

**Bonus Turbulence Training Report
30 Day Fat Loss Program**

Craig Ballantyne, CSCS, MS, presents...

**Turbulence Training:
30-Day for Maximum Fat Loss Workout**

Bonus Turbulence Training Report 30 Day Fat Loss Program

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.

Please let me know how you enjoyed your TT workouts...

Craig's websites include:

www.TTMembers.com – Craig's new Turbulence Training Membership site featuring a forum, exercise video clips, and access to every workout program, manual, and e-book he has ever written for his websites.

www.TurbulenceTraining.com - Advanced training information to help men and women gain muscle and lose fat fast. Sign-up for the FREE newsletter.

www.WorkoutManuals.com – Daily fat loss and fitness tips and workout programs to help men and women gain muscle and lose fat fast. Sign-up for the FREE newsletter.

www.cbathletics.com - A training newsletter featuring professional development articles and expert interviews for trainers, coaches, and health professionals.

www.grrlAthlete.com - Real training and nutrition information for real women lifters and female athletes.

www.TurbulenceTraining.Blogspot.com – Craig's blog featuring 3 fitness and fat loss posts each day, as well as the opportunity to follow along with Craig's workouts.

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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.

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 strength 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 return this program for a full refund.

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Workout Guidelines

- Strength train 4 days per week. Perform Workout A, B, C, and D once each week.
- Do intervals 2-3 times per week. You may do them on strength days or on off days.
- You can train back-to-back days, but don't train 3 days in a row.
- Rest 1 minute between exercises in the Superset. Rest 2 minutes 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.
- Use the lifting tempo designated in the chart for each specific exercise.
- Never skip a warm-up. For a warm-up, perform this circuit 2x's using a 2-0-1 tempo:
 - 10 reps for any leg exercise (bodyweight lunge, squat, step-up, or OH Squat)
 - 10 reps or 30 seconds for any Core exercise
 - 10 reps of any pushing exercise
 - 10 reps of any pulling exercise
- For a specific warm-up, perform 2 sets of each exercise in the first set. Start with 50% and then 75% of your "real set" weight. Perform 8 repetitions for each warm-up set.
- If you are limited by time, reduce the number of sets in the workout, but always perform the regular warm-up.
- Finish each workout with intervals & static stretching.
- After every 8-12 weeks, take one week off from hard training for recovery purposes. During the recovery week, you may perform light, low-intensity workouts.

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30-Day TT for Maximal Fat Loss

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Workout A									
A1) DB Flat Press (3x8) 3-0-1									
A2) Barbell Row with 1-second pause at chest (3x8) 2-0-1									
B1) Reverse-grip Pulldown (3x8) 3-0-1									
B2) DB Rear-delt Fly (3x12) 2-0-2									
C1) Close-grip DB Press (3x8) 2-0-1									
C2) DB Incline Curls (3x8) 3-0-1									
C3) Face Pull (3x10) 2-0-1									
Intervals (6)									
Workout B									
A1) Split Squat with front foot elevated 6 inches (3x8) 2-0-1									
A2) BB RDL (3x8) 3-0-1									
B1) Reverse Lunge (3x10) 2-0-1									
B2) Elevated Push-up (3x10) 2-0-1									
C1) Bicycle Crunch (3x30) 1-0-1									
C2) Stability Ball Jackknife (3x12) 2-1-1									
No Intervals									
Workout C									
A1) Underhand Seated Row (3x6) 2-0-1									
A2) DB Incline Press (3x6) 3-0-1									
B1) DB Row (3x8) 2-1-1									
B2) DB Standing Shoulder Press (3x8) 2-0-1									
Intervals (6)									
Workout D									
A1) Snatch-grip Deadlift (3x8) 2-2-1									
A2) Side Plank (3x5) 1-5-1									
B1) Good Morning (3x8) 3-0-1									
B2) Forward Lunge (3x8) 2-1-1									
C1) 1-leg Ball Leg Curl (3x12) 2-1-1									
C2) 1-leg Hip Extension (3x12) 2-0-2									
Optional Intervals (6)									

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Turbulence Training Interval Guidelines – Advanced

Interval Workout A

- Warm-up for 5 minutes getting progressively more intense with time.
- Perform an interval by exercising for 30 seconds at a very hard pace (at a subjective 9/10 level of effort).
- Follow that with “active rest” for 90 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	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 (30 seconds)	Hard	9 out of 10	
7 (90 seconds)	Easy	3 out of 10	
8 (30 seconds)	Hard	9 out of 10	
9 (90 seconds)	Easy	3 out of 10	
10 (30 seconds)	Hard	9 out of 10	
11 (90 seconds)	Easy	3 out of 10	
12 (30 seconds)	Hard	9 out of 10	
13 (90 seconds)	Easy	3 out of 10	
14 (30 seconds)	Hard	9 out of 10	
15 (90 seconds)	Easy	3 out of 10	
16 (30 seconds)	Hard	9 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 Guidelines – Advanced

Interval Workout B

- 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	Notes
1	Warm up	3 out of 10	
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			

Bonus Turbulence Training Report 30 Day Fat Loss Program

Exercise Descriptions: Workout A

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.

DB Chest Press

- 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.



Barbell Row

- Stand with your torso bent and parallel to the floor.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Keep the lower back in a neutral position and your knees slightly bent.
- Grasp the barbell with your hands slightly wider than shoulder-width apart.
- Row the barbell to the abdomen and bring your shoulder blades together.
- Slowly lower to the starting position and repeat.
- Do NOT round your lower back.



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Exercise Descriptions: Workout A

Reverse-grip Pulldown

- Use a shoulder-width, palms facing the body grip. Place thighs under pads and maintain an upright torso.
- Pull the elbows into the side of the body until the bar is at chest level.



Dumbbell 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.



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Exercise Descriptions: Workout A

DB Close-grip Flat Bench Press

- Hold the dumbbells with your palms turned towards your body (palms will face each other) to emphasize triceps and minimize shoulder stress.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



DB Incline Curls

- Set the incline of the bench at 80 degrees (in an almost upright position).
- Sit on the bench with a dumbbell in each hand and your palms turned up.
- Lean back and keep your back and head against the bench at all times throughout the exercise. Perform alternating dumbbell curls with each hand. Keep the palm up throughout the entire exercise.



Face Pull

- Attach the rope to the high-pulley at a cable station. Stand back 2 or 3 feet.
- Hold the rope at arm's length above your head.
- Using your upper back and rear deltoids, row the rope to your forehead.
- Start with a small resistance and use proper form to get all of the benefits for your posterior shoulder area.



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Exercise Descriptions: Workout B

Dumbbell 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: Workout B

Barbell Romanian Deadlift (RDL)

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Hold the bar with an overhand grip, with your hands just outside of your legs. Stand with your feet shoulder-width apart.
- Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
- Keep the bar as close to your thighs and shins as possible. Focus on pushing your butt back while keeping the knees stationary and keeping your back flat.
- Reverse the movement before your back starts to round.
- Extend at the hips, contracting your hamstrings and buttocks, to stand up.
- Pull with your upper back and bring your torso upright. Keep the bar as close to your body and exhale as you reach the top of the movement.
- Perform each rep with 100% concentration. Do NOT round your lower back.



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Exercise Descriptions: Workout B

Reverse Lunge

- Stand with your feet shoulder-width apart.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with left leg, resting the toe on the ground.
- Squat straight down with the right leg supporting the body weight. Lower yourself until your right thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the right leg. Focus on pushing with glutes and hamstrings.
- The emphasis of this exercise is on the hamstrings and buttocks of the lead leg.



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.
- Perform all repetitions in this manner and then switch to do all repetitions with the other arm elevated. Keep your abs braced.



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Exercise Descriptions: Workout B

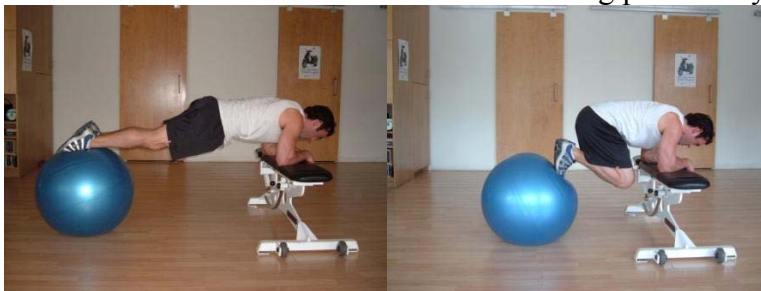
Bicycle Crunch

- 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 your 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.



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.



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Exercise Descriptions: Workout C

Underhand Seated Row

- Use a long bar and an underhand, medium-width grip.
- Keep your arms and back straight, knees slightly bent.
- Row the handle back as far as possible bringing your shoulder blades together.



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.



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Exercise Descriptions: Workout C

DB Row

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back.



DB Standing Close-grip Shoulder Press

- Stand and hold dumbbells at shoulder level with your palms facing one another.
- Keep your knees slightly bent, chest up, and shoulders back.
- Press the dumbbells overhead while keeping your back flat.
- Slowly return the dumbbells to the start position.



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Exercise Descriptions: Workout D

Snatch-Grip Deadlift

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Place the bar on the floor. Stand behind the bar with your feet slightly greater than shoulder-width apart.
- Bend down and grasp the bar with your hands just outside the rings on the bar. Keep your lower back flat and your shoulders back. Use an overhand grip (palms down).
- Begin the movement by extending at your knees and hips and pulling with your arms and upper back. Keep your back “neutral” (flat). Erect your torso and stand up.
- Keep the bar very close to your body and keep your heels on the floor as you lift.
- Exhale as you near the top of the movement.
- Pause briefly at the top of the movement and then lower the weight. Keep your back flat and flex the hips and knees. Keep the bar under control and close to the body.
- Do NOT round your lower back. I am not letting my back round in the photo.
- Perform each rep with 100% concentration.



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.



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Exercise Descriptions: Workout D

Good Morning

- Start with a 25 pound bar for your first set (the EZ-curl bar will work) with no weight.
- Rest the barbell on the traps.
- Your grip on the bar should be narrow, but comfortable. Your feet should be a little more than shoulder-width apart. Stand with a slight bend in your knees.
- Push your butt backward and bend at the hips until your upper body is just above parallel with the ground. Descend slowly and keep the weight over your heels.
- Keep your lower back flat. Reverse the movement **before** your back starts to round.
- To return upright, extend your hips and bring your buttocks back above your feet.
- Have a spotter watch your technique to help teach you what proper form feels like.
- Perform each rep with 100% concentration.
- Don't go to failure in this exercise.



Forward Lunge

- Stand with your feet shoulder-width apart and hold a light dumbbell in each hand.
- 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.
- When you are strong enough, hold dumbbells in your hands to increase intensity.



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Exercise Descriptions: Workout D

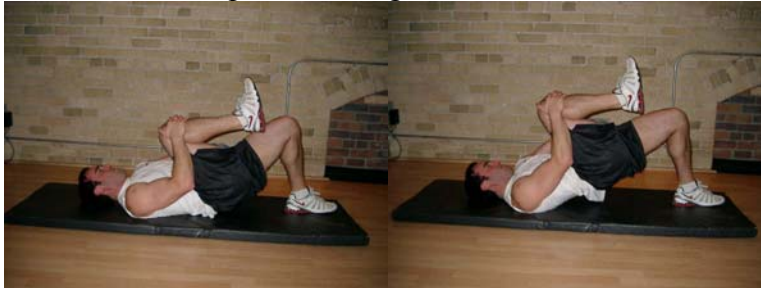
1-Leg Stability Ball Leg Curl

- 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 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.



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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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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How to Get Dozens of Advanced, Fat Burning, Muscle Building, Turbulence Training Workouts at Your Finger Tips -And All for Less than the Cost of a Single Training Session

Now you can get an almost endless supply of fat blasting, muscle building Turbulence Training workouts. I've put together all of my reports, workouts, and manuals in the Platinum Level Turbulence Training Membership area on my website, www.TTMembers.com.

The Turbulence Training Platinum Membership is a one year membership allowing you to access every report and manual from my sites, plus exercise video clips, a discussion forum, and more. You'll be able to download dozens of Turbulence Training workouts to help you:

- Lose fat and gain muscle with the TT for Fat Loss workouts
- Achieve the body of your dreams
- Lose the last 10 pounds of fat
- Pack on big-time mass with the TT for Mass report
- Get the best workouts of your life in less than an hour per session

"You've done it again! You never cease to amaze me how you create your extremely effective fat loss TT programs. My clients LOVE me as I use your programs for my home-based training clients and they find them highly effective."

Andy Wallis, Trainer, Isle of Man

"Thanks Craig, this TT Membership is great. Never have I seen anything like this. I have already downloaded Get Lean and Beginner Fat Loss Tips and glanced through them, some really good stuff. I'm planning on printing out most of these and having a "CB" section in my fitness library."

Keith Suthammanont

"Craig, I am so impressed with how you conduct your business, your professionalism, quality and responsiveness is really unequalled. You are truly the best kept secret in the fitness world. "

Bobby Logan, CT

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