Think you're too busy to work out? We have the workout for you. In minutes, high-intensity interval training (HIIT) will have you sweating, breathing hard and maximizing the health benefits of exercise without the time commitment. Health experts suggest talking to your doctor before starting an exercise program if you have health issues or concerns.

1. Jumping Jacks (30 sec, 10 sec rest)
2. Wall Sit (30 sec, 10 sec rest)
3. Push-ups (30 sec, 10 sec rest)
4. Ab Crunches (30 sec, 10 sec rest)
5. Step-ups (30 sec, 10 sec rest)
6. Squats (30 sec, 10 sec rest)
7. Tricep dips (30 sec, 10 sec rest)
8. Plank (30 sec, 10 sec rest)
9. High Knees (30 sec, 10 sec rest)
10. Alternating Lunges
11. Push-ups w/ rotation
12. Side plank, each side

Sources: The New York Times Well