



TURBULENCE **TRAINING**

**Burn Fat and Build Muscle in Less
Than 90 Minutes Per Week**

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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

Sedentary individuals must complete the **Introductory Level Turbulence Training** workouts before moving to the **Beginner Level Turbulence Training** workouts.

Perform each Turbulence Training workout for 4 weeks and then move to the next workout in order presented.

After every 12 weeks, take one week off from Turbulence Training for recovery purposes. During the recovery week, you may perform light, low-intensity workouts.

On “non-workout days,” do at least 30 minutes of low-intensity exercise (i.e. walking, hiking or bike riding). Stay active but don’t exercise too hard. Do something you really enjoy, such as dancing, walking with your family, yoga, or your favorite sport.

The Turbulence Training Workouts are based on Supersets and Circuits. Supersets are pairs of exercises (i.e. 1A & 1B). In each superset, you’ll do exercise A followed by exercise B. Then you will rest up to 1 minute before repeating the superset 1-2 more times. Circuits are three or more exercises (i.e. 1A, 1B, 1C). In each circuit, you’ll do exercise A followed by exercise B, and then C. Then you will rest up to 1 minute before repeating the circuit 1-3 more times.

Use a 2-0-1 lifting tempo for all exercises (except for any holding exercises like the planks and curl-ups or when specifically stated otherwise). Take 2 seconds to lower the weight or your body, pause briefly, and then take 1 second to lift the weight or your body.

EXERCISE DESCRIPTIONS & SUBSTITUTION GUIDE

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.

Workout Log

Fill out this workout chart with the **amount of weight you used** and **number of repetitions** you completed for each set.

PROGRAM:

WEEK #:

WORKOUT A	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
Circuit 1						
1A						
1B						
1C						
1D						
1E						
Circuit 2						
2A						
2B						
2C						
2D						
2E						
Circuit 3						
2A						
2B						
2C						
2D						
2E						
Circuit 4						
2A						
2B						
2C						
2D						
2E						

INTRO

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.

- Workout 2 days per week alternating between workout A and workout B.
- “20 on, 10 off x 2 rounds” means you will work very hard for 20 seconds, followed by a period of rest for 10 seconds. Do it 2 times.
- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this bodyweight warm-up circuit.
- Don’t train to failure. You should be able to do 1 more rep at the end of each set.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up. Never skip a warm-up.

The **INTRO** program is for sedentary individuals.
If it is too easy for you, start with the **BEGINNER** or **INTERMEDIATE** workouts.

BEGINNER

INTERMEDIATE

ADVANCED

EXPERT

INTRO

Warm-Up

General Bodyweight Warm-up Circuit

Go through the circuit with no rest between exercises.
Rest 20 seconds between circuits.

Glute Bridge Hold – 20 seconds

Kneeling Pushup – 20 seconds

Bird Dog – alternating – 20 seconds

Day 1 Workout A

Day 2 Recovery Day

Day 3 Recovery Day

Day 4 Workout B

Day 5 Recovery Day

Day 6 Recovery Day

Day 7 Recovery Day

Workout A

Watch the Follow-Along Video

Bodyweight Warm-Up Circuit See page 2

Workout Circuit #1

Go through 2 times with a 20 second rest between exercises.
Rest 1 minute between circuits.

1A) Lying Hip Extension – 20 seconds

20 seconds rest/transition

1B) Plank – 20 seconds

20 seconds rest/transition

1C) Bodyweight Squat – 20 seconds

20 seconds rest/transition

1D) Bird Dog – 20 seconds, alternating, with 3-second hold at the top of each rep

Workout Circuit #2

Go through 2 times with a 20 second rest between exercises.
Rest 1 minute between circuits.

2A) Kneeling Pushups – 20 seconds

20 seconds rest/transition

2B) Side Plank – 20 seconds per side, doing 3 repetitions of 5 second holds

20 seconds rest/transition

2C) Stick-ups – 20 seconds

20 seconds rest/transition

2D) Mountain Climbers – 20 seconds

INTRO

DAY 1

Workout A – Continued

Workout Circuit #3

Go through 2 times. Rest 1 minute between circuits.

3A) Bodyweight Squats – 20 on, 10 off x 2 rounds

3B) Band Pull – 20 on, 10 off x 2 rounds

3C) Kneeling Close-Grip Pushups – 20 on, 10 off x 2 rounds

Stretch tight muscle groups only.

DAY 2

Recovery Day

30 minutes of light activity

DAY 3

Recovery Day

30 minutes of light activity

Workout B

Watch the Follow-Along Video

Bodyweight Warm-Up Circuit See page 2

Workout Circuit #1

Go through 2 times with a 20 second rest between exercises.
Rest 1 minute between circuits.

1A) Step-ups – 20 seconds per side

20 seconds rest/transition

1B) Stability Ball W's – 20 seconds

20 seconds rest/transition

1C) Stability Ball Leg Curl – 20 seconds

20 seconds rest/transition

1D) Kneeling Push-up – 20 seconds

Workout Circuit #2

Go through 2 times with a 20 second rest between exercises.
Rest 1 minute between circuits.

2A) Prisoner Squat – 20 seconds

20 seconds rest/transition

2B) Side Plank – 20 seconds per side with

20 seconds rest/transition

2C) Stability Ball T's – 20 seconds

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

DAY 4

Workout B – Continued

Workout Circuit #3

Go through 1 times.

3A) Total Body Extension – 20 on, 10 off x 2 rounds

3B Cross-Body Mountain Climbers – 20 on, 10 off x 2 rounds

3C) Jumping Jacks – 20 on, 10 off x 2 rounds

3D) Bodysaw – 20 on, 10 off x 2 rounds

Stretch tight muscle groups only.

DAY 5

Recovery Day

30 minutes of light activity

DAY 6

Recovery Day

30 minutes of light activity

DAY 7

Recovery Day

30 minutes of light activity

BEGINNER

Workout Guidelines

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- Workout 3 days per week alternating between workout A and workout B.
- So, 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.
- “20 on, 10 off x 2 rounds” means you will work very hard for 20 seconds, followed by a period of rest for 10 seconds. Do it 2 times.
- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this bodyweight warm-up circuit.
- Don’t train to failure. You should be able to do 1 more rep at the end of each set.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up. Never skip a warm-up.

BEGINNER

Warm-Up

General Bodyweight Warm-up Circuit

Go through the circuit with no rest between exercises.
Rest 20 seconds between circuits.

Prisoner Squat – 20 seconds

Pushup or Kneeling Pushup – 20 seconds

Stability Ball Hip Extension – 20 seconds

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

[Watch the Follow-Along Video](#)

Bodyweight Warm-Up Circuit See page 8

Workout Circuit #1

Go through 2 times with a 15 second rest between exercises.
Rest 1 minute between circuits.

1A) Dumbbell Squat – 30 seconds

15 seconds rest/transition

1B) 1B) Close-Grip Pushup or Kneeling Close-Grip Pushup – 30 seconds

15 seconds rest/transition

1C) Dumbbell Row – 30 seconds per side

15 seconds rest/transition

1D) Stability Ball Leg Curl – 30 seconds

Workout Circuit #2

Go through 2 times with a 20 second rest between exercises.
Rest 1 minute between circuits.

2A) Mountain Climber – 20 seconds

20 seconds rest/transition

2B) Stability Ball Hip Extension – 20 seconds

20 seconds rest/transition

2C) Side Plank – 20 second hold per side

20 seconds rest/transition

2D) Glute Bridge – 20 second hold

DAY 1

Workout A – Continued

Workout Circuit #3

Go through 1 time.

3A) Total Body Extension – 20 on, 10 off x 4 rounds

3B) Pushups or Kneeling Pushups – 20 on, 10 off x 2 rounds

3C) Run-in-Place – 20 on, 10 off x 4 rounds

Stretch tight muscle groups only.

DAY 2

Recovery Day

30 minutes of light activity

Workout B

[Watch the Follow-Along Video](#)

Bodyweight Warm-Up Circuit See page 8

Workout Circuit #1

Go through 2 times with a 15 second rest between exercises.
Rest 1 minute between circuits.

1A) Dumbbell Chest Press – 30 seconds

15 seconds rest/transition

1B) Dumbbell Step-up – 30 seconds per side

15 seconds rest/transition

1C) Cross-Body Mountain Climbers – 30 seconds

15 seconds rest/transition

1D) Stability Ball T's – 30 seconds

Workout Circuit #2

Go through 2 times with a 20 second rest between exercises.
Rest 1 minute between circuits.

2A) Elevated Pushup or Kneeling Elevated Pushup – 20 seconds per side

20 seconds rest/transition

2B) 1-Leg Hip Extension – 40 seconds per side

20 seconds rest/transition

2C) Plank – 40 second hold

20 seconds rest/transition

2D) Bird Dog – 40 seconds, alternating, with 3-second hold at the top of each rep

Workout B – Continued

Workout Circuit #3

Go through 1 time.

Optional: Rest 1 Minute and repeat 1 more time for a total of 2 circuits.

3A) Bodyweight Squat – 20 seconds + 10 second rest

3B) Spiderman Climb – 20 seconds + 10 second rest

3C) Jumping Jacks – 20 seconds + 10 second rest

3D) Mountain Climber – 20 seconds + 10 second rest

3E) Band pull – 20 seconds + 10 second rest

3F) Prisoner Squat – 20 seconds + 10 second rest

Stretch tight muscle groups only.

DAY 4

Recovery Day

30 minutes of light activity

BEGINNER

DAY 5

Workout C

Watch the Follow-Along Video

Repeat Beginner Workout A on page 9.

DAY 6

Recovery Day

30 minutes of light activity

DAY 7

Recovery Day

30 minutes of light activity

INTERMEDIATE

Workout Guidelines

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- Workout 3 days per week alternating between workouts A, B, and C.
- “20 on, 10 off x 2 rounds” means you will work very hard for 20 seconds, followed by a period of rest for 10 seconds. Do it 2 times.
- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this bodyweight warm-up circuit and specific warm-up sets.
- Don’t train to failure. You should be able to do 1 more rep at the end of each set.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up. Never skip a warm-up.

INTERMEDIATE

Warm-Up

General Bodyweight Warm-up Circuit

Go through the circuit with no rest between exercises.
Rest 20 seconds between circuits.

Prisoner Squat – 20 seconds

Pushup or Kneeling Pushup – 20 seconds

Stability Ball Leg Curl – 20 seconds

Band Pull – 20 seconds

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

Watch the Follow-Along Video

Bodyweight Warm Up Circuit See page 15.

Warm-Up Superset

Go through 1 time with a 15 second rest between exercises.
Rest 30 seconds and move on to the real sets.

1A) Dumbbell Split Squat – 30 seconds per side using 50% of weight to be used in real sets
15 seconds rest/transition

1B) Dumbbell Incline Press – 30 seconds using 50% of weight to be used in real sets.

Workout Superset

Go through 3 times with a 15 second rest between exercises.
Rest 30 seconds between circuits.

1A) Dumbbell Split Squat – 30 seconds per side
15 seconds rest/transition

1B) Dumbbell Incline Press – 30 seconds

Continued on the following page.

Workout A – Continued

Workout Circuit #1

Go through 3 times with a 20 second rest between exercises.
Rest 40 seconds between circuits.

1A) TRX Bodyweight Row or Dumbbell Chest Supported Row (CSR) – 40 seconds

20 seconds rest/transition

1B) Stability Ball Jackknife or Mountain Climbers – 40 seconds

20 seconds rest/transition

1C) Stability Ball Leg Curl – 40 seconds

20 seconds rest/transition

2D) Close-Grip or Kneeling Close-Grip Pushup – 40 seconds

Workout Circuit #2

Go through 1 time.

3A) Total Body Extension – 20 on, 10 off x 4 rounds

3B) Cross-Body Mountain Climbers – 20 on, 10 off x 2 rounds

3C) Narrow-Stance Squat – 20 on, 10 off x 4 rounds

Stretch tight muscle groups only.

Recovery Day

30 minutes of light activity

Workout B

[Watch the Follow-Along Video](#)

Bodyweight Warm Up Circuit See page 15.

Workout Circuit #1

Go through 3 times with a 15 second rest between exercises.
Rest 30 seconds between circuits.

1A) Goblet Squat – 30 seconds

15 seconds rest/transition

1B) Stability Ball Rollout – 30 seconds

15 seconds rest/transition

1C) Dumbbell Reverse Lunge – 30 seconds per side

15 seconds rest/transition

1D) Side Plank – 30 second hold per side

Rest 30 seconds & repeat 2 more times for a total of 3 circuits.

Workout Circuit #2

Go through 2 times with a 20 second rest between exercises.
Rest 30 seconds between circuits.

2A) TRX Pushup with Feet Elevated or Decline Pushup – 40 seconds

20 seconds rest/transition.

2B) Dumbbell Row – 40 seconds for one side

20 seconds rest/transition.

2C) TRX or Regular Bodysaw– 40 seconds

20 seconds rest/transition.

2D) Dumbbell Row – 40 seconds for other side

Rest 30 seconds & repeat 1 more time for a total of 2 circuits.

Workout B – Continued

Workout Circuit #3

Go through 1 time.

3A) Total Body Extension – 20 on, 10 off x 4 rounds

3B) Mountain Climbers – 20 on, 10 off x 2 rounds

3C) Jumping Jacks – 20 on, 10 off x 2 rounds

Stretch tight muscle groups only.

DAY 4

Recovery Day

30 minutes of light activity

Workout C

[Watch the Follow-Along Video](#)

Bodyweight Warm Up Circuit See page 15.

Workout Circuit #1

Go through 2 times with a 15 second rest between exercises.
Rest 30 seconds between circuits.

1A) Goblet Step-Up – 30 seconds per side

15 seconds rest/transition

1B) T-Pushup (alternating sides) – 30 seconds

15 seconds rest/transition

1C) Kettlebell (Kettlebell) or Dumbbell (Dumbbell) Swing – 30 seconds

Rest 30 seconds & repeat 1 more times for a total of 2 circuits.

Workout Circuit #2

Go through 2 times with a 20 second rest between exercises.
Rest 30 seconds between circuits.

2A) 1-Arm Dumbbell Squat & Press – 40 seconds per side

20 seconds rest/transition

2B) Dumbbell Renegade Row (alternating) – 40 seconds

20 seconds rest/transition

2C) TRX Y's or Dumbbell Rear-Delt Raise – 40 seconds

20 seconds rest/transition

2D) TRX Curls or Dumbbell Curls with Palms-up – 40 seconds

20 seconds rest/transition

Rest 30 seconds & repeat 1 more time for a total of 2 circuits.

DAY 5

Workout C – Continued

Workout Circuit #3

Go through 1 time.

3A) Total Body Extension – 20 on, 10 off x 4 rounds

3B) Mountain Climbers – 20 on, 10 off x 2 rounds

3C) Jumping Jacks – 20 on, 10 off x 2 rounds

Stretch tight muscle groups only.

DAY 6

Recovery Day

30 minutes of light activity

DAY 7

Recovery Day

30 minutes of light activity

ADVANCED – 2K3

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- Workout 3 days per week alternating between workouts A, B, and C.
- “20 on, 10 off x 2 rounds” means you will work very hard for 20 seconds, followed by a period of rest for 10 seconds. Do it 2 times.
- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this bodyweight warm-up circuit and specific warm-up sets.
- Don’t train to failure. You should be able to do 1 more rep at the end of each set.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up. Never skip a warm-up.

Warm-Up

General Bodyweight Warm-up Circuit

Go through the circuit 2 times with no rest between exercises.
Rest 20 seconds between circuits.

Prisoner Squat – 20 seconds

Close-grip Pushup – 20 seconds

Prisoner Lunge (alternating) – 20 seconds

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

Watch the Follow-Along Video

Bodyweight Warm-Up Circuit See page 27

Warm-Up Superset

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

1A) Chin-ups or Dumbbell CSR – 20 seconds

20 seconds rest/transition

1B) Dumbbell Chest Press – 20 seconds using 50% of the weight to be used in real sets.

Workout Superset #1

Go through 3 times with a 20 second rest between exercises.
Rest 40 seconds between supersets.

1A) Chin-ups or Dumbbell CSR – 40 seconds

20 seconds rest/transition

1B) Dumbbell Chest Press – 40 seconds with a 3 second lowering phase

Rest 40 seconds & repeat 2 more times for a total of 3 supersets.

Workout Circuit #1

Go through 3 times with a 20 second rest between exercises.
Rest 50 seconds between circuits.

2A) TRX Bodyweight Row + Y's or Dumbbell Row– 40 seconds per move or per side

20 seconds rest/transition

2B) Dumbbell Low-Incline Press – 40 seconds with 1-second squeeze at top of the press

DAY 1

Workout A – Continued

2C) Goblet Squat – 40 seconds

20 seconds rest/transition

2D) Dumbbell Incline Curl – 40 seconds

Rest 50 seconds & repeat 2 more times for a total of 3 circuits.

Workout Superset #2

Go through 3 times with no rest between exercises.
Rest 15 seconds between supersets.

3A) Kettlebell Swing or Dumbbell Swing – 30 seconds

3B) Prisoner Squat Jump – 15 seconds

Stretch tight muscle groups only.

DAY 2

Recovery Day

30 minutes of light activity

Workout B

Watch the Follow-Along Video

Bodyweight Warm-Up Circuit See page 27

Warm-Up Superset

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

1A) Bodyweight Reverse Lunge – 20 seconds per side

20 seconds rest/transition

1B) Dumbbell Push Press or Pike Pushup – 20 seconds using 50% of the weight in real sets.

Workout Superset #1

Go through 3 times with a 15 second rest between exercises.
Rest 30 seconds between supersets.

1A) Dumbbell Reverse Lunge – 30 seconds per side

15 seconds rest/transition

1B) Dumbbell Push Press or Pike Pushup – 30 seconds

Rest 30 seconds and go through 2 more times for a total of 3 circuits.

Workout B – Continued

Workout Circuit #1

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

2A) Barbell or Dumbbell RDL – 40 seconds with a 3 second lowering phase

20 seconds rest/transition

2B) TRX Jackknife or Stability Ball Jackknife – 40 seconds

20 seconds rest/transition

2C) Dumbbell Step-ups or Goblet Step-ups – 40 seconds per side

20 seconds rest/transition

2D) TRX Fallout or Stability Ball Rollout – 40 seconds

Rest 30 seconds & repeat 2 more times for a total of 3 circuits.

Workout Circuit #2

Go through 2 times with no rest between exercises.
Rest 30 seconds between circuits.

3A) Kettlebell Swing or Dumbbell Swing or Total Body Extension – 30 seconds

3B) Narrow-Stance Bodyweight Squats – 60 seconds

3C) Cross-Body Mountain Climbers – 30 seconds

Stretch tight muscle groups only.

Recovery Day

30 minutes of light activity

Workout C

Watch the Follow-Along Video

Bodyweight Warm-Up Circuit See page 27

Warm-Up Superset

Go through 1 time with a 15 second rest between exercises.
Rest 15 seconds and move on to the real sets.

1A) Deadlift or Dumbbell Squat – 30 seconds using 50% of the weight in your real sets.

15 seconds rest/transition

1B) Dumbbell Neutral-Grip Incline Press – 30 seconds using 50% of the weight in real sets.

Workout Circuit #1

Go through 3 times with a 15 second rest between exercises.
Rest 60 seconds between circuits.

1A) Deadlift or Dumbbell Squat – 30 seconds with a 3 second lowering phase

15 seconds rest/transition

1B) Goblet Split Squat – 30 seconds per side

15 seconds rest/transition

1C) Dumbbell Neutral-Grip Incline Chest Press – 30 seconds

Rest 60 seconds & repeat 2 more times for a total of 3 circuits.

Workout C – Continued

Workout Circuit #2

Go through 2 times with a 20 second rest between exercises.

Rest 20 seconds between circuits.

2A) Pull-ups or Dumbbell CSR – 40 seconds with a 3 second lowering phase.

20 seconds rest/transition

2B) Dips or TRX Triceps Extensions or Dumbbell Lying Triceps Extensions – 40 seconds

20 seconds rest/transition

2C) Prisoner Squat Jumps + Total Body Extensions – 20 seconds each

20 seconds rest/transition

2D) Atomic Pushup or Stability Ball Jackknife Pushups – 40 seconds

Rest 20 seconds and repeat 1 more time for a total of 2 circuits.

Workout Superset #1

Go through 3 times with no rest between exercises.

Rest 15 seconds between supersets.

3A) Jump Rope – 30 seconds

3B) Burpees with Double Jump – 30 seconds

Rest 15 seconds and repeat 2 more times for a total of 3 circuits.

Static stretching.

ADVANCED – 2K3

DAY 6

Recovery Day

30 minutes of light activity

DAY 7

Recovery Day

30 minutes of light activity

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- Don’t train to failure. You should be able to do 1 more rep at the end of each set.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up. Never skip a warm-up.

Warm-Up

General Bodyweight Warm-up Circuit

Go through the circuit 2 times with no rest between exercises.
Rest 20 seconds between circuits.

Prisoner Reverse Lunges – alternating – 20 seconds per side

T-Pushup – 20 seconds

Stick-ups – 20 seconds

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

[Watch the Follow-Along Video](#)

Bodyweight Warm-Up Circuit See page 36

Warm-Up Superset

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

1A) Dumbbell Incline Press – 20 seconds using 50% of the weight you'll use in the real sets.

20 seconds rest/transition

1B) Dumbbell Row – 20 seconds per side using 50% of the weight you'll use in the real sets..

Workout Superset #1

Go through 3 times with a 20 second rest between exercises.
Rest 50 seconds between supersets.

1A) Dumbbell Incline Press – 40 seconds using a 4 second lowering phase

20 seconds rest/transition

1B) Dumbbell Row – 40 seconds per side

Rest 50 seconds & repeat 2 more times for a total of 3 supersets.

Workout Superset #2

Go through 3 times with a 15 second rest between exercises.
Rest 30 seconds between circuits.

2A) Dumbbell Neutral-Grip Chest Press 90% Reps (stop 10% short of full press) – 30 seconds

15 seconds rest/transition

DAY 1

Workout A – Continued

Workout Circuit #1

Go through 2 times with no rest between exercises.
Rest 20 seconds between circuits.

3A) TRX Triceps Extension or Dumbbell Lying Triceps Extension – 40 seconds

3B) TRX Curls or Dumbbell Curl – 40 seconds with a 3 second lowering phase

3C) TRX Y's or Dumbbell Rear-Deltoid Raise – 40 seconds

Workout Circuit #2

Go through 2 times with no rest between exercises.
Rest 20 seconds between circuits.

4A) Lunge Jumps or Reverse Lunges (alternating) – 20 seconds

4B) Spiderman Climb – 20 seconds

4C) Total Body Extension – 20 seconds

Stretch tight muscle groups only.

DAY 2

Recovery Day

30 minutes of light activity

Workout B

Watch the Follow-Along Video

Bodyweight Warm-Up Circuit See page 36

Warm-Up Superset

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

1A) Deadlift or Dumbbell Squat – 20 seconds with 50% of the weight in your real sets

20 seconds rest/transition

1B) Dumbbell 1-Arm Standing Shoulder Press – 20 seconds with 50% weight in real set

Workout Superset #1

Go through 3 times with a 15 second rest between exercises.
Rest 30 seconds between supersets.

1A) Deadlift or Dumbbell Squat – 30 seconds

15 seconds rest/transition

1B) Dumbbell 1-Arm Standing Shoulder Press – 30 seconds per side

Workout Circuit #1

Go through 3 times with a 15 second rest between exercises. Rest 60 seconds between circuits.

2A) Dumbbell Reverse Lunge – 30 seconds per side

15 seconds rest/transition

2B) Goblet Bulgarian Split Squat – 30 seconds per side

15 seconds rest/transition

2C) Kettlebell Swings or Dumbbell Swings – 30 seconds

Rest 60 seconds and repeat 2 more times for a total of 3 circuits.

DAY 3

Workout B – Continued

Workout Superset #2

Go through 1 time.

3A) Punisher Squats – 20 seconds on, 10 second hold in bottom position x 4 rounds

3B) Spiderman Climb Pushup – 20 seconds on, 10 second rest x 4 rounds

Stretch tight muscle groups only.

DAY 4

Recovery Day

30 minutes of light activity

Workout C

Watch the Follow-Along Video

Bodyweight Warm-Up Circuit See page 36

Warm-Up Superset

Go through 1 time with a 20 second rest between exercises.
Rest 40 seconds and move on to the real sets.

1A) Chin-up or Dumbbell CSR – 20 seconds

20 seconds rest/transition

1B) Squat or Goblet Squat – 20 seconds using 50% of the weight in the real sets.

Workout Circuit #1

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

1A) Chin-up or Dumbbell CSR – 40 seconds

20 seconds rest/transition

1B) Squat or Goblet Squat – 40 seconds with a 3 second lowering phase

20 seconds rest/transition

1C) Spiderman Climb Pushup – 40 seconds

Rest 60 seconds & repeat 2 more times for a total of 3 circuits.

Workout C – Continued

Workout Circuit #2

Go through 2 times with a 20 second rest between exercises.
Rest 20 seconds between circuits.

2A) Lunge Jumps or Prisoner Lunges (alternating) – 20 seconds

20 seconds rest/transition

2B) Decline Close-Grip Pushup – 40 seconds

20 seconds rest/transition

2C) Dumbbell or Goblet Switch Lunges – 40 seconds

20 seconds rest/transition

2D) Dumbbell Renegade Row – 40 seconds

Rest 20 seconds and repeat 1 more time for a total of 2 circuits.

Workout Circuit #3

Go through 2 times with no rest between exercises.
Rest 15 seconds between circuits.

3A) Burpees – 30 seconds

3B) Jump Rope – 30 seconds

3C) Bodyweight Squat – 30 seconds

3D) Jumping Jacks – 30 seconds

Rest 15 seconds and repeat 1 more times for a total of 2 circuits.

Static stretching.

DAY 6

Recovery Day

30 minutes of light activity

DAY 7

Recovery Day

30 minutes of light activity