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Turbulence Training

Home Abdominal WORKOUTS



***Burn Belly Fat, Get a
Flat Stomach, & Sculpt Six Pack Abs***

by Craig Ballantyne, CSCS, MS

Turbulence Training™ For Fat Loss

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Turbulence Training™ For Fat Loss

About Craig Ballantyne & Turbulence Training...

I'm Craig Ballantyne, a Certified Strength and Conditioning Specialist (CSCS), and author of too-many-articles-to-count in magazines such as Men's Health, Men's Fitness, Oxygen, Maximum Fitness, and Muscle and Fitness Hers.

I've developed this home abdominal workout program, Turbulence Training for Abs, designed specifically to help busy men and women such as students, executives and parents with young children to get the most belly fat burning, six pack ab sculpting results in the least amount of time.

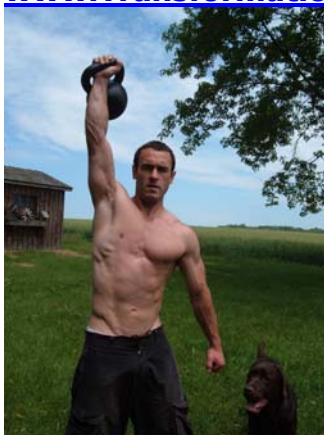
Turbulence Training is endorsed by elite trainers, including Jillian Michaels from TV's, "Biggest Loser" and top fitness magazines, and has been used by thousands of men and women for burning fat as well as increasing muscle and improving your health and energy levels at the same time.

This information in the Turbulence Training for Abs program 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
www.TurbulenceTraining.com
www.TTMembers.com

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The Turbulence Training Transformation Contest – Real People, Real Results!
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Turbulence Training™ For Fat Loss

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Turbulence Training™ For Fat Loss

Disclaimer:

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to resistance 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 for Abs, please follow your Doctor's orders.

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CHAPTER 1:

Everything You Need to Know About Turbulence Training for Abs

Q: Where do I start?

Answer:

If you are a beginner, start with the Beginner Workout. If you are more advanced, start with the Intermediate Workout and then continue through the remainder of the workouts in order. I believe EVERYONE should do the Intermediate before the Advanced workouts. Once the entire program is done, you can move on to another TT program.

Q: Which program should I start with if I am experienced but haven't worked out for a while?

Answer:

Please start with the Intermediate Workout. If you start with the Intermediate Workout, do only ONE SET per exercise in each workout in the first week.

Q: Which program should I start with if I am really advanced?

Answer:

I want you to do at least 2 weeks on the Intermediate Workout. After 2 weeks, evaluate your progress and either finish 2 more weeks there or move to Phase 1 of the Advanced Workouts. Work your way through each following workouts in the manual in the order presented, spending no more than 4 weeks in each workout phase. Upon completion of this manual, you can move to any other TT workout from www.TTMembers.com.

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

Answer:

Commit to at least 20 minutes of exercise per day and alternate between resistance and interval training workouts. However, if you can get an hour of time 3 days per week, perform both the resistance 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.

Everything You Need to Know About Turbulence Training for Abs

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: 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 does tempo mean?

Answer:

The first number refers to the lowering phase of the exercise, then the next number refers to a pause (if there is any), and the third number refers to the lifting phase of the exercise.

For example, in a pushup done at 2-0-1, you would take 2 seconds to lower your body, no pause, and then one second to lift yourself back up.

Q: Should I use a weight that I can definitely get the number of reps listed for each set?

Answer:

You should pick a weight for the first real set that allows you to get 1 more repetition than is called for. For example, if the exercise calls for 8 repetitions per set, you should choose a weight that allows you to perform 9 or even 10 repetitions.

This weight should work well for all 3 sets. However, if you experience a 25% or more reduction in the number of reps you can do, then decrease the weight in the remaining sets by at least 10%.

For example, if you use 30 pound dumbbells for an exercise (calling for 8 reps) and get 8 reps in set one, but only 5 reps in set 2, then decrease the weight to 25 pounds for the 3rd set. However, it is fine to stick with the same weight for each set even if you can only get 7 repetitions or even 6 repetitions per set. It is not mandatory to reduce the weight in order to get 8 reps for every set.

Everything You Need to Know About Turbulence Training for Abs

Q: What kind of activities qualify for my 30 minutes on off days?

Answer:

The main goal of off-day activity is to keep your butt off a chair for at least 30 minutes. And you should have fun doing it. The key is to do something you enjoy. Your "off-day" exercise should not be thought of as a workout, but rather as a leisure and health pursuit. You should really look forward to doing what you have planned for this day.

On the other hand, there are two things you must avoid with off day activities. First, you don't want to workout too hard and get sore so you end up ruining the next "real workout". And second, you don't want to exercise too hard that you impair recovery from the previous "real workout".

Be conservative. When in doubt, do less. For beginners and intermediates, you could do 30 minutes of cardio, walking, domestic work, or a combination of bodyweight exercises (easy ones) and cardio. Even dancing is fine. Playing sports might be too much.

For your cardio, it would be best to do what is called "cross-training". That means using a different form of cardio each workout or doing 10 minutes of 3 different cardio methods within the same workout. This will help avoid overuse injuries, which is one of the main downfalls of cardio (along with inefficiency).

If you choose to do walking or dancing, please make sure you have the appropriate footwear and if you feel any onset of overuse injury switch to another activity.

The heavier you are, the more you should focus on non-weight bearing activities at this time until you lose a significant amount of weight. So swimming, the elliptical trainer, and the stationary bike might be most appropriate at this time.

Yoga, Pilates, and other methods of "mobility training" are also acceptable off-day forms of exercise. Plus, they are highly beneficial for stress reduction, which should be one of the main benefits you get from your off- day form of exercise. NOTE: Just like any other activity, you can over-do and over-use your body in Yoga, Pilates, and Mobility exercises. Please be very careful and only work with qualified instructors who are experienced in working with beginners.

Alternatively, you could simply do "errand running" or "household chores" as your activity for the day, if you maintain a brisk pace and do it continuously for at least 30 minutes. Finally, for those that are super-fit and looking for that little extra to remove the last bit of body fat, you can use additional bodyweight circuit training. But again, make sure it does not impair tomorrow's performance or recovery from yesterday's workout.

Everything You Need to Know About Turbulence Training for Abs

Q: Can I do my resistance training one day and my intervals the next?

Answer:

Yes, this is acceptable, if it better suits your lifestyle. I prefer both done on the same day so you have more days off from structured workouts. There is no known "better way" for results at this time.

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

Answer:

Interval training is a form of cardio training. 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 3-6 intervals per training session. This will help you burn more calories during and after exercise.

Q: If I have extra time is it O.K. to do 10 intervals instead of 6?

Answer:

No, 6 intervals are enough for one workout. With each interval, your performance will drop off and you will get diminishing returns for your efforts. Focus on quality training, not quantity.

Beginners will feel as though they can do more intervals simply because they are not able to exercise at a high-intensity level (even though they think they are working at a high intensity level). The more advanced your fitness, the more intense your workouts. And if you are advanced, you will know what it is like to truly perform 6 intense intervals.

This is very similar to resistance training. The stronger and more advanced someone is, the more difficult it will be for this person to do repeated sets at a high intensity – since they can use more of their muscle fibers and make the exercise significantly more intense than a beginner who uses the same relative intensity.

Everything You Need to Know About Turbulence Training for Abs

Q: How many times a week can I do intervals?

Answer:

Intervals can be done a maximum of 4 times per week. Again, a beginner will feel like they can do more, but only because they are less likely to be able to work at a high-intensity.

A fit person will experience much more fatigue from interval training and will have a better understanding of why only 4 hard workouts can be done per week. Make sure you have one full day off per week from all intense exercise.

Q: What is the best way (equipment) to do intervals?

Answer:

For maximum results, treadmill sprinting is one of the best. However, the treadmill has several logistical problems (i.e. changing speeds, possibility of falling off) and sprinting has a greater risk of injury (due to the high velocity nature of the movement). For people with knee problems or shin splints, it is wise to avoid the treadmill.

Therefore, I prefer stationary cycling against a heavy resistance (allowing for 80-100 RPM to be achieved during the work interval). This provides the optimal combination of intensity and safety. All other machines and methods are generally accepted, however if you find you are NOT getting results, then your interval training method should be re-evaluated and perhaps you should experiment with another option.

Everything You Need to Know About Turbulence Training for Abs

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.

However, interval training appears to burn belly fat first, so it is a much better way of "spot reducing" belly fat than crunches – and even cardio, according to Australian researchers!

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:

- Eat several small meals per day, rather than 2-3 large meals.
- Monitor your food intake using **fitday.com**.
- Determine how many calories you should eat per day to maintain your bodyweight.
- 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.
- 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.

Everything You Need to Know About Turbulence Training for Abs

It is very important for all of us to train conservatively and not overdo things.

10 Tips to Train Safe

- 1) Don't do any exercise that you aren't sure how to do. Always get personal instruction from a certified trainer.
- 2) Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement. Just ask us on the Turbulence Training forum for substitutions at www.TTmembers.com.
- 3) Whenever you start a NEW program, use lighter weights than normal, and do only 1 set per exercise. You must always expect additional soreness when starting a new program just because of the new exercises, so don't try to set world records in a new program right away.
- 4) If you need extra recovery within the workout or between workouts, don't hesitate to take it. **Safety first!**
- 5) Use a spotter if you are training with heavy weights. If you train alone at home, follow my recommendations in the manual and do NOT train to failure.
- 6) Check your ego at the gym door and start with the Beginner or Intermediate workouts, even if you have been exercising in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
- 7) Don't do interval training more than 4 times per week. Even pro athletes don't play hard everyday, so why should we?
- 8) Never skip a warm-up. Use the general bodyweight warm-ups and the specific warm-up sets in each TT workout.
- 9) If you want to start TT but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise program.
- 10) Check with your doctor before starting any new exercise or diet program. **Safety first!**

Bonus 11) If you use running as your form of interval training, make sure you have good running shoes, always do a full warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete). If you use a treadmill, please operate it safely.

CHAPTER 2: 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.

- 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.
- 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.
- 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.
- 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.
- **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.
- **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.
- **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.
- 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).

CHAPTER 3: 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 men and women, and based on the success of my clients in the past, to help men and women lose fat, build those lean and sexy physiques.

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.

The Science of Goal Setting

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.

Commit your goals to paper

- 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.
- Be specific. Set the goal to exactly what you want to achieve.
- 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.
- 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.
- 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. 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:

1. Review your goals on a regular basis. Frequent reminders will help keep you on track.
2. As you achieve your goals, return to your list and update the entire set of goals.

Name: _____

Signature of Commitment: _____

Date: _____

CHAPTER 4:

Turbulence Training Home Abdominal Workouts 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 Beginner Turbulence Training Home Abdominal Workouts first.
- Perform each Turbulence Training Home Abdominal Workout for 4 weeks and then move to the next workout in order presented.
- 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 Workouts A, B, and C. Take two days off after workout C before starting with Workout A again.
- Each pair of exercises constitutes a “Superset”. In each Superset, do one set of the first exercise followed immediately by the next (1A & 1B) and then repeat. Rest 1 minute after completing the exercises in the Superset (i.e. after 1A & 1B).
- Each set of three exercises is called a “Triset” (i.e. 2A, 2B, & 2C). In each Triset, do one exercise immediately followed by the next. Rest 1 minute after each Triset.
- 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.
- Don’t train to failure. You should be able to do 1 more repetition (rep) at the end of each set.
- Finish each workout with stretching (see stretches at the end of the manual).
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up. Never skip a warm-up.
- **NOTE: Do only ONE round of each superset (instead of the usual 3 supersets) in each workout in week 1 of each program.**

CHAPTER 5:

Turbulence Training – Beginner Home Abdominal Workout

Day 1 – Workout A

Warm-up Circuit

- Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.
 - Lying Hip Extension – 8 repetitions (reps)
 - Kneeling Pushup – 5 reps
 - Stick-up – 8 reps

Superset #1

1A) Lying Hip Extension – 15 reps

- No rest.

1B) Kneeling Pushup to Plank – 5 reps per side

- Rest 1 minute & repeat 1 more time for a total of 2 supersets.

Triset #2

2A) Stability Ball Leg Curl – 8 reps

- No rest.

2B) Mountain Climber – 5 reps per side

- No rest.

2C) Bird Dog – 5 reps per side

- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Triset #3

3A) Plank – 15 second hold

- No rest.

3B) Reverse Bridge – 5 second hold

- No rest.

3C) Side Plank – 5 second hold per side

- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Beginner Interval Training Workout A (Details below)

Stretch

Day 2 – 30 minutes of light activity

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Turbulence Training – Beginner Home Abdominal Workout

Day 3 – Workout B

Warm-up Circuit (see Workout A)

Superset #1

1A) 1-Leg Hip Extension – 6 reps per side

- No rest.

1B) Kneeling Pushups – 10 reps

- Rest 1 minute & repeat 1 more time for a total of 2 supersets.

Triset #2

2A) Stability Ball Hip Extension – 8 reps

- No rest.

2B) Stability Ball Jackknife Plank – 10 seconds

- No rest.

2C) Prone Stick-up – 8 reps

- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Triset #3

3A) Plank with Leg Raise – 5 reps per side

- No rest.

3B) Cross Crawl – 8 reps per side

- No rest.

3C) Side Plank – 10 second hold side

- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Beginner Interval Training Workout B (Details below)

Stretch

Day 4 – 30 minutes of light activity

Turbulence Training™ For Fat Loss

Turbulence Training – Beginner Home Abdominal Workout

Day 5 – Workout C

Warm-up Circuit (see Workout A)

Superset #1

1A) Prisoner Squat – 8 reps

- No rest.

1B) Pushup Plank – 20 second hold

- Rest 1 minute & repeat 1 more time for a total of 2 supersets.

Triset #2

2A) Step-up – 8 reps per side

- No rest.

2B) Stability Ball Leg Curl – 12 reps

- No rest.

2C) Bird Dog – 6 reps per side

- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Triset #3

3A) Plank with Leg Raise – 10 reps per side

- No rest.

3B) Reverse Bridge – 20 second hold

- No rest.

3C) Side Plank – 20 second hold per side

- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Beginner Interval Training Workout A (Details below)

Stretch

Day 6 – 30 minutes of light activity

Day 7 – 30 minutes of light activity

CHAPTER 6: Turbulence Training Interval Guidelines for Beginners

- I recommend a stationary bike for interval training because it allows for an easy transition between work and recovery. Finish each interval workout with stretching.

Beginner Interval Workout A

- Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you choose to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise).
- Exercise for 1 minute at a “slightly harder than normal cardio” pace (at a subjective 7/10 level of effort).
- NOTE: You would consider normal cardio to be a 6/10 intensity level, and “running for your life” as a 10/10 intensity level.
- Follow that with “active rest” for 2 minutes by exercising at a very 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	
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	3 out of 10	
6	Hard	7 out of 10	
7	Easy	3 out of 10	
8	Easy	3 out of 10	
9	Hard	7 out of 10	
10	Easy	3 out of 10	
11	Easy	3 out of 10	
12	Hard	7 out of 10	
13	Easy	3 out of 10	
14	Easy	3 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	
20	Cool Down	3 out of 10	
20 minutes total			

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Turbulence Training Interval Guidelines for Beginners

Beginner Interval 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 30 seconds at a “harder than normal cardio” pace (at a subjective 8/10 level of effort).
- NOTE: You would consider normal cardio to be a 6/10 intensity level, and “running for your life” as a 10/10 intensity level.
- Follow that with “active rest” for 90 seconds by exercising at a very 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	
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 for 30, Easy for 30	8 out of 10 for 30s	
7	Easy for 60	3 out of 10	
8	Hard for 30, Easy for 30	8 out of 10 for 30s	
9	Easy for 60	3 out of 10	
10	Hard for 30, Easy for 30	8 out of 10 for 30s	
11	Easy for 60	3 out of 10	
12	Hard for 30, Easy for 30	8 out of 10 for 30s	
13	Cool Down	3 out of 10	
14	Cool Down	3 out of 10	
15	Cool Down	3 out of 10	
16	Cool Down	3 out of 10	
16 Minutes Total			

CHAPTER 7:

Turbulence Training – Intermediate Home Abdominal Workout

Day 1 – Workout A

Warm-up Circuit

- Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.
 - Prisoner Squat – 8 reps
 - [Kneeling] Pushup – 6 reps
 - Cross Crawl – 8 reps per side

Warm-up Superset

1A) DB Squat – 8 reps using 75% of the weight you will use in your “real” sets.

- No rest.
- 1B) Plank to Pushup + Pushup – 5 reps
- Rest 1 minute and move on to Superset #1.

Superset #1

1A) DB Squat – 8 reps

- No rest.
- 1B) Plank to Pushup + Pushup – 8 reps
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Triset #2

2A) 1-Leg Hip Extension – 12 reps per side

- No rest.
- 2B) Prone Stick-up – 10 reps
- No rest.
- 2C) Bird Dog – 8 reps per side
- Rest 1 minute & repeat 2 more time for a total of 3 trisets.

Triset #3

3A) Stability Ball Rollout – 8 reps

- No rest.
- 3B) Pushup Hold – 10 second hold in mid-position
- No rest.
- 3C) Side Plank – 20 second hold per side
- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Beginner Interval Training Workout A (Details above)

Stretch

Day 2 – 30 minutes of light activity

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Turbulence Training – Intermediate Home Abdominal Workout

Day 3 – Workout B

- Warm-up Circuit (see Workout A)

Warm-up Superset

1A) DB Step-up – 8 reps using 75% of the weight you will use in your “real” sets.

- No rest.
- 1B) [Kneeling] Elevated Pushup – 3 reps per side
- Rest 1 minute and move on to Superset #1

Superset #1

1A) DB Step-up – 8 reps per side

- No rest.
- 1B) [Kneeling] Elevated Pushup – 8 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Triset #2

2A) Stability Ball Leg Curl – 15 reps

- No rest.
- 2B) DB Row – 8 reps per side
- No rest.
- 2C) Mountain Climber – 8 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 trisets.

Triset #3

3A) Plank with Arms on Ball – 15 second hold

- No rest.
- 3B) Side Plank Leg Raise – 5 reps per side
- No rest.
- 3C) Side Plank – 20 second hold per side
- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Beginner Interval Training Workout B (Details above)

Stretch

Day 4 – 30 minutes of light activity

Turbulence Training™ For Fat Loss

Turbulence Training – Intermediate Home Abdominal Workout

Day 5 – Workout C

- Warm-up Circuit (see Workout A)

Warm-up Superset

1A) DB Split Squat – 8 reps using 75% of the weight you will use in your “real” sets or just 6 bodyweight reps.

- No rest.
- 1B) Legs on Ball Pushup or Decline Pushup – 5 reps
- Rest 1 minute and move on to Superset #1

Superset #1

1A) DB Split Squat – 8 reps per side

- No rest.
- 1B) Legs on Ball Pushup or Decline Pushup – 12 reps
- Rest 1 minute & repeat 1 more time for a total of 2 supersets.

Triset #2

2A) Stability Ball Hip Extension – 15 reps

- No rest.
- 2B) Beginner or Regular Inverted Row – 8 reps**
- No rest.
- 2C) Bird Dog – 10 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 trisets.

Triset #3

3A) Stability Ball Jackknife Plank – 30 second hold

- No rest.
- 3B) Spiderman Climb – 5 reps per side
- No rest.
- 3C) Reverse Bridge – 8 reps per side or 30 second hold
- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Beginner Interval Training Workout A (Details above)

Stretch

**If you can't do Inverted Rows, use DB Rows instead.

Day 6 – 30 minutes of light activity

Day 7 – 30 minutes of light activity

CHAPTER 8:

Turbulence Training – Advanced Home Abdominal Workout Phase 1

Day 1 – Workout A

Warm-up Circuit

- Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.
 - Kneeling] Close-Grip Pushup – 8 reps
 - Y-Squat – 10 reps
 - Spiderman Climb – 8 reps per side

Warm-up Superset

1A) DB Bulgarian Split Squat – 8 reps using 75% of the weight used in your “real” sets or 8 bodyweight reps.

- No rest.
- 1B) Spiderman Pushup or Pushup – 3 reps per side or 6 reps
- Rest 1 minute and move on to Superset #1.

Superset #1

1A) DB Bulgarian Split Squat – 8 reps per side

- No rest.
- 1B) Spiderman Pushup or Pushup – 10 reps per side or 15 reps
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #2

2A) Inverted Row or Beginner Inverted Row – 12 reps**

- No rest.
- 2B) 1-Leg Deadlift – 12 reps
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Triset #3

3A) Stability Ball Rollout – 10 reps

- No rest.
- 3B) Stability Ball Mountain Climber – 10 reps per side
- No rest.
- 3C) Pushup Side Plank – 20 second hold per side
- Rest 1 minute & repeat 2 more times for a total of 3 trisets.

Advanced Interval Training Workout A (Details below)

Stretch

**If you can't do Inverted Rows, use DB Rows instead.

Day 2 – 30 minutes of light activity

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Turbulence Training – Advanced Home Abdominal Workout Phase 1: 4 Weeks

Day 3 – Workout B

- Warm-up Circuit (see Workout A)

Warm-up Superset

1A) DB Split Squat – 8 reps using 75% of the weight you will use in your “real” sets.

- No rest.
- 1B) T-Pushup – 5 reps per side
- Rest 1 minute and move on to Superset #1

Superset #1

1A) DB Split Squat – 8 reps per side

- No rest.
- 1B) T-Pushup – 10 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #2

2A) Chin-up with Knee-up or Assisted Chin-up – 8 reps**

- No rest.
- 2B) Reaching Lunge – 10 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Triset #3

3A) Stability Ball Jackknife – 15 reps

- No rest.
- 3B) X-Body Mountain Climber – 10 reps per side
- No rest.
- 3C) Side Plank with Leg Raise – 10 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 trisets.

Advanced Interval Training Workout B (Details below)

Stretch

**If you can't do Chin-ups or Assisted Chin-ups, use DB Rows instead.

Day 4 – 30 minutes of light activity

Turbulence Training™ For Fat Loss

Turbulence Training – Advanced Home Abdominal Workout Phase 1: 4 Weeks

Day 5 – Workout C

- Warm-up Circuit (see Workout A)

Warm-up Superset

1A) DB Step-ups – 8 reps using 75% of the weight you will use in your “real” sets.

- No rest.
- 1B) Grasshopper Pushup – 3 reps per side
- Rest 1 minute and move on to Superset #1

Superset #1

1A) DB Step-ups – 8 reps per side

- No rest.
- 1B) Grasshopper Pushup – 10 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Triset #2

2A) DB Renegade Row – 8 reps per side

- No rest.
- 2B) Stability Ball Leg Curl– 20 reps
- No rest.
- 2C) Stability Ball X-Body Mountain Climber (Feet on Ball) – 8 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 trisets.

Triset #3

3A) Hanging Knee-up – 8 reps

- No rest.
- 3B) Stability Ball Rotational Jackknife – 8 reps per side
- No rest.
- 3C) Plank with Arms on Ball – 30 second hold
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Advanced Interval Training Workout A (Details below)

Stretch

Day 6 – 30 minutes of light activity

Day 7 – 30 minutes of light activity

CHAPTER 9: Advanced Turbulence Training Interval Guidelines

- I recommend a stationary bike for interval training because it allows for an easy transition between work and recovery. Finish each interval workout with stretching.

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).
- NOTE: You would consider normal cardio to be a 6/10 intensity level, and “running for your life” as a 10/10 intensity level.
- 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	
1	Warm up	3 out of 10	Notes
2	Warm up	4 out of 10	
3	Warm up	4 out of 10	
4	Warm up	5 out of 10	
5	Warm up	5 out of 10	
6 (30 seconds)	Hard	9 out of 10	
7 (90 seconds)	Easy	3 out of 10	
8 (30 seconds)	Hard	9 out of 10	
9 (90 seconds)	Easy	3 out of 10	
10 (30 seconds)	Hard	9 out of 10	
11 (90 seconds)	Easy	3 out of 10	
12 (30 seconds)	Hard	9 out of 10	
13 (90 seconds)	Easy	3 out of 10	
14 (30 seconds)	Hard	9 out of 10	
15 (90 seconds)	Easy	3 out of 10	
16 (30 seconds)	Hard	9 out of 10	
17	Cool Down	3 out of 10	
18	Cool Down	3 out of 10	
19	Cool Down	3 out of 10	
20	Cool Down	3 out of 10	
20 minutes total			

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Advanced Turbulence Training Interval Guidelines

Advanced Interval Workout B

- Warm-up for 5 minutes.
- Perform an interval by exercising for 60 seconds at a very hard pace (at a subjective 8/10 level of effort).
- NOTE: You would consider normal cardio to be a 6/10 intensity level, and “running for your life” as a 10/10 intensity level.
- 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	
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			

CHAPTER 10:

Turbulence Training – Advanced Home Abdominal Workout Phase 2

Day 1 – Workout A

Warm-up Circuit

- Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.
 - Prisoner Squat – 12 reps
 - Inchworm – 6 reps
 - Prone Stick-up – 8 reps

Warm-up Superset

1A) DB Reverse Lunge – 8 reps using 75% of the weight used in your “real” sets

- No rest.
- 1B) Decline Spiderman Pushup or Pushup – 3 reps per side or 8 reps
- Rest 1 minute and move on to Superset #1

Superset #1

1A) DB Reverse Lunge – 8 reps per side

- No rest.
- 1B) Decline Spiderman Pushup or Pushup – 12 reps per side or 20 reps
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #2

2A) Pull-up with Knee-up or Assisted Pull-up – 6 reps**

- No rest.
- 2B) Stability Ball Leg Curl – 20 reps
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Triset #3

3A) Ab Wheel or Stability Ball Rollout – 10 reps

- No rest.
- 3B) Stability Ball X-Body Mountain Climber (Hands on Ball) – 10 reps per side
- No rest.
- 3C) Pushup Side Plank – 30 second hold
- Rest 1 minute & repeat 2 more times for a total of 3 trisets.

Advanced Interval Training Workout A (Details above)

Stretch

**If you can't do Pull-ups or Assisted Pull-ups, use DB Renegade Rows instead.

Day 2 – 30 minutes of light activity

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Turbulence Training – Advanced Home Abdominal Workout Phase 2: 4 Weeks

Day 3 – Workout B

- Warm-up Circuit (see Workout A)

Warm-up Superset

1A) DB Bulgarian Split Squat – 8 reps using 75% of the weight used in your “real” sets

- No rest.
- 1B) Dips with Knees-up or Close-grip Pushups – 5 reps
- Rest 1 minute and move on to Superset #1.

Superset #1

1A) DB Bulgarian Split Squat – 8 reps per side

- No rest.
- 1B) Dips with Knees-up or Close-grip Pushups – 15 reps
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #2

2A) Chin-up with Knee-up or Assisted Chin-up – 12 reps**

- No rest.
- 2B) DB Step-up – 8 reps per side
- Rest 2 minutes (for grip) & repeat 1 more time for a total of 2 supersets.

Triset #3

3A) Stability Ball Jackknife – 20 reps

- No rest.
- 3B) X-Body Mountain Climber – 12 reps per side
- No rest.
- 3C) Side Plank Leg Raise – 10 reps per side
- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Advanced Interval Training Workout B (Details above)

Stretch

**If you can't do Chin-ups or Assisted Chin-ups, use DB Rows instead.

Day 4 – 30 minutes of light activity

Turbulence Training™ For Fat Loss

Turbulence Training – Advanced Home Abdominal Workout Phase 2: 4 Weeks

Day 5 – Workout C

- Warm-up Circuit (see Workout A)

Warm-up Superset

1A) DB Squat – 8 reps using 75% of the weight used in your “real” sets.

- No rest.
- 1B) DB 1-Arm Standing Shoulder Press – 8 reps using 75% of weight in your “real” sets.
- Rest 1 minute and move on to Superset #1.

Superset #1

1A) DB Squat – 12 reps

- No rest.
- 1B) DB 1-Arm Standing Shoulder Press – 8 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #2

2A) DB Split Squat – 8 reps per side

- No rest.
- 2B) DB Pullover – 12 reps
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Triset #3

3A) Inverted Row with Feet on Ball – 15 reps**

- No rest.
- 3B) Stability Ball X-Body Mountain Climber (Feet on Ball) – 10 reps per side
- No rest.
- 3C) Plank with Arms on Ball – 30 seconds
- Rest 1 minute & repeat 2 more times for a total of 3 trisets.

Advanced Interval Training Workout B (Details above)

Stretch

**If you can't do Inverted Rows, use DB Renegade Rows instead.

Day 6 – 30 minutes of light activity

Day 7 – 30 minutes of light activity

CHAPTER 11:

Turbulence Training – Advanced Home Abdominal Workout Phase 3

Day 1 – Workout A

Warm-up Circuit

- Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.
 - Y-Squat – 12 reps
 - Close-grip Pushup – 12 reps
 - Prone Stick-ups – 10 reps

Warm-up Superset

1A) 1-Leg Squat or Pistol – 3 reps per side

- No rest.
- 1B) DB 1-Arm Incline Chest Press – 8 reps using 75% of weight used in your “real” sets.
- Rest 1 minute and move on to Superset #1

Superset #1

1A) 1-Leg Squat or Pistol – 8 reps per side

- No rest.
- 1B) DB 1-Arm Incline Chest Press – 8 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #2

2A) Pull-up with Knee-up or Assisted Pull-up – 12 reps**

- No rest.
- 2B) DB Bulgarian Split Squat – 15 reps per side
- Rest 2 minutes (for grip) & repeat 1 more time for a total of 2 supersets.

Triset #3

3A) Decline Spiderman Pushups – 10 reps per side

- No rest.
- 3B) Stability Ball 1-Leg Jackknife – 8 reps per side
- No rest.
- 3C) Diagonal Ab Wheel – 8 reps per side
- Rest 1 minute & repeat 1 more time for a total of 2 trisets.

Advanced Interval Training Workout A (Details above)

Stretch

**If you can't do Pull-ups or Assisted Pull-ups, use DB Renegade Rows instead.

Day 2 – 30 minutes of light activity

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Turbulence Training – Advanced Home Abdominal Workout Phase 3: 4 Weeks

Day 3 – Workout B

- Warm-up Circuit (see Workout A)

Warm-up Superset

1A) DB Forward Lunge – 8 reps using 75% of the weight you'll use in the “real” sets.

- No rest.
- 1B) Shoulder Press Pushup – 6 reps
- Rest 1 minute and move on to Superset #1

Superset #1

1A) DB Forward Lunge – 8 reps per side

- No rest.
- 1B) Shoulder Press Pushup – 15 reps
- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Triset #2

2A) 1-Leg Deadlift – 12 reps per side

- No rest.
- 2B) Underhand Inverted Row – 20 reps**
- No rest.
- 2C) Stability Ball X-Body Mountain Climber (Feet on Ball) – 12 reps per side
- Rest 1 minute & repeat 2 more times for a total of 3 trisets.

Triset #3

3A) DB Lateral Raise with Forward Lean – 8 reps per side

- No rest.
- 3B) DB Triceps Extension – 8 reps
- No rest.
- 3C) DB 1-Arm Standing Curl – 8 reps
- Rest 1 minute & repeat 2 more times for a total of 3 trisets.

Advanced Interval Training Workout B (Details above)

Stretch

**If you can't do Underhand Inverted Rows, use DB Rows instead.

Day 4 – 30 minutes of light activity

Turbulence Training™ For Fat Loss

Turbulence Training – Advanced Home Abdominal Workout Phase 3: 4 Weeks

Day 5 – Workout C

- Warm-up Circuit (see Workout A)

Warm-up Superset

1A) DB Split Squat – 8 reps using 75% of the weight you'll use in the “real” sets.

- No rest.

1B) DB Chest Press – 8 reps using 75% of the weight you'll use in the “real” sets.

- Rest 1 minute and move on to Superset #1

Superset #1

1A) DB Split Squat – 8 reps per side

- No rest.

1B) DB Chest Press – 8 reps

- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #2

2A) DB Row – 20 reps per side

- No rest.

2B) Reaching Lunge – 10 reps per side

- Rest 1 minute & repeat 1 more time for a total of 2 supersets.

Triset #3

3A) Hanging Leg Raise – 10 reps

- No rest.

3B) Alligator – 5 reps per side

- No rest.

3C) Stability Ball Rotational Jackknife – 10 reps per side

- Rest 1 minute & repeat 2 more times for a total of 3 trisets.

Advanced Interval Training Workout A (Details above)

Stretch

Day 6 – 30 minutes of light activity

Day 7 – 30 minutes of light activity

CHAPTER 12: “TT 300 Abs Workouts”

- Sedentary individuals must complete the Beginner Turbulence Training Home Abdominal Workouts first before adding the Beginner 300 to their program.
- At the END of a 4-week TT for Abs program, you can perform a “TT 300 Abs Workout” in place of Workout C at the end of the program.
- THEREFORE...you will do one of these workouts only ONCE per month.
- Only use the Advanced “TT 300 Abs Workout” version after you have completed one of the Advanced TT for Abs 4-week programs.
- Workouts are done in circuit fashion resting as much as you need between exercises.
- The Beginner Workout is repeated twice to count as “300”. Both the Intermediate & Advanced 300 Workouts are completed only one time through the circuit.
- Use a controlled exercise pace for all exercises.
- Always perform a regular bodyweight warm-up prior to any of the 300 workouts.
- Finish each workout with stretching (see stretches at the end of the manual).

Beginner “TT Abs 300 Workout”

- Go through the circuit TWO times resting as much as needed between exercises.

Cross Crawl – 10 reps per side
Plank – 20 second hold
Prisoner Squat – 10 reps
Side Plank – 15 second hold per side
Mountain Climber – 10 reps per side
[Beginner} Inverted Row – 10 reps
Stability Ball Rollout – 5 reps
1-Leg Hip Extension – 10 reps per side
Spiderman Climb – 5 reps per side
Chop – 10 reps per side
[Kneeling] Pushup – 15 reps
Bird Dog – 5 reps per side
Stability Ball Leg Curl – 10 reps
Plank with Arms on Ball – 10 second hold

“TT 300 Abs Workouts”

Intermediate “TT Abs 300 Workout”

- Go through the circuit ONCE resting as little as possible between exercises.

Y-Squat – 15 reps
Plank to Pushup – 5 reps per side
Chin-Up with Knee-up or Hanging Knee-up – 10 reps
Side Plank Leg Raise – 10 reps per side
Stability Ball Jackknife – 25 reps
[Beginner] Inverted Row – 20 reps
Grasshopper Pushup – 10 reps per side
1-Leg Deadlift – 15 reps per side
Hanging Knee-up – 10 reps
Stability Ball Rollout – 10 reps
Close-grip Pushup – 20 reps
Forward Lunge – 20 reps per side
Underhand Inverted Row – 20 reps
X-body Mountain Climber – 10 reps per side
Stability Ball Jackknife Plank – 30 second hold
Spiderman Climb – 10 reps per side
Chop – 15 reps per side
Split Squat – 15 reps per side
Prone Stick-up – 10 reps
Spiderman Pushup – 10 reps per side
Burpees – 10 reps

CHAPTER 12: “TT 300 Abs Workouts”

Advanced “TT Abs 300 Workout”

- Go through the circuit ONCE resting as little as possible between exercises.

Prisoner Squat – 20
Mountain Climber – 15 per side
Spiderman Pull-up – 10 per side
Side Plank Leg Raise – 20 per side
Stability Ball Jackknife with Pushup – 20
Underhand Inverted Row – 20
Elevated Pushup – 15 per side
1-Leg Squat or Pistol – 10 per side
Hanging Leg Raise – 10
Stability Ball Rollout – 15
Chin-up with Knee-up – 10
Decline Pushup – 20
1-Leg Reach Lunge – 10 per side
Stability Ball X-Body Mountain Climber – 15 per side
Plank with Arms on Ball – 30 seconds
Spiderman Climb – 10 per side
Chop – 20 per side
Bulgarian Split Squat – 10 per side
Decline Spiderman Pushup – 10 per side
Burpees – 10

CHAPTER 13: Abdominal Exercise Index

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.

Abdominal Exercises in Order of Appearance

Kneeling Pushup to Plank

- Brace your abs. Start in the kneeling pushup top position.
- Lower yourself to the ground. Drop your forearms to the ground and extend your legs to lift your knees off the ground into a plank.
- Drop your knees and press back up to the top pushup position.
- Do 5 reps starting the movement with your left side and 5 reps with your right side.



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.



Abdominal Exercise Index

Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours”. 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.



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.



Kneeling Plank

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

Abdominal Exercise Index

Reverse Bridge

- Lie on your back. Bridge your hips up and prop yourself up onto your elbows.
- Keep your abs braced and hold that position.



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.



Abdominal Exercise Index

Stability Ball Jackknife Plank

- 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.
- Hold the plank position for the designated time.



Plank with Leg Raise

- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the floor.
- 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.
- Lift one leg up at a time and extend back. Alternate sides.



Abdominal Exercise Index

Cross Crawl

- This is a combination warm-up and ab exercise.
- Stand with your feet shoulder width-apart and hands straight overhead.
- Slowly bring your opposite knee and elbow together in front of you.
- Alternate sides.



Plank to Pushup Plus Pushup

- 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.
- Slowly shift your body into the top of the pushup position.
- Do one pushup then return to plank position. Repeat.



Abdominal Exercise Index

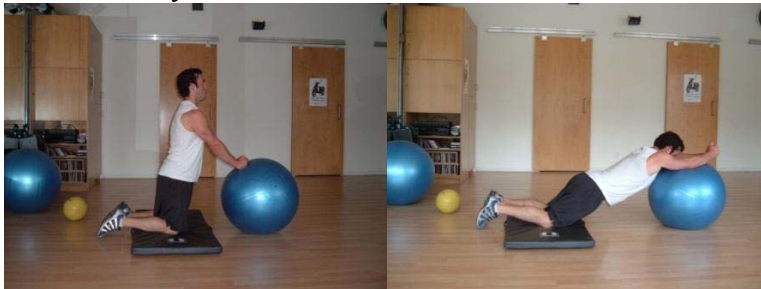
Pushup Plank

- Start in the top of a pushup position. Hold your body in a straight line.
- 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.



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.



Plank with Arms on Ball

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



Abdominal Exercise Index

Side Plank Leg Raise

- 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.
- Raise your top leg up as high as you can.



Spiderman Climb

- Brace your abs. Start in the top of the pushup 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.



Abdominal Exercise Index

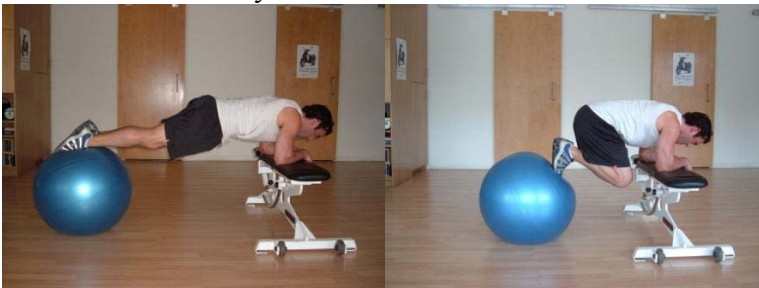
Stability Ball Mountain Climber

- Place your hands on the ball. Keep your abs braced. Bring your knee to your chest.
- Alternate sides for all repetitions.



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.



Abdominal Exercise Index

Pushup 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.



X-Body Mountain Climber

- 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 opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Abdominal Exercise Index

Hands on Floor, Feet on Ball, X-Body Mountain Climber

- Place your hands on the floor and feet on the ball. Brace your abs.
- Bring your left knee towards your right elbow across your body.
- Keep your abs braced and body in a straight line.
- Return the leg to the start position and alternate sides.



Hanging Knee-up

- Hang from a chin-up bar. Brace your abs.
- Slowly bring your knees to your chest by contracting your abdominals and rolling your hips backwards. Slowly return to the start position.
- This is a very difficult exercise. Adhere strictly to the recommended tempo.



Abdominal Exercise Index

Stability Ball Jackknife Rotations

- Same as a regular Jackknife, but bring your knees up to one side of your body.
- Alternate sides with each rep.



Ab Wheel

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.



Abdominal Exercise Index

Stability Ball X-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position with your hands on the ball.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite arm. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Diagonal Ab Wheel

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable at a slight angle to one side.
- Keep your abs braced, and contract them maximally to come back up to the start.
- Alternate sides.



Abdominal Exercise Index

Hanging Leg Raise

- Hang from a chin-up bar using an underhand grip. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor.
- Don't use momentum. Go slow and controlled both ways.



Alligator

- Start from a push-up position with your feet on a towel.
- Keep your body in a straight line throughout the entire exercise.
- Walk your body forward using only your hands. Your feet will slide across the floor because they are on a towel. If done on carpet, place your feet on a weight plate.



Abdominal Exercise Index

Chop

- If you don't have a medicine ball, clasp your hands together in front of your body.
- 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.
- Bring your hands across to your opposite ankle and then slowly return to the start.
- Do NOT round your lower back. Perform all reps for one side and then switch.



Abdominal Exercise Index

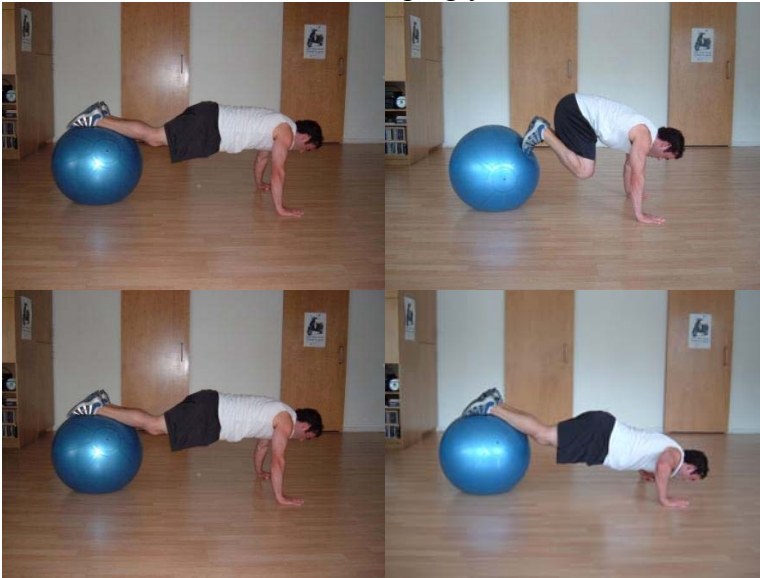
Spiderman Pull-up

- Take an overhand, slightly wider than shoulder width grip on the bar.
- Pull your chest up to the bar, while at the same time bringing one knee up to your elbow. Keep your abs braced and minimize movement or swinging.
- Slowly lower yourself down. Alternate sides.



Stability Ball Jackknife with Pushup

- Place your feet on the ball and hands on the floor, slightly wider than shoulder width.
- Brace your abs, and tuck your knees up to your chest.
- Reverse the movement, keeping your abs braced, and do a pushup. That's one rep.



CHAPTER 14: Exercise Descriptions

Leg Exercises – In Order of Appearance

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.



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.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Leg Exercises – In Order of Appearance

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.



Stability Ball Hip Extension

- 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.
- Slowly lower your hips down until they are an inch above the ground.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Leg Exercises – In Order of Appearance

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.



Step-Up

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- Hold dumbbells in hand if needed.
- 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.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Leg Exercises – In Order of Appearance

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.



DB Split Squat

- Stand with your feet shoulder-width apart and hold a light dumbbell in each hand.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- 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, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Leg Exercises – In Order of Appearance

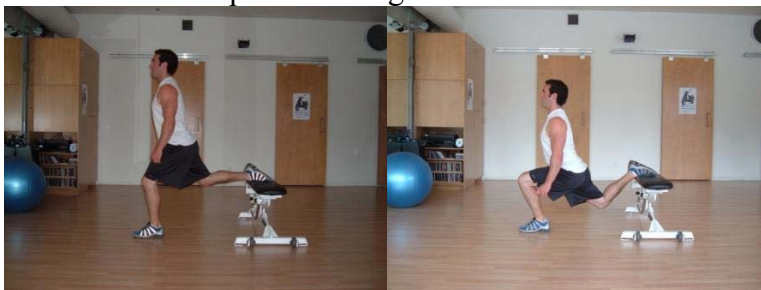
Y-Squat

- 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.



Bulgarian Split Squat

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



Turbulence Training™ For Fat Loss

Exercise Descriptions

Leg Exercises – In Order of Appearance

1-Leg Deadlift

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides. Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Go slowly and focus on balance.
- Go until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



Inchworm

- This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- Start in a modified push-up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your legs towards your hands.
- Go until you get a stretch, but don't round your lower back.
- Once you get a stretch, walk your hands out until you are in a modified pushup.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Leg Exercises – In Order of Appearance

1-Leg Squat & Pistol

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Extend your arms forward or to the sides to increase your balance.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Squat slowly and focus on balance.
- Squat until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



Forward Lunge

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- 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.



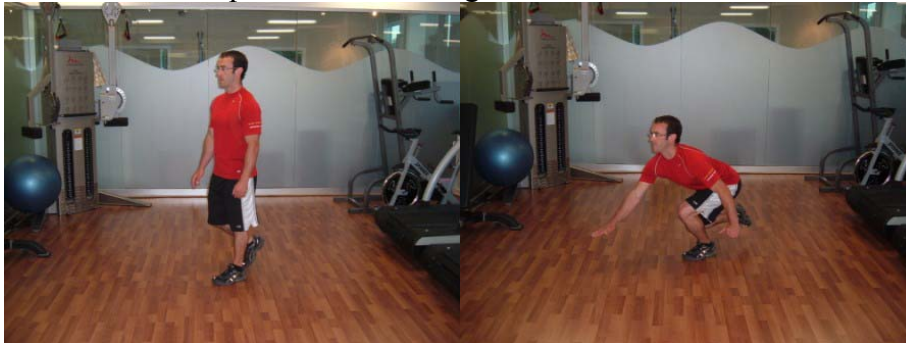
Turbulence Training™ For Fat Loss

Exercise Descriptions

Leg Exercises – In Order of Appearance

Reaching Lunge

- Stand with your feet shoulder-width apart and then stand on one leg, balance yourself, and then bend your knee and reach forward as you squat down.
- Reach as far as you can while keeping your chest up and back flat.
- Return to the starting position without losing your balance.
- Perform all repetitions on one leg and then switch.



DB Reverse Lunge

- Stand with your feet shoulder-width apart. Hold DB's in each hand.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with left leg, resting the toe on the ground.
- Squat straight down with the right leg supporting the body weight. Lower yourself until your right thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the right leg. Focus on pushing with glutes and hamstrings. Do all reps on one side then switch.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Back Exercises in Order of Appearance

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.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



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 the muscles between your shoulder blades and 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.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Back Exercises in Order of Appearance

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 Version



Turbulence Training™ For Fat Loss

Exercise Descriptions

Back Exercises in Order of Appearance

Chin-up with Knee-up

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- At the same time, pull your knees up to your chest.
- Slowly lower yourself but do not let your body swing and do not use momentum.
- Let your knees drop slowly from your chest to their original position.



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.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Back Exercises in Order of Appearance

DB Renegade Row

- Start in the pushup position with your hands wrapped around two light dumbbells.
- Keep your abs braced and row one dumbbell up to your ribcage.
- Slowly lower under control and alternate sides.



Pull-up With Knee-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up. Keep your abs braced at all times in this exercise.
- As you do the pull-up bring your knees to your chest.
- This will make the pullup easier, but also work your abs.
- SLOWLY lower yourself to the bottom position and return your legs to the extended position. This is a strong eccentric contraction on your lower abs.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Back Exercises in Order of Appearance

Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.



Assisted Pull-up

- Set up a smith rack or bar at head height (or set a chair under a fixed pull-up bar).
- Grasp the bar with an overhand 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 pull-ups until your chest is at bar height



Turbulence Training™ For Fat Loss

Exercise Descriptions

Back Exercises in Order of Appearance

DB Pullover

- Lie on a bench with one dumbbell held in both hands over your chest at arm's length.
- Slowly lower the dumbbell behind your head. Keep a bend in your elbows.
- Feel a stretch in your lats. Pause briefly, then use your lats and chest to bring the dumbbell back to the start position. Keep your abs braced.



Inverted Row – Feet on Ball

- Same as regular Inverted Rows, but place your heels on a ball. This is more advanced.



Underhand Inverted Row

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two wider than shoulder-width apart. Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Chest Exercises in Order of Appearance

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 an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



[Kneeling] Push-up



Turbulence Training™ For Fat Loss

Exercise Descriptions

Chest Exercises in Order of Appearance

Pushup Hold

- 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.
- Slowly lower yourself down until you are 6 inches off the ground.
- Hold that position for 10-15 seconds.



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 pushup 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



Turbulence Training™ For Fat Loss

Exercise Descriptions

Chest Exercises in Order of Appearance

Legs on Ball Pushup

- Put your hands on the ground, slightly wider than shoulder width apart.
- Put your feet on the ball, and hold your body straight.
- To make the exercise easier, place your shins on the ball.



Decline Pushup

- 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.
- Take 5 seconds to lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Chest Exercises in Order of Appearance

Close-grip Pushup

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



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 twist your hips.



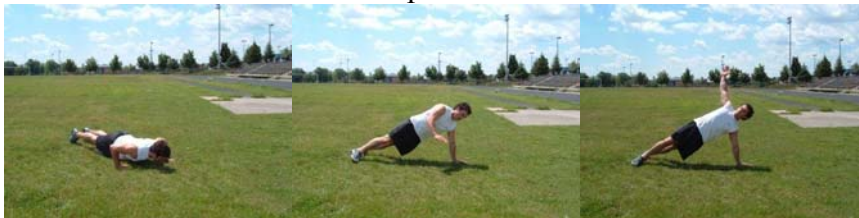
Turbulence Training™ For Fat Loss

Exercise Descriptions

Chest Exercises in Order of Appearance

T-Pushup

- 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.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.



Grasshopper Push-up

- Start in a pushup position. Drop your right hip, and rotate your right leg so that it moves under your body and your right foot ends up outside your left hand.
- Reverse the movement and bring your leg back to the start position. Alternate sides.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Chest Exercises in Order of Appearance

Decline Spiderman Push-up

- Place your feet on a bench & hands on floor, slightly more than shoulder width apart.
- Lower your chest to floor. As you do, bring one knee up to your elbow.
- Press back to the start position. Alternate sides.



Dips with Knees-up

- Grab the dip bars, bend your knees, and raise them towards your chest so that your hips and knees are bent 90 degrees. Keep your abs braced. Lean forward.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm. Press back up using chest, triceps and shoulders.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Chest Exercises in Order of Appearance

DB 1-Arm Incline Chest Press

- Set an incline bench two notches above the lat position. Lie on the bench and hold one dumbbell at arms length above the chest. The other arm can hang free.
- Slowly lower the dumbbell to chest level and press it straight back up. Do all reps for one side and switch.



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.



Turbulence Training™ For Fat Loss

Exercise Descriptions

Shoulder & Arm Exercises in Order of Appearance

DB 1-Arm Standing Shoulder Press

- Stand with your hips back, knees bent and abs braced.
- Hold one dumbbell at shoulder level and place the other on your obliques.
- Press the dumbbell overhead and slowly lower to the start position.
- Do not arch your back. Stand upright. Do all reps on one side and switch.



Shoulder Press Pushup

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



Turbulence Training™ For Fat Loss

Exercise Descriptions

Shoulder & Arm Exercises in Order of Appearance

DB Lateral Raise with Slight Forward Lean

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



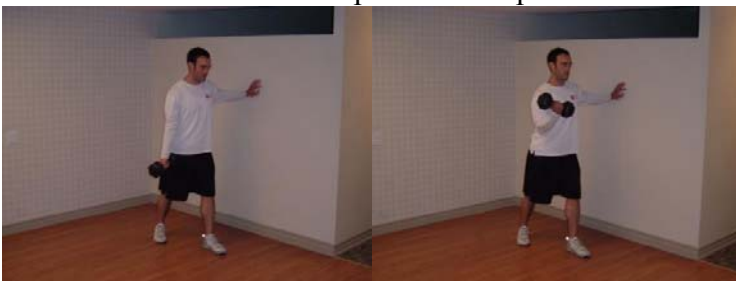
Lying DB Triceps Extension

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



DB Standing 1-Arm Curl

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



Turbulence Training™ For Fat Loss

Static Stretching

Psoas Stretch

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



Hamstring Stretch

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



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Static Stretching

Glute Stretch

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



Quadriceps Stretch

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



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Static Stretching

Chest Stretch

- 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 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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