

Crazy 8's



Beginner and Advanced Bodyweight
CONDITIONING CIRCUITS



Eric Wong, BSc, CSCS

CRAZY 8'S BODYWEIGHT CONDITIONING CIRCUITS

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About Eric Wong and the Crazy 8's Conditioning Circuits

The Crazy 8's Conditioning Circuits came started when I was putting an anaerobic conditioning circuit together for a friend of mine. I wanted to make it as simple as possible for him to follow, because he really doesn't care what the science behind it is, so I put 8 exercises in it, and chose 8 reps for every exercise.

Anaerobic conditioning circuits train what's popularly referred to as the lactic acid energy system. Training this energy system is a must for those who need 'power endurance', ie. mixed-martial artists.

It's also a good circuit for people who are short on time and want a tough workout that will help them stay lean and fit.

The aerobic energy system also gets a training stimulus, albeit not to the extent that a 10 km run would develop it, but it still gets worked and will improve, keeping your heart healthy.

Anyway, back to my story - about a month later, I was playing cards with my girlfriend and we just happened to play Crazy 8's.

The next day, I saw my buddy again, and he said to me, "I've been doing your circuit workout for the past month, and I'm feeling awesome." He was visibly leaner as well.

When I looked at the program I gave him, the #8 stood out like a sore thumb and because I'd just been playing the card game the night before, I started to think about what other circuits I could create based around the 'Crazy 8's' theme, and the Crazy 8's Conditioning Circuits were born.

This program includes both a beginner and advanced bodyweight version of the Crazy 8's Conditioning Circuits.

I'll also have workouts based on the Swiss Ball, Dumbbells, Barbell, Resistance Bands, Kettlebells, and more, so make sure you're on my newsletter to be notified of when you can get your hands on these programs.

=> [Click here to make sure you're signed up to my newsletter](#)

To your fitness and health,

A handwritten signature in black ink, appearing to read "Eric Wong". The signature is stylized and fluid, with a large loop at the end.

Eric Wong, BSc, CSCS

CRAZY 8'S
BEGINNER
BODYWEIGHT
CIRCUIT

Crazy 8's Beginner Bodyweight Circuit

Exercise	Reps	Rest	Sets
1) Bulgarian split squat	8 per side	▼	2 – 5
2) Pushup (knees)	8	▼	2 – 5
3) Side bridge (knees)	Hold for 8 sec per side	▼	2 – 5
4) Prisoner squat	8	▼	2 – 5
5) Inverted row (bent-knees)	8	▼	2 – 5
6) Woodchop	8 per side	▼	2 – 5
7) Hip extensions	8	▼	2 – 5
8) Prone bridge	Hold for 8 sec	60 – 90 s	2 – 5

Notes

1) This is the toughest exercise of the group – if you can't do this exercise in proper form, substitute the standard Split squat, it's the same exercise except instead of your back foot elevated on a bench, the foot is on the floor.

2 and 3) If you can do a proper set on your toes, do it, otherwise do them on your knees.

For exercises #1, 2, 4-7, use a 202 tempo, which means you go down in 2 seconds, no pause, then up in 2 seconds.

Workout Progression: Do the # of sets and rest after each circuit as outlined in the boxes below. If you are too tired to start the set, take a little more rest.

Do this workout two times a week for 3 weeks, then take an entire week off before starting again.

Date						
Crazy 8's Beginner Bodyweight Circuit	2 sets	2 sets	3 sets	3 sets	4 sets	5 sets
Rest Times	90 s	75 s	75 s	60 s	60 s	60 s

Crazy 8's Beginner Bodyweight Circuit Exercise Descriptions

Bulgarian split squat

1. Start with the top of your foot up on a bench
2. Drop your knee almost to the ground while keeping your body tall
3. Come back up by pushing through your heel to activate your glutes



Pushups (knees)

1. Start in a push-up position with your toes on the top of a ball
2. Do a push-up through full range of motion
3. Make sure you keep your spine in neutral position throughout the movement



Side bridge (knees)

1. Begin lying on your side with your forearm in front of you, top leg forward, on the sides of your feet
2. Bridge your hips up so that your body is straight
3. Make sure your hips are pushed forward



Prisoner squat

1. Stand in a comfortable stance approximately shoulder width apart
2. Place your hands at your temples as in a sit-up
3. Squat your butt back and down keeping your spine in neutral through a full range
4. Push up through your heels



Inverted row (bent knees)

1. Set up a bar on a rack so that you can hang about 1 foot off the ground
2. Grab the bar with an underhand grip and put your feet flat on the ground with your knees bent
3. Pull your chest to the bar keeping your body straight throughout



Woodchop

1. Spread your feet out fairly wide, shifting your weight to the left with your right leg straight
2. Start with your palms together, hands up to the left beside side your head
3. Keep your shoulders down throughout the movement
4. Transfer your weight to the right, straightening your left leg and moving your arms in front of your body down to the outside of your right knee
5. Reverse the motion and repeat to complete the reps on one side, then switch sides



Hip extensions

1. Start on your back with your knees bent and feet flat
2. Raise your hips up by pushing through your heels and squeezing your butt
3. Hold at the top briefly then lower under control



Prone bridge

1. Lie flat with your elbows directly under your shoulders
2. Raise your body off the ground and hold a flat position



CRAZY 8'S ADVANCED BODYWEIGHT CIRCUIT

Crazy 8's Advanced Bodyweight Circuit

Exercise	Reps	Rest	Sets
1) Burpees	8	▼	2 – 5
2) Chinup	8	▼	2 – 5
3) Lunge jump	8	▼	2 – 5
4) Clap pushup	8	▼	2 – 5
5) Tuck jump	8	▼	2 – 5
6) Inverted row	8	▼	2 – 5
7) 180 degree jump	8	▼	2 – 5
8) Spiderman pushups	8	60 – 90 s	2 – 5

Notes

2) If you can't do 8 reps of the chinup, do negatives by jumping to the top then lowering yourself down slowly, or use a bench or chair to assist you in getting up and down.

Do every exercise in perfect form as fast and explosive as possible. Make sure you work through a full range of motion.

Workout Progression: Do the # of sets and rest after each circuit as outlined in the boxes below. If you are too tired to start the set, take a little more rest.

Do this workout two times a week for 3 weeks, then take an entire week off before starting again.

Date						
Crazy 8's Advanced Bodyweight Circuit	2 sets	2 sets	3 sets	3 sets	4 sets	5 sets
Rest Times	90 s	75 s	75 s	60 s	60 s	60 s

Crazy 8's Advanced Bodyweight Circuit Exercise Descriptions

Burpees

1. Put your hands on the ground and hop both feet out so that your body is in a plank position
2. Hop both feet back in and stand up and jump as high as you can



Chinups

1. Grab a chin-up bar with an underhand grip, shoulder width apart
2. Start from the hang with your elbows straight
3. Pull your chest up towards the bar without rounding your spine
4. Lower until your elbows are straight



Lunge jumps

1. Start in the bottom of a lunge
2. Jump up and switch your legs in the air and land in a lunge again and repeat



Clap pushup

1. Perform pushups with either a clap or at least pushing yourself into the air
2. If you find them tough on your wrists, do the explosive pushups on your knuckles



Tuck jumps

1. Start in a squat position
2. Jump and raise your knees to your chest



Inverted row

1. Set up a bar on a rack so that you can hang about 1 foot off the ground
2. Grab the bar with an underhand grip and put your feet on top of a swiss ball or bench
3. Pull your chest to the bar keeping your body straight throughout



180° Squat jumps

1. Jump and do a 180° twist and land in the squat position
2. Jump again and twist in the opposite direction and repeat

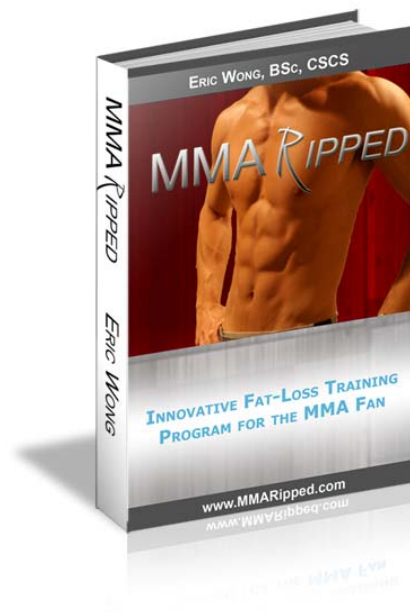


Spiderman pushups

1. Start in a standard push-up position
2. As you lower your body, raise a knee towards the same elbow
3. Pushup and return the foot to the ground
4. Repeat on the other side



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