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.

Please let me know how you enjoyed your TT workouts…

Craig’s websites include:

www.TTMembers.com – Craig’s new Turbulence Training Membership site featuring a forum, exercise video clips, and access to every workout program, manual, and e-book he has ever written for his websites.


www.grrlAthlete.com - Real training and nutrition information for real women lifters and female athletes. Sign-up for the FREE newsletter.
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 follow your doctor’s orders.

Thank you,
Craig Ballantyne, CSCS, MS
Author, Turbulence Training

For more Turbulence Training workouts, please visit:
www.TurbulenceTraining.com
www.TTmembers.com

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Bodyweight Turbulence Training Guidelines

- Workout 3 days per week with one day of rest between workouts.
- Perform each Turbulence Training phase for no more than 4 weeks and then move on.
- You can do interval training/cardio 3 times per week, performed either after the bodyweight workout or on non-bodyweight workout days.
- Supersets
  - Pairs of exercises constitute “Supersets”. Do each exercise in the Superset back to back without rest (i.e. 1A, no rest, 1B).
  - Rest 30 seconds and then repeat the Superset up to 3 times before moving on to the next superset.
- Circuits
  - A circuit is more than 2 exercises in a grouping (i.e. 4A, 4B, 4C, etc.).
  - Do each exercise in the circuit immediately after one another.
  - Rest as little as possible before repeating the circuit.
  - Perform up to 3 rounds of each circuit.
  - Circuit exercises are generally easier than Superset exercises.
- BEGINNERS – Do only 1 set of each exercise in Week 1.
- The number of repetitions per exercise is listed in brackets and refers to the total number of reps per side. For example, Lunges (12) means 12 reps per side.
- Where it says (Max-1), that means you will do almost as many reps as you can, stopping 1 rep short of complete failure.
- If you can’t do the full version of an exercise, use the beginner versions.
  - You can also try doing as many of the advanced exercise as possible, and complete the remaining repetitions with the beginner exercise.
- To increase the challenge of the workout, add up to 5 reps per exercise each week.
- Perform each exercise according to the lifting tempo listed beside the exercise.
  - A 2-0-1 tempo means: 2 seconds lowering, no pause, and 1 second lifting.
  - A 3-1-1 tempos means: 3 seconds lowering, 1 second pause, & 1 sec lift.
- Finish each workout with stretching for the tight muscle groups only – the muscle groups that will be the tightest from these workouts and from daily activities are the chest, hip flexors, and hamstrings.
- A warm-up is built into workouts, but you can do more warm-up activities if desired.
- See the exercise photo & description section for details on all exercises.
## Turbulence Training Bodyweight Workout: Weeks 1-4
### Increase Strength & Work Capacity

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<thead>
<tr>
<th>Workout A</th>
<th>Set 1</th>
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<td>1B) Side Plank (15 seconds)</td>
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<td>4D) Bodyweight Squat (20) 1-0-1</td>
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*Sub in the band pull if you don’t have access to a bar for Inverted Rows and Chin-ups*
Turbulence Training Interval Training Guidelines – Weeks 1-4

- Finish each interval workout with stretching for the tight muscle groups only.
- You can do interval training/cardio 3 times per week, performed either after the bodyweight workout or on non-bodyweight workout days.

**Interval Workout A**
- Warm-up for 5 minutes.
- Perform an interval by exercising for 60 seconds at a harder than normal cardio pace (at a subjective 8/10 level of intensity).
- Follow that with “active rest” for by exercising for 60 seconds at a slow pace (at a subjective 3/10 level of intensity).
- Repeat for 3-6 intervals.
- Finish with 5 minutes of a cool-down at a 4/10 level of intensity.

**Interval Workout B**
- Warm-up for 5 minutes.
- Work for 45 seconds at a hard pace (at a subjective 8.5/10 level of intensity).
- Follow that with “active rest” for 90 seconds by exercising at a slow pace (at a subjective 3/10 level of intensity).
- Repeat for 3-6 intervals.
- Finish with 5 minutes of a cool-down at a 4/10 level of intensity.

**High-Intensity Cardio Workout C**
- Warm-up for 5 minutes.
- Exercise continuously for 15-minutes at a moderately hard pace that you could sustain for 30 minutes.
- Cool-down for 5 minutes.
- Push yourself to go slightly faster and farther in each successive workout.
# Turbulence Training 8-Week Bodyweight Program

## Turbulence Training Bodyweight Workout: Weeks 5-8

### Advanced Bodyweight Strength Training

### Workout A

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<td>A1)</td>
<td>Y-Squat (15)</td>
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<td>A2)</td>
<td>Spiderman Pushup (8)</td>
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<td>B1)</td>
<td>Pull-up (5)</td>
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<td>Decline Pushup (10)</td>
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<td>C1)</td>
<td>Inverted Row with Feet on Ball (10)</td>
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<td>C2)</td>
<td>Elbow-to-Instep Lunge (10)</td>
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<td>Pushups (Max-1)</td>
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<td>Siff Squat Toe Raise (20)</td>
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<td>Burpees (10)</td>
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<td>Inchworm (8)</td>
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<td>Pistol/1-Leg Squat (5)</td>
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*Sub in the Stick-up if you don’t have access to a bar for Inverted Rows and Chin-ups*
Turbulence Training Interval Training Guidelines – Weeks 5-8

- Finish each interval workout with stretching for the tight muscle groups only.
- You can do interval training/cardio 3 times per week, performed either after the bodyweight workout or on non-bodyweight workout days.

**Interval Workout A**
- Warm-up for 5 minutes.
- Perform an interval by exercising for 45 seconds at a hard pace (at a subjective 9/10 level of intensity).
- Follow that with “active rest” for 90 seconds by exercising at a slow pace (at a subjective 3/10 level of intensity).
- Repeat for 4-8 intervals.
- Finish with 5 minutes of a cool-down at a 4/10 level of intensity.

**Interval Workout B**
- Warm-up for 5 minutes.
- Work for 90 seconds at a hard pace (at a subjective 8.5/10 level of intensity).
- Follow that with “active rest” for 90 seconds by exercising at a slow pace (at a subjective 3/10 level of intensity).
- Repeat for 4-8 intervals.
- Finish with 5 minutes of a cool-down at a 4/10 level of intensity.

**High-Intensity Cardio Workout C**
- Warm-up for 5 minutes.
- Exercise continuously for 20-minutes at a moderately hard pace that you can sustain for the entire 20 minutes.
- Push yourself to go slightly faster and farther in each successive workout.
- Cool-down for 5 minutes.
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.

Bodyweight Squat
- Stand with your feet just greater than shoulder-width apart.
- With your abs braced and glutes squeezed, start the movement at the hip joint and push your hips backward and “sit back into a chair”.
- Make your hips go back as far as possible and keep your knees in a straight line.
- Keep your low back tensed in a neutral position. Don’t let your lower back round.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.

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.
Exercise Descriptions

Ball Squat
• Stand with your feet just greater than shoulder-width apart.
• Place a Stability Ball in between your back and the wall.
• Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. 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.

Sumo Squat
• Stand with your feet 6-inches greater than shoulder-width apart.
• With your abs braced and glutes squeezed, start the movement at the hip joint and push your hips backward and “sit back into a chair”.
• Make your hips go back as far as possible and keep your knees out.
• Keep your low back tensed in a neutral position. Don’t let your lower back round.
• Push with your glutes, hamstrings, and quadriceps to return to the start position.
Exercise Descriptions

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.

T-Squat
- Hold your hands out to your sides in a “T” 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.
Exercise Descriptions

Siff Squat Toe Raise
- Stand on the balls of your feet, with your feet just greater than shoulder-width apart.
- Stay on the balls of your feet for the entire exercise.
- 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, quads, and calves to return to the start position.

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.
Exercise Descriptions

**2-Leg 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.

![Image of 2-Leg Hip Extension](image1.png)

**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.

![Image of Ball Hip Extension](image2.png)
Exercise Descriptions

1-Leg Hip Extension
- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your left glute (butt muscle) while you take your right leg, straighten it, lift it off the floor and point it straight ahead.
- Using the left leg, bridge your hips up by contracting your glute.
- Keep your abs braced.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.

Walking Lunge
- Perform a forward lunge and walk forward with each step, rather than returning back to the starting position.
**Turbulence Training 8-Week Bodyweight Program**

**Exercise Descriptions**

**Prisoner Forward Lunge**
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Perform regular forward lunges.

**Elbow to Instep Lunge**
- Stand with your feet shoulder-width apart and hands behind your head.
- Step forward with your lead leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your lead thigh is parallel to the ground.
- Rotate your upper body so the elbow on your lead side comes down and inside the knee. Don’t round your low back too much, but try to get low.
- Don’t overdo it at first, this gives a strong stretch through the groin.
- Keep your upper body upright and your lower back flat.
- Push with your lead leg to return to the starting position and alternate sides.
Exercise Descriptions

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.

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.
Exercise Descriptions

Jumping Jacks
- Stand with your feet shoulder-width apart and hands by your sides.
- Jump your legs out to the sides and bring your hands over your head.

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

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.

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

Narrow Split Squat
• Same as above, but with a smaller split stance.

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.
Waiter’s Bow
- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.

1-Leg RDL
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your lower back arched and bend forward by pushing your hips back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.
- Repeat all reps for one side then switch.
Exercise Descriptions

Back Extension on the Ball
• Lie over a ball with your feet placed against the wall.
• Contract your glutes and tense your low back, and raise yourself up to the upright position.

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.
Exercise Descriptions

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

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

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

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

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

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. I am not letting my back round in the photo.
Exercise Descriptions

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

Mountain Climbers
- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.

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

Plank 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.

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

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.

Stability Ball Ab Curl-up
- Lie on the stability ball with your feet spread slightly greater than shoulder width apart on the floor (a wider stance equals greater stability and an easier exercise).
- Curl your shoulder blades off the ball as if performing a regular abdominal crunch off the floor. Return to the start position.
Turbulence Training 8-Week Bodyweight Program

Exercise Descriptions

Back Extension on Ball
- Lie over a ball with your feet placed against the wall.
- Contract your glutes and tense your low back, and raise yourself up to the upright position.

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.
Turbulence Training 8-Week Bodyweight Program

Exercise Descriptions

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

**Band Pulls**
- Hold a resistance tubing band at arms length and shoulder level with your hands spaced shoulder-width apart.
- Pull the band apart and pull your elbows back by using the muscles of your upper back. Focus on bringing your shoulder blades together.
- Keep your hands and elbows at shoulder height.
Turbulence Training 8-Week Bodyweight Program

Exercise Descriptions

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.

Assisted Pull-up

- Same as above but with an overhand grip.
Exercise Descriptions

Chin-ups
• Take underhand grip on the bar with the palms facing you.
• Pull your body up until the chest reaches bar level.
• Slowly lower yourself but do not let your body swing and do not use momentum.

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.
• Slowly return to the start position.

Inverted Row Beginner
• Same as above but keep your knees bent and hips up and abs braced.
Exercise Descriptions

Inverted Row – Feet on Ball
- Same as above, but place your heels on a ball. This is more advanced.

Inverted Towel Row
- Same as the regular row, but grip towels instead.
- This is more advanced and works the grip.
Turbulence Training 8-Week Bodyweight Program

Exercise Descriptions

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.
- 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
- See instructions above.
Exercise Descriptions

Incline Pushups
- This is a beginner push-up because it reduces the amount of weight lifted.
- Set the bar up below hip height. Lower it to increase difficulty.
- Place your hands on the bar, keep your body in a straight line, and do pushups.

Feet on Ball Pushup
- Place your feet on the ball, and your hands on the floor, then do regular pushups.
- Keep your hips up so your body is in a straight line.
Exercise Descriptions

Close-grip Pushups
• Same as above, but keep your hands shoulder-width apart and keep your elbows tucked into your sides as you do the pushup.

Elevated Pushups
• Keep the abs braced and body in a straight line from knees to shoulders.
• Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal push-up width).
• Slowly lower yourself down until you are 2 inches off the ground.
• Push through your chest, shoulders and triceps to return to the start position.
• Keep your body in a straight line at all times.
Exercise Descriptions

Decline Push-up
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.

Spiderman Push-up
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position.
- Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to rotate at your hips.
Exercise Descriptions

Shoulder Press PU
- 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.

Push-Up with Hands on Ball
- Place your hands on a Stability ball and keep your feet on the floor.
- Perform regular push-ups. Make sure your grip does not bother your wrist.
- Keep your body in a straight line at all times.

Offset Pushups
- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 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.
- Do all reps for one side and then change hand positions and complete all other reps.
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 8-Week Bodyweight Program

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.

![Glute Stretch Image](image1)

**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.

![Quadriceps Stretch Image](image2)
**Static Stretching**

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

![Chest Stretch Image]

**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.

![Shoulder Stretch Image]
How to Get Dozens of Advanced, Fat Burning, Muscle Building, Turbulence Training Workouts at Your Fingertips - And All for Less than the Cost of a Gym Membership


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"You’ve done it again! 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**

“Thanks Craig, the TT Membership is great. Never have I seen anything like this. I have already downloaded Get Lean and Beginner Fat Loss Tips and glanced through them, some really good stuff. I'm planning on printing out most of these and having a "CB" section in my fitness library.”

**Keith Suthammanont, NYC**

“Don’t waste your money on any other exercise programmes or e-books! I have spent a fortune in the last twelve months on exercise material, only to discover that once you are at TTMember, you do not need to look anywhere else. I have to work out from home and, thanks to Craig, I can now do that with a few dumbbells and a ball, knowing that I am getting an effective workout. My goal is fat loss, but with Craig's complete range of manuals, I can also help my 18 year old son who is interested in muscle gain and who loves working out at the gym. I can also confidently say that, based on all my research, Craig's Nutritional programme is 100% sound and effective. Save yourself the time and money and become a TTMember."

**Danette Nel, Johannesburg, South Africa**

www.TurbulenceTraining.com
www.TTMembers.com
Here’s just a partial list of the manuals, workouts, and programs that you currently will get as a **Platinum TT Member** (and remember, I’ll add at least 1 new program per month). If you bought each program separately, it would cost you over $3000.

**My Turbulence Training Reports**
- TT for Fat Loss
- TT For Mass
- TT for Women
- The Intermediate TT Beach Body program
- The Advanced TT Beach Body program
- The TT at Home 16-week program
- TT for Firefighters
- TT – 30 Days of Maximum Fat Loss

**Female Training Manuals**
- The Secrets of Female Strength & Conditioning
- ShapeShift – How to Develop the Athletic Look
- The Simple Way to Lose Weight
- The Executive Lifestyle Manual for Women
- Get Lean for Women

**My Elite Rugby Training Manuals**
- The Rugby Speed Manual
- The Rugby Strength Manual
- The Rugby Pre-Season Speed and Interval Workouts

**My Young Athlete Manuals**
- Young Male Alpine Ski Strength Program
- Young Beginner Female Basketball Strength Program
- Young Advanced Male Rugby Strength Program
- The New Young Athlete - 8 Week Mass Gain Program

**Bench Press Workout**
- Part A: Weeks 1-12
- Part B: Weeks 13-24

“The TTMembers.com subscription is worth it just to be able to get input from CB.”

**Kevin Larabee, TheFitcast.com**

"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**

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