

# TT THERMOGENIC 30 2.0

*Burn Mega-Calories  
& Achieve Hyper-Speed  
Fat Loss with Metabolic  
30 Minute Workouts*

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# 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.

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

**<http://www.turbulencetraining.com/Thermo-30>**

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](http://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 20 seconds rest between circuits.

**Prisoner Squat – 20 seconds**

**Spiderman Climb Pushup – 20 seconds**

**Prisoner Switch Lunge – 20 seconds per side**

**Y – 20 seconds**

**Side Plank – 20 seconds per side**

## Day 1

**Workout A – The Thermogenic 30 Gauntlet**

## Day 2

**Recovery Day**

## Day 3

**Workout B – Thermogenic-30 Upper Body Density**

## Day 4

**Recovery Day**

## Day 5

**Workout C – Thermogenic-30 MRT**

## Day 6

**Recovery Day**

## Day 7

**Recovery Day**

# **Workout A - The Thermogenic 30 Gauntlet**

**Start with the general bodyweight warm-up circuit on page 5.**

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) Barbell Squat or Goblet Squat – 20 seconds**

*20 seconds rest/transition*

**1B) Dumbbell Row – 20 seconds per side**

## **Workout Circuit #1**

Go through 2 times with a 15 second rest between exercises.

Rest 60 seconds between circuits.

**1A) Barbell Squat or Goblet Squat – 30 seconds**

*15 seconds rest/transition*

**1B) Dumbbell Row – 30 seconds per side**

*15 seconds rest/transition*

**1C) Barbell Squat or Goblet Squat – 30 seconds**

*15 seconds rest/transition*

**1D) Decline Spiderman Pushups or Decline Pushups – 30 seconds**

*15 seconds rest/transition*

**1E) Dumbbell Reverse Lunges (alternating) – 30 seconds per side**

*15 seconds rest/transition*

**1F) Decline Spiderman Pushups or Decline Pushups – 30 seconds**

## **Workout Circuit #2**

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

**2A) Burpees or Total Body Extension – 30 seconds**

**2B) Goblet Squat – 30 seconds**

**2C) Burpees or Total Body Extension – 30 seconds**

Finish with Static Stretching

## **DAY 2**

### **Recovery Day**

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

## **Workout B – Thermogenic-30 Upper Body Density (UBD-30)**

**Start with the general bodyweight warm-up circuit on page 5.**

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) Chin-up or Dumbbell Chest Supported Row (CSR) – 20 seconds**

*20 seconds rest/transition*

**1B) Dumbbell Chest Press– 20 seconds**

### **Workout Circuit #1**

Go through 2 times with a 15 second rest between exercises.

Rest 30 seconds between circuits.

**1A) Chin-up – 30 seconds, as many reps as possible, take break if needed**

*15 seconds rest/transition*

**1B) Dumbbell Chest Press – 30 seconds**

*15 seconds rest/transition*

**1C) TRX Row or Dumbbell CSR – 30 seconds**

*15 seconds rest/transition*

**1D) Bodyweight or Goblet Bulgarian Split Squat – 30 seconds per side**

*15 seconds rest/transition*

**1E) TRX Triceps Extension or Lying Dumbbell Triceps Extension – 30 seconds**

*15 seconds rest/transition*

**1F) TRX Biceps Curl or Dumbbell Biceps Curl with Palms Up – 30 seconds**

*15 seconds rest/transition*

**1G) Stability Ball Rollout (3-second eccentric) – 30 seconds**



## **Workout Circuit #2**

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

**2A) Total Body Extension – 40 seconds**

**2B) Kettlebell Swing – 40 seconds**

**2C) Cross Body Mountain Climber – 40 seconds**

Finish with Static Stretching

## **DAY 4**

### **Recovery Day**

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

## **Workout C – Thermogenic-30 MRT**

**Start with the general bodyweight warm-up circuit on page 5.**

Rest only where stated.

### **Workout Circuit #1**

Go through 2 times with a 15 second rest between exercises.

Rest 45 seconds between circuits.

**1A) Dumbbell or Goblet Split Squat – 30 seconds per side**

*15 seconds rest/transition*

**1B) Dumbbell Shoulder Press with split stance and 3-second eccentric – 30 seconds**

*15 seconds rest/transition*

**1C) Dumbbell RDL – 30 seconds**

*15 seconds rest/transition*

**1D) TRX Atomic Pushup – 30 seconds**

*15 seconds rest/transition*

**1E) TRX Bodyweight Row (narrow grip) or Dumbbell CSR – 30 seconds**

### **Workout Circuit #2**

Go through 3 times with no rest between exercises.

Rest 30 seconds between circuits.

**2A) Low Box Jump – 30 seconds**

**2B) Narrow-Stance Goblet Squat – 30 seconds**

**2C) Stability Ball Jackknife or Mountain Climber – 30 seconds**

**2D) Run-In-Place – 30 seconds**

**2E) Prisoner Switch Lunge – 30 seconds per side**

Finish with 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.