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Turbulence Training *for Amazing* Abs

Belly Fat Burning Workouts for Men & Women

Craig Ballantyne, CSCS, MS

Turbulence Training for Amazing Abs

About Craig Ballantyne & Turbulence Training

Craig Ballantyne, CSCS, M.Sc., is a Strength & Conditioning coach in Toronto, author of Turbulence Training, a contributing author to Men's Health and Women's Health magazines, and a member of the Training Advisory Board for Maximum Fitness and Oxygen magazines.

Craig's fat loss, muscle-building website www.TurbulenceTraining.com features his best-selling Turbulence Training for Fat Loss program and www.TTmembers.com offers access to all of Craig's Turbulence Training workouts and video clips (for men and women who want to lose fat with only dumbbell and bodyweight exercises).

With Turbulence Training I've put together short, quality fat loss workouts for men and women to do at home with minimal equipment. The programs use a lot of bodyweight moves and dumbbell exercises, and the workouts change every 4 weeks because I truly believe variety is one of the main principles for success when you are trying to change your body in any way.

Craig also has an advanced research background, completing a Master's of Science Degree in Exercise Physiology from McMaster University in Hamilton, Ontario, Canada. Craig continues to study the latest training, supplementation, and nutrition research that will help improve client's health and wellness as well as their physical and mental performance.

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.TurbulenceTraining.com - Advanced training information to help men and women gain muscle and lose fat fast.

www.TurbulenceTraining.Blogspot.com – Craig's blog featuring 2 fitness and fat loss posts each day, as well as the opportunity for readers to follow Craig's 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 dietician. If your physician recommends that you don't use Turbulence Training, please follow your doctor's orders.

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Turbulence Training for Amazing Abs

TT for Amazing Lower Abs 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.

- Perform this program for 4 weeks then switch to another TT workout.
- Train 3 days per week. Alternate between workouts A & B.
 - Do at least 30 minutes of low-intensity exercise on off-days, but don't let this workout impair your recovery or limit your performance real workouts.
- Pairs of exercises (i.e. 1A & 1B) constitute "Supersets".
- The 3-digit number beside each exercise represents the lifting tempo.
 - I.e. Dumbbell (DB) Chest Press – The number is 3-0-1. Take 3 seconds to lower the dumbbells, and without pausing, press back up in 1 second or less.
- Finish each workout with stretching for the tight muscle groups only if desired.
- For substitute exercises, please place your questions on the forum at www.TTmembers.com
- Start every workout with this warm-up circuit.

Warm-up Circuit

- 2x's through the circuit using a 1-0-1 tempo for each exercise.
- Rest 30 seconds b/c circuits.

1A) Y-Squat – 12 reps

1B) Elevated Pushup – 6 reps per side

1C) Cross Crawl – 10 reps per side

1D) Spiderman Climb – 6 reps per side

1E) Stability Ball Leg Curl – 15 reps

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TT for Amazing Lower Abs Workouts & Schedule

Day 1 – Workout A

- Warm-up Circuit
- If you can't do the Pull-up with Knee-up, just do Knee-ups.

Warm-up Superset

1A) Pull-up – 2 reps.

- No rest.

1B) DB Chest Press – 6 reps using 75% of the weight you will use in your “real” sets.

- Rest 1 minute and move on to Superset #1

Superset #1

1A) Pull-up with Knee-up – 8 reps (2-0-1)

- No rest.

1B) DB Chest Press – 8 reps (3-0-1)

- Rest 1 minute before repeating the superset 2 more times.

Superset #2

2A) DB Reverse Lunge – 8 reps (2-0-1)

- No rest.

2B) Decline Spiderman Pushup – Max reps (1-0-1)

- Rest 1 minute before repeating the superset 2 more times.

Ab Circuit – **NOTE: Do only one circuit in Week 1.**

A) Hanging Leg Raise – 10 reps (2-0-1)

- No rest.

B) Kneeling Cable Crunch – 12 reps (2-0-1)

- No rest.

C) Cable Chop – 10 reps per side (2-0-1)

- Rest 1 minute and repeat 2 more times.

Alternate Ab Circuit

A) Stability Ball Curl-up – 15 reps (3-0-1)

- No rest.

B) Stability Ball Rollout – 8 reps (2-0-1)

- No rest.

C) X-Body Mountain Climber – 10 reps per side (1-0-1)

- Rest 1 minute and repeat 2 more times.

Interval Workout A

Day 2 – Recovery day & light exercise

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TT for Amazing Abs Workouts & Schedule

Day 3 – Workout B

- Warm-up Circuit

Warm-up Superset

1A) DB Close-stance Split Squat – 6 reps using 75% of the weight in your “real” sets.

- No rest.

1B) Pushup with Hands On Bench, Feet on Ball – 5 reps

- Rest 1 minute and move on to Superset #1

Superset #1

1A) DB Close-stance Split Squat – 8 reps per leg (2-0-1)

- Rest 30 seconds.

1B) Pushup with Hands On Bench, Feet on Ball – 15 reps (2-1-1)

- Rest 1 minute before repeating the superset 2 more times.

Superset #2

2A) DB 1-Arm Squat & Press – 8 reps per side (2-0-1)

- 30 seconds rest.

2B) DB Row – 20 reps per side (2-0-1)

- o Rest 30 seconds between sides for the DB Row.

- Rest 1 minute before repeating 2 more times.

Swings

3) Kettlebell or DB Swing – 20 reps (1-0-1)

- Rest 30 seconds before repeating 2 more times.

Ab Circuit

A) Plank with Arms on Ball – 30 second hold

- No rest.

B) Stability Ball Jackknife Rotation – 10 reps per side (1-0-1)

- No rest.

C) Side Plank – 45 second hold per side

- Rest 1 minute and repeat 2 more times.

Interval Workout B

Day 4 – Recovery day & light exercise

Day 5 – Workout A (then start next week with Workout B)

Day 6 & 7 – Recovery day & light exercise

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Turbulence Training Interval Guidelines

Interval Workout A

- Warm-up for 5 minutes getting progressively more intense with time.
- Perform an interval by exercising for 30 seconds at a very hard pace (at a subjective 9/10 level of effort).
- Follow that with “active rest” for 90 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 6 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

Minute by Minute	Type	Intensity Level	
1	Warm up	3 out of 10	Notes
2	Warm up	4 out of 10	
3	Warm up	4 out of 10	
4	Warm up	5 out of 10	
5	Warm up	5 out of 10	
6 (30 seconds)	Hard	9 out of 10	
7 (90 seconds)	Easy	3 out of 10	
8 (30 seconds)	Hard	9 out of 10	
9 (90 seconds)	Easy	3 out of 10	
10 (30 seconds)	Hard	9 out of 10	
11 (90 seconds)	Easy	3 out of 10	
12 (30 seconds)	Hard	9 out of 10	
13 (90 seconds)	Easy	3 out of 10	
14 (30 seconds)	Hard	9 out of 10	
15 (90 seconds)	Easy	3 out of 10	
16 (30 seconds)	Hard	9 out of 10	
17	Cool Down	3 out of 10	
18	Cool Down	3 out of 10	
19	Cool Down	3 out of 10	
20	Cool Down	3 out of 10	
20 minutes total			

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Turbulence Training Interval Guidelines

Interval Workout B

- Warm-up for 5 minutes.
- Perform an interval by exercising for 60 seconds at a very hard pace (at a subjective 8/10 level of effort).
- Follow that with “active rest” for 60 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 6 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

Minute by Minute	Type	Intensity Level	
1	Warm up	3 out of 10	Notes
2	Warm up	4 out of 10	
3	Warm up	4 out of 10	
4	Warm up	5 out of 10	
5	Warm up	5 out of 10	
6	Hard	8 out of 10	
7	Easy	3 out of 10	
8	Hard	8 out of 10	
9	Easy	3 out of 10	
10	Hard	8 out of 10	
11	Easy	3 out of 10	
12	Hard	8 out of 10	
13	Easy	3 out of 10	
14	Hard	8 out of 10	
15	Easy	3 out of 10	
16	Hard	8 out of 10	
17	Cool Down	3 out of 10	
18	Cool Down	3 out of 10	
19	Cool Down	3 out of 10	
20	Cool Down	3 out of 10	
20 minutes total			

Turbulence Training for Amazing Abs

Exercise Descriptions – Warm-up Circuit

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.

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.



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 shoulder width apart (close-grip 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.



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Exercise Descriptions – Warm-up Circuit

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.



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.



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Exercise Descriptions – Warm-up Circuit

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.



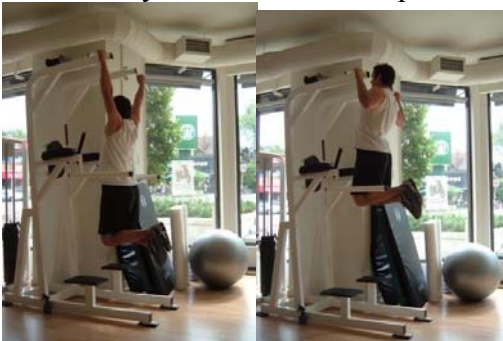
Exercise Descriptions – Workout A

Pull-up With Knee-up (PHOTO TO COME – watch video for now!)

- Grasp the bar with an overhand, wide grip.
- Pull yourself up. Keep your abs braced at all times in this exercise.
- As you do the pull-up (See below), do a knee-up (see next page) at the same time, bringing your knees to your chest.
- This will make the pullup easier, but also work your abs.
- SLOWLY lower yourself to the bottom position and return your legs to the extended position. This is a strong eccentric contraction on your lower abs.

Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up.
- Lower yourself to the start position with control.



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Exercise Descriptions – Workout A

Knee-up

- Hang from a chin-up bar. Brace your abs.
- Slowly bring your knees to your chest by contracting your abdominals and rolling your hips backwards.
- Slowly return to the start position.
- This is a very difficult exercise. Adhere strictly to the recommended tempo.



DB Chest Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



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Exercise Descriptions – Workout A

Reverse Lunge

- Stand with your feet shoulder-width apart. Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with left leg, resting the toe on the ground.
- Squat straight down with the right leg supporting the body weight. Lower yourself until your right thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the right leg. Focus on pushing with glutes and hamstrings.



Decline Spiderman Push-up

- Place your feet on a bench & hands on floor, slightly more than shoulder width apart.
- Lower your chest to floor. As you do, bring one knee up to your elbow.
- Press back to the start position. Alternate sides for max reps.



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Exercise Descriptions – Workout A

Hanging Leg Raise

- Hang from a chin-up bar using an underhand grip. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor.
- Don't use momentum. Go slow and controlled both ways.



Kneeling Cable Crunch

- Attach a rope handle to the top of a cable pulley system.
- Kneel in front of the pulley and hold the rope behind your head.
- Brace your abs, and curl your torso forward. Your arms should remain above your head during the crunch.
- Slowly return to the start position.



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Exercise Descriptions – Workout A

Cable Chop

- Stand sideways beside a cable stack with your right shoulder closest to the stack.
- Attach a handle to the highest pulley position. Grasp the handle over your right shoulder with arms extended and a slight bend at the elbow.
- Your knees should be slightly bent and your hips slightly pushed back.
- Prepare for the exercise by bracing (contracting) your abdominals from top to bottom.
- Without bending at the elbows any further, bring your arms down and across the body using your abs to initiate the movement. Focus on working your abs and obliques.
- Bring your hands across to your left hip pocket and then slowly return to the start.
- Perform all reps for one side and then switch.



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.

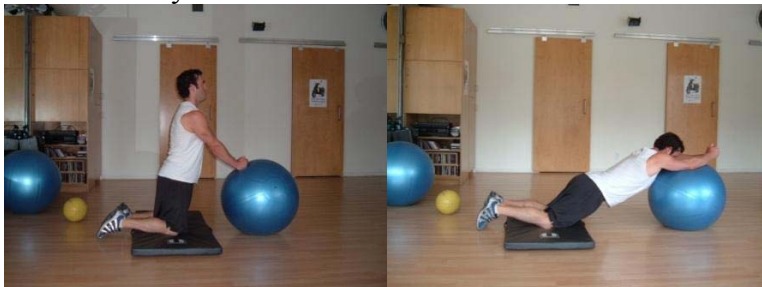


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Exercise Descriptions – Workout A

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.



X-Body Mountain Climber

- 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 opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



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Exercise Descriptions – Workout B

DB Close-Stance Split Squat

- Hold dumbbells at arms length.
- Take a short step forward so you are in a “close” split stance. This should be slightly shorter than a normal step forward.
- Drop your hips straight down until your front thigh is parallel to the ground.
- Push through the lead leg to return to the start position.
- Do all reps for one side and then switch.



Push-up with Hands on Bench & Feet on Ball

- Place your hands on a bench and feet on a ball. Keep your body in a straight line.
- Perform normal pushups. Your abs will have to work harder in this exercise.



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Exercise Descriptions – Workout B

1-Arm DB Squat and Press

- Hold a dumbbell (or kettlebell) at shoulder height with your palm facing away from your body. Let the other arm hang free at your side.
- Squat to at least parallel, maintaining an upright torso.
- Return to the standing position while simultaneously pressing the dumbbell overhead.
- Do all reps on one side then switch.



DB Row

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen. Keep the low back tensed in a neutral position and the elbow tight to the side. Do NOT round your lower back.



Turbulence Training for Amazing Abs

Exercise Descriptions – Workout B

DB Swing

- Stand with your feet wider than shoulder-width apart. Hold a single dumbbell in both hands in front of your body at arm's length.
- Push your hips back and drop the dumbbell between your legs.
- Drive back up to the start position and swing the dumbbell up to chest height.
- Move at a quick pace.



Plank with Arms 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.



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Exercise Descriptions – Workout B

Stability Ball Jackknife Rotation

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



Side Plank

- Raise your body in a straight line so that 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.



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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.



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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.



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.

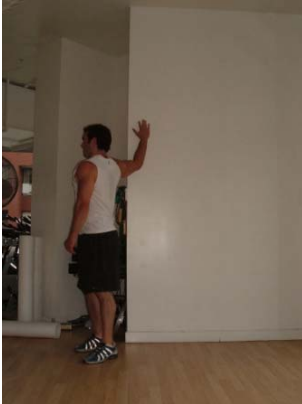


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Static Stretching

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.



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.

