

Turbulence Training Hot Zone Fat Loss Program

Craig Ballantyne, CSCS, MS, presents...

Turbulence Training:

Hot Zone Fat Loss 2008

Turbulence Training Hot Zone Fat Loss Program

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 Inside 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.TurbulenceTrainingForAbs.com – 12-week advanced training program to spot reduce belly fat and work your abs harder than ever!

www.TurbulenceTraining.Blogspot.com – Craig's blog featuring 3 fitness and fat loss posts each day, as well as the opportunity for readers to follow Craig's workouts.

www.OnlineSuperProfits.com – Craig's business system for personal trainers who want to share their fitness expertise with clients on the Internet.

www.MakeMoreMoneyOnline.com – Craig's blog about how to make more money online with your small business.

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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 Hot Zone Fat Loss Program

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.

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TT Hot Zone Fat Loss 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 doing strength and interval training on the same day.
- Do 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". Exercises for the 4 Hot Zones are in Supersets 1 & 2. Superset 3 is optional.
- The 3-digit number beside each exercise represents the lifting tempo. For example, for Pushups with Hands on Ball – The tempo is 2-0-1. Take 2 seconds to lower your body, and without pausing, push back up in 1 second or less.
- Don't train to failure. You should be able to do 1 more rep at the end of each set.
- Finish each workout with stretching. See stretches at end of program.
- 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 2-0-1 tempo for each exercise.
- Rest 30 seconds b/c circuits.

- A) Y-Squat – 10 reps
- B) Elevated Pushup – 8 reps per side
- C) 1-Leg RDL – 8 reps per side
- D) Stick-up – 8 reps

Turbulence Training Hot Zone Fat Loss Program

TT Hot Zone Workout Guidelines

Day 1 – Workout A

- Warm-up Circuit

Warm-up Superset

1A) DB Split Squat – 6 reps per side with bodyweight or light dumbbells

- No rest.
- 1B) Pushup with Hands on Ball– 6 reps
- Rest 1 minute and move on to Superset #1

Superset #1

1A) DB Split Squat – 8 reps per side (2-0-1)

- No rest.
- 1B) Pushup with Hands on Ball – 15 reps (2-0-1)
- Rest 1 minute before repeating the superset 2 more times.

Superset #2

2A) DB Chest-Supported Row – 12 reps (2-0-1)

- No rest.
- 2B) X-Body Mountain Climber – 10 reps per side (1-0-1)
- Rest 1 minute before repeating the superset 2 more times.

Superset #3 – **Optional**

3A) DB 1-Arm Standing Shoulder Press – 8 reps per side (2-0-1)

- No rest.
- 3B) Stability Ball Jackknife Plank – 60 seconds
- Rest 1 minute before repeating the superset 1 more time.

Interval Training Workout A

Day 2 – Recovery day & light exercise

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TT Hot Zone Workout Guidelines

Day 3 – Workout B

- Warm-up Circuit

Warm-up Superset

1A) DB Incline-to-Flat Press – 6 reps with 50% of the weight you will use in “real” sets.

- No rest.
- 1B) Underhand Inverted Row – 6 reps**
- Rest 1 minute and move on to Superset #1

Superset #1

1A) DB Incline-to-Flat Press – 8 reps (2-0-1)

- No rest.
- 1B) Underhand Inverted Row – 15 reps (2-0-1)**
- Rest 1 minute before repeating the superset 2 more times.

Superset #2

2A) DB Step-up – 8 reps per side (2-1-1)

- No rest.
- 2B) Stability Ball Rollout – 10 reps (2-0-1)
- Rest 1 minute before repeating the superset 2 more times.

Superset #3 – **Optional**

3A) DB Incline Curls – 8 reps per side alternating (3-0-1)

- No rest.
- 3B) DB Lying Triceps Extension – 8 reps (3-0-1)
- Rest 1 minute before repeating the superset 1 more time.

**If you can't do Underhand Inverted Rows, do 3 sets of 10 reps of DB Rear-Deltoid Raises.

Interval Training Workout B

Day 4 – Recovery day & light exercise

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TT Hot Zone Workout Guidelines

Day 5 – Workout C

- Warm-up Circuit

Warm-up Superset

1A) Pull-up with Knee-Up – 3 reps**

- No rest.

1B) Stability Ball Leg Curl – 8 reps

- Rest 1 minute and move on to Superset #1

Superset #1

1A) Pull-up with Knee-Up – 8 reps (3-0-1) **

- No rest.

1B) Stability Ball Leg Curl – 20 reps (1-0-1)

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

Superset #2

2A) DB Forward Lunge – 8 reps per side (2-0-1)

- No rest.

2B) Spiderman Push-up or Pushup – 8 reps per side or 15 reps (1-0-1)

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

*If you can't do Pull-ups with Knee-up, do 3 sets of 8 reps of DB Rows and 10 reps of Stability Ball Mountain Climbers.

High-Intensity Cardio for 20 minutes.

- Warm-up for 5 minutes.
- Exercise continuously for 20 minutes at a hard pace that you can sustain for the entire 20 minutes. Push yourself to go slightly faster and farther each week.
- Cool-down for 5 minutes.

Day 6 – Recovery day & light exercise

Day 7 – Recovery day & light exercise

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TT Hot Zone Workout Guidelines

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Workout A									
1A) DB Split Squat (8 reps/side)									
1B) Pushup Hands on Ball (15 reps)									
2A) DB Chest-Sptd Row (12 reps)									
2B) X-Body M. Climber (10 reps/side)									
3A) DB 1-Arm Sh. Press (8 reps/side)									
3B) Ball Jackknife Plank (60 sec)									
Interval Workout A									
Workout B									
1A) DB Incline-Flat Press (8 reps)									
1B) Underhand Inv. Row (15 reps)									
2A) DB Step-up (8 reps/side)									
2B) Stability Ball Rollout (10 reps)									
3A) DB Incline Curl (8 reps/side)									
3B) DB Triceps Extension (8 reps)									
Interval Workout B									
Workout C									
1A) Pull-up + Knee-up (8 reps)									
1B) Stability Ball Leg Curl (20 reps)									
2A) DB Forward Lunge (8 reps/side)									
2B) Spiderman Pushup (8 reps/side)									
20-Min High Intensity Cardio									

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Turbulence Training Hot Zone Interval Guidelines

- Research has shown that high-intensity interval training is very effective for fat loss.
- It is recommended that the stationary cycle be used for interval training because it allows for an easy transition between work and recovery.
- Finish each interval workout with stretching for the tight muscle groups only.

Workout A

- Warm-up for 4 minutes progressing from light to more intense exercise.
- Exercise for **90 seconds** at a “slightly harder than cardio” pace at a subjective **7/10** level of effort (imagine normal cardio is a 6/10 intensity level).
- 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 4 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	Harder Than Cardio	7 out of 10	
6:30	Easy	3 out of 10	
8	Harder Than Cardio	7 out of 10	
9:30	Easy	3 out of 10	
11	Harder Than Cardio	7 out of 10	
12:30	Easy	3 out of 10	
14	Harder Than Cardio	7 out of 10	
15:30	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	
19	Cool Down	3 out of 10	

Turbulence Training Hot Zone Fat Loss Program

Turbulence Training Interval Guidelines

Workout B

- Warm-up for 5 minutes using the same mode of exercise you will use for intervals (i.e. if you are going to run for intervals, make sure you warm-up with running, progressing from light to more intense exercise).
- Perform an interval by exercising for **30 seconds** at a 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	
6	Hard	9 out of 10	
6:30	Easy	3 out of 10	
7:30	Hard	9 out of 10	
8	Easy	3 out of 10	
9	Hard	9 out of 10	
9:30	Easy	3 out of 10	
10:30	Hard	9 out of 10	
11	Easy	3 out of 10	
12	Hard	9 out of 10	
12:30	Easy	3 out of 10	
13:30	Hard	9 out of 10	
14	Cool Down	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	

Turbulence Training Hot Zone Fat Loss Program

Exercise Descriptions – Warm-up

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.

Warm-up

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 slightly wider than shoulder width apart (normal pushup 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.
- Perform all repetitions in this manner and then switch to do all repetitions with the other arm elevated. Keep your abs braced.



Turbulence Training Hot Zone Fat Loss Program

Exercise Descriptions – Warm-up

1-Leg RDL

- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your lower back arched and bend forward by pushing your hips back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.
- Repeat all reps for one side then switch.



Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



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Exercise Descriptions – Workout A

DB Split Squat

- Stand with your feet shoulder-width apart.
- Step forward with your right leg, taking a slightly larger than normal step.
- Press the front of your back foot (left foot) into the ground and use it to help keep your balance. The left knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Pushup with Hands on Ball

- Place your hands on a Stability ball and keep your feet on the floor.
- Perform regular push-ups. Make sure your grip does not bother your wrist.
- Keep your body in a straight line at all times.



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Exercise Descriptions – Workout A

DB Chest-Support Row

- Lie with your chest supported by an incline bench. Your arms should hang to the floor. Adjust the bench to the appropriate height.
- Grab a dumbbell in each hand and bring your shoulder blades together, and row the dumbbells up to your stomach. Squeeze your shoulder blades together.
- Slowly return to the start 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.



Turbulence Training Hot Zone Fat Loss Program

Exercise Descriptions – Workout A

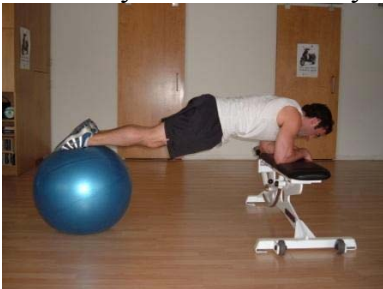
DB 1-Arm Standing Shoulder Press

- Stand with your hips back, knees bent and abs braced.
- Hold one dumbbell at shoulder level and place the other on your obliques.
- Press the dumbbell overhead and slowly lower to the start position.
- Do not arch your back. Stand upright. Do all reps on one side and switch.



Stability Ball Jackknife Plank

- 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. Hold that position for the designated time.



Turbulence Training Hot Zone Fat Loss Program

Exercise Descriptions – Workout B

DB Incline-to-Flat Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- 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.
- After completing all the reps, flatten the bench.
- 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.



Turbulence Training Hot Zone Fat Loss Program

Exercise Descriptions – Workout B

Underhand Inverted Row

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it with an underhand grip an inch or two wider than shoulder-width apart. Row yourself up the top position with your upper back and lats.
- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Slowly return to the start position.



DB Rear-Deltoid Lateral Raise

- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Stand with your knees bent slightly and your upper body bent parallel to floor.
- Perform a lateral raise, lifting the dumbbells up and out to the side.



Turbulence Training Hot Zone Fat Loss Program

Exercise Descriptions – Workout B

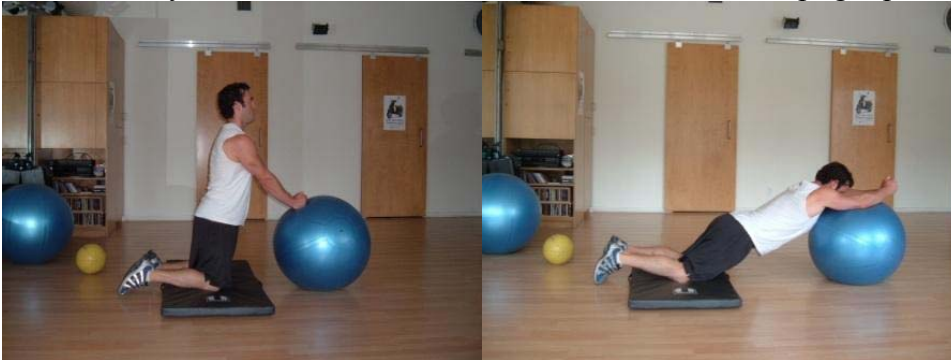
Step-Up

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- Hold dumbbells in hands at sides.
- With your abs braced and glutes squeezed, start the movement by pushing through the bench foot to lift the body up to the standing position.
- Lower your body under control. Pause briefly at the bottom and repeat.
- Complete all reps for one side.



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.



Turbulence Training Hot Zone Fat Loss Program

Exercise Descriptions – Workout B

DB Incline Curl

- Set the incline of the bench at 80 degrees (almost upright position).
- Sit on the bench with a dumbbell in each hand.
- Lean back and perform alternating dumbbell curls with each hand. Keep the palm up throughout the entire exercise.



Lying DB Triceps Extension

- Lie on your back on a bench.
- Hold two dumbbells above your chest, with your palms facing each other.
- Slowly lower them beside your head. Extend your arms back up.



Turbulence Training Hot Zone Fat Loss Program

Exercise Descriptions – Workout C

Pull-up With Knee-up

- 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 bring 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.



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.



Turbulence Training Hot Zone Fat Loss Program

Exercise Descriptions – Workout C

Stability Ball Mountain Climber

- Place your hands on the ball. Keep your abs braced. Bring your knee to your chest.
- Alternate sides for all repetitions.



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.

