

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

**Turbulence Training:  
10-Minute Holiday Workouts**

**Fast, Effective Fat Loss Workouts That Keep You  
Trim Over the Holidays**

## **Turbulence Training 10-Minute Workouts**

### **About Craig Ballantyne & Turbulence Training**

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 fat loss, muscle-building website [www.TurbulenceTraining.com](http://www.TurbulenceTraining.com) features his best-selling Turbulence Training for Fat Loss program and offers access to all of Craig's Turbulence Training workouts and video clips (for men and women who want to lose fat with only dumbbell and bodyweight exercises).

With Turbulence Training Craig has put together 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 I truly believe 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.

[www.TurbulenceTraining.com](http://www.TurbulenceTraining.com) - Advanced training information to help men and women gain muscle and lose fat fast.

## **Turbulence Training 10-Minute Workouts**

### **Disclaimer:**

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

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

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

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

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Turbulence Training, please return this Special Report for a full refund.

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## **Turbulence Training 10-Minute Workouts**

### **10 Tips to Train SAFE!**

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

- 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 through [www.TurbulenceTraining.com](http://www.TurbulenceTraining.com).
- 3) Whenever you start a NEW program, use lighter weights than normal, and only 1 set per exercise. You must expect extra 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 easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
- 7) Do NOT 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. All together now, **"Safety first!"**

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

## **Turbulence Training 10-Minute Workouts**

### **TT 10-Minute 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.

- Perform this program for 4 weeks then switch to another TT workout.
- Do up to five 10-minute workouts per week.
- Pairs of exercises (i.e. 1A & 1B) constitute “Supersets”.
- Two or more exercises constitute a circuit (1A-1D or 1A-1F).
- Use a controlled pace for each traditional exercise, but move explosively for Burpees and Jumping Jacks.
- Don’t train to failure in the DB exercises. You should be able to do 1 more rep at the end of each set. You can train to failure in the BW exercises.
- Finish each workout with stretching for the tight muscle groups only if desired.
- Warm-ups are built-into the 10-minute workouts.

## **Turbulence Training 10-Minute Workouts**

### **TT 10-Minute Workouts: 4-Week Program**

#### **Workout #1 – Superset plus Burpees**

- Use a weight that would normally allow you to do 10 reps in the DB Chest Press.
- The first round of the superset should be a warm-up. Do only half the recommended number of repetitions in the first superset.
- After completing 3 supersets, do 3 rounds of Burpees or Jumping Jacks. In each round, do Burpees or Jumping Jacks for 30 seconds straight and then rest 30 seconds.

1A) DB Squat (12 reps)

- No rest.

1B) DB Chest Press (8 reps)

- Rest 30 seconds and then repeat 2 more times before moving on to Burpees.

2) Burpees or Jumping Jacks (30 seconds)

- Rest 30 seconds and then repeat 2 more times.

#### **Workout #2 – Bodyweight Circuit**

- Perform each exercise one after the other with no rest between exercises.
- Rest 30 seconds before repeating the circuit.
- Try to complete 3 rounds of the circuit.
- Use the first round as a warm-up, and perform half the recommended number of repetitions for each exercise.

1A) Y-Squat (15 reps)

1B) T-Pushup (6 reps per side)

1C) Pull-up or Stick-up (10 reps)

1D) Touchdown Forward Lunge (10 reps per side)

1E) Elevated Pushups (10 reps per side)

1F) Jumping Jacks (50 reps)

## **Turbulence Training 10-Minute Workouts**

### **TT 10-Minute Workouts: 4-Week Program**

#### **Workout #3 – DB-BW Supersets**

- Go through each superset 3 times.
- The first superset should be a warm-up doing only 50% of the recommended reps.
- Do not rest within supersets. Rest 30 seconds after each superset.

1A) DB Row (8 reps per side)

- No rest

1B) Decline Pushup (15 repetitions)

- Rest 30 seconds before repeating the superset 2 more times.

2A) DB Split Squat (8 reps per side)

- No rest

2B) Stability Ball Leg Curl (15 repetitions)

- Rest 30 seconds before repeating the superset 2 more times.

#### **Workout #4 – Intervals**

- Warm-up for 3 minutes.
- Work for 30 seconds at a hard pace (at a subjective 8/10 level of intensity).
- Follow that with “active rest” for 60 seconds by exercising at a slow pace (at a subjective 3/10 level of intensity).
- Repeat for 3 intervals.
- Finish with 3 minutes of a cool-down at a 4/10 level of intensity.

#### **Workout #5 – Bodyweight Circuit**

- Perform each exercise one after the other with no rest between exercises.
- Rest 30 seconds before repeating the circuit.
- Try to complete 3 rounds of the circuit.
- Use the first round as a warm-up, and perform half the recommended number of repetitions for each exercise.

1A) Bulgarian Split Squat (12 reps per side)

1B) Underhand Inverted Row or Stick-up (12 reps)

1C) Stability Ball Jackknife plus Push-up (12 reps)

1D) Stability Ball Leg Curl (12 reps)

1E) X-Body Mountain Climbers (12 reps per side)

## **Turbulence Training 10-Minute Workouts**

### **Exercise Descriptions – Workout #1**

#### ***Disclaimer:***

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

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



#### **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 10-Minute Workouts**

### **Exercise Descriptions – Workout #1**

#### **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.



### **Exercise Descriptions – Workout #2**

#### **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.



## **Turbulence Training 10-Minute Workouts**

### **Exercise Descriptions – Workout #2**

#### **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.



#### **Pull-up**

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



## **Turbulence Training 10-Minute Workouts**

### **Exercise Descriptions – Workout #2**

#### **Stick-up**

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



#### **Touchdown Forward Lunge**

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



## **Turbulence Training 10-Minute Workouts**

### **Exercise Descriptions – Workout #2**

#### **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.



#### **Jumping Jacks**

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.
- This is a combination warm-up and ab exercise that can also be used for circuits.



## **Turbulence Training 10-Minute Workouts**

### **Exercise Descriptions – Workout #3**

#### **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.



#### **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.



## **Turbulence Training 10-Minute Workouts**

### **Exercise Descriptions – Workout #3**

#### **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.



#### **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.

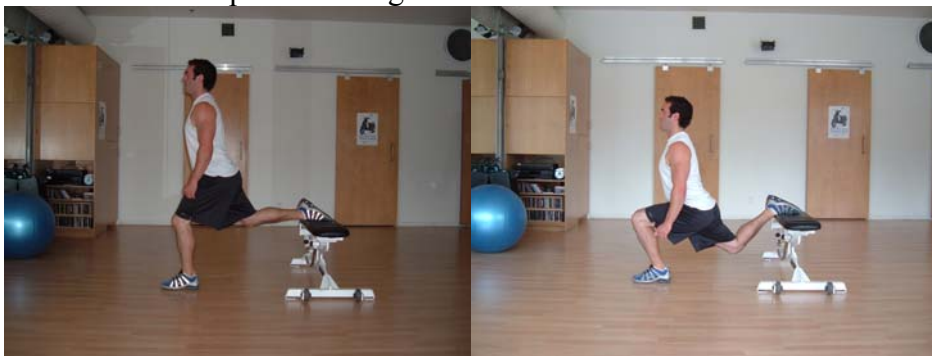


## **Turbulence Training 10-Minute Workouts**

### **Exercise Descriptions – Workout #5**

#### **Bulgarian Split Squat**

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



#### **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 10-Minute Workouts**

### **Exercise Descriptions – Workout #5**

#### **Stability Ball Jackknife plus Pushup**

- Brace your abs. Put your hands flat on the floor 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.
- Then do a push-up. That is one rep.



#### **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.



## **Turbulence Training 10-Minute Workouts**

### **Static Stretching**

#### **Psoas Stretch**

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



#### **Hamstring Stretch**

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



## **Turbulence Training 10-Minute Workouts**

### **Static Stretching**

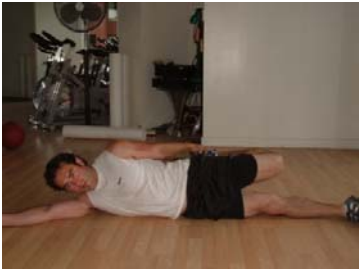
#### **Glute Stretch**

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



#### **Quadriceps Stretch**

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

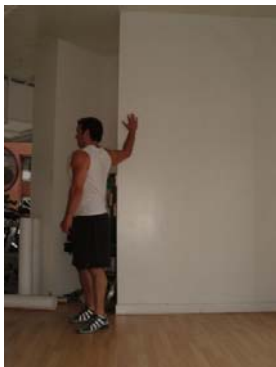


## **Turbulence Training 10-Minute Workouts**

### **Static Stretching**

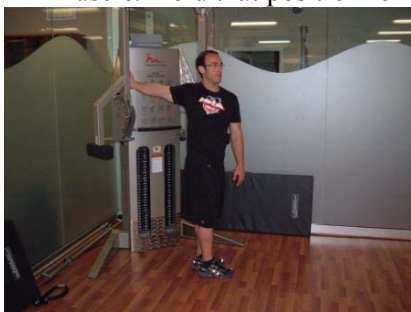
#### **Chest Stretch #1**

- 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.



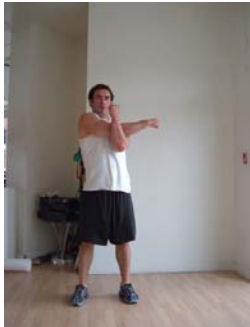
#### **Chest Stretch #2**

- 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.



## **How to Get Dozens of Advanced, Fat Burning, Muscle Building, Turbulence Training Workouts at Your Finger Tips -And All for Less than the Cost of a Single Training Session**

Now you can get an almost endless supply of fat blasting, muscle building Turbulence Training workouts. I've put together all of my best fat loss workouts inside the Turbulence Training for Fat Loss Package.

Turbulence Training for Fat Loss allows you to download, print, and use dozens of Turbulence Training workouts to help you:

- Lose fat and gain muscle with the TT for Fat Loss workouts
- Achieve the body of your dreams
- Lose the last 10 pounds of fat
- Get the best workouts of your life is less than an hour per session

"You never cease to amaze me how you create your extremely effective fat loss TT programs. My clients LOVE me as I use your programs for my home-based training clients and they find them highly effective."

**Andy Wallis, Trainer, Isle of Man**

"In 4 weeks I have lost 17 pounds and reduced my waist measurement 4 1/2 inches, increased my energy levels throughout the day, got back into clothes I haven't worn in months, and reduced my cholesterol to normal levels again. The most satisfying result is the comments I'm receiving from friends and family members on my transformation."

**Hal Empsom**

"In the result of the last 12 weeks on Turbulence Training I have:

- Lost 21.8 lbs, not by starving but eating an average 1600+ calories per day
- Lost 4.25" from my waist, 3.5" from my hips and 2" from my thighs
- Dropped 7.7% bodyfat down to 16.9%
- Revealed abs, never seen before. Thanks!"

**Serena Tremlett**

"Craig, I am so impressed with how you conduct your business, your professionalism, quality and responsiveness is really unequaled. You are truly the best kept secret in the fitness world. "

**Bobby Logan, CT**

Visit this link to get started:

=> [www.TurbulenceTraining.com](http://www.TurbulenceTraining.com)