



Cardio Exercises at Home: An Intense 15 Minute Workout

"Body weight circuits are kickin' my butt!" –Rusty Moore

Do you ever have days when you only have 15 minutes to work out?

I know I do. When this happens, most people will usually elect to skip their workout because they don't think they have enough time to do anything worthwhile. I used to be guilty of this myself. Now, I know better. About a year ago, I came across Craig Ballantyne's [Turbulence Training](#) Crazy 8 workout on [Fitness Black Book](#). The first time I tried it, I was completely gassed after only two circuits. This is when I knew that this workout was the real deal. You can even do these unique bodyweight cardio exercises at home.



What is the Crazy 8?

1. 60 Jumping Jacks
2. 15-20 Spiderman Pushups
3. 20 Walking Lunges
4. 20 Spiderman Climbs
5. Wall Squat (45-60 seconds)
6. Planks (60 seconds)
7. 5 Burpees
8. 50 High Knees

See the video below for exercise demonstrations.

This is why the Crazy 8 workout is so great.

It's quick. You can get through one circuit in about six or seven minutes. It's intense. During those six or seven minutes, you literally don't have time to catch your breath. You go from one exercise to the next without rest until you complete the entire circuit. You can do it anywhere. You only need a few feet of space and no equipment since it's made up of 100% body weight exercises. Still, I would recommend doing it in the privacy of your home because if you don't, you will look pretty ridiculous. It combines aspects of strength training and cardio. Kill two birds with one stone... enough said.

I found only one drawback, but this may not even be an issue for you.

The leg exercises actually make my legs a little sore the following day. Since I play a lot of soccer, I like to go into my practices and games with my legs fresh and not sore at all. This is why I quit doing leg exercises during my strength training workouts. I would much rather save my legs for high intensity interval training cardio like soccer. Incorporating HIIT into your routine will really help you burn off stubborn body fat. It is especially useful if you are close to your ideal weight and only need to drop a few more pounds.

**Turbulence
Training**

**FOR
FAT
LOSS**

**You'll
discover
how to...**

- ★ **Burn fat at home**
- ★ **Lose weight without boring cardio**
- ★ **Eat delicious foods to lose fat**



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So long story short, I love the Crazy 8 workout, but didn't want it to interfere with my HIIT workouts and soccer. So the leg exercises had to go. Here is where my modified version comes into play. I scrap the leg exercises which shortens each circuit from six or seven minutes to four or five minutes. Don't worry, it's not like your legs are getting neglected. If you are doing some form of high intensity interval training, you should develop a nice amount of definition in your legs without gaining too much mass, which is ideal.

Modified Crazy 8 Workout:

1. 60 Jumping Jacks
2. 15-20 Spiderman Pushups
3. ~~20 Walking Lunges~~
4. 20 Spiderman Climbs
5. ~~Wall Squat (45-60 seconds)~~
6. Planks (60 seconds)
7. 5 Burpees
8. 50 High Knees

Even with six out of eight exercises, this workout is still crazy enough to live up to its name. I do three circuits, each lasting about four to five minutes, with about one minute of rest in between circuits. Voila! You've got a 15 minute workout that will leave you on the floor. This workout is great by itself, but if you have some extra time, then follow it up with a 15-20 minute walk to zap those fatty acids that have been released into your bloodstream from the intense exercise. I almost always do this as an added fat burning bonus.

Remember, fitness is about improvising.

I would strongly recommend you include some form of body weight training in your routine. For my strength training, I do mostly weightlifting, but I've made sure to include this simple 15 minute workout into my weekly routine. Pushups and pull-ups, in particular, are great compound exercises that engage many muscle groups including the core. Feel free to create your own version of the Crazy 8. If you are trying to build up your chest for example, consider doubling up on the pushups. If you don't get sore from doing the leg exercises, or even if you do but enjoy them, then by all means keep them in there. I just wanted to share what works best for me given my circumstances. Feel free to comment on some of your craziest workouts or cardio exercises at home.