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2 DAY INTENSE FAT LOSS & MUSCLE TONE WORKOUT

This intense 2 day full body workout is designed for decreasing fat and increasing muscle tone. This workout was put to the test, and after 4 weeks subjects lost body fat and gained muscle mass!

Link to Workout: <https://www.muscleandstrength.com/workouts/2-day-intense-workout.html>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 4 Weeks

Days Per Week: 2 Days

Time Per Workout: 60-75 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines, Other

Author: Team Muscle & Strength

Day 1

Exercise	Sets	Reps
Sandbag Sit Ups	1	50
Oblique Crunches	1	30 Each Side
X Lunges Holding Dumbbells	1	30 Each Leg
Cardio: 5 Mins on Elliptical or Treadmill		
Preacher Curl (Machine or Free Weight)	1	30
Seated Calf Raise	1	30 - 50
Jumping Lunges	1	30 Each Leg
Cardio: 5 Mins on Elliptical or Treadmill		
Shoulder Press Machine	1	30
Tricep Machine	1	30
Seated Leg Curls	1	30
Cardio: 5 Mins on Elliptical or Treadmill		
Inner Leg Machine	1	30 - 50
Assisted Pull Ups	1	30
Lunges	1	30
Cardio: 5 Mins on Elliptical or Treadmill		
Leg Raises	1	30
Jump Rope	1	90 Secs
Smith Machine Pull Ups	1	30
Cardio: 5 Mins on Elliptical or Treadmill		
Mountain Climbers	1	30
Push Ups on Smith Machine Barbell	1	30
Outer Leg Raises on Mat	1	30 Each Leg
Butt Kicks (Weighted)	1	50 Each Leg

Jumping Lunges are done without weight. Butt Kicks are done w/ 10 lb ankle weights on each leg.

Day 2

Exercise	Sets	Reps
Knee Raise	1	30
Rope Tricep Push Down	1	20 - 30
Seated Rows	1	20 - 30
Cardio: 5 Mins on Elliptical or Treadmill		
Outer Leg Machine	1	30
Leg Press	1	20 - 30
Standing Calf Raises	1	30
Cardio: 5 Mins on Elliptical or Treadmill		
Static Crunch	1	90 Secs
Seated Ball Dumbbell Shoulder Press	1	20 - 30
Leg Extensions	1	20 - 30
Cardio: 5 Mins on Elliptical or Treadmill		
Muffin Tops	1	30 Each Side
Lat Pull Down	1	20 - 30
Ball Chest Flys	1	20 - 30
Cardio: 5 Mins on Elliptical or Treadmill		
Rope Upright Rows	1	20 - 30
Standing on One Foot Hammer Curls	1	10 Each Foot
Dumbbell Lat Raises	1	20 - 30
Cardio: 5 Mins on Elliptical or Treadmill		
Hyperextension	1	30
Plank (Hover)	1	To Failure
Fireman Butt Kicks	1	50 Each Leg

Jumping Lunges are done without weight. Butt Kicks are done w/ 10 lb ankle weights on each leg. Muffin Tops should be completed w/ a minimum of 25 lbs.