

Workout two times a week to every other day, just fit it into your schedule. As for cardio, I recommend swimming if convenient. If you can't go for a swim, bike riding or jogging is always great, and if you're short on time but still want cardio jump rope is extremely efficient. Do however much you want.

Day 1:

Bench press (3x6-10) SS One Armed Dumbbell rows (3x8-12) SS Band Pull Aparts
Overhead/High Incline Press Machine (3x4-8) SS Chin-ups (3 sets) SS Knee raises
Kettlebell Clean to Squat (3x6-10) SS DB Curls (3x8-12) SS Russian Twists (3 sets)
Sun Salutations

Day 2:

Kettlebell Swings
Barbell curls (3x6-10) SS Chin-ups (AMRAPx3) SS Face Pulls (3 sets for a good pump)
Bar Dips (3 sets) SS Pullovers (3x8-14) SS Leg raises (3 sets)
Overhead Cable Extensions (3x8-12) SS Hammer Curls (3x8-12) SS Russian Twists (3 sets)
Moon Salutations