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Cut Out the Fluff Exercises And Get More Results, Faster

by Craig Ballantyne, CSCS, MS (with comments from Shawn Horwood)

My comments will be italicized so it's easy to tell what Craig is saying and what I'm saying. The following article is short and sweet. I also believe it is highly relevant in today's society and fits perfectly with my training philosophy.

I personally don't enjoy working out. In fact, I've never completed a full workout (GASP!). The longest workout I've ever done was 15 minutes. Instead of the typical 45+ minute workout, I do short 10-15 minute routines and adapt my daily activities to get me the results I want.

In this article Craig gives a great example of cutting out "fluff" exercises that waste your time and cause you to get worse results in longer workouts.

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You've probably used or at least seen a Bosu Ball in your gym before (those blue half balls with one flat side), but what you might not know is that they're really just fluff exercises.

What do I mean by that?

Well, let me share a personal story with you...

Tony, a personal trainer and former client of mine, came to me one day asking for help. You see, Tony's a pretty fit guy, but his personal training business had started to pick up, leaving him with less time to workout. So we reviewed his program together and I immediately noticed it contained too many fluff exercises.

Tony needed maximum results in minimum time and Bosu Ball training wasn't going to cut it. So what I ended up doing was designing him two workouts that essentially included only the most effective exercises for gaining muscle and losing fat.

In fact, the first superset of 1-leg squats paired with dumbbell chest presses alone was more effective than an entire Bosu Ball workout. And the second workout challenged him to one of the hardest upper body workouts he had ever done. So you can just imagine how happy Tony was with his new workout program.

And this is just Tony's story.

I realize working out is often a huge struggle for many of you, either because you don't have the time, or you're growing frustrated with the lack of results.

But with the two workouts I've designed in Turbulence Training 2K5, one total body and one upper body, combined with newer, advanced interval training programs, you'll discover a workout program perfectly suited for today's busy lifestyle.

So, if it's maximum results you want in the minimum amount of time possible, then this is a program tailored just for you.

About the Author

Craig Ballantyne is a Certified Strength & Conditioning Specialist and writes for Men's Health, Men's Fitness, Maximum Fitness, Muscle and Fitness Hers, and Oxygen magazines. His trademarked Turbulence Training fat loss workouts have been featured multiple times in Men's Fitness and Maximum Fitness magazines, and have helped thousands of men and women around the world lose fat, gain muscle, and get lean in less than 45 minutes three times per week. For more information on the Turbulence Training workouts that will help you burn fat without long, slow cardio sessions or fancy equipment, visit www.TurbulenceTraining.com

Though Craig only specifically mentions Bosu Balls, this applies to most fitness "gadgets" and a lot of exercise equipment. You can get more done in less time with bodyweight exercises and basic equipment (even standard household items) by just going back to the basics.

There's no need for 90 minute "P90X" workouts based on [muscle confusion](#) or even 60 minute workouts when you can get just as much done in less time by cutting out all the fluff in your workouts. Craig Ballantynes Turbulence Training workouts are perfect examples of no-fluff workouts.

You can also find this article published on [Cut Out the Fluff Exercises And Get More Results, Faster](#)