



MINUTES to
SKINNY



Craig Ballantyne, CSCS, MS, presents...

Turbulence Training:
4-Week Bodyweight Program for
Beginners, Intermediate & Advanced
Fitness Levels

Turbulence Training Bodyweight Workout 4-Week Program

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About Craig Ballantyne & Turbulence Training...



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

Turbulence Training is scientifically proven, endorsed by elite trainers and top fitness magazines, and 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 report is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Please let me know how you enjoyed your TT workouts...

Craig Ballantyne, CSCS, M.Sc.,
President,
CB Athletic Consulting, Inc.

Turbulence Training Bodyweight Workout 4-Week Program

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.

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.

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.

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 follow your doctor's orders.

Turbulence Training Bodyweight Workout 4-Week Program

Lifestyle Review

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

1. Do you schedule a yearly physical exam with your physician? You must have a full physical examination if you are sedentary or if you have high cholesterol, high blood pressure, diabetes, if you are overweight, or if you are over 30 years old. There are no exceptions. If you meet any of the above requirements, schedule an examination.
2. Have you been given your physician's approval to begin a lifestyle program? You must have your physician's approval to begin an exercise program. It is essential that you have your physician's clearance and encouragement prior to starting this manual.
3. Do you have any injuries or medical conditions that would prevent you from performing any type of exercise? Don't rush in to exercise. Talk to your doctor. Your doctor understands your health and physical capacity better than you.
4. Discuss the results of this lifestyle review with your physician before you begin an exercise program. Create a partnership with your doctor. Make your doctor part of your fat loss and health-building team. With good communication and professional instruction, your chances of success will be much greater.
5. **Social support can be the #1 factor for success in fitness programs.** While the support can come from your spouse, brother or sister, child, mom or dad, friend, neighbor, or co-worker, it's a proven fact that individuals have a greater chance of sticking to an exercise program when they have to be accountable someone like a personal trainer or lifestyle coach. Don't try and do this on your own. Social support is important in your quest for better health, fitness and fat loss.
6. **Nutrition is the second most important factor for success in fat loss programs.** Do you keep a nutrition log? If not, start doing so! Record your nutrition for free on www.fitday.com. Record every aspect of your nutrition for at least one week. Most people have no idea how many calories they are eating each day.
7. **Exercise is the third most important factor.** Arrange to have a Fitness Assessment with a certified personal trainer or certified strength and conditioning specialist (CSCS). This will help identify your physical limitations and exercise capacity. It will also help the trainer individualize the program for your training needs.
8. What is your current activity level? Log everything you do for at least one week to get an idea of your daily energy expenditure (calories burned each day).

**Turbulence Training Bodyweight Workout
4-Week Program**

Good Food Choice	Bad Food Choice
Whole, natural foods	Processed foods (containing added sugar, trans-fats, etc.)
Fiber-rich snacks, such as almonds	Processed foods (containing added sugar, trans-fats, etc.)
Nuts/Almonds	Chips, cookies, treats, brownies, donuts, pretzels, etc.
Fruit	Soda, juice, candy, etc.
Vegetables	French fries; Any deep-fried side dish or appetizer
Extra serving of vegetables	Extra serving of starchy carbohydrates
Lean protein	Fatty cuts of meat; fried meats; high-sodium lunch meats
Low-fat dairy	High-fat, high-sugar dairy; milkshakes, ice cream, etc.
Green Tea	Coffee, soft drinks, sweetened beverages
Water, Sparkling Water	Coffee, soft drinks, sweetened beverages
Unsweetened Iced Tea	Coffee, soft drinks, sweetened beverages
Raw Vegetables	Bread with butter
Lean Stir-fry; Steamed vegetables and meat	Chinese/Asian food (battered)
Grilled; baked; broiled meat	Battered; Deep fried meat
Oatmeal	Donuts, croissants; pastries; high-sugar cereals
Yogurt (low-sugar)	Ice cream; Yogurt with sugar added
Natural, sugar-free products (unsweetened pasta sauce)	Sweetened products (i.e. sweetened pasta sauce)

Turbulence Training Bodyweight Workout 4-Week Program

Turbulence Training Guidelines

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

- Perform each Turbulence Training workout for 4 weeks and then switch to a new Turbulence Training workout.
- After every 12 weeks, take one week off from Turbulence Training for recovery purposes. During the recovery week, you may perform light, low-intensity workouts.
- Workout 3 days per week alternating between workout A and workout B.
- Train intervals 3 days per week. These can be done after strength training or on non-strength training days. Make sure you have at least 1 full rest day per week.
- In week 1, you will follow an A, B, A schedule. In week 2, a B, A, B schedule. In week 3, an A, B, A schedule, and in week 4, a B, A, B schedule.
- Each pair of exercises constitutes a “Superset”. In each Superset, do one set of the first exercise followed immediately by the next (A1 & A2).
 - Beginners & Intermediate: Rest 30 seconds after completing the exercises in the Superset (i.e. after A1 & A2).
 - Advanced: Rest as little as possible between exercises and supersets. Rest only to take drinks of water or if whenever you feel like you need a break.
- Use the recommended lifting tempo for all exercises (except for any holding exercises like the planks where it is just a static hold).
 - For example, (3x15) 2-1-1 means 3 sets of 15 reps at a 2-1-1 tempo (2 seconds to lower, 1 sec pause, 1 sec to lift)
- Finish each workout with stretching for the tight muscle groups only.

Warm-up

- Never skip a warm-up. For a warm-up, perform this circuit 2x’s using a 2-0-1 tempo:
 - 10 reps of bodyweight squats or lying hip extensions
 - 20 second plank
 - 6-10 reps of kneeling pushups or pushups
 - Do not rest during the warm-up circuit.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up.

Turbulence Training Bodyweight Workout 4-Week Program

Sample Workout Structure

- Here's how a sample workout looks:

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

- Bodyweight Squat – 10 reps
- Plank – 20 seconds
- Pushup or Kneeling Pushup – 6 reps

Turbulence Training Strength Workout (ex. Beginner Workout A)

1A) Lying Hip Extension (8 reps)

no rest – go directly to:

1B) Plank (15 seconds)

Rest 30 seconds.

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

2A) Prisoner Squat (12 reps)

no rest – go directly to:

2B) Bird Dog (5 reps)

Rest 30 seconds.

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

3A) Kneeling Pushup (8 reps)

no rest – go directly to:

3B) Side Plank (5 seconds)

Rest 30 seconds.

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

4A) Band Pull (15 reps)

no rest – go directly to:

4B) Ab Curl-up (15 reps)

Rest 30 seconds.

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

Turbulence Training Intervals

- See below for Interval instructions.

Stretching

- Stretch tight muscle groups only.

Turbulence Training Bodyweight Workout 4-Week Program

Turbulence Training Interval Training Guidelines

- Research has shown that interval training is very effective for fat loss.
- Finish each interval workout with stretching for the tight muscle groups only.
- Here are beginner and intermediate/advanced interval workouts. Choose the appropriate workout and do it after your bodyweight exercises.

Beginner Interval Workout

- Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you are going to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise).
- Exercise for 1 minute at a hard pace (at a subjective 7/10 level of effort – this should be slightly harder than normal cardio pace).
- Follow that with “active rest” for 2 minutes by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 4 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

Minute by Minute	Type	Intensity Level	Notes
1	Warm up	3 out of 10	
2	Warm up	4 out of 10	
3	Warm up	4 out of 10	
4	Warm up	5 out of 10	
5	Warm up	5 out of 10	
6	Hard	7 out of 10	
7	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			

Turbulence Training Bodyweight Workout 4-Week Program

Turbulence Training Interval Training Guidelines

Intermediate/Advanced Interval Workout

- Warm-up for 5 minutes.
- Perform an interval by exercising for 60 seconds at a very hard pace (at a subjective 8/10 level of effort).
- Follow that with “active rest” for 60 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 6 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

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

Turbulence Training Bodyweight Workout 4-Week Program

Beginner Bodyweight Turbulence Training

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Workout A									
A1) Lying Hip Extension (3 sets x 8 reps) 2-0-1									
A2) Plank (3x15 seconds)									
B1) Prisoner Squat (3x12) 3-0-1									
B2) Bird Dog (3x5) 1-3-1									
C1) Kneeling Pushup (3x8) 2-1-1									
C2) Side Plank (3x5 sec per side)									
D1) Band Pull (3x15) 2-0-2									
D2) Ab Curl-up (3x15) 2-0-1									
Workout B									
A1) Bodyweight Step-ups (3x8) 2-0-1									
A2) Stick-up (3x8) 2-1-2									
B1) Split Squat with Front Foot Elevated (3x8) 2-0-1									
B2) Kneeling Close-grip Push-up (3x8) 3-0-1									
C1) Bicycle Crunch (3x20) 2-0-1									
C2) 1-leg Hip Extension (3x8) 2-0-1									

Turbulence Training Bodyweight Workout 4-Week Program

Intermediate Bodyweight Turbulence Training

- If you can't do inverted rows, substitute the "Stick-up" exercise.
- If you can't do full chin-ups, do the lowering portion of the exercise only.

	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
Workout A											
A1) Pushups (3x15) 2-0-1											
A2) Inverted Row (3x8) 2-0-1											
B1) 1-leg Squat (3x8) 3-1-1											
B2) Bicycle Crunch (3x30) 2-0-1											
C1) Bulgarian Split Squat (3x8) 2-1-1											
C2) Elevated Pushup (3x8) 2-0-1											
D1) Reaching Lunge (3x8) 2-0-1											
D2) Mountain Climbers (3x12) 1-0-1											
Workout B											
A1) 1-leg Deadlift (3x8) 2-1-1											
A2) Chin-up (3x6) 3-0-1											
B1) Step-ups (3x12) 3-0-1											
B2) Slow Pushup (3x10) 2-2-1											
C1) Prisoner Lunge (3x8) 2-1-1											
C2) Side Plank (3x20 seconds)											
D1) Close-grip Pushups (3x10) 2-0-1											
D2) Plank (3x45 seconds)											

Turbulence Training Bodyweight Workout 4-Week Program

Advanced Workout Guidelines

- For the intermediate and advanced workouts, you will need to know how many repetitions you can do in the following exercises.
 - Do the following exercise tests as your first bodyweight workout.
 - Do a regular warm-up and then test yourself in this order.
 - Rest 1 minute between exercises.
 - Re-test yourself after 2 weeks because you will gain muscle endurance very quickly.
-
- The maximum number of regular pushups you can do at a 1-0-1 tempo ____
 - The maximum number of 1-leg squats to parallel you can do at a 3-0-1 tempo ____
 - The maximum number of chin-ups you can do at a 3-0-1 tempo ____
 - The maximum number of slow pushups you can do at a 2-2-1 tempo ____
 - The maximum number of inverted rows you can do at a 2-0-1 tempo ____
 - The maximum number of bicycle crunches you can do at a 1-0-1 tempo ____
 - The maximum number of elevated pushups you can do at 2-0-1 tempo ____

Turbulence Training Bodyweight Workout 4-Week Program

Advanced Bodyweight Turbulence Training

- Most exercises will be performed based on a % of your maximum performance.
- For example, you are to do 3x85% of your max pushups in the first superset of Workout A. If your max is 50 pushups, then you would do 42 pushups in the first set, and then try and do 42 pushups in sets 2 and 3.
- Try to rest as little as possible during the workout.
- If you can't do inverted rows, substitute the "Stick-up" exercise.
- If you can't do full chin-ups, do the lowering portion of the exercise only.

	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
Workout A											
A1) Pushups (3x85%) 1-0-1											
A2) Inverted Row (3x80%) 2-0-1											
B1) 1-leg Squat (3x90%) 3-0-1											
B2) Bicycle Crunch (3x80%) 1-0-1											
C1) Bulgarian Split Squat (3x12) 2-1-1											
C2) Elevated Pushup (3x80%) 2-0-1											
D1) Reaching Lunge (3x12) 2-0-1											
D2) Mountain Climbers (3x20) 1-0-1											
Workout B											
A1) 1-leg Deadlift (3x15) 2-1-1											
A2) Chin-up (3x90%) 3-0-1											
B1) Step-ups (3x15) 3-0-1											
B2) Slow Pushup (3x90%) 2-2-1											
C1) Prisoner Lunge (3x15) 2-2-1											
C2) Side Plank (3x30 seconds)											
D1) Close-grip Pushups (3x30) 2-0-1											
D2) Plank (3x60 seconds)											

Turbulence Training Bodyweight Workout 4-Week Program

Exercise Descriptions

Disclaimer:

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

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back. Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- Do NOT round your lower back. I am not letting my back round in the photo.



Split Squat with Front Foot Elevated

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step, and put it on a 6-inch riser. Press the front of your left foot into the ground and use it to help keep your balance. The left knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don’t step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Turbulence Training Bodyweight Workout 4-Week Program

Exercise Descriptions

Step-Up

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



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.



Turbulence Training Bodyweight Workout 4-Week Program

Exercise Descriptions

1-Leg Squat

- 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.
- If you are advanced, you may be able to squat all the way to the floor.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



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.



Turbulence Training Bodyweight Workout 4-Week Program

Exercise Descriptions

Prisoner Forward Lunge

- Stand with your feet shoulder-width apart and hold a light dumbbell in each hand.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- 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.



Single Leg Reaching Lunge

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



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