

by Craig Ballantyne, CSCS, MS

# Turbulence Training

**Time-efficient,  
Research-proven  
Workouts  
That Boost  
Muscle Growth  
and Blowtorch  
Body Fat**

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

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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

# Download Instructions

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Your e-book and bonus reports are included in one zip file and your audio interview is in a second zip file. Please download everything immediately. You cannot bookmark the download page.

## Where to Start:

If you are a beginner, start with the Introductory Level Workout.

Most other people should start with the Beginner Workout.

Once you complete the main manual, you can perform any of the bonus TT workouts.

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Thank you again for ordering. I look forward to, hopefully, hearing your Turbulence Training transformation success story very soon!

Sincerely,

Craig Ballantyne, CSCS, MS  
Author, Turbulence Training

# A Successful Fat Loss Program Depends on Intensity & Variety

Everyone's familiar with the term "Turbulence" as it applies to flying. You know to buckle your seatbelt when you hit turbulence because the airplane has to work very hard to re-position itself in the air. This is similar to how my Turbulence Training (TT) workout regimens work for fat loss.

The TT workouts put what we call a huge "Metabolic Disturbance" on your muscles. And then after the workout, your muscles have to work very hard (burning calories) to return your body to normal. That's how "**Turbulence Training**" combines resistance training and interval training to help you lose fat and sculpt your body.

People using Turbulence Training find it much easier to burst through fat loss plateaus because of the "Turbulence". Most programs are high-volume, low-intensity, and don't stress the muscle the same way Turbulence Training workouts will do. So when people switch from long, slow, boring cardio to Turbulence Training, you have a potent stimulus to kick-start fat loss – no matter how stubborn it was in the past.

Turbulence Training can be modified for the absolute beginner right through to the most advanced fat loss trainee. In fact, I've planned a progressive workout program (below) that takes you from getting off the couch all the way to getting ready for the 16-week Advanced Turbulence Training workout plan.

If you are a beginner, start from the very start. Don't get ahead of yourself. If you have been training for a while, but don't consider yourself advanced, then start with the Intermediate Turbulence Training before you move onto the Advanced stage. Once you have finished up the 16-week program, then you can try the Turbulence Training Fat Loss Fusion Workout that is one of the TT bonuses. That's the top-end fat loss program for TT users.

If you want to use bodyweight training only for a break, you can use the workouts from the 4-week Bodyweight Manual at any time. Again, there are beginner, intermediate, and advanced levels, so choose according to your fitness level.

Turbulence Training is for busy men and women. It is efficient and effective, requiring as little as 3 workouts per week, each lasting 45 minutes. Do you have 3 hours per week to spare for a fantastic physique?

In addition to “Intensity”, other key principles of Turbulence Training include “Variety” and “Change”. These are the words that you often hear a trainer say to clients that are seeking to gain muscle and strength. But how often are program changes recommended to people looking for fat loss? It’s more likely that the person is simply told to do more exercise and eat less food. Unfortunately, the results are never proportional to the increase in exercise or decrease in calories.

Most people need to do increase the intensity of the workouts and change the program frequently. Variety is a key “principle” for fat loss in Turbulence Training. Your body “adapts” in response to training. The problem is that your body rapidly adapts to training. Gains from a once successful program will soon diminish, indicating that your training program should be changed regularly. This makes perfect sense. Your body is very smart and efficient. If you ask your body to lift the same weight week in and week out, your body will only change enough in order to meet that demand.

In order to maintain continual fat loss and muscle gain, you must continually change your program variables. Constantly changing your exercises, the number of sets and reps for each exercise, and other variables all demand your body to adapt and expend more energy (and fat) to get used to it.

Beginners may be able to go 6 weeks (or more) before adapting to a program and reaching the point of diminished returns. In contrast, advanced trainers may need to severely adjust their programs within as little as 4 weeks in order to maintain fat loss. The advanced trainee’s body has simply become too efficient in a low-calorie state and just won’t drop any more fat unless the training demand exceeds the body’s efficiency.

For veteran of the fat loss scene, stick with it for a maximum of 4 weeks. Then change, even if you are not experiencing a plateau in fat loss. Your changes can be as simple as changing the technique for some exercises, the length of your rest intervals, or the number of sets per exercise. You can also choose to be more radical and completely change up the type of workout you are using. This special report does this for you.

Turbulence Training is hard, but training isn’t about getting you to throw up. Turbulence Training focuses more on intense exercise for a purpose. You’ll use strength training to promote protein turnover, a higher metabolic rate, more calorie-burning, and a better body composition, all while cutting down your workout time. That’s the same reason we use interval training.

If you keep changing your program and including high-intensity exercise, your body

will burn a lot of calories trying to keep up. In fact, the harder you train, the greater the increase in your post-exercise metabolism. That's why you will get better results from performing sets of 6-8 than you will with sets of 12 reps or more. This has been known for quite a while now as shown in an important study presented at the 2001 annual meeting of the American College of Sports Medicine:

In the study, subjects currently training with weights underwent 2 individual weight workouts at different intensity levels. In session 1, they performed 2 sets of 15 repetitions (for 9 exercises) while in the other session they performed 2 sets of 8 repetitions (for 9 exercises). The results showed that the high intensity resistance training (2 sets of 8 repetitions) resulted in greater overall daily energy expenditure.

**The bottom line:** Heavy resistance training has long been under-rated by those seeking to lose body fat, however it is likely the best type of exercise to improve your body composition because it promotes both energy expenditure and muscle growth!

As for "cardio", don't believe that long, slow, cardio is the most important aspect of a fat loss program. Many successful trainers know that weight training and nutrition are far more important. On the other hand, interval training is an amazing adjunct to a fat-loss program focusing on resistance training. Research shows an increased use of fat AFTER interval training as well as more total fat loss when intervals are used.

Research conducted by Dr. Angelo Tremblay at Laval University in Quebec has shown that high-intensity interval training is more effective for fat loss than continuous low-intensity "aerobic" training. Another study out of Australia showed similar results. So work harder, exercise shorter, and you'll burst through your fat loss plateaus. There's no need to overuse aerobic exercise.

When doing aerobic training, you burn a bunch of calories during training. But once the cardio ends, that's it. No more calories burned and no boost in metabolism. However, when you create a metabolic disturbance in the body, such as that which occurs from strength training or interval training, you will have a more potent stimulus for change in the structure of your body. That is, you should have a more potent stimulus for fat loss and muscle growth.

As for exercise choices, you need to concentrate on the basics. There are no shortcuts. Only consistent effort and hard work will bring you results. "Cutting exercises" such as pec-deck, biceps curls, and leg extensions shouldn't be the focus of your weight training. Exercises that require a lot of muscle mass (presses, rows, squats, lunges, and deadlifts) expend the most energy and signal the body for

growth and repair.

It's all part of the "Turbulence" plan. Resistance training increases your metabolism. High-intensity interval training increases your metabolism much more than a single bout of aerobic exercise performed at sub-maximal intensity. Combined, these training methods result in the greatest amount of Turbulence to your body, and therefore the most fat loss!



# Everything You Need to Know About Turbulence Training

**Q: How much fat can I lose with Turbulence Training?**

**Answer:**

The short answer is, “a lot”. To be more specific, you should be able to lose one pound of body fat each week (in addition to following sound fat loss nutritional practices). At the same time, you should expect to gain or maintain muscle. Overall, total weight loss will be about a pound per week, so expect a two-digit fat loss by the time you get through the entire program.

**Q: How fast can I lose weight?**

**Answer:**

Doctors recommend losing fat at a rate of 1-2 pound per week. If you are more than 25% body fat you might even lose fat faster at the beginning of the program. However, since you didn't gain the weight overnight, you also won't lose the weight overnight. Commit to long term goals and enjoy the process of developing proper nutrition and exercise habits.

**Q: Will the workouts help me turn fat into muscle?**

**Answer:**

No, you can't turn fat into muscle. In reality, the workouts will help you lose fat and gain muscle. The end result will be a lean physique with muscle in all the right spots.

**Q: What's the first thing I should do on this program?**

**Answer:**

A beginner should focus on three basic things:

1. Rounding up a social support team (including friends, family, and health professionals).
2. Improving your diet to focus on eating whole, natural foods. Each day, fill up on as many vegetables as possible, a couple pieces of fruit (blueberries, an apple,

- and an orange), and lean proteins at each meal. Eat fiber-rich snacks, such as almonds, and drink green tea to help reduce hunger between meals.
3. Committing to a consistent exercise program of strength training and intervals.

And don't over-think things too much. Everything else besides the above is just details.

**Q: Why should I only use each version of Turbulence Training for 4 weeks?**

**Answer:**

We want to keep the element of variety in the training program to achieve consistent fat loss (see the above article). Nothing, except poor eating, halts fat loss like staying on a training program for too long. By switching it up on a frequent basis, you'll avoid fat loss plateaus and keep making gains in strength and fitness at the same time.

**Q: I work 50-70 hours per week and I have a young family. How do I fit exercise into my day?**

**Answer:**

I want you to commit to at least 30 minutes of exercise per day. You can alternate between strength training and interval training days if you are limited to 30 minute sessions. However, if you can get an hour of time 3 days per week, perform both the strength training and intervals together.

You might need to experiment with different exercise times so that you can workout without disrupting your family's events. Fortunately, there is no magic exercise time. As long as you are consistent, you will get results.

Many people have had great success by getting up early and doing the workout before everyone else gets up. Alternatively, you can do it after the kids go to bed or during a break in the day. Schedule your workout like any other important appointment so that you don't neglect the exercise sessions. You'll find that the exercise will give you more energy throughout the rest of the day.

**Q: When should I workout? Is it better to workout in the morning?**

**Answer:**

As long as you get your workout in, it doesn't matter when you exercise. There is no

magical time to exercise. Consistency, smart training, and hard work are the keys to successful fat loss and take priority over the time of exercise.

**Q: What's the best type of cardio?**

**Answer:**

This depends on your fitness. For beginners, moderately-paced walking is fine and will help you get fit and lose fat. As you become more advanced, you will find that you can burn extra fat and increase your fitness with interval training. I explain interval training in the workout section.

**Q: What exercise machine should I use for interval training?**

**Answer:**

If you are going to workout inside, experience shows that the treadmill machine offers the hardest workout. The stairclimber, stationary bike, and elliptical machine (also known as the "crosstrainer") are effective modes of exercise. For people with knee problems or shin splints, it is wise to avoid the treadmill. The bottom line is that you can get a great workout with any machine, as long as you exercise according to the recommended intensity in the interval training section.

**Q: Shouldn't I exercise in the fat burning zone to lose weight?**

**Answer:**

There is nothing magical about the so-called "fat burning zone". The purpose of exercise is to burn calories during and after exercise when the body is recovering from the workout. The fat burning zone is generally low-intensity exercise, but low-intensity exercise burns fewer calories. Therefore, forget about this term and this fat burning myth. Instead, use the interval training guidelines in this manual to improve your fitness, calorie burning, and fat loss.

**Q: Can I lose fat from a specific area by doing certain exercises? What exercises will help me lose fat from my inner thighs? What exercises will help me lose my love handles?**

**Answer:**

No, you can't lose fat from a specific area just by doing certain exercises. This is also known as spot reducing, and just can't be done. If we told you that there was

one secret exercise that could magically reduce the fat from one of your trouble spots, then we'd be rich. But we'd also be lying.

Fat burning isn't like building muscle. When you strength train to build muscle, you only make gains in the specific muscles that were trained ("spot gaining"). But no exercise has the ability to burn fat from one specific area only ("spot reducing"). When you exercise, you burn fat from all over your body. Doing one thousand ab crunches won't help you lose your belly fat any faster than a good total-body routine.

The best approach to fat loss is one that includes three major components. The first and possibly most important component is nutrition. It is so important for people to follow good nutrition principles when they are trying to improve their body. If you haven't already heard these basic recommendations for fat loss nutrition, here are the 5 best fat loss nutrition tips:

1. Eat several small meals per day, rather than 2-3 large meals.
2. Monitor your food intake using **fitday.com**.
3. Determine how many calories you should eat per day to maintain your bodyweight.
4. If you want to lose fat, start by reducing your food intake by 200-300 calories per day below your maintenance level and add 3 workouts per week using the exercise techniques discussed below.
5. Stop eating processed foods and replace all sweetened beverages with water or Green Tea. This can quickly reduce your food intake by many, many calories.

**Q: Should I skip breakfast to make room for other meals?**

**Answer:**

No. Research shows it is an integral part of a fat loss program. You are encouraged to eat several small meals per day, starting with breakfast. This will help you control your appetite and maintain high energy levels. People that skip breakfast tend to eat too many calories later in the day, so make it a habit to start each day with a healthy breakfast. Please use Dr. Mohr's nutrition guidelines to plan your meals.

**Q: Can I eat carbohydrates? Shouldn't I try and avoid carbohydrates?**

**Answer:**

Carbohydrates are part of a healthy diet. For example, fruits and vegetables should not be eliminated from a fat loss diet or any diet. However, it is a good idea to avoid lots of sugar, especially foods that have added sugar. And you should always avoid

sugary drinks. Read the nutrition section for more information and be sure to monitor your daily food intake on [www.fitday.com](http://www.fitday.com).

**Q: How much protein should I eat?**

**Answer:**

You should eat a small amount of protein at every meal. People that exercise need more protein than sedentary people, but it is very easy to get all of your protein needs in your diet (even if you are a vegetarian). If you eat a small serving of lean protein with each mini-meal, that will help you get the protein you need to maintain muscle and lose fat. The general recommendation for lean people is 1 gram of protein per pound of body weight. See Dr. Mohr's Nutrition Guidelines for more details.

**Q: How much fat do I eat? Shouldn't I try to avoid fat?**

**Answer:**

You shouldn't avoid all fat. Some fats are bad, such as trans-fats, but other fats, such as those from fish and nuts are very healthy. In fact, these healthy fats are essential. Please refer to the nutrition section for more information, and monitor your food intake on [fitday.com](http://fitday.com).

**Q: Should I stop eating after 6pm?**

**Answer:**

No, you don't have to stop eating after 6pm. There are no forbidden times for eating. Stick to your daily plan by spreading out your calorie and protein intake into several small meals spaced a couple of hours apart. Don't skip any meals, no matter if they are early or late. Just remember the overall goal is to eat and exercise consistently. So it's okay to eat late as long as it fits your daily plan. Plan your meals and snacks and plan to avoid food traps such as buffet dinners or late night snacks of soda pop and chips.

**Q: People at work tell me to squirt some lemon juice in my water and to drink it ice cold to lose weight. What does lemon water do and does it work?**

**Answer:**

These are two more weight loss myths. Drinking ice cold water with lemon juice in it

will not directly help you lose fat any faster than drinking plain water. There's simply no substitute for a good training program and proper nutrition.

But if the water helps fill you up and keep you from drinking soda or eating poor snacks, then keep drinking, but don't worry about how cold it is or if it contains lemon juice.

**Q: What supplements should I take?**

**Answer:**

For health purposes, protein powder, a multi-vitamin, fish oils, and calcium are safe and effective. I'm not convinced any supplements will help you control your appetite, so just make sure to eat several small meals each day containing lean protein and foods with lots of fiber (i.e. fruits and vegetables).

**Q: Do meal replacements work?**

**Answer:**

Yes, meal replacement drinks and protein powders can help structure your daily eating especially when you are on the run. When possible, we would rather you eat wholesome, natural whole foods that contain lean proteins, fiber, and all the nutrients that only food can provide. Use meal replacements to supplement your nutrition plan.

**Q: What is my metabolism?**

**Answer:**

This refers to how many calories you burn each day. You can temporarily increase your metabolism with exercise. If you increase your metabolism, you will burn more calories and lose more fat. This will help you lose fat and keep it off.

**Q: Should I starve myself today because I ate a lot last night?**

**Answer:**

No! Never skip a meal simply because you ate too many calories the day before. It is important for you to eat consistently. Just remember the overall goal is to eat and exercise consistently.

**Q: What should I do if I am going to a party?**

**Answer:**

Have a snack containing a lean protein source and some fiber, such as a small piece of chicken and a bowl of vegetable soup or a salad. This will help fill you up. At dinner or at the party, avoid the foods you are trying to avoid at all times, including any processed, high-sugar, high-fat foods. Concentrate on the social aspects of the party, not eating.

**Q: I have junk food sitting around and I pig out on it all the time. What should I do?**

**Answer:**

One of the first things you should do when you start the program is to clean out your cupboards and get rid of the junk. Keep the junk food out of sight and out of mind. Don't leave anything to temptation.

**Q: Should I weigh myself everyday?**

**Answer:**

Weigh yourself regularly, but not everyday. Pick a time each week to perform the weigh-in and weigh-in under similar circumstances each week.

**Q: What is interval training? How is it different from cardio training?**

**Answer:**

Interval training is a form of cardio training used in the advanced stages of the program. It is very efficient and effective, and can be used by fit people to help them lose fat faster.

Interval training is simply alternating periods of hard exercise followed by period of easier exercise. An example would be fast walking for 30 seconds followed by a slower walking for 90 seconds. Interval training is also very common in spin classes where you increase the cycling intensity for 30 seconds and then slow down for a minute or longer.

I recommend performing 3-8 intervals per training session. This will help you burn more calories during and after exercise.

**Q: I'm starting Turbulence Training today and I'm unsure what is meant by 6 sets for interval training. Also, as I improve can I reduce the low intensity time to 30 seconds, and then if I improve further can I add more sets?**

**Answer:**

One set of interval training is defined as: Each time you do an interval and follow it with a rest period. Therefore, to do 6 sets means you will do 6 intervals and you'll rest three times.

As for improving, focus on increasing the intensity of the intervals. As you get fit, the once relatively hard interval will soon be an easy interval. Therefore, you will just need to increase the resistance. As we improve, simply use a higher level on the stationary cycle.

You can reduce the rest periods to 60 seconds, but we don't often reduce them any further. The key to success is the work interval intensity. Don't sacrifice work intensity by reducing the rest interval too much. We might also increase the duration or number of work intervals, but we don't do any more than 8 intervals in a workout.

**Q: My friends said that it is best to do my cardio first thing in the morning and that will help me lose the most fat. Should I?**

**Answer:**

Cardio doesn't have to be done first thing in the morning to help you lose fat. If that's when you can exercise, that's fine. If you can't exercise till later in the day, that's fine too. It's the big picture that matters (i.e. how many calories you eat and how many calories you burn each day).

**Q: How much cardio should I do each day?**

**Answer:**

This manual recommends interval training in place of traditional cardio. You can complete the interval training program in less than 30 minutes (and usually less than 20 minutes). You can do regular cardio on off days if you have time.

Beginners will need to use a lower intensity and duration and should exercise in blocks of 5 minutes to accumulate 20-30 minutes of exercise each day. Eventually beginners should work up to exercising for 30 minutes consecutively.



**Q: Can I just do crunches and sit-ups to lose the inches around my waist?**

**Answer:**

No you don't. Crunches and sit-ups are not the best way to lose fat. To lose fat, you simply need to eat properly, avoid excess calories, and use fat blasting intervals. In fact, too many crunches and sit-ups can stress your spine, so I have included "spine-friendly" exercises (the Ab curl, plank, side plank, and bird dog) to train your mid-section. Read more about them in the exercise section.

**Q: Why should I do strength training if I want to lose fat?**

**Answer:**

Strength training helps you maintain your muscle mass. Muscle burns a lot of calories, even while you are at rest. This is important to keep your metabolism up so that you are burning lots of calories each day. Having muscle mass is also the key to a lean, attractive physique. Without muscle mass, men and women don't look as healthy and can't function as well in daily activities. Finally, strength training has also been shown to help improve the health of your cardiovascular system and increase the health of your bones. Strength training is part of a comprehensive approach to a healthy lifestyle.

**Q: How does interval training work? I was talking to one of the guys who works at my gym and he explained that interval training works because by boosting up your speed/intensity it shoots your heart rate into the 'target zone', and when your heart beat is in this zone your body starts burning fat. Is this true? If it is, can't you just exercise while staying in this 'target zone' (150-160 BPM)?**

**Answer:**

No. The effectiveness of interval training has nothing to do with a specific heart rate. There are a lot of ways to get your heart rate up (think stressful situations), but that doesn't mean you are burning fat just because your heart rate is elevated. The "target zone" is one of the most misdirected fitness beliefs. Remember that your intervals will be performed at an intensity that you couldn't maintain for long periods of time.

**Q: Thanks for the manual. I do have two questions: First, you say don't go to failure on sets. Why? Second, for cardio (intervals), why the bike over running?**

**Answer:**

These two conservative decisions were made with safety in mind.

Many of the recipients of the workout manuals train at home. By stopping 1 repetition before failure, we have a built-in safety mechanism. If people are training hard, they are still activating the same amount of muscle fibers even when they stop 1 rep before failure (this is based on actual results from a study I completed during my 4<sup>th</sup> year at McMaster University).

Stopping one rep short of failure will still give you the same benefits as going to failure, but without risking the chance of improper technique. Now it's not as much of an issue with the exercises in Turbulence Training because they are almost all dumbbell exercises. It would become a bigger issue if a barbell press was involved, and failure meant you were stuck under the bar.

As for your second question, we recommend intervals on the bike as a conservative approach. There is no fear of a misstep or falling off the bike...but at high interval speeds, one could do so on the treadmill. We have found the bike to be incredibly effective for interval training. The other point is that outside sprinting demands an extensive warm-up in order to avoid hamstring strain. And often, people neglect a proper warm-up. However, running is a great way to do intervals as long as you prepare properly.

**Q: What do I do for the intervals on a bike? Would I keep the resistance the same and go faster or increase the resistance?****Answer:**

Increasing the resistance is the only way to go – it gets better results. It may also be easier on the knees. I'm not a big fan of spinning at very high pedal rates and I believe it may contribute to cycling related overuse injuries.

**Q: What is more effective: bike, run, or elliptical?****Answer:**

On paper, sprinting on a track would be most effective, followed by the cycle, then the elliptical. That being said, you might not see any differences if you did a study and had 10 guys use each piece of equipment, and then compared the groups at the end of 8 weeks.

The bike is preferred for several logistical reasons including that I find it more

effective than the elliptical, but with less chance of injury compared to sprinting.

**Q: What about using the jump rope for intervals?**

**Answer:**

It's not the best method, but you can use bodyweight movements in a circuit as a method of interval training. I recommend using the bodyweight workouts from the 4-Week Bodyweight program bonus as alternative bodyweight interval training.

**Q: I was told to use 15-20 repetitions to help me lose fat. Why does this program have me use only 8 repetitions?**

**Answer:**

Using a high number of repetitions is less effective for changing your body than using a heavier load and fewer repetitions. The goal is to challenge the muscle so that it adapts and as a result, contributes to the fat loss process. With a light weight, the challenge is less and your body won't have to work hard or burn fat.

**Q: It says to perform the intervals at an 8/10 intensity level. What would be a comparable Max Heart Rate percentage for an 8/10 intensity? I know it may vary a lot from one person to another, but I'd like to have some objective measurement of the intensity level. Don't want to go too easy on myself since it is interval I will be doing!**

**Answer:**

We couldn't put any absolute number on it, really. The relative intensity and a specific heart rate don't match up. In fact, we'd probably reach very close to our maximum heart rate by sprinting at an 8/10 intensity for 30 seconds, even on a stationary cycle.

For beginners, this 8/10 subjective intensity level may correspond to a fast walk, and that might not get them anywhere near their maximum heart rate. On the other hand, a fast walk can get some people to their maximum heart rate. But remember that this type of training is not about your heart rate, it's about effort. You have to put aside your pre-conceived notion of cardio training.

If you don't feel comfortable training at an 8/10 intensity, or if for health reasons you shouldn't be training at that intensity, then don't push it. You should only be performing Turbulence Training if you have your physician's approval to perform

strenuous exercise.

Once you have received your doctor's approval, you still don't have to follow the program rigidly, just do what you can in the time span for the first workout, and improve each session.

Turbulence Training allows you to adjust the program individually, as you should with all workouts. That's why an 8/10 intensity will be different for you when compared to other readers.

Train hard, but safe.

**Q: I'm a big fan of Turbulence Training and I was wondering if there are more programs? Do you think you can gain some muscle while doing the plan? I would guess yes, but just at a slow rate. Is there a TT plan that focuses on muscle growth a little more? Thanks for all the help and the great programs.**

**Answer:**

People have used Turbulence Training for building muscle by dropping a lot of the intervals, increasing the rest between strength training sets to enable a heavier weight to be used for each exercise, and altering their nutrition to be more "hypertrophy-friendly" (i.e. eating more food, with a specific emphasis on eating a significant amount of protein and carbohydrate before and after the strength training sessions).

With a few small tweaks, Turbulence Training can indeed lead to bigger muscles. You can find these programs in the TT for Mass program at:

<http://www.workoutmanuals.com>

**Q: Can women use Turbulence Training?**

**Answer:**

Yes, absolutely. Some of my most successful clients are women. Furthermore, most women are often at a plateau due to lots of cardio and light weights. When they crank up the intensity, they start losing fat fast (again) and see more muscle definition. Once you are done with the original Turbulence Training manuals, I have more female workouts at [www.workoutmanuals.com](http://www.workoutmanuals.com)

**Q: Should I drink my PWO shake immediately after lifting, or should I wait until after the HIIT session that comes just after?**

**Answer:**

Drink your shake after the intervals (after you have completed the entire workout). Otherwise, you might not keep that shake down for long due to the intensity of the interval training.

Here are some of the top nutrition tips that should be used in conjunction with Turbulence Training.

1. Eat healthy, high-fiber and low-sugar whole foods such as lean protein (lean beef, chicken, fish, and whey protein), vegetables (broccoli, peppers, and greens), fruit (oranges, apples, strawberries, & blueberries), nuts (almonds, cashews, and walnuts), and whole grains (oatmeal and multi-grain bread).
2. Eat 6 small meals each day rather than 2-3 large meals. A well-planned schedule will help achieve this goal.
3. Eat fiber-containing foods at all meals, in place of processed carbohydrates.

**Q: What is the rationale for the eating plan?**

1. Recent research\* has shown that subjects lost more fat mass and had a greater reduction in their systolic blood pressure when they substituted almonds for complex carbohydrates in their diet.

\*Wien, M., et al. Almonds vs complex carbohydrates in a weight reduction program. *Int. J. Obes.* 27: 1365-1372, 2003.

2. The nutrition plan is based on nutrient timing research – giving your body carbohydrates when they are most likely to be stored in muscle, rather than converted to fat.
3. Recent research\*\* has shown that, “the American-healthy pattern was characterized by high intakes of green, leafy vegetables; salad dressings; tomatoes; other vegetables (eg, peppers, green beans, corn, and peas); cruciferous vegetables; and tea.”

\*\*Kerver, J., et al. Dietary patterns associated with risk factors for cardiovascular disease in healthy US adults. *Amer. J. Clin. Nutr.* 78: 1103-1110, 2003.

Please let me know if you have any additional questions.

Visit [www.workoutmanuals.com](http://www.workoutmanuals.com) for more Turbulence Training 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 the Report for a full refund.

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# Lifestyle Review

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

1. Do you schedule a yearly physical exam with your physician? You must have a full physical examination if you are sedentary or if you have high cholesterol, high blood pressure, diabetes, if you are overweight, or if you are over 30 years old. There are no exceptions. If you meet any of the above requirements, schedule an examination.
2. Have you been given your physician's approval to begin a lifestyle program? You must have your physician's approval to begin an exercise program. It is essential that you have your physician's clearance and encouragement prior to starting this manual.
3. Do you have any injuries or medical conditions that would prevent you from performing any type of exercise? Don't rush in to exercise. Talk to your doctor. Your doctor understands your health and physical capacity better than you.
4. Discuss the results of this lifestyle review with your physician before you begin an exercise program. Create a partnership with your doctor. Make your doctor part of your fat loss and health-building team. With good communication and professional instruction, 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**. 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).

## ***The Science of Goal Setting***

“All winning teams are goal-oriented. Teams like these win consistently because everyone connected with them concentrates on specific objectives. They go about their business with blinders on; nothing will distract them from achieving their aims.”

**Lou Holtz**

That’s what you have to do. Set your goals, roll up your sleeves, and get to work. Follow the instructions so you get your workouts done in less than 45 minutes and then get on with your life – all while your body’s metabolism is revved up so that you are burning tons of fat and calories all day long.

Professional Fitness Coach Alwyn Cosgrove says this about working with successful clients, “The single most important part of the process is goal setting. They need to really want to get amazing results and be prepared to do whatever I ask to get them. It’s not that hard to get the results -- it’s building that overwhelming desire that counts. Most people think – ‘Well - this cake won’t hurt me will it?’ I get my clients to think, ‘Will this help me or not? Is this a positive step or not?’ Once you get that -- you’re a hit.”

Once you get it. You see what he means? Once you understand that everything you do each day takes you either closer to or farther from your goals, then and only then will you be on the fast track to success. So I hope that you “get it” mentally, because I guarantee that your body will get it physically with this workout. It is designed for women and women only, and based on the success of my female clients in the past, to help women lose fat, build those lean, sexy, sleek physiques, and not have to worry about bulking up.

Setting short-term and long-term goals may increase your odds of success. Not only will set goals keep you on the right track but they will also provide an end point to your program. Sit down for 15 minutes and work through 3 short-term and 3 long-term goals minimum, but don’t be afraid to do more.

A goal is defined as a, “written, specific, personally meaningful, and challenging statement of intent, which has a measurable outcome and a completion date”.

Your goals must give a distinct target or end-point to work towards that must also be easy to measure and specific. Without these you’ll never know if you have achieved



the goal. You can't just say lose weight or gain energy. Make the target very clear and specific.

You must also be honest and realistic with a self-evaluation of your strengths and weaknesses so that you can set appropriate and challenging goals. Also, you must be honest with your process as you move towards a goal. If the goal is too hard or too easy, you can adjust it. If it is easily accomplished, reset for a higher standard. It is okay to adjust the goal based on your feedback and learning. By having a deadline or timeline for your goal, you are able to examine your progress and re-visit the feasibility of the goal.

1. Commit your goals to paper
2. Review your goals on a regular basis. Make your list of goals accessible, so that you can review it on a regular basis. Frequent reminders will help keep you on track.
3. Be specific. Set the goal to exactly what you want to achieve.
4. Be realistic. Begin by setting small, attainable goals in order that they will propel you into future success. For example, set a simple goal that you will avoid excess food at a party this weekend. Set another goal as simple as having a great workout tomorrow.
5. Focus on the short-term goals, as short-term changes in behavior will help you reach long-term goals. Set small goals to get the ball rolling, and success will breed success.
6. As you achieve your goals, return to your list and update the entire set of goals.

### Contract

At this time, I want you to pledge your full commitment to the program. On this page you will promise to satisfy all of the necessary commitments to help you reach your health and fitness goals. Ultimately, you are responsible for your own results. To be successful, you must dedicate yourself to the following goals:

#### List 3 short-term goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### List 3 long-term goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Commit to the following steps:

7. Review your goals on a regular basis. Make your list of goals accessible, so that you can review it on a regular basis. Frequent reminders will help keep you on track.
8. As you achieve your goals, return to your list and update the entire set of goals.

Name: \_\_\_\_\_

Signature of Commitment: \_\_\_\_\_

Date: \_\_\_\_\_

### ***25 Nutrition Tips for Fat Loss & Healthy Eating***

1. Nutrition experts recommend healthy, high-fiber and low-sugar whole foods such as lean protein (lean beef, chicken, fish, and whey protein), colorful fruits & vegetables (oranges, apples, strawberries, blueberries, raspberries, broccoli, peppers, asparagus, and the list goes on!), nuts (almonds, cashews, & walnuts), and whole grains (oatmeal and multi-grain bread).
2. Food choices should contain a large nutrient-to-calorie ratio. Dr. Phil calls this, "High-Response Cost, High-Yield Nutrition". Some examples of this approach include, eating a piece of whole fruit instead of drinking fruit-flavored beverages, eating green vegetables instead of potatoes, and snacking on nuts instead of chips.
3. Nutrition experts recommend eating 6 small meals each day rather than 2-3 large meals. A well-planned schedule will help you achieve this goal. Eat soon after waking up, and then every 3-4 hours thereafter until you go to bed.
4. A sample 6-meal plan would include breakfast, a small morning snack, lunch, a small afternoon snack, a sensible dinner, and a small evening snack. Smaller, more frequent meals help you use all nutrients better, retain more vitamins, and control your blood sugar levels. Controlling your blood sugar is a key to avoiding hunger and fatigue.
5. Avoid overeating or combining sugar and fat within a meal. One easy way to improve your health and lose fat is to stop eating "fast food" and stop drinking soda pop. It's also extremely important to control portion sizes, especially when eating out.

6. When eating at a restaurant, avoid excess sugar, fat, or oversized meals. Restaurant meals are often too large to eat in one sitting and contain more than enough food for one person. It's important that you recognize the pitfalls of dining out. Stick with the foods recommended by nutritionists as often as you can: healthy, high-fiber and low-sugar whole foods such as lean protein, vegetables, fruit, nuts, and whole grains.
7. Nutrition experts recommend avoiding "processed carbohydrates" (typically, this includes carbohydrates from a bag or a box). Processed carbohydrates generally provide too many calories and too much sugar. Processed carbohydrates rapidly increase and decrease blood sugar, often resulting in hunger and fatigue.
8. Eat low-glycemic carbohydrates instead of processed carbohydrates. Low-glycemic carbohydrates include vegetables, oatmeal, and whole-wheat products, and are digested slower. That means your blood sugar levels won't crash and you won't get hungry or tired.
9. Nutrition experts recommend eating fiber-containing foods in place of processed carbohydrates at all meals. Examples include oatmeal instead of sugary-cereals for breakfast, salads with low-fat dressings for lunch, vegetables instead of French fries for dinner, and almonds instead of candy for snacks. Fiber helps control blood sugar and appetite. The American Dietetic Association recommends 25-35 grams of fiber per day – while most Americans get only 14 grams of fiber per day.
10. Good, lean protein sources include lean beef, chicken breasts, turkey breasts, salmon, low-fat cottage cheese and other low-fat dairy products, and whey protein powders. Nutritionists recommend eating protein at all 6 mini-meals and recommend between 0.6 and 1.0 grams of protein per pound of bodyweight per day.
11. Everyone should avoid foods containing trans-fats (also known as trans-fatty acids or hydrogenated fats). This includes most processed convenience foods found in a bag or a box (chips, crackers, fries, pastries, etc.) as well as most margarine. Learn to read food labels; trans-fats currently aren't listed in the nutritional facts for most foods!
12. Nutrition experts recommend getting healthy fats from olive oil, nuts, salmon, and omega-3 fortified eggs. Nuts and olive oil are high in monounsaturated fat. Monounsaturated fats are associated with good cardiovascular health. Good sources of monounsaturated fats include olive oil, walnuts and almonds. An alternative snack to a bag of chips would consist of ½ ounce of nuts (10-12 almonds).

13. Fish, such as salmon, provide omega-3 fatty acids that are associated with good cardiovascular health. The American Heart Association recommends eating fish twice per week. Talk with a doctor or registered dietician about alternative sources of healthy fats if you don't like to eat fish. They may recommend fish oil supplements.
14. Follow the **Rainbow Diet**. The only rule here is to eat as many different colors of fruits and vegetables as you can. The nutrients in each fruit and vegetable are usually linked to its color as well. You should consume far more than 5 servings of fruits and vegetables per day. Experts recommend 2-3 pieces of fruit per day and at least 5 servings of vegetables per day (such as broccoli, peppers, asparagus, etc.). Veggies and fruits will provide you with innumerable nutrients including fiber, vitamins, minerals, and many phyto-nutrients that simply do not exist in other foods.
15. Nutrition experts recommend consuming a variety of foods, especially colorful fruits and vegetables that contain a wide variety of nutrients and a small amount of calories per serving. Condiments like low-sugar tomato sauce and salsa also help increase the nutrient content and taste factor of a meal. Fruits that are nutrient dense include raspberries, blueberries, and strawberries, while other fruits such as grapefruit, oranges, and apples contain high levels of the soluble fiber pectin that helps slow digestion and gives you a feeling of fullness.
16. Review food labels. Avoid foods packed with excess sugar, calories, or that contain any trans-fats. As a general rule, the less processed the food, the more nutritious the product. Remember to aim for nutrient-dense, low-calorie foods when snacking. Log your nutritional intake on **www.Fitday.com**. This is a free website that allows you to track your calories, protein, carbohydrates, and fat.
17. Experts recommend 12 cups (3 liters) of water per day, consumed over the course of the day and during exercise. For every pound of bodyweight that is lost during exercise, it is suggested that exercisers should drink two cups of water.
18. Green Tea is a very healthy drink. It's calorie-free, has a number of health benefits, and can replace soda, juice, and coffee to help eliminate unnecessary liquid calories. A can of soda contains 150 calories and a large soda from a fast-food chain contains over 600 calories. Therefore, avoid sugary beverages because they quickly increase your calorie intake and play havoc with your blood sugar levels.
19. Nutrition experts suggest eating a small protein-based meal before bed. For example, plain yogurt mixed with protein powder and a sprinkle of nuts.
20. Research shows that the caffeine content of commercial coffees can vary on a daily basis depending on water content and brewing time. One day you might

get up to 600mg of caffeine in a supersized coffee while on another day only 200mg (which is already a high amount)! Keep track of your caffeine intake in your food log and be sure to note the extra calories that are added to beverages in the form of cream and sugar – these can quickly add up.

21. Make small nutrition changes that add up to big improvements over time. Switch to 1% milk from 2% milk. Use only “lean-ground” turkey, beef, and chicken to help limit fat intake. Substitute calorie-free condiments for high-fat condiments.
22. Don’t drink your calories – avoid soda and sugary drinks. Limit your alcohol intake. Each shot of alcohol or glass of beer or wine is about 150 calories. If you add mix to the alcohol, a mixed drink can be 300-1000 calories per drink. It’s easy to see how alcohol intake can add up into fat gain. Restricting your alcohol and sugary beverage intake will help you lose pounds of fat in a very short time.
23. Do the family grocery shopping on your own. Research suggests that adults spend more money at the grocery store when they shop with their kids and are more likely to buy high-calorie foods. You’ll stick to your shopping list if you are on your own. Buy fewer labels and fewer products containing sugar. This means buy as much whole raw foods as possible, the less refined packaged food you and your family eat the better.
24. Be consistent! Don’t try to change everything at once. Aim for 2-3 improvements each week. For example, in week 1, you can reduce your soda intake and add 1 new vegetable to dinner each night.
25. Discuss all of these tips with a nutritionist, registered dietician, or your physician to take steps toward healthier eating. Include these people in your team to help support your healthy nutrition plans.

Please review Dr. Mohr’s detailed nutrition plan in the Turbulence Training Fat Loss Nutrition Guidelines – one of the many bonuses you receive with your Turbulence Training order.

### **Good Food Choice**

### **Bad Food Choice**

Whole, natural foods  
(fats, etc.)

Processed foods (containing added sugar, trans-

Fiber-rich snacks, such as almonds  
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)

### ***8 Top Travel Tips: Keep Losing Fat When You Are On The Road!***

1. It's up to you to pack good nutrition options for the road since it's almost impossible to eat appropriately when you are stuck in airports or on the road. Some healthy, road-worthy snacks and fluids include water, Green Tea, nuts, protein bars, apples, and jerky.
2. Plan your business travel meals as much as possible so that you can stick to the options provided in the nutrition section. With all of the focus on nutrition these

days, airlines and hotels are much more accommodating in meeting the special nutrition requirements of customers. Ask and you will receive.

3. Make the necessary accommodations so that there is an adequate hotel gym or nearby fitness establishment so that you can continue with the regularly scheduled routine.
4. It is best to purchase a day-pass and go to a local gym to work with a certified personal trainer. However, if there is no time, and there is only a small hotel gym with no weights, use one of the appropriate bodyweight-only training programs from the exercise section of the Executive Lifestyle Manual in the hotel gym.
5. Schedule your workouts with as much dedication as you schedule your business meetings. Take advantage of whatever time slot is available during your travels for exercise. Training is another appointment that can also be used as an excuse to skip the unnecessary post-meeting cocktails and calories.
6. Travel with a “maintenance mindset”. Stick to your plan and you’ll return home without gaining any fat or losing any fitness. Minimize the nutrition dangers of food, booze, and inactivity with a positive mindset.
7. Spend waiting time walking. If you are enduring a layover in an airport, walk around the airport for a mini-workout if your schedule and surroundings permit.
8. Alternatively when on business travel, consider using this time as a recovery week from training if you have been training consistently. Stay active, but allow yourself some mental recovery from a strict training schedule.

# 21-Day Healthy Habit Building Plan

This is your 21-day step-by-step guide to fat loss. For simplicity's sake, we'll start with Day 1 as a Monday. If you apply all of the lifestyle changes you'll find that making the correct and healthy choices is easier and more effective. Plus, if you follow this easy to use schedule, you won't find these changes overbearing. In fact, you'll look forward to one new challenge everyday – until this new lifestyle is a habit.

Day 1 – Monday: Recruit your support partner and set your goals. Start the exercise program with Workout A. Exercise conservatively, work at your own level, and stick to our guidelines. Perform every exercise with perfect technique.

Day 2 – Eliminate all sources of liquid calories and replace these drinks with water and Green Tea. Start to enter your food intake on **www.Fitday.com** and continue to do so for the next 7 days.

Day 3 – As you workout, visualize yourself reaching your goals. Keep a positive attitude and you will remain motivated and you will continue to make progress.

Day 4 – Make sure that you are eating 6 small meals per day rather than 2-3 large meals. Spread your protein, fiber, fruits and vegetables throughout the day to help you reduce your appetite and keep your energy levels up.

Day 5 – Clean out cupboards and prepare a healthy shopping list. Complete your 7 day food entry on **www.fitday.com** and review the results to help you organize your shopping list.

Day 6 – Report to a member of your support group on this day and review how your first week went. Always be accountable to your support group. This will encourage you to stick with the exercise and nutrition program. In addition, take some time and pick an activity you really like to do (yoga, sport, martial art, dance) and make it a regular habit on Saturdays. This can be done on your own or with your social support group.

Day 7 – Sunday: Plan ahead for the next week and do all of your grocery shopping and meal preparation. Do some extra cooking, chop your vegetables and wash your fruit. By doing this, you will be prepared to avoid unhealthy eating situations that lead you to cheat on your plan.

Day 8 – Make sure you are doing things correctly. Hire a trainer for one session and



make them a part of your support team. To help you stick to your workouts, book each exercise session like any other appointment in your daily schedule. Let nothing, except real emergencies, come between you and your workouts.

Day 9 – Today you will make an effort to eat one new fruit and one new vegetable. If you aren't already eating grapefruit, try one today and see how it helps fill you up because it contains a lot of soluble fiber called pectin. Add a new vegetable to your dinner.

Day 10 – Eliminate all sources of trans-fatty acids from your diet.

Day 11 – Review your water intake and confirm that you are consuming enough water each day to keep you hydrated and healthy, as well as using water to stay full.

Day 12 – Review your nutrition. Check the number of calories you are consuming. Are you still eating too much? Are you eating too little (less than 1500 calories)? Review the nutrition tips for guidance.

Day 13 – Check your fiber intake and make sure you meet the recommended intake (up to 35 grams per day). Eat more almonds to get fiber and keep your appetite in check.

Day 14 – Sunday: Plan, shop, & prepare for the week ahead. Make sure to include 1 new fruit and 1 new vegetable in your grocery list. Variety in your nutrition is very important, so try a new fruit today such as blackberries, blueberries, or raspberries.

Day 15 – Set a new short-term goal for your workouts, such as using a higher level on your cardio machine or performing one extra pushup per set.

Day 16 – Purchase a new cooking appliance, such as a grill or steamer to help you eat healthy, nutritious, low-fat foods in a convenient manner.

Day 17 – Try an alternative source of lean protein at dinner, such as lean beef or salmon (in case you have been eating only chicken and tuna).

Day 18 – Re-read the manual and go over the nutrition section, the new workout section, and the exercise description section to double check your habits.

Day 19 – Take time and review the goals that you set. Have you met all of your short-term goals? Are you getting closer to your long-term goals? If you aren't, determine the obstacles in your way and make a plan to get around them.

Day 20 – Recruit a new member into your social support, such as a new workout partner or healthy-eating partner. This will add strength to your commitment.

Day 21 – Sunday: 30 minutes of cardio. Plan, make a shopping list, shop, & prepare. Include one new source of lean protein in your shopping list.

# Turbulence Training Guidelines

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

- Sedentary individuals must complete the Introductory Level Turbulence Training workouts before moving to the Beginner Level Turbulence Training workouts.
- Everyone should complete the Beginner Turbulence Training workouts before moving on to the Intermediate or Original Turbulence Training workouts.
- Perform each Turbulence Training workout for 4 weeks and then switch.
- After every 12 weeks, take one week off from Turbulence Training for recovery purposes. During the recovery week, you may perform light, low-intensity workouts.
- Workout 3 days per week alternating between workout A and workout B.
- In week 1, you will follow an A, B, A schedule. In week 2, a B, A, B schedule. In week 3, an A, B, A schedule, and in week 4, a B, A, B schedule.
- Each pair of exercises constitutes a “Superset”. In each Superset, do one set of the first exercise followed immediately by the next (A1 & A2) and then repeat.
- Rest 1 minute after completing the exercises in the Superset (i.e. after A1 & A2).
- Use a 2-0-1 lifting tempo for all exercises (except for any holding exercises like the planks and curl-ups). 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 unless instructed otherwise.
- 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.
  
- Warm-up
  - Never skip a warm-up.
    - Perform this circuit 2x’s using a 2-0-1 tempo:
      - Prisoner Squat – 10 reps
      - Pushup or Kneeling Pushup – 10 reps
      - Split Squat or Stability Ball Leg Curl – 10 reps
    - Perform 2 warm-up sets for each exercise in the first Superset.
      - 1 set of 8 reps with 50% of the weight you will use in your “real” sets.
      - 1 set of 8 reps with 75% of the weight you will use in your “real” sets.

- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up.

### ***Sample Workout Structure***

- Here's how a sample workout looks:

#### **Bodyweight Warm-up Circuit 2x's** (this should take you less than 5 minutes)

- Prisoner Squat – 10 reps
- Pushup or Kneeling Pushup – 10 reps
- Split Squat or Stability Ball Leg Curl – 10 reps

#### **Turbulence Training Strength Workout (ex. TT Intermediate Workout A)**

1A) DB Split Squat (8 reps per side)

no rest – go directly to:

1B) DB Incline Press (8 reps)

Rest 1 minute.

Repeat this cycle 2 more times for a total of 3 supersets.

2A) Stability Ball Leg Curl (15 reps)

no rest – go directly to:

2B) Pushups [or Kneeling Pushups] (15 reps)

Rest 1 minute.

Repeat this cycle 2 more times for a total of 3 supersets.

3A) Stability Ball Jackknife (10 reps)

no rest – go directly to:

3B) DB Rear-Delt Raise (10 reps)

Rest 1 minute.

Repeat this cycle 2 more times for a total of 3 supersets.

#### **Turbulence Training Intervals**

- See below for Interval instructions.

#### **Stretching**

- Stretch tight muscle groups only.

# Turbulence Training Interval Guidelines – Beginner

- Research has shown that high-intensity interval training is very effective for fat loss.
- 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.

## **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			

### **Workout B**

- 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).
- Perform an interval by exercising for 2 minutes at a hard pace (at a subjective 7/10 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 3 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	7 out of 10	
7	Hard	7 out of 10	
8	Easy	3 out of 10	
9	Easy	3 out of 10	
10	Hard	7 out of 10	
11	Hard	7 out of 10	
12	Easy	3 out of 10	
13	Easy	3 out of 10	
14	Hard	7 out of 10	
15	Hard	7 out of 10	
16	Cool Down	3 out of 10	
17	Cool Down	3 out of 10	
18	Cool Down	3 out of 10	
19	Cool Down	3 out of 10	
19 minutes total			

# 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	
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			

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



# Introductory Level Turbulence Training – 2 Weeks

- In weeks 1 & 2, perform workout A and B once each.
- Rest 2 days between workouts.
- Progress to the Beginner Level Turbulence Training workout after 2 weeks.
- Do only 2 supersets per exercise pair, not the usual 3 supersets.

Weeks 1 & 2	Set 1	Set 2		Set 1	Set 2			
<b>Workout A</b>								
A1) Lying Hip Extension (2 sets x 8 reps)								
A2) Plank (2x15 seconds)								
B1) Bodyweight Squat (2x10)								
B2) Bird Dog (2x5)								
C1) Kneeling Pushup (2x8)								
C2) Side Plank (2x5 secs per side)								
D1) Band Pull (2x15)								
D2) Ab Curl-up (2x6)								
Beginner Intervals								
<b>Workout B</b>								
A1) Step-ups (2x8)								
A2) Stick-ups (2x12)								
B1) Stability Ball Leg Curl (2x8)								
B2) Kneeling Push-up (2x8)								
C1) Prisoner Squat (2x10)								
C2) Side Plank (2x10 secs per side)								
Beginner Intervals								

# Beginner Level Turbulence Training - 4 Weeks

Weeks 1 & 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) DB Squat (2x10)									
A2) Pushup/Kneeling Pushup (2x10)									
B1) DB Row (2x10)									
B2) Stability Ball Leg Curl (2x12)									
C1) Ab Curl-up (2x6)									
C2) Side Plank (2x15 seconds)									
Beginner Intervals									
<b>Workout B</b>									
A1) DB Chest Press (2x10)									
A2) DB Step-up (2x10)									
B1) Elevated [Kneel] Pushup (2x12)									
B2) 1-Leg Hip Extension (2x10)									
C1) Plank (2x4 reps)									
C2) Bird Dog (2x6)									
Beginner Intervals									
Weeks 3 & 4	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) DB Squat (2x10)									
A2) Pushup/Kneeling Pushup (2x10)									
B1) DB Row (2x10)									

B2) Stability Ball Leg Curl (2x12)									
C1) Ab Curl-up (2x6)									
C2) Side Plank (2x15 seconds)									
Beginner Intervals									
<b>Workout B</b>									
A1) DB Chest Press (2x10)									
A2) DB Step-up (2x10)									
B1) Elevated [Kneel] Pushup (2x12)									
B2) 1-Leg Hip Extension (2x10)									
C1) Plank (2x4 reps)									
C2) Bird Dog (2x6)									
Beginner Intervals									

# Intermediate Level Turbulence Training – 4 Weeks

Weeks 1 & 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) DB Split Squat (3x8)									
A2) DB Incline Press (3x8)									
B1) Stability Ball Leg Curl (3x15)									
B2) Pushup [Kneeling] (3x15)									
C1) Stability Ball Jackknife (3x10)									
C2) DB Rear-Delt Raise (3x10)									
Advanced Intervals									
<b>Workout B</b>									
A1) DB Squat (3x8)									
A2) Stability Ball Ab Crunch (3x15)									
B1) DB Reverse Lunge (3x8)									
B2) DB Row (3x8)									
C1) Back Extension on Ball (3x10)									
C2) Side Plank (3x20 seconds)									
Advanced Intervals									
Weeks 3 & 4	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) DB Split Squat (3x8)									
A2) DB Incline Press (3x8)									
B1) Stability Ball Leg Curl									

(3x15)									
B2) Pushup [Kneeling]									
(3x15)									
C1) Stability Ball Jackknife									
(3x10)									
C2) DB Rear-Delt Raise (3x10)									
Advanced Intervals									
<b>Workout B</b>									
A1) DB Squat (3x8)									
A2) Stability Ball Ab Crunch									
(3x15)									
B1) DB Reverse Lunge									
(3x8)									
B2) DB Row (3x8)									
C1) Back Extension on									
Ball (3x10)									
C2) Side Plank (3x20									
seconds)									
Advanced Intervals									

# The Original Turbulence Training Workout – 4 Weeks

Weeks 1 & 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) *DB RDL (3x8)									
A2) DB Chest Press or Bench (3x8)									
B1) DB Reverse Lunge (3x8)									
B2) DB Single-Arm Standing Shoulder Press (3x8)									
Advanced Intervals									
<b>Workout B</b>									
A1) Squat (3x8)									
A2) Chin-ups or Reverse-grip Pulldowns (3x8)									
B1) DB Split Squat (3x8)									
B2) Stability Ball Ab Crunch (3x15)									
C1) DB Row or Seated Row (3x8)									
C2) Mountain Climber (2x20)									
Advanced Intervals									
Weeks 3 & 4	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) *DB RDL (3x8)									
A2) DB Chest Press or Bench (3x8)									
B1) DB Reverse Lunge (3x8)									

B2) DB Single-Arm Standing Shoulder Press (3x8)									
Advanced Intervals									
<b>Workout B</b>									
A1) Squat (3x8)									
A2) Chin-ups or Reverse-grip Pulldowns (3x8)									
B1) DB Split Squat (3x8)									
B2) Stability Ball Ab Crunch (3x15)									
C1) DB Row or Seated Row (3x8)									
C2) Mountain Climber (2x20)									
Advanced Intervals									

\*RDL = Romanian Deadlift

# Turbulence Training 2K3 – 4 Weeks

- You can do the “Core Training Workouts” on off-days (see below for details).

Weeks 1 & 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) Chin-ups or Reverse-grip Pulldown (3x6)									
A2) DB Chest Press (3x6)									
B1) Barbell Row or DB Row (3x10)									
B2) DB Low-Incline Press (3x10)									
C1) Decline Push-ups (3x12)									
C2) DB Incline Biceps Curl (3x12)									
Advanced Intervals									
<b>Workout B</b>									
A1) Sumo Squat or DB Squat (3x8)									
A2) DB Shrug (3x8)									
B1) Barbell or DB RDL (3x8)									
B2) Stability Ball Jackknife (3x15)									
C1) DB Forward Lunge (3x8)									
C2) Stability Ball Leg Curl (3x15)									
Advanced Intervals									
Weeks 3 & 4	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) Chin-ups or Reverse-									



grip Pulldown (3x6)									
A2) DB Chest Press (3x6)									
B1) Barbell Row or DB Row (3x10)									
B2) DB Low-Incline Press (3x10)									
C1) Decline Push-ups (3x12)									
C2) DB Incline Biceps Curl (3x12)									
Advanced Intervals									
<b>Workout B</b>									
A1) Sumo Squat or DB Squat (3x8)									
A2) DB Shrug (3x8)									
B1) Barbell or DB RDL (3x8)									
B2) Stability Ball Jackknife (3x15)									
C1) DB Forward Lunge (3x8)									
C2) Stability Ball Leg Curl (3x15)									
Advanced Intervals									

# Advanced Turbulence Training 2K4 - 4 Weeks

- You can do the "Core Training Workouts" on off-days (see below for details).

Weeks 1 & 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) DB Incline Press (3x6)									
A2) DB Rear-Delt Raise (3x10)									
B1) DB Row (3x8)									
B2) DB Close-grip Flat Press (3x8)									
C1) DB Triceps Extension (3x8)									
C2) DB Incline Curls (3x8)									
Advanced Intervals									
<b>Workout B</b>									
A1) Deadlift or DB Squat (3x8)									
A2) DB Single-Arm Standing Shoulder Press (3x8)									
B1) DB Reverse Lunge (3x6)									
B2) DB Bulgarian Split Squat (3x8)									
C1) Stability Ball 1-Leg Curl (3x8)									
C2) Spiderman Climb (3x24)									
Advanced Intervals									

Weeks 3 & 4	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) DB Incline Press (3x6)									
A2) DB Rear-Delt Raise (3x10)									
B1) DB Row (3x8)									
B2) DB Close-grip Flat Press (3x8)									
C1) DB Triceps Extension (3x8)									
C2) DB Incline Curls (3x8)									
Advanced Intervals									
<b>Workout B</b>									
A1) Deadlift or DB Squat (3x8)									
A2) DB Single-Arm Standing Shoulder Press (3x8)									
B1) DB Reverse Lunge (3x6)									
B2) DB Bulgarian Split Squat (3x8)									
C1) Stability Ball 1-Leg Curl (3x8)									
C2) Spiderman Climb (3x24)									
Advanced Intervals									

# Advanced Turbulence Training 2K5 - 4 Weeks

- You can do the "Core Training Workouts" on off-days (see below for details).

Weeks 1 & 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) Squat (3x8)									
A2) Bench (3x8) or Pushup (3x15)									
B1) DB RDL (3x8)									
B2) DB Single-Arm Standing Shoulder Press (3x8)									
C1) DB Step-up (3x12)									
C2) DB Rear-Delt Raise (3x10)									
Advanced Intervals									
<b>Workout B</b>									
A1) DB Close-grip Flat Press (3x6)									
A2) Chins (3xMax)									
B1) DB Incline Press (3x8)									
B2) Inverted Row or DB Row (3x8)									
C1) DB Hammer Curl (3x8)									
C2) DB Triceps Extension (3x8)									
Advanced Intervals									
Weeks 3 & 4	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
A1) Squat (3x8)									
A2) Bench (3x8) or Pushup (3x15)									

B1) DB RDL (3x8)									
B2) DB Single-Arm Standing Shoulder Press (3x8)									
C1) DB Step-up (3x12)									
C2) DB Rear-Delt Raise (3x10)									
Advanced Intervals									
<b>Workout B</b>									
A1) DB Close-grip Flat Press (3x6)									
A2) Chins (3xMax)									
B1) DB Incline Press (3x8)									
B2) Inverted Row or DB Row (3x8)									
C1) DB Hammer Curl (3x8)									
C2) DB Triceps Extension (3x8)									
Advanced Intervals									

# Core Turbulence Training

- If desired, these core-training workouts can be done on off-days.
- Extra interval work can also be done on this day.
- Take at least one day off per week.

## *Beginner Level Core Turbulence Training*

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout</b>									
A1) Ab Curl-up (3x10)									
A2) Side Plank (3x15 sec per side)									
B1) Bird Dog (2x5)									
C1) Plank (2x30 seconds)									
Beginner Intervals									

## *Intermediate Level Core Turbulence Training*

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout</b>									
A1) Ab Curl-up (3x10)									
A2) Side Plank (3x6 per side)									
B1) Stability Ball Jackknife (3x12)									
B2) Stability Ball Ab Curl (3x12)									
C1) Bird Dog (2x5)									
C2) Medicine Ball Chop (2x12)									
Advanced Intervals									

**Advanced Level Core Turbulence Training #1**

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout</b>									
A1) Ball Rollout (3x10)									
A2) Plank Rotate (3x6)									
B1) Spiderman Climb (3x20)									
B2) Stability Ball Ab Curl (3x15)									
Advanced Intervals									

**Advanced Level Core Turbulence Training #2**

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout</b>									
A1) Medicine Ball Chop (3x15)									
A2) Spiderman Pushup (3x10)									
B1) Mountain Climber (3x30)									
B2) Stability Ball Jackknife (3x12)									
C1) Side Plank (3x45 seconds)									
C2) Back Ext on Ball (3x12)									
Advanced Intervals									

# 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.

## ***Legs***

### **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.



### **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.
- 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.





**Squat**

- Set the bar up at chest level in the squat rack.
- Step under the bar and rest the barbell on the traps.
- Your grip on the bar should be narrow, yet comfortable.
- Position the feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back.

**Sumo Squat**

- Set the bar at chest level in the squat rack.
- Step under the bar and rest the barbell low on the traps.
- Your grip on the bar should be narrow, yet comfortable.
- Position your feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be spaced 4 inches wider than shoulder-width apart. Point your toes forward.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Lower until your thighs are parallel to the floor, but keep your low back arched.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- You can also do this exercise by holding one dumbbell in both hands in front of you.
- Do NOT round your lower back.



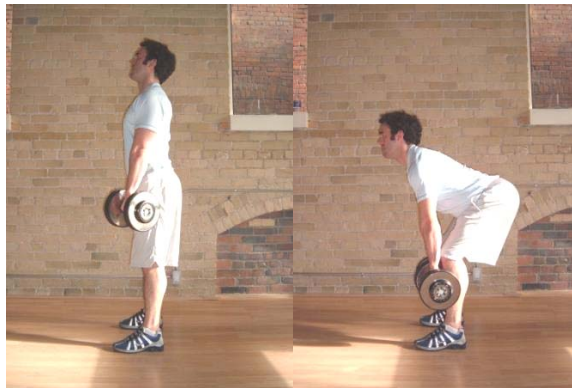
**Deadlift**

- 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 your legs. Keep your lower back flat and your shoulders back.
- Grip the bar with an overhand grip (palms down) or an “alternate” grip (one palm down and one palm up). The alternate grip allows for heavier loads to be lifted.
- 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.
- Perform each rep with 100% concentration.



**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.
- A barbell can also be used.



**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.

**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.

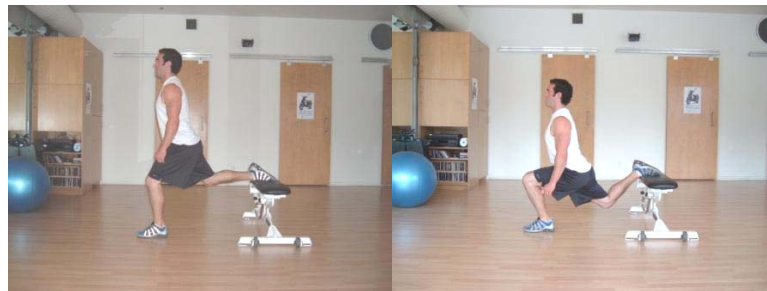


**Diagonal Lunge**

- 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.

**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.



**DB Split Squat**

- 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.
- 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.

**Step-Up**

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



**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.

**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.

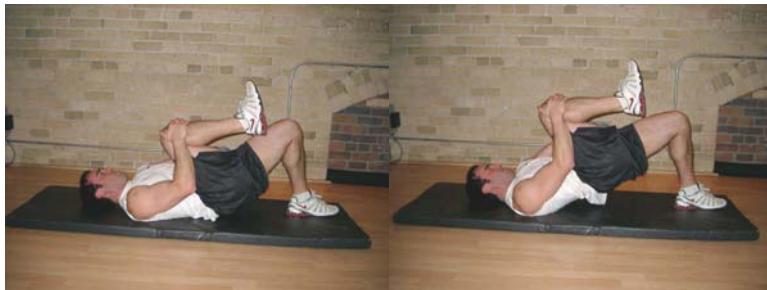


**Lying Hip Extension**

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

**Lying 1-Leg Hip Extension**

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





## Abdominals

### Isometric Ab Curl

- Always keep one leg straight. This helps to maintain the neutral spine during the exercise which keeps spine loads lower than if both legs were bent.
- Only curl up to the point where the shoulder blades just come off the floor. The pivot point is not in the low back, but in the rib cage.
- Keep your head in a neutral position and pick a spot on the ceiling. Try to lift from your shoulders toward the spot on the ceiling, instead of curling down toward your feet. If it seems easy, you are probably doing something incorrectly.
- For additional challenge, hold the “up” position for 3-5 seconds and say the count out loud. This increases the work on the spine stabilizers by forcing them to aid in breathing as well as spine stability.



**Plank**

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

**Kneeling Plank**

- Perform the plank as above, but do so from a kneeling position to reduce the amount of bodyweight you have to support.

**Side Plank**

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

**Kneeling Side Plank**

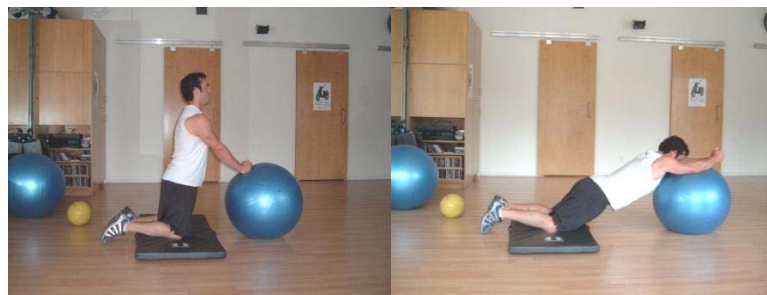
- Perform the side plank as above, but do so from a side kneeling position to reduce the amount of bodyweight you have to support.

**Plank Rotate**

- This is an advanced exercise, and you must focus on keeping your hips in a straight line at all times. It is tempting to rotate your hips, but that is bad form.
- Start in a side plank position. Hold for the recommended amount of time and then slowly rotate your entire body into the middle position. Hold, then rotate your body to the other side plank.

**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.



**DB or MB Chop (Dumbbell or Medicine Ball)**

- Your knees should be slightly bent and your hips slightly pushed back.
- Prepare for the exercise by bracing (contracting) your abdominals from top to bottom.
- Without bending at the elbows any further, bring your arms down and across the body using your abs to initiate the movement. Focus on working your abs and obliques.
- Do NOT round your lower back.
- Perform all reps for one side and then switch.

**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.

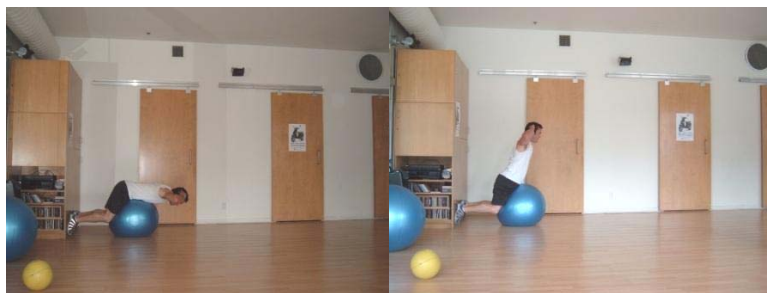


**Bird Dog**

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

**Back Extension on Ball**

- Place your feet against the wall where the wall meets the floor.
- 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, hamstrings, and low back and slowly lower yourself down until your body is flat over the ball.
- Contract your glutes, hamstrings, and low back to raise back up...and use your hands if you need balance or an extra push.



**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/Spiderman Lunge**

- 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.



## **Back**

### **Band Pulls**

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



### **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.



**Stick-up**

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





### **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



### **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.



**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.

**Beginner Inverted Rows****BB 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. I am not letting my back round in the photo



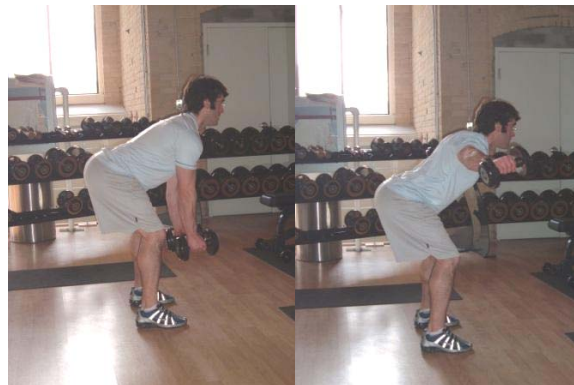
### **Wide-grip Seated Row**

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



### **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.



## Chest

### **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.



### **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.



**Bench Press**

- Keep your feet flat on the floor, legs bent, and upper back flat against the bench.
- Grip the bar using a medium-width grip.
- Have your spotter help you take the bar from the rack.
- Keeping your elbows close to your sides, lower the bar straight down to the bottom of your chest.
- Pause briefly and then press the bar back up above the chest in a straight line.

**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 Low-Incline Press**

- Lie on a bench with the backrest inclined at one notch above the flat position.
- Perform regular dumbbell chest presses from this position.

**Pushups (Kneeling)**

- 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**



**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.

**Kneeling Elevated Pushups**

**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.

**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.





## Shoulders

### Standing 1-Arm Alternating DB Shoulder Press

- Stand with your hips back, knees bent and abs braced.
- Hold dumbbells at shoulder level with palms toward head.
- Press one dumbbell overhead and slowly lower to the start position.
- Alternate sides until all reps are finished.
- Do not arch your back. Stand upright.



### DB Shrug

- Stand with your feet slightly greater than shoulder-width apart and arms at your sides.
- Hold the dumbbells at thigh level and shrug the shoulders straight up.
- Don't roll your shoulders, just shrug them straight up and down.
- The exercise is pictured with a barbell but can also be done with a dumbbell.



## Arms

### 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.



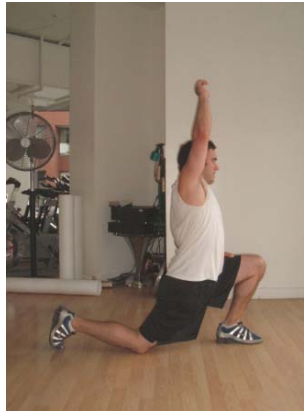
### DB Triceps Extension

- Lie flat on a bench with dumbbells in each hand. Hold the dumbbells at arms length over your chest, with your palms facing each other.
- Bend the elbows and lower the dumbbells behind your head.
- Pause briefly at the bottom, and then contract the triceps and extend your arms back up to the starting position.



### **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.



### **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.



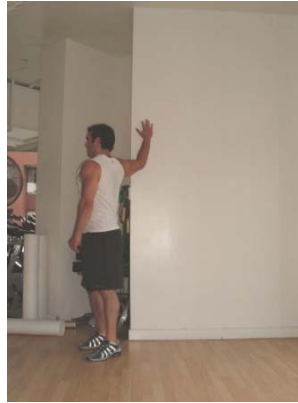
### **Quadriceps Stretch**

- 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.



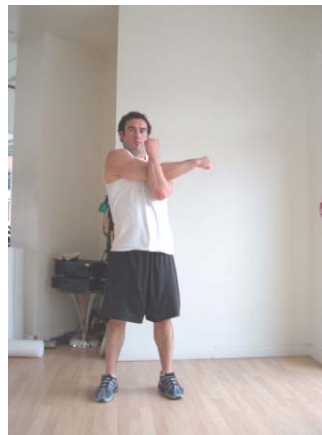
### **Chest Stretch**

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



### **Shoulder Stretch**

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



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