

Craig Ballantyne, CSCS, MS

ULTIMATE TOTAL BODY FAT BURNING WORKOUT



***Burn Belly
Fat FAST
with SHORT
Total Body
Workouts***

For Men AND Women!

About Craig Ballantyne

Craig Ballantyne, CSCS, M.Sc., is a Strength & Conditioning coach in Toronto, author of Turbulence Training, a contributing author to Men's Health and Women's Health magazines, and a member of the Training Advisory Board for Maximum Fitness and Oxygen magazines.

Craig's websites feature his best-selling Turbulence Training programs (for men and women who want to lose fat with only dumbbell and bodyweight exercises).

Turbulence Training gives you short, quality fat loss workouts for men and women to do at home with minimal equipment. The programs use a lot of bodyweight moves and dumbbell exercises, and the workouts change every 4 weeks because variety is one of the main principles for success when you are trying to change your body in any way.

Craig also has an advanced research background, completing a Master's of Science Degree in Exercise Physiology from McMaster University in Hamilton, Ontario, Canada. Craig continues to study the latest training, supplementation, and nutrition research that will help improve client's health and wellness as well as their physical and mental performance.

Craig's website is:

www.BeyondCardioWorkouts.com – Advanced training information to help men and women gain muscle and lose fat fast.

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 this one. 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 this workout, please follow your doctor's orders.

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Advanced Superset Fat Burning Workout Guidelines

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

- Use this program for only 4 weeks before switching to another workout.
- Train 3 days per week. Alternate between Workouts A & B.
 - Do at least 30 minutes of low-intensity exercise on off-days, but don't let this workout impair your recovery or limit your performance real workouts.
- Pairs of exercises (i.e. 1A & 1B) constitute "Supersets".
- The 3-digit number beside each exercise represents the lifting tempo.
 - I.e. Dumbbell (DB) Step-up – The number is 2-0-1. Take 2 seconds to step down, pause 1-second in the bottom position, then step up in 1 second or less.
- Finish each workout with 5 minutes of stretching.
- Start every workout with this warm-up circuit.

Warm-up Circuit

- 2x's through the circuit using a 1-0-1 tempo for each exercise.
- Rest 30 seconds b/c circuits.

1A) Y-Squat – 12 reps

1B) Close-grip Pushup – 10 reps

1C) Prone Stick-up – 10 reps

1D) Spiderman Climb – 6 reps per side

Advanced Superset Fat Burning Workouts & Schedule

Day 1 – Workout A

- Warm-up Circuit

Superset #1

1A) DB Bulgarian Split Squat – 10 reps per leg (2-0-1)

- 30 seconds rest.

1B) Decline Pushup – 15 reps (3-0-1)

- Rest 1 minute before repeating 1 more time for a total of 2 supersets.

Superset #2

2A) Chin-up or Assisted Chin-up – 12 reps (3-0-1)

- No rest.

2B) Reaching Lunge – 8 reps per side (2-0-1)

- Rest 1 minute before repeating 1 more time for a total of 2 supersets.

Superset #3

3A) DB Row – 12 reps per side (1-0-1)

- No rest.

3B) 1-Leg Stability Ball Leg Curl – 8 reps per side (2-0-1)

- Rest 1 minute before repeating 1 more time for a total of 2 supersets.

Interval Exercise

4) Dumbbell Swings – As many reps as possible in 30 seconds

- Rest 30 seconds and repeat 5 more times.

Day 2 – Recovery day & light exercise

Advanced Superset Fat Burning Workouts & Schedule

Day 3 – Workout B

- Warm-up Circuit

Superset #1

1A) DB Split Squat – 8 reps per leg (2-0-1)

- No rest.

1B) Spiderman Pushup – 12 reps per side (2-0-1)

- Rest 1 minute before repeating the superset 2 more times for a total of 3 supersets.

Superset #2

2A) Pull-up OR Inverted Row – 10 reps (2-0-1)

- No rest.

2B) Stability Ball Rollout – 10 reps (3-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 supersets.

Superset #3

3A) DB 1-Arm Squat & Press – 12 reps per side (1-0-1)

- No rest.

3B) Side Plank – Hold as long as you can

- Rest 1 minute before repeating 2 more times for a total of 3 supersets.

Interval Exercise

4) Burpees – As many reps as possible in 30 seconds

- Rest 30 seconds and repeat 5 more times.

Day 4 – Recovery day & light exercise

Day 5 – Workout A

Day 6 – Recovery day & light exercise

Day 7 – Recovery day & light exercise

Day 8 – Repeat cycle starting with Workout B

Advanced Superset Fat Burning Workout Chart

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Workout A									
1A) DB Bulgarian Split Squat (10) 2-0-1									
1B) Decline Pushup (15) 3-0-1									
2A) Chin-up (12) 3-0-1									
2B) Reaching Lunge (8) 2-0-1									
3A) DB Row (12) 1-0-1									
3B) 1-Leg Stability Ball Leg Curl (8) 2-0-1									
4) DB Swings (30 seconds)									
Workout B									
1A) DB Split Squat (8) 2-0-1									
1B) Spiderman Pushup (12) 2-0-1									
2A) Pull-up or Row (10) 2-0-1									
2B) Stability Ball Rollout (10) 3-0-1									
3A) DB 1-Arm Squat & Press (12) 1-0-1									
3B) Side Plank (As long as you can)									
4) Burpees (30 seconds)									
	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Workout A									
1A) DB Bulgarian Split Squat (10) 2-0-1									
1B) Decline Pushup (15) 3-0-1									
2A) Chin-up (12) 3-0-1									
2B) Reaching Lunge (8) 2-0-1									
3A) DB Row (12) 1-0-1									
3B) 1-Leg Stability Ball Leg Curl (8) 2-0-1									
4) DB Swings (30 seconds)									
Workout B									
1A) DB Split Squat (8) 2-0-1									
1B) Spiderman Pushup (12) 2-0-1									
2A) Pull-up or Row (10) 2-0-1									
2B) Stability Ball Rollout (10) 3-0-1									
3A) DB 1-Arm Squat & Press (12) 1-0-1									
3B) Side Plank (As long as you can)									
4) Burpees (30 seconds)									

Exercise Descriptions – Warm-up Circuit

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

Y-Squat

- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Close-Grip Push-up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor shoulder-width apart.
- Keep your elbows tucked into your sides.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Exercise Descriptions – Warm-up Circuit

Prone Stick-up

- Lie chest down on a bench. Hold your arms out to the side with a 90-degree bend in the elbows. Squeeze your shoulder blades together.
- Slowly stick your hands up overhead out in front of you. Keep your shoulder blades squeezed together. Hold the extended position for 3 seconds.
- Slowly return to the start position. Relax your muscles and repeat.
- Try to improve your range of motion in this exercise each week.
- The goal is to improve shoulder mobility and postural control.



Spiderman Climb

- Brace your abs.
- Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Exercise Descriptions – Workout A

DB Bulgarian Split Squat

- Hold dumbbells (DB's) in your hands & stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Decline Push-up

- Keep the abs braced and body in a straight line from toes 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.



Exercise Descriptions – Workout A

Chin-up

- Take underhand grip on the bar with the palms facing you.
- Get boosted up to the top position so that your collarbone reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum.
- Stick to the cadence and get boosted back up for the next rep.



Assisted Chin-up

- Set up a smith rack or bar at head height (or set a chair under a fixed chin-up bar).
- Grasp the bar with an underhand grip, and support some of your bodyweight with your feet on the floor or chair. Use your arms as much as you can and use your feet for the rest of the force needed to do chin-ups.



Exercise Descriptions – Workout A

Reaching Lunge

- Stand with your feet shoulder-width apart in front of a small object that you have placed 3 feet in front of you.
- Now stand on your right leg, balance yourself, and then bend your knee and reach forward to touch the object with your right hand.
- Touch the object and return to the starting position without losing your balance.
- Without switching legs, perform the same exercise but use your left hand to reach forward and touch the cone.
- Perform all repetitions on the right leg and then switch.
- As you get better, you can place 3 cones in a line (one to the left, one in the center, and one to the right). This will require greater balance.



Exercise Descriptions – Workout A

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. Do NOT round your lower back.
- Keep the low back tensed in a neutral position and the elbow tight to the side.



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.



Exercise Descriptions – Workout A

KB or DB 2-Hand Swings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



Exercise Descriptions – Workout B

DB Split Squat

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Press the front of your back foot (left foot) into the ground and use it to help keep your balance. The left knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



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 do not to twist your hips.



Exercise Descriptions – Workout B

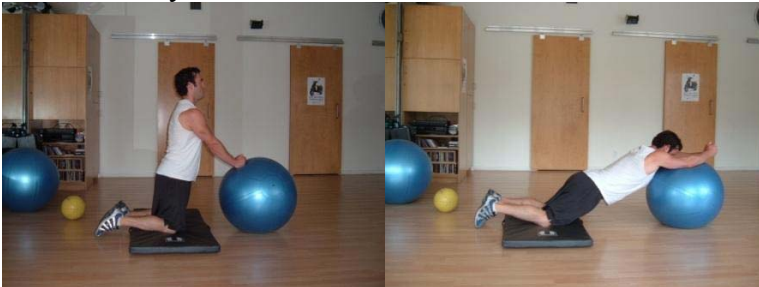
Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up. Slowly lower yourself to bottom position.



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.



Exercise Descriptions – Workout B

1-Arm DB Squat and Press

- Hold a dumbbell at shoulder height with your palm facing away from your body.
- Let the other arm hang free at your side.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position while simultaneously pressing the dumbbell overhead.
- Do all reps on one side then switch.



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.



Exercise Descriptions – Workout B

Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Static Stretching

Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level)
- Hold the stretch for 30 seconds and then switch sides.



Hamstring Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Hold the stretch for 30 seconds and then switch sides.



Static Stretching

Glute Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.



Quadriceps Stretch

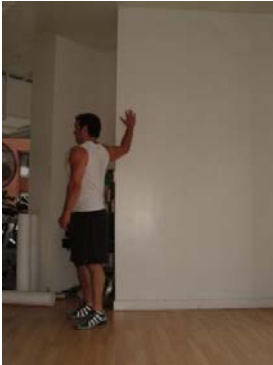
- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Static Stretching

Chest Stretch #1

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



Chest Stretch #2

- Stand with your arm out-stretched and hand pressed against a wall or support.
- Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle. Hold that position for 20 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.

