

Craig Ballantyne, CSCS, MS, presents...

Turbulence Training:

Build Muscle @ Home!

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, it is 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.

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.qrrlAthlete.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.

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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TT Muscle @ Home Program 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 this program for 4 weeks then switch to another TT workout.
- Train 3 days per week with weights. You can do light activities on off-days, but take a break from interval cardio – it’s just 4 weeks, so don’t stress about fat gain.
- Pairs of exercises (i.e. 1A & 1B) constitute “Supersets”.
 - See the workouts for rest suggestions.
- The 3-digit number beside each exercise represents the lifting tempo.
 - I.e. DB chest presses – The number is 3-0-1. Take 3 seconds to lower the weight, and without pausing, press the weights back up in 1 second or less.
- Underestimate the weight for each exercise.
 - Be conservative. Focus on form, not weight.
- Finish each workout with stretching for the tight muscle groups only if desired.
- Eat big!

TT Mass @ Home Workouts & Schedule

Day 1 – Workout #1: Upper Body

Warm-up Circuit

- 2x's through the circuit using a 1-0-1 tempo for each exercise.
- Rest 30 seconds b/c circuits.
 - Prisoner Squat x 12
 - Pushup x 10
 - DB Rear Deltoid Raise x 10

Superset #1

- Do 2 warm-up sets for DB Chest Presses @ 75% of your regular weight.
- Do 1 warm-up set for Pullups, doing only 3 reps.
 - If you don't have equipment for Pull-ups, do DB Rows, 8 reps per set.
 - If you can't do all the Pull-ups, do the 3-second lowering only for 6-8 reps.

1A) DB Chest Press (6 reps) 3-0-1

Rest 30 seconds.

1B) Pullups (Max Reps) 3-0-1

Rest 90 seconds.

Repeat the superset 3 times.

Superset #2

- After you complete the 3rd round of this superset, decrease the weight by 10% and try to get 8 more reps.

2A) DB Incline Press (8 reps) 1-0-1

No rest.

2B) DB Chest Supported Row on Incline Bench (8 reps) 2-0-1

Rest 1 minute.

Repeat the superset 3 times.

Superset #3

3A) DB Chest Fly (12 reps) 3-0-1

No rest.

3B) DB Lateral Raise with Slight Forward Lean (10 reps) 1-0-1

No rest.

Repeat the superset 3 times. Use light weight and focus on form.

Day 2 – Rest (no intervals; walking, not cardio)

TT Mass @ Home Workouts & Schedule

Day 3 – Workout #2: Lower Body

Warm-up Circuit

- 2x's through the circuit using a 2-0-1 tempo for each exercise.
- Rest 30 seconds b/c circuits.
 - Sumo Prisoner Squat x 12
 - Touchdown Forward Lunge x 6 per side
 - Waiter's Bow x 8

Superset #1

- Do 1 warm-up set for DB Split Squats @ 50% of your regular weight.

1A) DB Split Squat (8 reps per side) 2-0-1
Rest 30 seconds.

1B) Plank with Arms on Ball (45 second hold)
Rest 1 minute.
Repeat the superset 3 times.

Superset #2

- If you are not comfortable doing the DB RDL, you can substitute hamstring curls.

2A) DB RDL (6 reps) 5-0-1
No rest.

2B) DB Bulgarian Split Squat (8 reps per side)
Rest 1 minute.
Do 2 supersets. Then do a 3rd set for 2A but not for 2B (rest your knees).

Superset #3

- Do all lunges on one side before switching to the other side.

3A) DB Reverse Lunge (8 reps per side) 2-0-1
No rest.

3B) Stability Ball Ab Crunch with Medicine Ball (15 reps) 4-0-1
Rest 30 seconds.
Do 3 supersets. If you're worried about your knees, just do 2 supersets.

“Superset” #4

- Do not rest between legs. Do each leg 3 times.

4) DB Single-leg Calf Raise (8 reps per side) 2-0-1

Day 4 – Rest (no intervals; walking, not cardio)

TT Mass @ Home Workouts & Schedule

Day 5 – Workout #3: Total Body

Warm-up Circuit – Same as Day 1

Superset #1

- Do 2 warm-up sets for DB Shoulder Presses @ 50% of your regular weight.
- Do 1 warm-up set for DB Step-ups with bodyweight only.

1A) DB Seated Shoulder Press (8 reps) 2-0-1
Rest 30 seconds.

1B) DB Deep Step-ups (8 reps per side) 2-0-1
Rest 1 minute.
Repeat for 3 supersets.

Superset #2

- “Biceps Chinups” are regular chin-ups, but I want you to focus on using your biceps more than your lats. It will change the way you pull yourself up to the bar.
 - If you don’t have equipment for Chin-ups, do DB Incline Curls, 8 reps per set.
 - If you can’t do full Chin-ups, do the 4-second lowering only for 6-8 reps.

2A) Biceps Chinups (Max reps) 4-0-1
No rest.

2B) DB Close-grip Floor Press (8 reps) 2-0-1
Rest 1 minute.
Repeat for 3 supersets.

Superset #3

- After you complete the 3rd round of this superset, decrease the weight by 10% and try to get 8 more reps.

3A) DB Standing 1-Arm Curl (6 reps per arm) 2-0-1
No rest.

3B) DB Overhead 1-Arm Extension (6 reps per arm) 2-0-1
Rest 30 seconds. Repeat for 3 supersets.

Superset #4

4A) DB Hammer Curls (10 reps) 1-0-1
No rest.

4B) DB Lying Triceps Extension (8 reps) 3-0-1
Rest 30 seconds. Repeat for 3 supersets.

Day 6 & 7 – Rest (no intervals; walking, not cardio)

Exercise Descriptions – Workout 1

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.



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.



Exercise Descriptions – Workout 1

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.



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.



Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up.



Exercise Descriptions – Workout 1

Alternative – 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.



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.



Exercise Descriptions – Workout 1

DB Chest Supported Row on Incline Bench

- Lie with your chest supported by an incline bench. Your arms should hang to the floor. Adjust the bench to the appropriate height.
- Grab a dumbbell in each hand and bring your shoulder blades together, and row the dumbbells up to your stomach. Squeeze your shoulder blades together.
- Slowly return to the start position.



DB Fly-Press

- Lie on a bench with two dumbbells held over your chest, palms facing together.
- With a slight bend in the knee, slowly lower the dumbbells out to the side, stopping when your upper arms are just above parallel to the floor.
- Squeeze your chest and raise the dumbbells back to the start position.
- Start conservative, and use strict form.



DB Lateral Raise with Slight Forward Lean

- Hold a DB in each hand. Lean forward slightly from the waist, maintaining braced abs and a arched low back. Raise the DB's up to the side and return with control.



Exercise Descriptions – Workout 2

Prisoner Sumo Squat

- Stand with your feet wider than shoulder width apart. Place your hands behind your head in the prisoner position. Push your hips back and squat low.
- Push with your glutes, quadriceps, & hamstrings to stand up. Keep your elbows back.



Touchdown Forward Lunge

- Raise your hands up over your head. Keep your arms straight and palms forward.
- Pull your shoulder blades together. Stand with your feet shoulder-width apart.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep the ball of your other foot on the ground and use it to help keep your balance.
- The back knee must also be bent and lowers to 1-inch from the ground.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your low back flat.
- Push with your front leg to return to the starting position.



Exercise Descriptions – Workout 2

Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



DB Split Squat

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Press the front of your back foot (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.



Exercise Descriptions – Workout 2

Plank with Arms on Ball

- Place your clasped hands on the top of a medium sized ball.
- Keep your body in a straight line from shoulders to toes and keep your abs braced.



DB 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.



Exercise Descriptions – Workout 2

DB Bulgarian Split Squat

- Hold dumbbells (DB's) in your hands & 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.



DB Reverse Lunge

- Stand with your feet shoulder-width apart. Hold DB's in each hand.
- 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. Do all reps on one side then switch.



Exercise Descriptions – Workout 2

Stability Ball Ab Crunch with Medicine Ball

- 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.



DB Single-leg Calf Raise

- Stand on a step (or the floor) on one foot. Use a wall or beam for balance.
- Hold a dumbbell in the hand on the side of the working leg.
- Raise up high on the ball of your foot. Slowly lower to the start position.



Exercise Descriptions – Workout 3

DB Seated Shoulder Press

- Hold dumbbells at shoulder level with palms toward feet.
- Press both dumbbells overhead and then slowly lower to the start position.
- Do not arch your back. Sit upright.



DB Deep Step-up

- Stand to the side of a bench facing the bench. Place one foot on top of the bench and move the back leg slightly further away from the bench.
- Drop your hips down so your front hip is below your front knee - putting you almost in a lunge position.
- From that deep position, contract the glutes, quads and hamstrings of the front leg to bring you to a standing position on the step.
- Lower yourself slowly and repeat. Do all reps for one side and then switch.
- Do this on a non-slip surface to prevent the bench from sliding.



Exercise Descriptions – Workout 3

Biceps Chin-up

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
 - Focus on pulling up using your biceps as much as possible.
 - Do this by leaning back slightly.
- Slowly lower yourself but do not let your body swing and do not use momentum.



DB Incline Curls

- Set the incline of the bench at 80 degrees (almost upright position).
- Sit on the bench with a dumbbell in each hand.
- Lean back and perform alternating dumbbell curls with each hand. Keep the palm up throughout the entire exercise.



Exercise Descriptions – Workout 3

DB Close-grip Floor Press

- Sit on the ground holding a dumbbell in each hand resting on your thighs.
- Lie flat on the ground and place your upper arms flat on the ground with your forearms perpendicular to the ground and palms facing your feet.
- Keep your legs straight, abs braced, and legs straight.
- Press the dumbbells up to full extension. Slowly return to the start position.



DB Standing 1-Arm Curl

- Hold a DB in one hand. Stand with the opposite hand braced on an object for support and the opposite foot stepped forward.
- Brace your abs and curl the DB to shoulder height. Slowly lower.
- Use the free hand to help the final reps if needed.



DB Overhead 1-Arm Extension

- Hold a DB beside your head, and try to point your elbow towards the ceiling.
- Extend your arm using your triceps and raise the dumbbell. Slowly return to the start.



Exercise Descriptions – Workout 3

DB Hammer Curls

- Hold DB's at your sides with your palms facing your body.
- Curl the dumbbells to shoulder height and keep your palms facing your body.
- Lower the DB's to the start position under control.



Lying DB Triceps Extension

- Lie on your back on a bench. Hold two dumbbells above your chest, with your palms facing each other. Slowly lower them beside your head. Extend your arms back up.



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.



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.



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.

