

[www.TurbulenceTraining.com](http://www.TurbulenceTraining.com)

# **SAMPLE FAT BURNING**

# **Turbulence Training**

# **WORKOUT**

**Try One of the Most  
Popular Turbulence  
Training Workouts!**

**Craig Ballantyne, CSCS, MS**

## **Turbulence Training™ For Fat Loss**

### **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.

I've developed a revolutionary new fat loss system called Turbulence Training", which was designed specifically to help busy men and women such as students, executives and parents with young children to get the most results in the least amount of time.

Turbulence Training is scientifically proven, endorsed by elite trainers and top fitness magazines, and has been 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.

Craig Ballantyne, CSCS, MS,  
Author, Turbulence Training for Fat loss  
[www.TurbulenceTraining.com](http://www.TurbulenceTraining.com)

### **PS – Don't miss...**

The Turbulence Training Transformation Contest – Real People, Real Results!

[www.TransformationContest.com](http://www.TransformationContest.com) → See the winner's of past TT Transformation Contests and get the rules on the next contest where you can win up to \$2000 just for losing your belly fat!

## Turbulence Training™ For Fat Loss

### **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.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. 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 resistance training and interval training.

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.

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.

Copyright © 2003-2008 CB Athletic Consulting, Inc.

# Turbulence Training™ For Fat Loss

## The Turbulence Training Workout 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.

- Sedentary individuals must complete the Introductory Level Turbulence Training workouts before trying the Intermediate 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.
- Each pair of exercises constitutes a “Superset”. In each Superset, do one set of the first exercise followed immediately by the next (1A & 1B) and then repeat.
- Rest 1 minute after completing the exercises in the Superset (i.e. after 1A & 1B).
- Use a 2-0-1 lifting tempo for all exercises. Take 2 seconds to lower the weight or your body, pause briefly, and then take 1 second to lift the weight or your body.
- Do each superset 3 times before moving on to the next Superset.
- Don't train to failure. You should be able to do 1 more rep at the end of each set.
- Finish each workout with stretching for the tight muscle groups only.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up. Never skip a warm-up.

**SAMPLE Turbulence Training Fat Burning Workout**

**The Turbulence Training Intermediate Level Workout**

**Day 1 – Workout A**

Warm-up Circuit

- Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.
  - Prisoner Squat – 12 repetitions
  - Close-grip Pushup – 8 repetitions
  - Stability Ball Leg Curl – 12 repetitions

Warm-up Superset

- 1A) DB Split Squat – 8 reps using 75% of the weight you will use in your “real” sets.
- No rest.
- 1B) DB Incline Press – 8 reps using 75% of the weight you will use in your “real” sets.
- Rest 1 minute and move on to Superset #1

Superset #1

- 1A) DB Split Squat – 8 repetitions per side
- No rest.
- 1B) DB Incline Press – 8 repetitions
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #2

- 2A) Stability Ball Leg Curl – 15 repetitions
- No rest.
- 2B) Pushup – 15 repetitions
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #3

- 3A) Stability Ball Jackknife – 10 repetitions
- No rest.
- 3B) DB Rear-Deltoid Raise – 10 repetitions
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Interval Training Workout A (Details below)



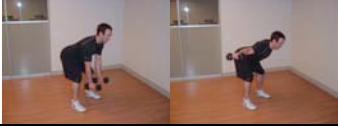
Stretch tight muscle groups only.

**For the rest of the Intermediate workout and all of the Turbulence Training for Fat Loss sessions, visit:**

=> [www.TurbulenceTraining.com](http://www.TurbulenceTraining.com)

# Turbulence Training™ For Fat Loss

## Intermediate Level Turbulence Training Workout A

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
1A) DB Split Squat (8 reps) 									
1B) DB Incline Press (8 reps) 									
2A) Stability Ball Leg Curl (15) 									
2B) Pushup [Kneeling] (15 reps) 									
3A) Stability Ball Jackknife (10 reps) 									
3B) DB Rear-Delt Raise (10 reps) 									
Interval Workout A									

## Turbulence Training™ For Fat Loss

### Turbulence Training Interval Guidelines for Intermediate Workout A

- It is recommended that the stationary cycle be used for interval training because it allows for an easy transition between work and recovery.
- Finish each interval workout with stretching for the tight muscle groups only.

#### Interval Workout A

- 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 8/10 level of effort).
- 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	Notes
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	Easy	3 out of 10	
9	Hard	8 out of 10	
10	Easy	3 out of 10	
11	Easy	3 out of 10	
12	Hard	8 out of 10	
13	Easy	3 out of 10	
14	Easy	3 out of 10	
15	Hard	8 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			

## Turbulence Training™ For Fat Loss

**WARNING: You Must Read This!!!**

**...If you think the Turbulence Training Intermediate workout is easy...)**

I'm always amazed by people who tell me that Turbulence Training is too easy for them.

Actually, **shocked** is a better word.

Each Turbulence Training workout has left me sweating and feeling tired (but a "good" tired), and I've never finished any TT workout and thought it was too easy or ineffective.

So if you think it's too easy, or if you've done this Intermediate TT workout and said, "no problem", take a look at how I would do it, and then ask yourself if you are training hard enough.

Now you might not be able to use the same weights as I do, but maybe you could be using more intensity in your own workouts. And that's all that is necessary to make your workouts better for fat burning.

So let's examine Workout A, from the Intermediate Phase of the [Turbulence Training for Fat Loss](#) manual...

## Turbulence Training™ For Fat Loss

Warm-up: I'd use this to get mobile and warm-up my muscles. I'd even be starting to sweat a bit. Now onto the supersets...

**1A) DB Split Squat (8 reps)** - I would use at least 60 if not 70 pound dumbbells for this. It would be really hard - there's no other way to put it.

**1B) DB Incline Press (8 reps)** - I'd use 80-90 pound dumbbells for this. Combined, this superset would soak my shirt on its own.

**2A) Stability Ball Leg Curl (15 reps)** - Granted, I could do this exercise without a problem, so I'd either increase the number of reps per set to 25, or I would do the 1-Leg Stability Ball Leg Curl.

**2B) Pushup (15 reps)** - I would increase the reps to 35 pushups per set, or I would use a more difficult version such as decline pushups.

**3A) Stability Ball Jackknife (10 reps)** - I'd increase the reps to 20 per set or I'd do 1-Leg Stability Ball Jackknives.

**3B) DB Rear-Delt Raise (10 reps)** - This would be tough, and I'd use 15 or 20 pound dumbbells.

After this intense strength training session, I'd rest 1-2 minutes and then go to intervals.

### Interval Workout A

Intervals can't be easy for anyone. For me, I'd run at top speed on the treadmill (12mph), or I'd run the intervals outside. A beginner might use 3.8mph for walking intervals. Either way, we'd both make it as tough as possible for our own personal fitness levels.

Overall, this workout would be tough. And someone who is fitter than I am would just increase the intensity up to his or her level so they would boost their metabolism and [burn fat fast.](#)

## **Turbulence Training™ For Fat Loss**

Turbulence Training isn't easy, but it works.

**Get started on a fat burning workout today from:**

==> [www.TurbulenceTraining.com](http://www.TurbulenceTraining.com)

It all comes down to you,

Craig Ballantyne, CSCS, MS  
Author, Turbulence Training

**PS - Lose over 10 pounds in 3 weeks!**

"The sticking point for me has always been time. There was never enough to cover all muscle groups, find time for cardio and incorporate In 6 weeks I have lost 6.5kg (14.3lbs). I am now in my ideal weight range (with abs) without dropping off existing musculature. As far as internal health goes my cholesterol has dropped from 6.4mmol/L to 3.7 mmol/L (247mg/dL to 142mg/dL). Guess what! my life insurance premiums will reduce accordingly if i keep it this way. Did I mention I feel great. This stuff works."

**Alan Rogers, Australia**

"I am a 48 year old woman who has been on some sort of diet plan since 1987 (that's when my son was born) I've tried all sorts of exercise programs; Curves, The Firm, 6 weeks, Numerous Beach Body programs, not to mention Atkins, Slim Fast, Nutrisystem, low fat, low carb, low calorie etc. You name it I've tried it and probably bought it! 3 weeks ago I stumbled across Craig's Dark Side of Cardio. Here it is 3 weeks later and I've lost 10 pounds! My clothes are looser! A program that actually delivers! A program without false promises! A program that doesn't make you workout 5-7 days a week but only 3X for 45 minutes! I've got to tell you, I was certainly skeptical because of past history, but WOW, I can't believe this. I tried on a skirt that I couldn't get past my hips last winter and I wore it today!!! I love this program; it's fast, fun and complete. Thank you Craig for helping me on my dream."

**Kelley Howard**

# Turbulence Training™ For Fat Loss

## 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.

### *Warm-up Circuit*

#### 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.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



#### Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- 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.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



# Turbulence Training™ For Fat Loss

## Exercise Descriptions

### Pushups

- 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 Pushup



# Turbulence Training™ For Fat Loss

## Exercise Descriptions

### *Intermediate Workout A*

#### DB Split Squat

- Stand with your feet shoulder-width apart and hold a light dumbbell in each hand.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- 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, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



#### DB Incline Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



# Turbulence Training™ For Fat Loss

## Exercise Descriptions

### Stability Ball Leg Curl

- See Above.

### Advanced Option: Stability Ball 1-Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- 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.
- Keep only one foot on the ball and raise the other one up in the air.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips with only one leg while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



Pushups – See above.

### Advanced Option: Decline Pushups

- 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.
- Elevate your feet onto stairs or a bench.
- Take 5 seconds to 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.



# Turbulence Training™ For Fat Loss

## Exercise Descriptions

### Stability Ball Jackknife

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.
- Do NOT round your lower back.



### DB Rear-Deltoid Lateral Raise

- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Stand with your knees bent slightly and your upper body bent parallel to floor.
- Perform a lateral raise, lifting the dumbbells up and out to the side.

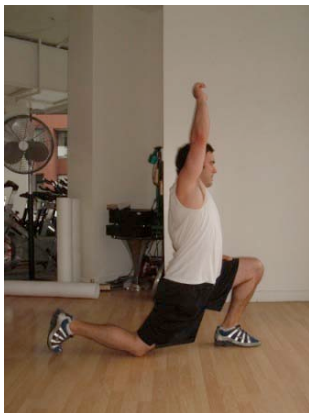


## Turbulence Training™ For Fat Loss

### 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.

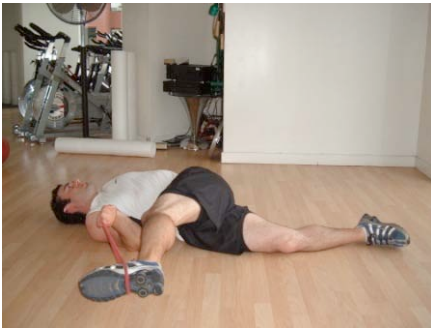


## Turbulence Training™ For Fat Loss

### 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.

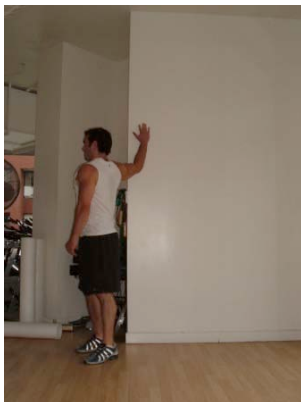


## Turbulence Training™ For Fat Loss

### 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.



## ***Still Skeptical?***

**Well, This is Your Chance to Take Me Up On An Outrageous NO- RISK Trial of Turbulence Training, Where You'll Discover How to Burn Belly Fat In Only 3 Short Workouts Per Week**

You see, I'm going to let you try the Turbulence Training Program and ALL of the Bonuses for Less Than \$5 (\$4.95 to be exact). For 21-days you'll get to try the Turbulence Training workouts and all you pay is \$4.95 during that time.

You'll get access to the entire Turbulence Training for Fat Loss system, plus you'll get a free membership into the TT Member's area where you can ask me any question you want about your fat loss workouts and nutrition program.

You have nothing to lose. If you don't like the program, you can ask for your money back. So there is no risk to you. Instead, you can get started on the world's most popular home-gym fat burning workout program that you can do with minimal equipment and in minimum time to help you burn belly fat.

Say goodbye to long, slow, boring cardio workouts that don't burn anything but your time away. Instead, you'll get proven fat burning workouts used by over 8,771 men and women to lose over 41,000 pounds of disgusting body fat.

Plus, you'll get Dr. Chris Mohr's Nutrition for Fat Loss Guidelines, and all of the bonus workouts. This package usually costs \$39.95, but you can start a 21-day trial for only \$4.95. If you like it, you'll be billed the remainder of the \$39.95 investment at the end of your 21-day trial period.

Start getting more results in less time with Turbulence Training today.

**[Click here to download your \\$4.95 Full-Access Fat Burning Trial Offer](#)**

Let me know about your success on the TT Member's Forum,

Craig Ballantyne, CSCS, MS  
Author, Turbulence Training

**PS** - If you are sick and tired of doing all that cardio and getting NO results, then grab the Turbulence Training system for only \$4.95. Your results are guaranteed by my 100% money back promise. If you aren't satisfied with your results from the program, just let us know and you'll be refunded your \$4.95 before the end of the 21-day trial and you won't be billed any additional charges.