

# **Turbulence Training Fusion Fat Loss**

**Craig Ballantyne, CSCS, MS, presents...**

## **Turbulence Training Bonus**

### **Turbulence Training Fusion Fat Loss**

## Turbulence Training Fusion Fat Loss

<u>Section</u>	<u>Page</u>
Lifestyle & Nutrition Review .....	4
TT Fusion Intermediate .....	8
TT Fusion Advanced .....	11
Exercise Descriptions .....	14

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

## Turbulence Training Fusion 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 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 Special Report for a full refund.

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# Turbulence Training Fusion Fat Loss

## 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, your 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](http://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).

## Turbulence Training Fusion Fat Loss

<b>Good Food Choice</b>	<b>Bad Food Choice</b>
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)

## **Turbulence Training Fusion Fat Loss**

### **CB's Personal Turbulence Training Nutrition Fat Loss Plan**

If you avoid the Western Lifestyle eating habits that tempt you on a daily basis, and live according to the Turbulence Training Lifestyle, you can lose fat and gain muscle.

I'm going to tell you the best way to eat for fat loss and muscle gain on a 2100 calorie per day diet. You might say that you can't eat like this, but the truth is even if you start making only one change per day you will start to see improvements. Make this a goal that you will start today: to choose one healthier food option per day that will get you one step closer to your lean body. Here are the guidelines.

- 8 meals per day
- Remove all sugar from diet.
- Have at least 1g of protein per pound of bodyweight (to a maximum of 250g per day)
- Have 3 servings of fruit per day (sticking to high-fiber fruits such as apples or grapefruit and high-antioxidant fruits such as berries)
- Drink at least 4 cups of Green Tea
- Have a protein-only shake as your first post-workout meal.
- Have carbohydrates and protein in the second post-workout meal.
- Follow Dr. John Berardi's 90% rule - if you eat according to the guidelines 90% of the time, you can cheat 10% of the time and still make incredible body changes.

**This is the exact meal plan & training plan I follow to get ultra-lean.**

I'd probably only need 3 weeks before I would be ripped - this approach is super fast and effective. Plus, I'm already very lean because I avoid the Western Lifestyle and live the Turbulence Training Lifestyle everyday.

Meal 1:

3 Omega-3 eggs  
1oz cheese  
2 cups broccoli  
6g fish oil  
2 cups Green Tea

Meal 2:

1 cup plain yogurt  
Chocolate protein powder to taste  
¼ cup blueberries  
1 apple  
1 cup Green Tea

## Turbulence Training Fusion Fat Loss

### CB's Personal Turbulence Training Nutrition Plan

Meal 3:

1 chicken breast  
2 cups mixed green salad + ¼ cup strawberries  
1 cup raw vegetables  
1 cup asparagus  
2 cups Green Tea

Meal 4:

Protein shake (20g)  
1 oz almonds  
1 grapefruit

Meal 5:

Protein shake (20g)  
1 oz almonds  
1 cup Green Tea

Turbulence Training Workout

3-4x's per week  
(with 3 interval sessions per week)  
Always take 1 full day of rest per week

Meal 6:

Protein shake (30g)

Meal 7:

6oz salmon  
1 small potato or 1 yam  
1 cup asparagus  
2 cups mixed green salad + ¼ cup strawberries  
1 cup raw vegetables

Meal 8:

1 cup plain yogurt  
Chocolate protein powder to taste  
0.5 oz walnuts

**That is my ultimate eating plan to help me lose fat while using my TT workouts.**

Craig Ballantyne, CSCS, MS

## Turbulence Training Fusion Fat Loss

### TT Fat Loss Fusion Guidelines – Intermediate

**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 this Turbulence Training workout for 4 weeks and then switch to another.
- Workout 3 days per week, doing Workouts A, B, and C once each week.
- Intervals can be done 4 days per week. Intervals are designed to be done after strength training, but you can do them on alternate days if you choose.
- Take at least 1 full day of rest per week (you may perform light activities, i.e. walking) on the rest day.
- Each pair of exercises (i.e. A1 & A2) constitutes a “Superset”. In each Superset, do one set of the first exercise followed immediately by the next (A1 & A2).
- Rest only 30 seconds after completing the Superset (i.e. after A1 & A2).
- Use the lifting tempo designated in the chart for each specific exercise.
- 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.
- 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.

#### Warm-up

- Never skip a warm-up.
- Bodyweight Warm-up Circuit – Go through the circuit 2x’s. Use a 2-1-1 tempo for all applicable exercises. Do not rest during the circuit.
  - Y-Squat – 10 reps
  - Decline Pushups – 10 reps
  - Prisoner Forward Lunge – 10 reps
  - Stability Ball Jackknife – 10 reps
- 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 full warm-up.
- Use the stretching guidelines at the end of each workout.



## Turbulence Training Fusion Fat Loss

### Turbulence Training Interval Training Guidelines

#### Workout A

- Warm-up for 3 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).
- Perform an interval by exercising for 2 minutes at a hard pace (at a subjective 8/10 level of intensity).
  - Your legs should be almost fatigued by the end of the interval and your heart rate should be at approximately 90-95% of your estimated max heart rate.
    - Estimated max heart rate = 220 minus your age
- Follow that with “active rest” for 2 minutes by exercising at a slow pace (at a subjective 3/10 level of intensity).
  - Your heart rate should return to less than approximately 60% of your estimated max heart rate.
- Repeat for a total of 4 intervals.
- Finish with 3 minutes of very low intensity (3/10) exercise for a cool-down.

#### Workout B

- Warm-up for 3 minutes using the same mode of exercise you will use for intervals.
- Work for 45 seconds at a hard pace (at a subjective 9/10 level of intensity).
  - Your legs should be almost fatigued by the end of the interval and your heart rate should be at approximately 95% of your estimated max heart rate.
- Follow that with “active rest” for 90 seconds by exercising at a slow pace (at a subjective 3/10 level of intensity).
  - Your heart rate should return to less than approximately 60% of your estimated max heart rate.
- Repeat for a total of 6 intervals.
- Finish with 3 minutes of very low intensity (3/10) exercise for a cool-down.

## Turbulence Training Fusion Fat Loss

### TT Fat Loss Fusion – Intermediate

	Training Log							
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
<b>Workout A</b>								
A1) DB Squat (4x15) 2-0-1								
A2) Spiderman Push-up (4x12) 1-1-1								
B1) DB Row (3x6) 2-0-1								
B2) Bulgarian Split Squat (3x15) 2-1-1								
C1) DB Incline Press (3x8) 3-0-1								
C2) 1-Leg RDL (3x8) 3-0-1								
Interval Workout A								
Stretch Tight Muscles								
<b>Workout B</b>								
A1) DB Chest Press (4x6) 2-0-1								
A2) 1-Leg Squat/Pistol (4x6) 2-0-1								
B1) DB RDL (3x8) 3-0-1								
B2) Shoulder Press Push-up (3x12) 2-0-1								
C1) DB Reverse Lunge (3x8) 2-0-1								
C2) Inverted Row* (3x15) 2-0-1								
Interval Workout B								
Stretch Tight Muscles								
<b>Workout C</b>								
A1) DB Split Squat, Back Foot Elevated 6 Inches (3x8) 3-1-1								
A2) Pull-up (3xMax) 3-0-1								
B1) Close-grip DB Press (3x8) 2-0-1								
B2) Siff Squat (3x20) 2-0-1								
Circuit (1-3 times, no rest b/n ex)								
C1) DB Diagonal Lunge (12) 2-0-1								
C2) Off-set Push-up (20) 2-0-1								
C3) 1-Leg Deadlift (8) 2-0-1								
C4) Spiderman Climb (20) 1-0-1								
C5) Bicycle Crunch (40) 1-0-1								
C6) Plank (60 seconds)								

\* If you don't have access to a bar for Inverted Rows, do DB Rear-Delt Raises instead.

## Turbulence Training Fusion Fat Loss

### TT Fat Loss Fusion Guidelines – Advanced

**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 this Turbulence Training workout for 4 weeks and then switch to another.
- Workout 3 days per week, doing Workouts A, B, and C once each week.
- Intervals can be done 4 days per week. Intervals are designed to be done after strength training, but you can do them on alternate days if you choose.
- Take at least 1 full day of rest per week (you may perform light activities, i.e. walking) on the rest day.
- Each pair of exercises (i.e. A1 & A2) constitutes a “Superset”. In each Superset, do one set of the first exercise followed immediately by the next (A1 & A2).
  - In workout A, there is no superset for the clean and press. Rest 2 minutes between sets of the clean and press in this workout.
- Rest 2 minutes after completing the exercises in the first superset (i.e. after A1 & A2) of each workout.
- Rest 1 minute after completing the exercises in all other supersets.
- Use the lifting tempo designated in the chart for each specific exercise.
- Only perform the Olympic Lifts (Clean & press, Push Press, and Hang Clean) if you know how to do these with good form.
  - If you don’t know how to do these with good form, skip them.
- 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.
- 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.

#### Warm-up

- Never skip a warm-up.
- Bodyweight Warm-up Circuit – Go through the circuit 2x’s. Use a 2-0-1 tempo for all applicable exercises. Do not rest during the circuit.
  - T-Squat – 10 reps
  - Off-set Pushups – 10 reps
  - Prisoner Siff Squat – 10 reps
  - Stability Ball Rollout – 10 reps
- 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 full warm-up.
- Use the stretching guidelines at the end of each workout.

## Turbulence Training Fusion Fat Loss

### Turbulence Training Interval Training Guidelines

#### Workout A

- Warm-up for 3 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).
- Perform an interval by exercising for 1 minute at a very hard pace (at a subjective 9/10 level of intensity).
  - Your legs should be almost fatigued by the end of the interval and your heart rate should be at approximately 90-95% of your estimated max heart rate.
    - Estimated max heart rate = 220 minus your age
- Follow that with “active rest” for 2 minutes by exercising at a slow pace (at a subjective 3/10 level of intensity).
  - Your heart rate should return to less than approximately 60% of your estimated max heart rate.
- Repeat for a total of 4 intervals.
- Finish with 3 minutes of very low intensity (3/10) exercise for a cool-down.

#### Workout B

- Warm-up for 3 minutes using the same mode of exercise you will use for intervals.
- Work for 30 seconds at a hard pace (at a subjective 9/10 level of intensity).
  - Your legs should be almost fatigued by the end of the interval and your heart rate should be at approximately 90% of your estimated max heart rate.
- Follow that with “active rest” for 60 seconds by exercising at a slow pace (at a subjective 3/10 level of intensity).
  - Your heart rate should return to less than approximately 60% of your estimated max heart rate.
- Repeat for a total of 6 intervals.
- Finish with 3 minutes of very low intensity (3/10) exercise for a cool-down.

## Turbulence Training Fusion Fat Loss

### TT Fat Loss Fusion – Advanced

	Training Log							
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
<b>Workout A</b>								
A) Clean & Press (4x5)								
B1) DB Row (3x8) 2-1-1								
B2) Bulgarian Split Squat (3x15) 2-1-1								
C1) DB Forward Lunge (3x8) 2-0-1								
C2) Elevated Push-up (3x12) 2-0-1								
Interval Workout A								
Stretch Tight Muscles								
<b>Workout B</b>								
A1) Push Press (3x5)								
A2) DB RDL (3x6) 3-0-1								
B1) DB Row (3x8) 2-0-1								
B2) 1-Leg Squat/Pistol (3x8) 2-0-1								
C1) Glute-Ham Raise on Ball (3x12) 2-0-1								
C2) Stability Ball Ab Curl (3x15) 3-0-1								
Interval Workout B								
Stretch Tight Muscles								
<b>Workout C</b>								
A1) Hang Clean (3x6)								
A2) DB Incline Press (3x6) 2-0-1								
B1) DB Split Squat with Front Foot Elevated (3x8) 2-1-1								
B2) Spiderman Lunge (3x20) 1-0-1								
C1) *Pull-up (3xMax) 4-0-1								
C2) Spiderman Push-up (3x20) 1-0-1								
D1) DB Siff Lunge (3x12) 2-0-1								
D2) Mountain Climber (3x60) 1-0-1								
D3) Jumping Jack (3x60) 1-0-1								

\* If you don't have access to a bar for Pull-ups, do DB Rear-Delt Raises instead.

## Turbulence Training Fusion 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.

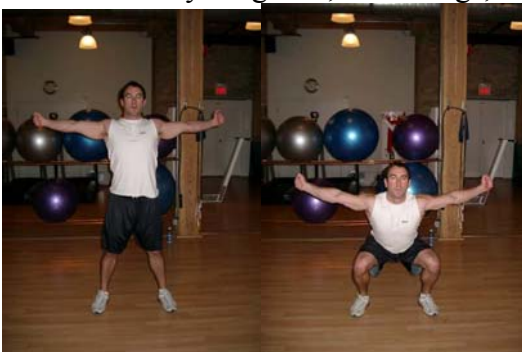
#### Y-Squat

- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- Stand with your feet just greater than shoulder-width apart.
- 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.



#### T-Squat

- Hold your hands out to your sides in a “T” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- Stand with your feet just greater than shoulder-width apart.
- 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.



## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### Dumbbell Squat

- Stand with your feet just greater than shoulder-width apart.
- 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.
- For the dumbbell squat, hold a dumbbell in each hand on the outside of your legs.
- Do NOT round your lower back. I am not letting my back round in the photo.



#### DB or BB 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 dumbbells at arms length. 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 dumbbells 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 dumbbells 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. I am not letting my back round in the photos.



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

## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### Siff Squat

- Stand on the balls of your feet, with your feet just greater than shoulder-width apart.
- Stay on the balls of your feet for the entire exercise.
- 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, quads, and calves to return to the start position.



#### 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.





## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### Forward Lunge

- Stand with your feet shoulder-width apart.
- 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.



#### 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.



# Turbulence Training Fusion Fat Loss

## Exercise Descriptions

### Diagonal Lunge

- Step diagonally at a 45° angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- Return to the top by contracting the quadriceps, groin, and hip extensors of lead leg.



### Prisoner Forward Lunge

- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Perform regular forward lunges.



# Turbulence Training Fusion Fat Loss

## Exercise Descriptions

### Siff Lunge

- Siff exercises are regular exercises performed while standing on the balls of your feet.
- Do a regular forward lunge, staying on the balls of your feet at all times.



### Jumping Jacks



## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

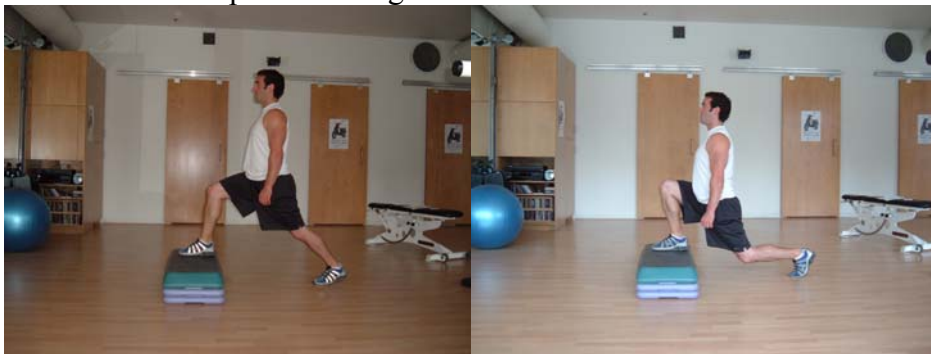
#### Split Squat

- Step forward with your right leg, taking a slightly larger than normal step.
- 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.



#### 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.

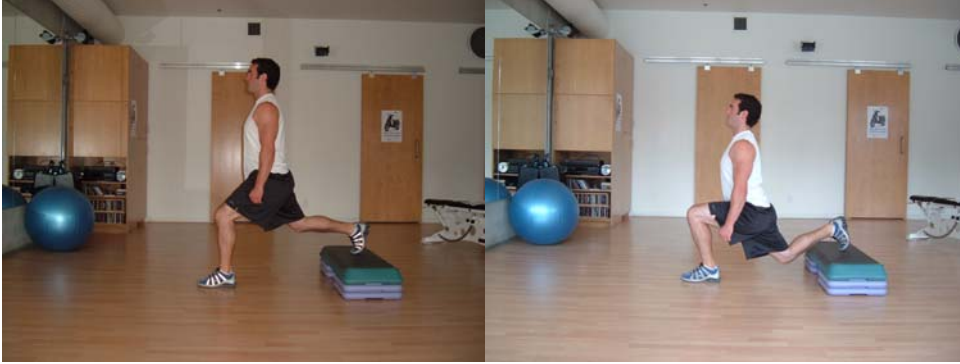


## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

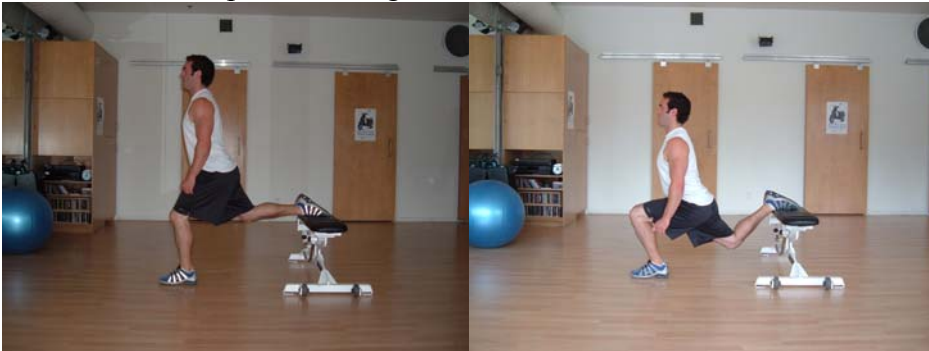
#### Split Squat with Back Foot Elevated

- Same as above, but elevated the back leg 4-6 inches.



#### 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.



## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### 1-Leg RDL

- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your lower back arched and bend forward by pushing your hips back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.
- Repeat all reps for one side then switch.



#### Glute-Ham Raise on Stability Ball

- Sorry about the quality of this photo.
- Support yourself on your knees on a ball and plant your feet flat against a wall.
- Make sure the ball is not on a slippery surface.
- Start with your body in a straight line.
- Contract your glutes and hamstrings and slowly lower yourself down until your body is flat over the ball.
- Contract your glutes and hamstrings to raise back up...and use your hands if you need balance or an extra push.



# Turbulence Training Fusion Fat Loss

## 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.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



### Pistol

- If you are advanced, you may be able to squat all the way to the floor.



## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### 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.



#### 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.





## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### 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.
- Do NOT round your lower back. I am not letting my back round in the photo.



## Turbulence Training Fusion Fat Loss

### 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.



#### Spiderman Climb

- 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 outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### Stability Ball Rollout

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



#### Stability Ball Ab Curl-up

- Lie on the stability ball with your feet spread slightly greater than shoulder width apart on the floor (a wider stance equals greater stability and an easier exercise).
- Curl your shoulder blades off the ball as if performing a regular abdominal crunch off the floor. Return to the start position.



# Turbulence Training Fusion Fat Loss

## Exercise Descriptions

### 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



### 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.



### Inverted Row Beginner

- Same as above but keep your knees bent and hips up and abs braced.



## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### Pull-up

- Take overhand 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.
- Use an assisted pull-up machine if you are unable to do a full chin-up.



#### 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. I am not letting my back round in the photo.



## Turbulence Training Fusion 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.



#### DB Flat Bench 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.



## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### 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.



#### 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.



## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### 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 8 repetitions in this manner and then switch to do 8 repetitions with the left arm elevated. Keep your abs braced.



#### Decline 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.
- Elevate your feet onto stairs or a bench.
- 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.





## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### Spiderman 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.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position.
- Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to rotate at your hips.



#### Shoulder Press PU

- Put your feet on a bench.
- Put your hands on the floor, and bring them as close to the bench as you can.
- This allows your upper body to be upright and allows you to work your shoulders.
- Bend your elbows and lower your body to the floor.
- Push up with your shoulders, triceps, and chest.



## Turbulence Training Fusion Fat Loss

### Exercise Descriptions

#### Offset Pushups

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 inch 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.
- Do all reps for one side and then change hand positions and complete all other reps.



## Turbulence Training Fusion 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 Fusion 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.

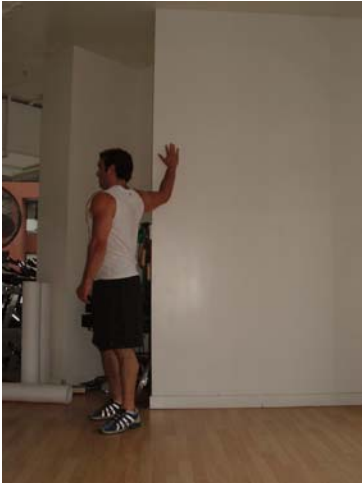


## Turbulence Training Fusion Fat Loss

### 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.

