

www.TurbulenceTrainingForAbs.com

SAMPLE

**Turbulence
Training**

**ABDOMINAL
WORKOUT**

**Try THREE
Turbulence Training
for Abs Circuit
Workouts!**

Craig Ballantyne, CSCS, MS

www.TurbulenceTrainingForAbs.com

About Craig Ballantyne & Turbulence Training...

My name is Craig Ballantyne. I'm a Certified Strength and Conditioning Specialist (CSCS), and author of too-many-articles-to-count in magazines such as Men's Health, Men's Fitness, Oxygen, Maximum Fitness, and Muscle and Fitness Hers.

I've developed a revolutionary new fat loss system called "Turbulence Training", which was designed specifically to help busy men and women such as students, executives and parents with young children to get the most results in the least amount of time.

Turbulence Training is scientifically proven, endorsed by elite trainers and top fitness magazines, and has been used by thousands of men and women for burning fat as well as increasing muscle and improving your health and energy levels at the same time.

This information in the Turbulence Training report is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Craig Ballantyne, CSCS, MS,
Author, Turbulence Training for Fat loss
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PS – Don't miss...

The Turbulence Training Transformation Contest – Real People, Real Results!

www.TransformationContest.com → See the winner's of past TT Transformation Contests and get the rules on the next contest where you can win up to \$2000 just for losing your belly fat!

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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 resistance 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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The Turbulence Training For Abs Sample 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.

- Beginners must complete the Beginner Level Turbulence Training Ab Workout before trying the Intermediate Turbulence Training Ab Workout.
- Complete the Turbulence Training Ab Workouts at the end of a regular Turbulence Training total body workout.
- Each set of ab exercises should be performed in a circuit. Do not rest between exercises. Rest 1 minute at the end of each circuit.
- Do each circuit up to 3 times, but do each circuit only once in your first workout.
- Do each ab workout up to 2 times per week – no more.
- Do each exercise slowly.

SAMPLE Turbulence Training Ab Circuit Workouts

The Turbulence Training Beginner Level Workout

Ab Circuit

- 1) Plank – 20 seconds.
 - No rest.
- 2) Side Plank – 10 seconds per side.
 - No rest.
- 3) Bird Dog – 5 repetitions per side.
 - Rest 1 minute before repeating this circuit.

Exercise Descriptions – Beginner Level Workout

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.

Plank

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time, and try to hold it a little longer each workout.



Exercise Descriptions – Beginner Level Workout

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.



Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours” (like a dog). Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn't have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.



The Turbulence Training Intermediate Level Workout

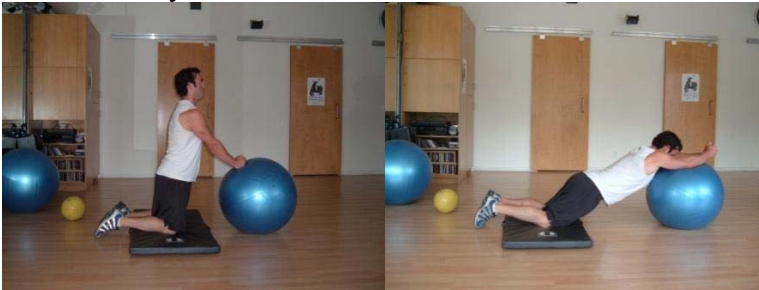
Ab Circuit

- 1) Stability Ball Rollout – 8 repetitions
 - No rest.
- 2) X-Body Mountain Climber – 8 repetitions per side.
 - No rest.
- 3) Plank with Arms on Ball – 30 seconds.
 - Rest 1 minute before repeating this circuit.

Exercise Descriptions – Intermediate Level Workout

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.



Exercise Descriptions – Intermediate Level Workout

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.



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.



The Turbulence Training Advanced Level Workout

Ab Circuit

- 1) Knee-up – 10 repetitions.
 - No rest.
- 2) Stability Ball X-Body Mountain Climber with Feet on Ball – 8 repetitions per side
 - No rest.
- 3) Stability Ball Jackknife – 15 repetitions.
 - Rest 1 minute before repeating this circuit.

Exercise Descriptions – Advanced Level Workout

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.



Exercise Descriptions – Advanced Level Workout

Stability Ball X-Body Mountain Climber with Feet on Ball

- Place your hands on the floor and feet on the ball. Brace your abs.
- Bring your left knee towards your right elbow across your body.
- Keep your abs braced and body in a straight line.
- Return the leg to the start position and alternate sides.



Stability Ball Jackknife

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.



"With Craig Ballantyne's Revolutionary Turbulence Training For Six Pack Abs Workout, You Can Now Lose Stomach Fat and Get Ripped Abs With Just 3 Short, (But Intense) Abdominal Workouts A Week"

***Say Goodbye To Sit-ups, Crunches, and
Infomercial Ab Machines and Start Burning
Belly Fat In Minimum Time With Killer Ab
Workouts You Can Do In The Privacy Of Your
Own Home In 45 Minutes Or Less...***

If you want to lose stomach fat and get rid of your ugly, embarrassing belly without doing hundreds of sit-ups and crunches each night, then you need to discover the belly fat burning power of interval training and total body ab exercises that can be done at home to give you six pack abs.

You don't need fancy ab machines or expensive equipment to get flat abs. And yes, it is possible for men of all ages to lose stomach fat and get six pack abs at the same time, so that you no longer have to hide your belly under baggy sweatshirts or t-shirts at the beach.

In fact, you can burn belly fat and reveal your abdominals just by working out at home, without relying on the dishonor of crunches or cardio to burn belly fat, nor do you need to spend your monthly car payment on supplements.

Get the fat loss and six pack ab program recommended by Jillian Michaels, personal trainer star of the Biggest Loser TV Show.

"Here's a great website for you, it's Craig Ballantyne...and he has something called Turbulence Training which would be perfect for you...and I guarantee you in 2 weeks you'll notice a massive difference in your abs."

Jillian Michaels, Celebrity Personal Trainer

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