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TT FOR **BUFF DUDES**

& Hot Chicks! 2.0



www.TurbulenceTraining.com

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 dietitian. If your physician recommends that you don't use Turbulence Training, please follow your doctor's orders.

Workout Guidelines

- Perform this program for 4 weeks then switch to another TT workout.
- Train hard 3 days per week.
- Do 30 minutes of low-intensity exercise on off-days, such as walking or biking.
- Do each exercise at a controlled pace, lowering for 2 seconds, and returning to the start position in 1 second. (Exceptions: Jumps – to be done as fast as possible.)
- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every strength workout with this warm-up circuit and specific warm-up sets.
- Quick tip: In all of these workouts, squeeze EVERY repetition at the top of the contraction. This will require you to use lighter weights for all exercises.

Watch all follow-along workout videos on the TT website at:

<http://www.turbulencetraining.com/BDHC>

Find exercise descriptions and substitutions on the TT website at:

<http://www.turbulencetraining.com/exercise-substitution>

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 at www.TTmembers.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.

Warm-Up

General Bodyweight Warm-up Circuit

Go through the circuit twice with no rest between exercises or circuits.

Prisoner Forward Lunges (alternating) – 30 seconds

T-Pushups – 30 seconds

Stability Ball Leg Curls – 30 seconds

Stick-ups – 30 seconds

QUICK TIP

In all of these workouts, squeeze **EVERY** repetition at the top of the contraction. This will require you to use lighter weights for all exercises.

Day 1 **Workout A**

Day 2 **Recovery Day**

Day 3 **Workout B**

Day 4 **Recovery Day**

Day 5 **Workout C**

Day 6 **Recovery Day**

Day 7 **Recovery Day**

Workout A

Start with the general bodyweight warm-up circuit.
Rest only where stated.

Workout Circuit #1

Go through 3 times with a 20 second rest between exercises.
Rest 60 seconds between circuits.

1A) Dumbbell Walking Lunge – 40 seconds

20 seconds rest/transition

1B) TRX Ab Pike or Stability Ball Ab Pike – 40 seconds

20 seconds rest/transition

1C) Goblet Bulgarian Split Squat 1& ½ reps – 40 seconds per side

20 seconds rest/transition

1D) 1-Leg Stability Ball Leg Curl – 20 seconds per side

Workout Circuit #2

Go through 3 times with no rest between exercises.
Rest 60 seconds between circuits.

2A) Kettlebell Swing – 30 seconds

2B) Plank with Arms on Ball – 30 seconds

2C) Burpee – 30 seconds

2D) TRX Fallout or Stability Ball Rollout – 30 seconds

2E) Prisoner Squat Jumps + Total Body Extensions – 30 seconds

2F) Cross Body Mountain Climber – 30 seconds

Finish with Static Stretching

DAY 2

Recovery Day

Do three rounds of the bodyweight circuit warm-up PLUS end of workout stretches.

DAY 3

Workout B

Start with the general bodyweight warm-up circuit.
Rest only where stated.

Warm-up Superset

Go through 1 time with a 20 second rest between exercises.
Rest 20 seconds and move on to the real circuits.

1A) Pull-up – 20 seconds

20 seconds rest/transition.

1B) Dumbbell Chest Press – 20 seconds with 3 second lowering phase

Rest 20 seconds

Workout Circuit #1

Go through 3 times with a 20 second rest between exercises. Rest 20 seconds between circuits.

2A) Dumbbell Low-Incline Press 1 & ½ reps – 40 seconds

20 seconds rest/transition

2B) TRX Wide-Grip Row or Dumbbell Wide-Grip CSR – 40 seconds

20 seconds rest/transition

2C) Dumbbell Seated Shoulder Press – 40 seconds

20 seconds rest/transition

2D) Dumbbell Shrug – 40 seconds

Workout Circuit #2

Go through 3 times with no rest between exercises.
Rest 40 seconds between circuits.

3A) TRX Y's or Dumbbell Rear-Delt Raise – 40 seconds

3B) TRX Triceps Extension or Decline Close-Grip Pushup – 40 seconds

3C) TRX Curls or Dumbbell Curl with Palms-up – 40 seconds with 3 second lowering

3D) Total Body Extension – 20 seconds on, 10 seconds off x 8 rounds

Static Stretching

DAY 4

Recovery Day

Do three rounds of the bodyweight circuit warm-up
PLUS end of workout stretches.

Workout C

Start with the general bodyweight warm-up circuit.
Rest only where stated.

Workout Superset #1

Go through 3 times with no rest.

1A) Dumbbell Reverse Lunge (alternating) – 40 seconds

1B) TRX Jackknife or Stability Ball Jackknife – 40 seconds

Workout Superset #2

Go through 3 times with no rest.

2A) Dumbbell RDL – 40 seconds

2B) Elevated Push-ups – 20 seconds per side

Workout Superset #3

Go through 3 times with no rest between exercises.
Rest 20 seconds between supersets.

3A) Dumbbell Row – 60 seconds per side

3B) Stability Ball Leg Curl – 40 seconds

Workout Circuit

Go through 1 time.

4A) Bodyweight Squats – 20 seconds on, 10 seconds off x 8 rounds

4B) Pushups – 20 seconds on, 10 seconds off x 4 rounds

4C) Plank-Side Plank – 20 seconds on, 10 seconds off x 4 rounds

4D) Prisoner Forward Lunge – 20 seconds + T-Pushups – 10 seconds x 4 rounds

Static Stretching

DAY 6

Recovery Day

Do three rounds of the bodyweight circuit warm-up
PLUS end of workout stretches.

DAY 7

Recovery Day

30 minute walk and some stretches if desired.