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

CRAIG BALLANTYNE
WWW.TURBULENCETRAINING.COM
## CONTENTS

### INTRODUCTION

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disclaimer</td>
<td>c</td>
</tr>
<tr>
<td>Workout Guidelines</td>
<td>d</td>
</tr>
<tr>
<td>10 Tips to Train Safe.</td>
<td>e</td>
</tr>
<tr>
<td>Workout Log</td>
<td>f</td>
</tr>
</tbody>
</table>

### WORKOUT PROGRAM

<table>
<thead>
<tr>
<th>Level</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro</td>
<td>1</td>
</tr>
<tr>
<td>Beginner</td>
<td>7</td>
</tr>
<tr>
<td>Intermediate</td>
<td>14</td>
</tr>
<tr>
<td>Advanced - 2K3</td>
<td>22</td>
</tr>
<tr>
<td>Expert - 2K4</td>
<td>31</td>
</tr>
</tbody>
</table>
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.
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
https://members.earlytorise.com/wp-login.php
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.
# TT Workout Log

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

**WORKOUT:**

<table>
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<th>WEEK #:</th>
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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.
General Bodyweight Warm-up Circuit

Go through the circuit **two times** 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

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
Workout A – Continued

Workout Circuit #3
Complete all rounds for each exercise before moving on to the next exercise. Do the entire circuit 2 times.

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.

Recovery Day
30 minutes of light activity

Recovery Day
30 minutes of light activity
**Workout B**

**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
   20 seconds rest/transition

2C) Stability Ball T’s – 20 seconds

Rest 1 minute & repeat 1 more time for a total of 2 circuits.
Workout B – Continued

Workout Circuit #3
Complete all rounds for each exercise before moving on to the next exercise. Do the entire circuit 1 time.

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.

Recovery Day
30 minutes of light activity

Recovery Day
30 minutes of light activity

Recovery Day
30 minutes of light activity
**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 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.
Warm-Up

General Bodyweight Warm-up Circuit

Go through the circuit **two times** 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

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) 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
Workout A – Continued

Workout Circuit #3

Complete all rounds for each exercise before moving on to the next exercise. Do the entire circuit 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.

Recovery Day

30 minutes of light activity
Workout B

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.

Recovery Day

30 minutes of light activity
Workout C

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
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 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.
General Bodyweight Warm-up Circuit

Go through the circuit two times 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**

**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 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.

2A) TRX Bodyweight Row or Dumbbell Chest Supported Row (CSR) – 40 seconds
   20 seconds rest/transition

2B) Stability Ball Jackknife or Mountain Climbers – 40 seconds
   20 seconds rest/transition

2C) Stability Ball Leg Curl – 40 seconds
   20 seconds rest/transition

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

Workout Circuit #2
Complete all rounds for each exercise before moving on to the next exercise. Do the entire circuit 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

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

Complete all rounds for each exercise before moving on to the next exercise. Do the entire circuit 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.

RECOVERY DAY

30 minutes of light activity
Workout C

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.
Workout C – Continued

Workout Circuit #3

Complete all rounds for each exercise before moving on to the next exercise. Do the entire circuit 1 time.

3A) Narrow-Stance Bodyweight Squat – 20 on, 10 off x 4 rounds
3B) Jumping Jacks – 20 on, 10 off x 2 rounds
3C) Narrow-Stance Bodyweight Squat – 20 on, 10 off x 4 rounds
3D) Jumping Jacks – 20 on, 10 off x 2 rounds

Stretch tight muscle groups only.

Recovery Day

30 minutes of light activity

Recovery Day

30 minutes of light activity
**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 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.
General Bodyweight Warm-up Circuit

Go through the circuit **two 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

**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 – 1-second squeeze at top of the press

20 seconds rest/transition
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.

Recovery Day

30 minutes of light activity
Workout B

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

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.
Recovery Day

30 minutes of light activity

Recovery Day

30 minutes of light activity
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 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.
General Bodyweight Warm-up Circuit

Go through the circuit two 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
DAY 1

Workout A

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 used 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 (10% short of full press) – 30 seconds

15 seconds rest/transition

2B) Pull-up or TRX Row or Dumbbell CSR – 30 seconds

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

Recovery Day
30 minutes of light activity
Workout B

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.
Workout B – Continued

Workout Superset #2

Complete all rounds for each exercise before moving on to the next exercise. Do the entire superset 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.

Recovery Day

30 minutes of light activity
Workout C

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.
Recovery Day
30 minutes of light activity

Recovery Day
30 minutes of light activity