [Cappuccino MCT Coffee](#)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)

- [The Ultimate HIIT Exercises List](#)

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