Craig Ballantyne, CSCS, MS, presents…

Turbulence Training:

4-Week Bodyweight Program for Beginners, Intermediate & Advanced Fitness Levels

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Turbulence Training Bodyweight Workout
4-Week Program

Section Page

TT Guidelines 6

Beginner Bodyweight TT 10

Intermediate Bodyweight TT 11

Advanced Bodyweight TT 13

TT Exercise Descriptions 14

About Craig Ballantyne & Turbulence Training…

My name is Craig Ballantyne. I'm a Certified Strength and Conditioning Specialist (CSCS), and author of too-many-articles-to-count in magazines such as Men's Health, Men's Fitness, Oxygen, Maximum Fitness, and Muscle and Fitness Hers.

Turbulence Training is scientifically proven, endorsed by elite trainers and top fitness magazines, and used by thousands of men and women for burning fat as well as increasing muscle and improving your health and energy levels at the same time.

This information in the Turbulence Training report is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Please let me know how you enjoyed your TT workouts…

In the meantime, get your FREE report on, "The Dark Side of Cardio" at www.turbulencetraining.com

Craig Ballantyne, CSCS, M.Sc.,
President,
CB Athletic Consulting, Inc.

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Disclaimer:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Turbulence Training, please follow your doctor's orders.

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Lifestyle Review

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

1. Do you schedule a yearly physical exam with your physician? You must have a full physical examination if you are sedentary or if you have high cholesterol, high blood pressure, diabetes, if you are overweight, or if you are over 30 years old. There are no exceptions. If you meet any of the above requirements, schedule an examination.

2. Have you been given your physician's approval to begin a lifestyle program? You must have your physician's approval to begin an exercise program. It is essential that you have your physician's clearance and encouragement prior to starting this manual.

3. Do you have any injuries or medical conditions that would prevent you from performing any type of exercise? Don't rush in to exercise. Talk to your doctor. Your doctor understands your health and physical capacity better than you.

4. Discuss the results of this lifestyle review with your physician before you begin an exercise program. Create a partnership with your doctor. Make your doctor part of your fat loss and health-building team. With good communication and professional instruction, you chances of success will be much greater.

5. **Social support can be the #1 factor for success in fitness programs.** While the support can come from your spouse, brother or sister, child, mom or dad, friend, neighbor, or co-worker, it's a proven fact that individuals have a greater chance of sticking to an exercise program when they have to be accountable someone like a personal trainer or lifestyle coach. Don't try and do this on your own. Social support is important in your quest for better health, fitness and fat loss.

6. **Nutrition is the second most important factor for success in fat loss programs.** Do you keep a nutrition log? If not, start doing so! Record your nutrition for free on **www.fitday.com**. Record every aspect of your nutrition for at least one week. Most people have no idea how many calories they are eating each day.

7. **Exercise is the third most important factor.** Arrange to have a Fitness Assessment with a certified personal trainer or certified strength and conditioning specialist (CSCS). This will help identify your physical limitations and exercise capacity. It will also help the trainer individualize the program for your training needs.

8. What is your current activity level? Log everything you do for at least one week to get an idea of your daily energy expenditure (calories burned each day).

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Good Food Choice	Bad Food Choice
Whole, natural foods	Processed foods (containing added sugar, trans-fats, etc.)
Fiber-rich snacks, such as almonds	Processed foods (containing added sugar, trans-fats, etc.)
Nuts/Almonds	Chips, cookies, treats, brownies, donuts, pretzels, etc.
Fruit	Soda, juice, candy, etc.
Vegetables	French fries; Any deep-fried side dish or appetizer
Extra serving of vegetables	Extra serving of starchy carbohydrates
Lean protein	Fatty cuts of meat; fried meats; high-sodium lunch meats
Low-fat dairy	High-fat, high-sugar dairy; milkshakes, ice cream, etc.
Green Tea	Coffee, soft drinks, sweetened beverages
Water, Sparkling Water	Coffee, soft drinks, sweetened beverages
Unsweetened Iced Tea	Coffee, soft drinks, sweetened beverages
Raw Vegetables	Bread with butter
Lean Stir-fry; Steamed vegetables and meat	Chinese/Asian food (battered)
Grilled; baked; broiled meat	Battered; Deep fried meat
Oatmeal	Donuts, croissants; pastries; high-sugar cereals
Yogurt (low-sugar)	Ice cream; Yogurt with sugar added
Natural, sugar-free products (unsweetened pasta sauce)	Sweetened products (i.e. sweetened pasta sauce)

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Turbulence Training Guidelines

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

- Perform each Turbulence Training workout for 4 weeks and then switch to a new Turbulence Training workout.
- After every 12 weeks, take one week off from Turbulence Training for recovery purposes. During the recovery week, you may perform light, low-intensity workouts.
- Workout 3 days per week alternating between workout A and workout B.
- Train intervals 3 days per week. These can be done after strength training or on non-strength training days. Make sure you have at least 1 full rest day per week.
- In week 1, you will follow an A, B, A schedule. In week 2, a B, A, B schedule. In week 3, an A, B, A schedule, and in week 4, a B, A, B schedule.
- Each pair of exercises constitutes a "Superset". In each Superset, do one set of the first exercise followed immediately by the next (A1 & A2).
  - Beginners & Intermediate: Rest 30 seconds after completing the exercises in the Superset (i.e. after A1 & A2).
  - Advanced: Rest as little as possible between exercises and supersets. Rest only to take drinks of water or if whenever you feel like you need a break.
- Use the recommended lifting tempo for all exercises (except for any holding exercises like the planks where it is just a static hold).
  - For example, (3x15) 2-1-1 means 3 sets of 15 reps at a 2-1-1 tempo (2 seconds to lower, 1 sec pause, 1 sec to lift)
- Finish each workout with stretching for the tight muscle groups only.

Warm-up

- Never skip a warm-up. For a warm-up, perform this circuit 2x's using a 2-0-1 tempo:
  - 10 reps of bodyweight squats or lying hip extensions
  - 20 second plank
  - 6-10 reps of kneeling pushups or pushups
  - Do not rest during the warm-up circuit.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up.

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Turbulence Training Bodyweight Workout
4-Week Program

Sample Workout Structure

- Here's how a sample workout looks:

Bodyweight Warm-up Circuit 2x's (this should take you less than 5 minutes)
- Bodyweight Squat – 10 reps
- Plank – 20 seconds
- Pushup or Kneeling Pushup – 6 reps

Turbulence Training Strength Workout (ex. Beginner Workout A)
1A) Lying Hip Extension (8 reps)
no rest – go directly to:
1B) Plank (15 seconds)
Rest 30 seconds.
Repeat this cycle 2 more times for a total of 3 supersets.
2A) Prisoner Squat (12 reps)
no rest – go directly to:
2B) Bird Dog (5 reps)
Rest 30 seconds.
Repeat this cycle 2 more times for a total of 3 supersets.
3A) Kneeling Pushup (8 reps)
no rest – go directly to:
3B) Side Plank (5 seconds)
Rest 30 seconds.
Repeat this cycle 2 more times for a total of 3 supersets.
4A) Band Pull (15 reps)
no rest – go directly to:
4B) Ab Curl-up (15 reps)
Rest 30 seconds.
Repeat this cycle 2 more times for a total of 3 supersets.

Turbulence Training Intervals
- See below for Interval instructions.

Stretching
- Stretch tight muscle groups only.

Get more fat burning workouts at
www.TurbulenceTraining.com

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Turbulence Training Bodyweight Workout
4-Week Program

Turbulence Training Interval Training Guidelines

- Research has shown that interval training is very effective for fat loss.
- Finish each interval workout with stretching for the tight muscle groups only.
- Here are beginner and intermediate/advanced interval workouts. Choose the appropriate workout and do it after your bodyweight exercises.

Beginner Interval Workout

- Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you are going to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise).
- Exercise for 1 minute at a hard pace (at a subjective 7/10 level of effort – this should be slightly harder than normal cardio pace).
- Follow that with "active rest" for 2 minutes by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 4 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

Minute by Minute	Type	Intensity Level	
1	Warm up	3 out of 10	Notes
2	Warm up	4 out of 10	
3	Warm up	4 out of 10	
4	Warm up	5 out of 10	
5	Warm up	5 out of 10	
6	Hard	7 out of 10	
7	Easy	3 out of 10	
8	Easy	3 out of 10	
9	Hard	7 out of 10	
10	Easy	3 out of 10	
11	Easy	3 out of 10	
12	Hard	7 out of 10	
13	Easy	3 out of 10	
14	Easy	3 out of 10	
15	Hard	7 out of 10	
16	Cool Down	3 out of 10	
17	Cool Down	3 out of 10	
18	Cool Down	3 out of 10	
19	Cool Down	3 out of 10	
20	Cool Down	3 out of 10	
20 minutes total			

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Turbulence Training Interval Training Guidelines

Intermediate/Advanced Interval Workout

- Warm-up for 5 minutes.
- Perform an interval by exercising for 60 seconds at a very hard pace (at a subjective 8/10 level of effort).
- Follow that with "active rest" for 60 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 6 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

Minute by Minute	Type	Intensity Level	
1	Warm up	3 out of 10	Notes
2	Warm up	4 out of 10	
3	Warm up	4 out of 10	
4	Warm up	5 out of 10	
5	Warm up	5 out of 10	
6	Hard	8 out of 10	
7	Easy	3 out of 10	
8	Hard	8 out of 10	
9	Easy	3 out of 10	
10	Hard	8 out of 10	
11	Easy	3 out of 10	
12	Hard	8 out of 10	
13	Easy	3 out of 10	
14	Hard	8 out of 10	
15	Easy	3 out of 10	
16	Hard	8 out of 10	
17	Cool Down	3 out of 10	
18	Cool Down	3 out of 10	
19	Cool Down	3 out of 10	
20	Cool Down	3 out of 10	
20 minutes total			

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Turbulence Training Bodyweight Workout
4-Week Program

Beginner Bodyweight Turbulence Training

	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
Workout A											
A1) Lying Hip Extension (3 sets x 8 reps) 2-0-1											
A2) Plank (3x15 seconds)											
B1) Prisoner Squat (3x12) 3-0-1											
B2) Bird Dog (3x5) 1-3-1											
C1) Kneeling Pushup (3x8) 2-1-1											
C2) Side Plank (3x5 sec per side)											
D1) Band Pull (3x15) 2-0-2											
D2) Ab Curl-up (3x15) 2-0-1											
Workout B											
A1) Bodyweight Step-ups (3x8) 2-0-1											
A2) Stick-up (3x8) 2-1-2											
B1) Split Squat with Front Foot Elevated (3x8) 2-0-1											
B2) Kneeling Close-grip Push-up (3x8) 3-0-1											
C1) Bicycle Crunch (3x20) 2-0-1											
C2) 1-leg Hip Extension (3x8) 2-0-1											

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Turbulence Training Bodyweight Workout
4-Week Program

Intermediate Bodyweight Turbulence Training

- If you can't do inverted rows, substitute the "Stick-up" exercise.
- If you can't do full chin-ups, do the lowering portion of the exercise only.

	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
Workout A											
A1) Pushups (3x15) 2-0-1											
A2) Inverted Row (3x8) 2-0-1											
B1) 1-leg Squat (3x8) 3-1-1											
B2) Bicycle Crunch (3x30) 2-0-1											
C1) Bulgarian Split Squat (3x8) 2-1-1											
C2) Elevated Pushup (3x8) 2-0-1											
D1) Reaching Lunge (3x8) 2-0-1											
D2) Mountain Climbers (3x12) 1-0-1											
Workout B											
A1) 1-leg Deadlift (3x8) 2-1-1											
A2) Chin-up (3x6) 3-0-1											
B1) Step-ups (3x12) 3-0-1											
B2) Slow Pushup (3x10) 2-2-1											
C1) Prisoner Lunge (3x8) 2-1-1											
C2) Side Plank (3x20 seconds)											
D1) Close-grip Pushups (3x10) 2-0-1											
D2) Plank (3x45 seconds)											

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Advanced Workout Guidelines

- For the intermediate and advanced workouts, you will need to know how many repetitions you can do in the following exercises.
- Do the following exercise tests as your first bodyweight workout.
- Do a regular warm-up and then test yourself in this order.
- Rest 1 minute between exercises.
- Re-test yourself after 2 weeks because you will gain muscle endurance very quickly.

- The maximum number of regular pushups you can do at a 1-0-1 tempo ___
- The maximum number of 1-leg squats to parallel you can do at a 3-0-1 tempo ___
- The maximum number of chin-ups you can do at a 3-0-1 tempo ___
- The maximum number of slow pushups you can do at a 2-2-1 tempo ___
- The maximum number of inverted rows you can do at a 2-0-1 tempo ___
- The maximum number of bicycle crunches you can do at a 1-0-1 tempo ___
- The maximum number of elevated pushups you can do at 2-0-1 tempo ___

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Turbulence Training Bodyweight Workout
4-Week Program

Advanced Bodyweight Turbulence Training

- Most exercises will be performed based on a % of your maximum performance.
- For example, you are to do 3x85% of your max pushups in the first superset of Workout A. If your max is 50 pushups, then you would do 42 pushups in the first set, and then try and do 42 pushups in sets 2 and 3.
- Try to rest as little as possible during the workout.
- If you can't do inverted rows, substitute the "Stick-up" exercise.
- If you can't do full chin-ups, do the lowering portion of the exercise only.

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Workout A									
A1) Pushups (3x85%) 1-0-1									
A2) Inverted Row (3x80%) 2-0-1									
B1) 1-leg Squat (3x90%) 3-0-1									
B2) Bicycle Crunch (3x80%) 1-0-1									
C1) Bulgarian Split Squat (3x12) 2-1-1									
C2) Elevated Pushup (3x80%) 2-0-1									
D1) Reaching Lunge (3x12) 2-0-1									
D2) Mountain Climbers (3x20) 1-0-1									
Workout B									
A1) 1-leg Deadlift (3x15) 2-1-1									
A2) Chin-up (3x90%) 3-0-1									
B1) Step-ups (3x15) 3-0-1									
B2) Slow Pushup (3x90%) 2-2-1									
C1) Prisoner Lunge (3x15) 2-2-1									
C2) Side Plank (3x30 seconds)									
D1) Close-grip Pushups (3x30) 2-0-1									
D2) Plank (3x60 seconds)									

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Exercise Descriptions

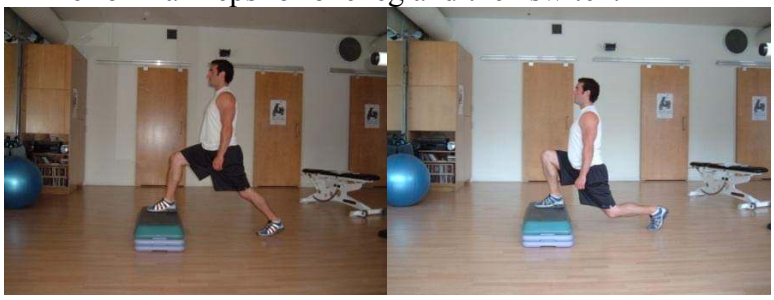
Disclaimer:
You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back. Start the movement at the hip joint. Push your hips backward and "sit back into a chair". Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don't let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back. I am not letting my back round in the photo.

Split Squat with Front Foot Elevated

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step, and put it on a 6-inch riser. Press the front of your left foot into the ground and use it to help keep your balance. The left knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



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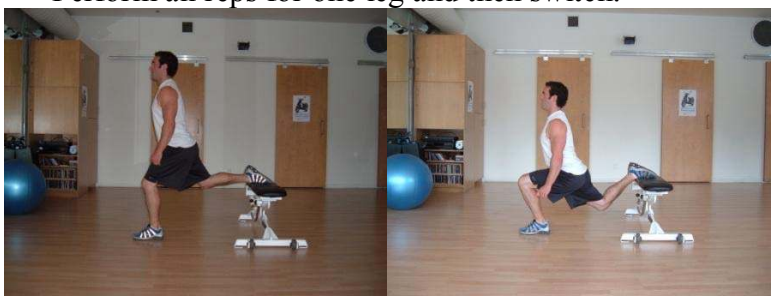
Exercise Descriptions

Step-Up

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- With your abs braced and glutes squeezed, start the movement by pushing through the bench foot to lift the body up to the standing position.
- Lower your body under control. Pause briefly at the bottom and repeat.
- Complete all reps for one side before changing legs.
- Start on a low step (6-inch) and increase the height of the step (12-in) as you improve.

Bulgarian Split Squat

- Stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



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Exercise Descriptions

1-Leg Squat

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Extend your arms forward or to the sides to increase your balance.
- Start the movement at the hip joint. Push your butt back and "sit back as if you were sitting on a chair". Squat slowly and focus on balance.
- Squat until your thigh is parallel to the floor, but keep your lower back flat.
- If you are advanced, you may be able to squat all the way to the floor.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.

1-Leg Deadlift

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides.
- Start the movement at the hip joint. Push your butt back and "sit back as if you were sitting on a chair". Go slowly and focus on balance.
- Go until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.

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Exercise Descriptions

Prisoner Forward Lunge

- Stand with your feet shoulder-width apart and hold a light dumbbell in each hand.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent. Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your right leg to return to the starting position.

Single Leg Reaching Lunge

- Stand with your feet shoulder-width apart in front of a small object that you have placed 3 feet in front of you. Now stand on your right leg, balance yourself, and then bend your knee and reach forward to touch the object with your right hand.
- Touch the object and return to the starting position without losing your balance.
- Without switching legs, perform the same exercise but use your left hand to reach forward and touch the cone. Perform all repetitions on the right leg and then switch.
- As you get better, you can place 3 cones in a line (one to the left, one in the center, and one to the right). This will require greater balance.
- You can also experiment with placing the cone further away from you.

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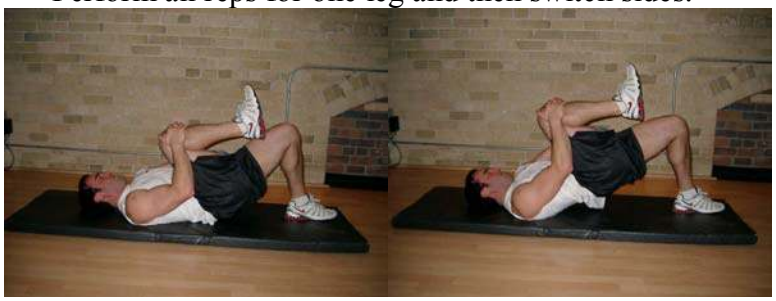
Exercise Descriptions

Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Bridge your hips up by contracting your glutes. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.

Lying 1-Leg Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



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Exercise Descriptions

Ab Curl

- Always keep one leg straight. This helps to maintain the neutral spine during the exercise which keeps spine loads lower than if both legs were bent.
- Only curl up to the point where the shoulder blades just come off the floor. The pivot point is not in the low back, but in the rib cage.
- Keep your head in a neutral position and pick a spot on the ceiling. Try to lift from your shoulders toward the spot on the ceiling, instead of curling down toward your feet. If it seems easy, you are probably doing something incorrectly.
- For additional challenge, hold the "up" position for 5 seconds and say the count out loud. This increases the work on the spine stabilizers by forcing them to aid in breathing as well as spine stability.

Plank

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time or 10 seconds if you are doing multiple repetitions.

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Exercise Descriptions

Side Plank

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time or 8-10 seconds if you are doing multiple repetitions.

Bicycle Crunch

- Lie on your back with your knees bent 90 degrees & hands behind your head.
- Lift your feet off the ground and bring your knees back towards your chest.
- Curl you body off the ground and bring your right elbow to your left knee.
- In the process, you should be able to bring your right shoulder blade off the ground. You don't need to curl up any higher.
- Return to the start position. Then repeat the movement for the left side.
- Continue to alternate sides for the desired number of reps with each movement counting as a single repetition.

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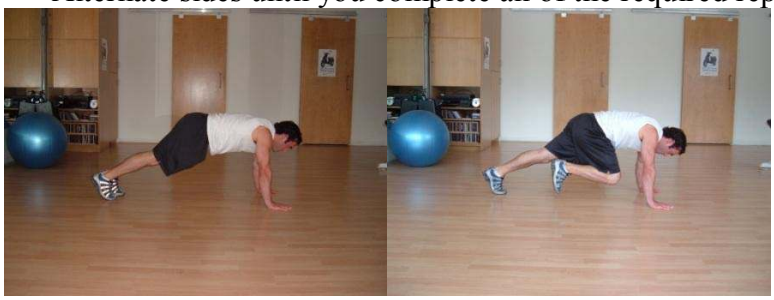
Exercise Descriptions

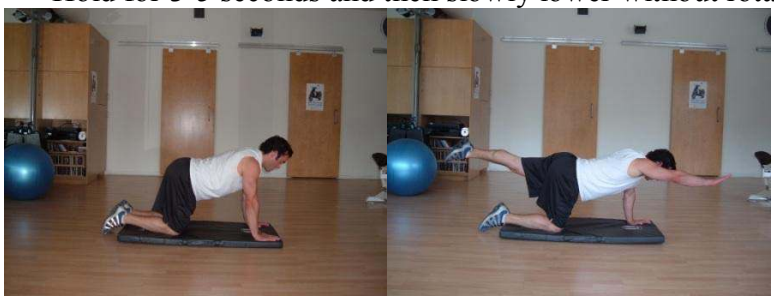
Mountain Climbers

- Brace your abs.
- Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest.
- Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on "all fours" (like a dog).
- Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn't have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.



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Exercise Descriptions

Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times in the exercise.
- Stick your hands up overhead. Try to keep your shoulders, elbows, and wrists in contact with the wall at all times.
- Slide your arms down the wall and tuck your elbows into your sides. This should bring your shoulder blades down and together. You should feel a strong contraction in the muscles between your shoulder blades as well as the shoulder muscles.
- Again, try to keep everything in contact with the wall.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Again, try to keep everything in contact with the wall.
- Try to improve your range of motion in this exercise each week.
- The goal is to improve shoulder mobility and postural control.

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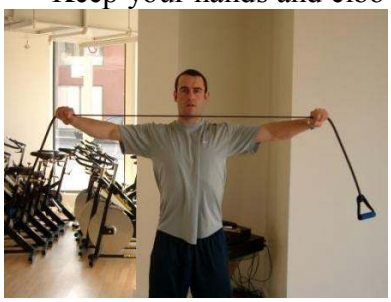
Exercise Descriptions

Band Pulls

- Hold a resistance tubing band at arms length and shoulder level with your hands spaced shoulder-width apart. Pull the band apart and pull your elbows back by using the muscles of your upper back. Focus on bringing your shoulder blades together.
- Keep your hands and elbows at shoulder height.



Chin-ups

- Take underhand grip on the bar with the palms facing you. Pull your body up until the chest reaches bar level. Slowly lower yourself but do not let your body swing and do not use momentum

Assisted Chin-up

- Set up a smith rack or bar at head height (or set a chair under a fixed chin-up bar).
- Grasp the bar with an underhand grip, and support some of your bodyweight with your feet on the floor or chair. Use your arms as much as you can and use your feet for the rest of the force needed to do chin-ups.

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Exercise Descriptions

Inverted Rows

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it a few inches wider than shoulder-width apart.
- Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.

Beginner Inverted Rows

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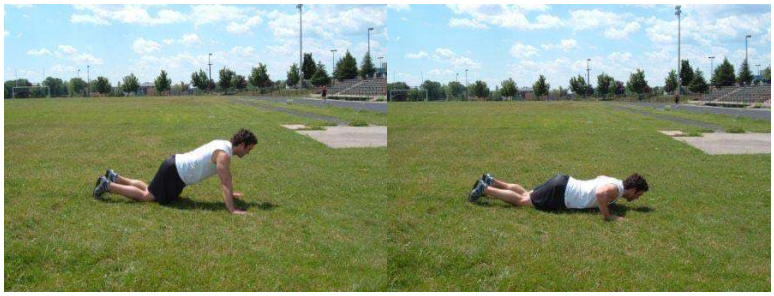
Exercise Descriptions

Push-up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.

[Kneeling] Push-up

- See instructions above.



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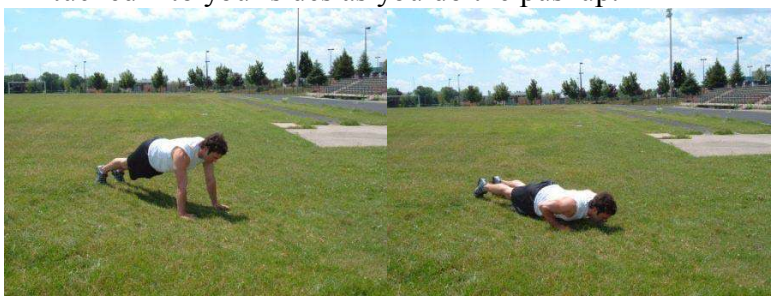
Exercise Descriptions

Close-grip Pushups

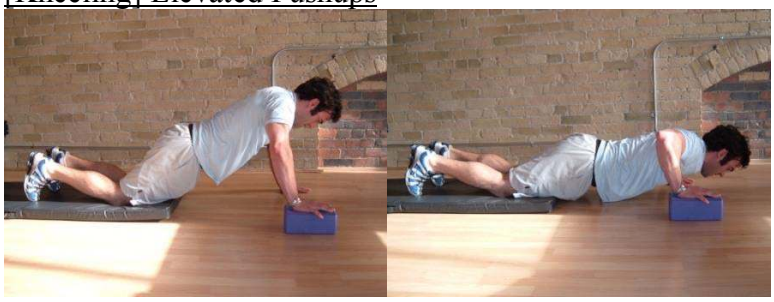
- Same as above, but keep your hands shoulder-width apart and keep your elbows tucked into your sides as you do the pushup.



Elevated Pushups

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal push-up width).
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.

[Kneeling] Elevated Pushups



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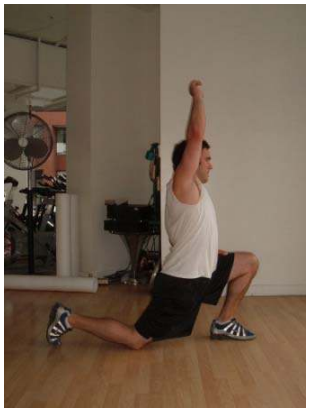
Static Stretching

Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level).
- Hold the stretch for 30 seconds and then switch sides.



Hamstring Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Hold the stretch for 30 seconds and then switch sides.

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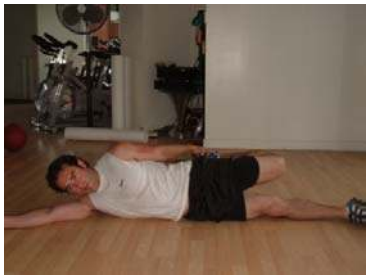
Static Stretching

Glute Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.

Quadriceps Stretch

- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



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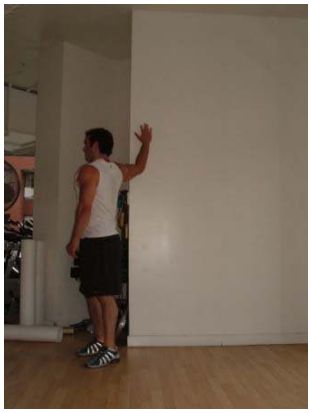
Static Stretching

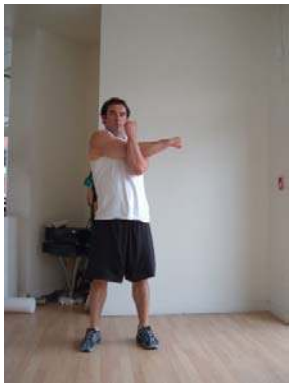
Chest Stretch

- Stand next to a doorframe.
- Raise your elbow up to shoulder height and rotate your arm so that your hand is up (as if you were in a throwing position with your elbow in line with your shoulder).
- Press your elbow against the doorframe and slowly and gently rotate your upper body away from your elbow.
- You should feel the stretch across the front of your shoulder and chest.
- Hold for 30 seconds and then repeat for the other side.



Shoulder Stretch

- Raise your arm to shoulder height and bring your arm across the front of your body.
- If using your right arm, your right hand should rest at your left shoulder.
- Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
- Hold for 30 seconds and then repeat for the other side.



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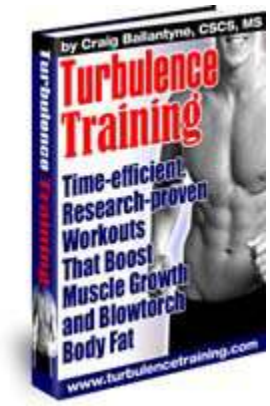


After Thousands Of Hours Of Research And Personal Training…

I accidentally stumbled onto two studies that created the foundation for Turbulence Training and has now changed the course of fat loss training forever.

In one landmark study, researchers at Laval University in Quebec compared slow, steady aerobic training with interval training in a fat loss study. The researchers were shocked to find that the interval training group lost more fat than the cardio group. In the second landmark study that helped create Turbulence Training, researchers found that performing 8 reps per set of an exercise helped women burn more calories after exercise in comparison to using 12 reps per exercise.

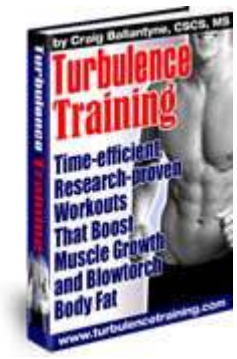
These are the facts. The research simply does not lie. The way you are currently training is probably not only getting you less than satisfactory results, but may actually be causing overuse injuries, or even catabolic muscle loss.

It didn't seem possible that they could achieve rapid fat loss with as few as 3 workouts per week' all under 50 minutes long, but the proof was looking right back at them in the mirror. Just imagine - A fat loss program that can get you in and out of the gym in less than an hour, allowing you to get back to your personal life, your busy day at work or home to your family.

That's when I put these workouts into a special brand new Internet package that includes:

- A 76-page e-book crammed with beginner through advanced workouts, giving you up to 26 weeks worth of fat-blasting workouts - **VALUE of over** $397
- An exclusive one hour MP3 audio going over every detail of the Turbulence Training workouts and fat loss philosophy - **VALUE** $165

- Total **Value** of the Package is over $550. But you'll pay only $39.95.



And the best part is that you can download all of these from the web in just minutes and start using these techniques today!

www.TurbulenceTraining.com

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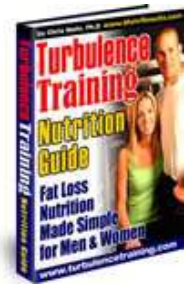
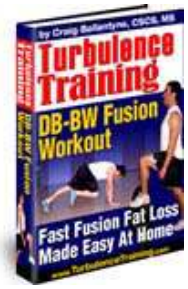
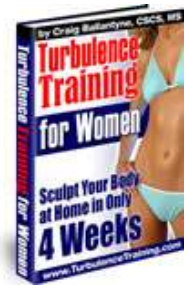
BUT WAIT, THERE'S EVEN MORE!



1) Turbulence Training Fat Loss Nutrition Guidelines, by Dr. Chris Mohr, Ph.D.
(Retail Value = $24.99)
Learn exactly which foods to choose, how often to eat, how much protein to get, and a shocking list of foods you MUST avoid from Dr. Chris Mohr, Ph.D., R.D.



2) Turbulence Training DB-BW Fustion Fat Loss 8-Week Program
(Retail Value = $24.99)
By combining a dumbbell exercise and a bodyweight exercise, you'll be able to do these Turbulence Training workouts even faster than ever before. Just wait till you try these workouts. You'll be blown away by the effectiveness of the dumbbell-bodyweight superset combinations. So fast, so simple, yet so efficient at burning fat.



3) Turbulence Training for Women 4-Week Program
(Retail Value = $29.99)
With both beginner and advanced versions, this program serves as a great add-on to the regular Turbulence Training program that hundreds of women have already used to lose fat and sculpt their bodies. All of these workouts can be done at home with a bench, a ball, dumbbells, and your own bodyweight.

4) Turbulence Training for Muscle 8-Week Program (Retail Value = $24.99)
Once you lose all the fat you need, switch to this advanced muscle-building program to get the biceps, chest, and calves that will give you a "stand-out in the crowd" physique.

5) Turbulence Training Original 4-Week Bodyweight Program (Value = $19.99)
Sculpt your body without the need for any fancy equipment or even a set of dumbbells.

6) Turbulence Training 30-Days to Advanced Fat Loss Program (Value = $19.99)
I designed this program for a personal trainer that I was training (Yep, I'm considered a trainer to the trainers) and we needed to get maximum results in only 30 days.

7) Turbulence Training Fusion Fat Loss 4-Week Program (Value = $24.99)
The most challenging TT workout to date combining advanced athletic moves with dumbbell exercises AND bodyweight exercises.

Give Me Just 45 Minutes, 3 Days A Week And I Will Show You How To Transform Your Body' And Have Fun In The Process!

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More feedback from Turbulence Training users...

"I purchased Turbulence Training and have been using it for about 6 weeks now. Along with the workouts and all the nutritional information I have reached my lowest weight yet and more importantly I didn't starve or over work myself. Working opposing muscle groups is what my body needed and it is responding well. I can now do 10 pushups on my toes for each set and I have noticed muscle development in my chest which I could not get before TT. At 46 years old I feel that I can reach a level of fitness that I didn't think was possible and I don't have to be a slave to working out. It is true that your workouts can be done in 45 minutes which leaves a lot more time for enjoying life."
Cindy Casella

"I have been using your TT workouts for about 6 weeks now and I never want anything different! I've lost 6 kilograms already: I went from 95 kilograms to 89! What I love about TT is the variety. All the different workouts, all the different excercises, they're all great."
Jesse van der Velde

"At the end of week one, I lost 3.5 pounds and I was feeling great. Yesterday was the end of week two and I lost 3 more pounds! Six and a half pounds in two weeks and I feel outstanding. Not the least bit tired or weak. I'm always pressed for time. And of course, that's what makes Turbulence Training such a convenient program."
Chuck Fager

Save time, save money, and lose fat,

Craig Ballantyne, CSCS, MS
Author, Turbulence Training for Fat Loss

P.S. Don't Forget Your 8-Week Unconditional 100% Promise

Your satisfaction is guaranteed. Scrutinize the TT for Fat Loss program closely. Examine it. Test it for up to 8 weeks. Use the program to the max. If you're not thrilled with your results, then I want you to simply write and tell me, and I'll send you a prompt and courteous, no hassles, no questions asked, 100% refund.

To order your copy of the Turbulence Training for Fat Loss program, visit **www.TurbulenceTraining.com** today!

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