



The Precision Nutrition  
Bonus Training Program

Turbulence

Training: 12

Weeks of Fat

Loss

Craig Ballantyne

# 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 do not use this program.

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# Precision Nutrition Bonus Turbulence Training For Busy Men and Women Designed by Craig Ballantyne CSCS, MS

## Introduction

If you are a busy man or woman that wants to lose fat and sculpt your body but think you don't have the time to do it, then use the Turbulence Training for Fat Loss system to get more results in less workout time.

Maybe you've just graduated college and started your first full-time job. Perhaps you just had your first child. Or maybe you have 3 kids, a 2-hour round-trip commute, and a 10-hour workday. All of these situations cut into the daily 90 minute workouts you once enjoyed. But then life happens, and workout time is often the first thing to get cut.

Fortunately, by choosing the right training methods and pairing the best exercises together in a synergistic and systematic manner, you can still get incredible body-changing results in only three workouts per week of 45 minutes. Of course, you'll also need a little help from Precision Nutrition.

One of the biggest myths in the "fat loss world" is that we need excessively long workouts to lose fat. But that's simply not true. What you do need is excessively good nutrition to lose body. And obviously, as a member of PN, you have all the tools you need to eat right for a better body.

Combine PN with moderately-heavy strength training to maintain muscle and boost metabolism, and with interval training to burn calories and jack your metabolism up even more, and you have a time-efficient, winning combination of exercise and nutrition to help you look as good as cover model with only 3 hours of exercise per week.

This program is for intermediate through advanced fitness levels. Fortunately, it's also easy for a trainer to adapt the strength exercises to a beginner's fitness level (i.e. using lying hip extensions in place of squats, split squats, and lunges, as well as Stability Ball leg curls in place of deadlifts) and a beginner would perform intervals at a more conservative pace (i.e. just slightly harder than normal cardio pace).

No matter what your level, train conservatively and ask your local expert trainer for help on any exercises or methods that you aren't sure about. For

that reason, do only 2 sets per exercise in the first week of each 4-week program.

If you are a beginner (or even if you are advanced!) and want more specific information on Turbulence Training, please visit [www.TTmembers.com](http://www.TTmembers.com)

With Turbulence Training, you'll stick with the basics to get the most results in the least amount of time. If you want to look great on the beach without becoming a slave to the gym, then you'll have a blast with this program. Not only does it work, but it's fun. For more TT workouts, visit: [www.TurbulenceTraining.com](http://www.TurbulenceTraining.com) & [www.TTmembers.com](http://www.TTmembers.com)

## Turbulence Training Fat Loss Program for Busy Men and Women

**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.

### **Turbulence Training Tips:**

- Perform each program for 4 weeks then switch to the next TT workout.
- After the 12 weeks, take 1 week off and do low-volume, moderate intensity workouts.
- Each 4-week Turbulence Training program calls for:
  - TT Strength Workouts: 3x/week  
(Alternate between workouts A & B)
  - Intervals: 3x/week  
(After TT workouts or on alternate days)
- The entire Strength plus Intervals workout should last no longer than 45 minutes.
- Take at least 1 full day of rest per week  
(you may perform light activities, i.e. walking, on the rest day)
- Pairs of exercises (i.e. 1A & 1B) make up the "TT Strength Supersets".
- Use a controlled pace for each Strength exercise.
- For safety reasons, don't train to failure in any dumbbell (DB) or barbell exercises if you train alone. You can train to closer to failure in the bodyweight exercises.
- Finish each workout with stretching for tight muscle groups only.

### Warm-up

- Do not skip any warm-ups!
- Use the outlined bodyweight warm-up prior to each TT Strength Workout.
  - Repeat the bodyweight circuits 2x's without rest between exercises or circuits.
  - Follow the bodyweight circuit with 1 warm-up set for each exercise in the first superset. Use 50% of your regular weight and do 8 repetitions.

## Sample Workout Structure

Here's how a sample workout looks:

### **Bodyweight Warm-up**

(this should take you no more than 5 minutes)

- Repeat this circuit 2x's without rest between exercises or circuits.
  - Prisoner Squat (12 reps)
  - Close-grip Push-up (8 reps)
  - Wall Slide (8 reps)
- Follow that with 1 warm-up set for each exercise in the first superset. Use 50% of your regular weight and do 8 repetitions.

### **Turbulence Training Strength Workout**

(this should take about 20 minutes)

1A) DB Split Squat (8 reps per side)

no rest – go directly to:

1B) DB Chest Press (6 reps)

Rest 1 minute.

Repeat this cycle 2 more times for a total of 3 supersets.

(In week 1 of each 4-week program, perform only a total of 2 supersets.)

2A) DB Row with Elbow Out (8 reps per side)

no rest – go directly to:

2B) Mountain Climber (20 reps per side, alternating)

Rest 1 minute.

Repeat this cycle twice more for a total of 3 supersets.

### **TT Interval Training**

(this should take about 20 minutes)

- See below for instructions.

## Turbulence Training Strength Workouts: Weeks 1-4

### **Bodyweight Warm-up**

- Repeat this circuit 2x's without rest between exercises or circuits.
  - Prisoner Squat (12 reps)
  - Close-grip Push-up (8 reps)
  - Wall Slide (8 reps)
- Follow that with 1 warm-up set for each exercise in the first superset. Use 50% of your regular weight and do 8 repetitions.

### **Workout A**

- Do 3 rounds of each superset.
- Choose a weight that allows you to just barely get the recommended # of reps.
- Don't rest between exercises, but rest 1-minute between supersets.

Warm-up (see above)

1A) DB Split Squat (3x8)

1B) DB Chest Press (3x6)

2A) DB Row with Elbow Out (3x8)

2B) Mountain Climber (3x20)

Interval Workout A – See below for instructions.

### **Workout B**

- Do 3 rounds of each superset.
- Choose a weight that allows you to just barely get the recommended # of reps.
- Don't rest between exercises, but rest 1-minute between supersets.

1A) DB RDL (3x6)

1B) DB Incline Press (3x8)

2A) Pull-up or Inverted Row (3xMax Reps)

2B) DB Bulgarian Split Squat (3x8)

Interval Workout B – See below for instructions.

## Turbulence Training Interval Guidelines: Weeks 1-4

- Do Intervals 3 times per week either after the TT Strength workout or on off days.
- Finish each Interval Workout with stretching for the tight muscle groups only.

### **Interval Workout A**

- Warm-up for 5 minutes getting progressively more intense with time.
- Perform an interval by exercising for 45 seconds at a very hard pace (at a subjective 8.5/10 level of effort).
- Follow that with “active rest” for 45 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	
Int 1 (45 seconds)	Hard	8.5 out of 10	
Rest 1 (45 seconds)	Easy	3 out of 10	
Int 2 (45 seconds)	Hard	8.5 out of 10	
Rest 2 (45 seconds)	Easy	3 out of 10	
Int 3 (45 seconds)	Hard	8.5 out of 10	
Rest 3 (45 seconds)	Easy	3 out of 10	
Int 4 (45 seconds)	Hard	8.5 out of 10	
Rest 4 (45 seconds)	Easy	3 out of 10	
Int 5 (45 seconds)	Hard	8.5 out of 10	
Rest 5 (45 seconds)	Easy	3 out of 10	
Int 6 (45 seconds)	Hard	8.5 out of 10	
Rest 6 (45 seconds)	Easy	3 out of 10	
13	Cool Down	3 out of 10	
14	Cool Down	3 out of 10	
15	Cool Down	3 out of 10	
16	Cool Down	3 out of 10	

### **Interval Workout B**

- Warm-up for 5 minutes.
- Perform an interval by exercising for 20 seconds at a very hard pace (at a subjective 9/10 level of effort).
- Follow that with “active rest” for 40 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 8 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

Minute by Minute	Type	Intensity Level	Notes
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	
Int 1 (20 seconds)	Hard	9 out of 10	
Rest 1 (40 seconds)	Easy	3 out of 10	
Int 2 (20 seconds)	Hard	9 out of 10	
Rest 2 (40 seconds)	Easy	3 out of 10	
Int 3 (20 seconds)	Hard	9 out of 10	
Rest 3 (40 seconds)	Easy	3 out of 10	
Int 4 (20 seconds)	Hard	9 out of 10	
Rest 4 (40 seconds)	Easy	3 out of 10	
Int 5 (20 seconds)	Hard	9 out of 10	
Rest 5 (40 seconds)	Easy	3 out of 10	
Int 6 (20 seconds)	Hard	9 out of 10	
Rest 6 (40 seconds)	Easy	3 out of 10	
Int 7 (20 seconds)	Hard	9 out of 10	
Rest 7 (40 seconds)	Easy	3 out of 10	
Int 8 (20 seconds)	Hard	9 out of 10	
Rest 8 (40 seconds)	Easy	3 out of 10	
14	Cool Down	3 out of 10	
15	Cool Down	3 out of 10	
16	Cool Down	3 out of 10	

## Turbulence Training Strength Workouts: Weeks 5-8

### **Bodyweight Warm-up**

- Repeat this circuit 2x's with no rest between exercises or circuits.
  - Y-Squat (12 reps)
  - Spiderman Push-up (6 reps per side)
  - Inverted Row (8 reps)
- Follow that with 1 warm-up set for each exercise in the first superset. Use 50% of your regular weight and do 8 repetitions.

### **Workout A**

- Do 3 rounds of each superset.
- Choose a weight that allows you to just barely get the recommended # of reps.
- Don't rest between exercises, but rest 1-minute between supersets.

Warm-up (see above)

1A) Barbell Squat (3x8)  
1B) Chin-up (3xMax Reps)

2A) DB Reverse Lunge (3x8)  
2B) DB Low-Incline Press (3x8)

Intervals – See below for instructions.

### **Workout B**

- Do 3 rounds of each superset.
- Choose a weight that allows you to just barely get the recommended # of reps.
- Don't rest between exercises, but rest 1-minute between supersets.

1A) DB Close-grip Flat Press (3x6)  
1B) Wide-grip Seated Row or Snatch-grip Barbell Row (3x8)

2A) DB 1-Leg RDL (3x8)  
2B) DB Lying Triceps Extension (3x8)

Intervals – See below for instructions.

## Turbulence Training Interval Guidelines: Weeks 5-8

- Do Intervals 3 times per week either after the TT Strength workout or on off days.
- Finish each Interval Workout with stretching for the tight muscle groups only.

### **Advanced 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 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	
Int 1 (30 seconds)	Hard	9 out of 10	
Rest 1 (60 seconds)	Easy	3 out of 10	
Int 2 (30 seconds)	Hard	9 out of 10	
Rest 2 (60 seconds)	Easy	3 out of 10	
Int 3 (30 seconds)	Hard	9 out of 10	
Rest 3 (60 seconds)	Easy	3 out of 10	
Int 4 (30 seconds)	Hard	9 out of 10	
Rest 4 (60 seconds)	Easy	3 out of 10	
Int 5 (30 seconds)	Hard	9 out of 10	
Rest 5 (60 seconds)	Easy	3 out of 10	
Int 6 (30 seconds)	Hard	9 out of 10	
Rest 6 (60 seconds)	Easy	3 out of 10	
15	Cool Down	3 out of 10	
16	Cool Down	3 out of 10	
17	Cool Down	3 out of 10	
18	Cool Down	3 out of 10	

### **Bodyweight Interval Workout B**

- Go through the circuit up to 3 times without resting between exercises.
- Rest 30 seconds between circuits.
  - Prisoner Squat (15 reps)
  - Decline Pushup (15 reps)
  - Underhand-grip Inverted Row (12 reps)
  - Plank with Elbows on Ball (30 seconds)
  - Bulgarian Split Squat (12 reps per side)
  - Jumping Jacks (60 to 100 reps)

## Turbulence Training Strength Workouts: Weeks 9-12

### **Bodyweight Warm-up**

- Repeat this circuit 2x's with no rest between exercises or circuits.
  - Prisoner Sumo Squat (12 reps)
  - Grasshopper Push-up (8 reps)
  - Inverted Row with Feet on Stability Ball (8 reps)
- Follow that with 1 warm-up set for each exercise in the first superset. Use 50% of your regular weight and do 8 repetitions.

### **Workout A**

- Do 3 rounds of each superset.
- Choose a weight that allows you to just barely get the recommended # of reps.
- Don't rest between exercises, but rest 1-minute between supersets.

Warm-up (see above)

1A) Deadlift or DB Squat (3x8)  
1B) DB 1-Arm Standing Shoulder Press (3x8)

2A) DB Deep Step-up (3x8)  
2B) Stability Ball Jackknife (3x15)

Intervals – See below for instructions.

### **Workout B**

- Do 3 rounds of each superset.
- Choose a weight that allows you to just barely get the recommended # of reps.
- Don't rest between exercises, but rest 1-minute between supersets.

1A) Bench Press (3x6)  
1B) BB or DB RDL (3x8)

2A) DB Row (3x6)  
2B) Barbell Forward Lunge (3x8)

Intervals – See below for instructions.

## Turbulence Training Interval Guidelines: Weeks 9-12

- Do Intervals 3 times per week either after the TT Strength workout or on off days.
- Finish each Interval Workout with stretching for the tight muscle groups only.

### **Interval Workout A**

- Warm-up for 5 minutes getting progressively more intense with time.
- Perform an interval by exercising for 60 seconds at a very hard pace (at a subjective 8.5/10 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	Notes
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	
Int 1 (60 seconds)	Hard	8.5 out of 10	
Rest 1 (60 seconds)	Easy	3 out of 10	
Int 2 (45 seconds)	Hard	8.5 out of 10	
Rest 2 (45 seconds)	Easy	3 out of 10	
Int 3 (45 seconds)	Hard	8.5 out of 10	
Rest 3 (45 seconds)	Easy	3 out of 10	
Int 4 (45 seconds)	Hard	8.5 out of 10	
Rest 4 (45 seconds)	Easy	3 out of 10	
Int 5 (45 seconds)	Hard	8.5 out of 10	
Rest 5 (45 seconds)	Easy	3 out of 10	
Int 6 (45 seconds)	Hard	8.5 out of 10	
Rest 6 (45 seconds)	Easy	3 out of 10	
13	Cool Down	3 out of 10	
14	Cool Down	3 out of 10	
15	Cool Down	3 out of 10	
16	Cool Down	3 out of 10	

### **Bodyweight Interval Workout B**

- Go through the circuit up to 3 times without resting between exercises.
- Rest 30 seconds between circuits.
  - Y-Squat (15 reps)
  - Spiderman Pushup (10 reps per side)
  - Pull-up or Chin-up (50% of maximum # of reps you can do)
  - Diagonal Lunge (8 reps per side)
  - Side Plank (30 seconds per side)
  - Stability Ball Leg Curl (15 reps)
  - Burpees with Pushup at Bottom Position (10 reps)

# About Craig Ballantyne



Craig Ballantyne, CSCS, M.Sc., is a Strength & Conditioning coach in Toronto and is a member of the Training Advisory Boards for *Men's Fitness* and *Maximum Fitness* magazines. Craig's fat loss expertise and workout tips are featured every month in these publications and in various online newsletters.

His fat loss, muscle-building web site [www.TurbulenceTraining.com](http://www.TurbulenceTraining.com) features his best-selling TT for Fat Loss routine as well as his new six-month Bodyweight Turbulence Training workout featuring almost 100 different bodyweight exercises.

Craig also works extensively with athletes and is currently a consultant to Rugby Canada helping the National Team prepare for the 2007 World Cup and trains young athletes of all sports in Toronto.

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 clients' health and wellness as well as their physical and mental performance.