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Turbulence Training

FAT BURNING RESEARCH REVIEW

5 Research
Proven Ways to
Burn More Fat

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Welcome from Craig Ballantyne & Turbulence Training...

I'm Craig Ballantyne and I am a Certified Strength and Conditioning Specialist (CSCS), and author of many articles on the subject of health and fitness that have been published in well-known magazines including Men's Health, Men's Fitness, Oxygen, Maximum Fitness, and Muscle and Fitness Hers.

I am also the creator of an extremely effective system for fat loss, muscle building and improving overall physical condition called Turbulence Training. I've written a lot on the subject of Turbulence Training and fitness in general. The report you are about to read has been written to answer the questions that people have regarding how they can lose fat while building muscle. Turbulence Training is very effective at both!

If, after reading the report, you'd like to get more information, I have a blog called The Turbulence Training for Fat Loss blog at www.TTFatLoss.com, where I post lots of training information to help men and women, both newcomers and advanced exercisers, to gain muscle and lose fat fast.

Ongoing support is critical to weight loss success, and I host The Turbulence Training Membership site at TTMembers.com – Where members have access to every Turbulence Training workout, and can find video clips demonstrating exercises. There's also a fat loss forum where members can ask me questions and talk with each other to share ideas and give and receive the support they need to succeed.

A couple of times a year I sponsor a Turbulence Training Transformation contest. The contest is open to anyone and the basic requirement for participation is simply that you use Turbulence Training for your workouts. Both male and female winners receive \$1,000! There are generous prizes for second and third place winners too. Get more information at www.TransformationContest.com

I also have a channel on [Youtube](https://www.youtube.com) where I demonstrate good technique for exercises and even provide some free Turbulence Training workouts.

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5 Scientifically *Proven* Ways You Can Burn More Fat While Gaining Muscle

For years, I've been telling people you can lose that body fat while gaining muscle, but there are still a lot of people who find it hard to believe. Maybe that's because it's just one of those things that sounds too good to be true; so to help you understand how you really can burn fat while performing muscle-building workouts like Turbulence Training, I've put together a collection of scientific studies that have been done on the relevant aspects of fat loss.

These reports are not the kind of proof that you'll see on most weight loss websites, which show you before and after photos, and maybe give a little explanation of the person's process. Each of the studies that I'm about to discuss was conducted by a university or other research facility, by highly qualified professionals and peer reviewed for publication in such professional journals as *The Journal of Strength and Conditioning Research* and the *American Journal of Clinical Nutrition*.

As with all scientific papers, the academic writing style of the publications can be a bit on the technical side (i.e., painful to wade through), so I'll summarize them for you, and tell you just how the information can be used to your benefit. The references are documented at the end of this paper, for anyone who would like to get more in depth into the study protocols, etc.

First I'm going to give you the results of three important studies with results that may surprise you; then I'll give you five proven methods that you can use to burn more fat in your own workouts without making any big equipment investments or spending more time working out!

Scientific Proof #1—Purdue University Study

First up, a study from Purdue University¹. For 12 weeks, 36 healthy men and women did strength training three times a week. Now before I tell you the results, let me tell you these were not a bunch of athletic college

students—the average age in this group was 61, and one of the participants was 80 years old!

In the course of 12 weeks, participants did a simple strength workout routine consisting of three sets of 8 to 12 repetitions of each exercise. These people gained an average of 4 pounds of lean mass and lost more than 4 pounds of body fat.

The study proves that without investing in expensive exercise machines or having to join a gym, by doing a simple strength-training program at home you can:

- lose fat
- gain muscle
- get stronger
- lower LDL cholesterol
- improve blood sugar control with a simple strength workout routine.

Scientific Proof #2—Creatine Study

This study² is one for which I actually designed the weight training program. Participants in this eight-week study were divided into two groups. Both groups worked out six days a week, but one supplemented their diet with a creatine and sugar supplement while the other used a protein and sugar supplement.

Both groups reduced their body fat and gained muscle; in fact, the group taking creatine had the most impressive muscle gain I've ever seen. In just eight weeks, they gained over 9 pounds of lean muscle mass.

Scientific Proof #3—The Women Milk Drinkers Study

Okay, it was actually called "Body Composition and Strength Changes in Women with Milk and Resistance Exercise"³ But in this study, all the participants were women who drank a liter of milk after each of their strength training workouts, which they performed five days a week. The results: the ladies gained an average of 4.2 pounds of lean mass and at

same time, they lost 3.5 pounds of fat. And by the way, they did no cardio whatsoever during this study.

So there you have a brief summary of a few of the studies that have been conducted and then have proven scientifically that you can gain muscle while losing fat. Now here are some specific techniques to lose fat that have also been proven by scientific research. You can implement these to lose fat and gain muscle yourself!

5 Scientifically *Proven* Ways You Can Burn More Fat While Gaining Muscle

The great thing about these fat burners is that they not only assist you in losing fat while you work out, but they crank up your metabolism so that you can be burning fat 24/7, 365 days a year.

- *Proven* Method #1 – Eat Fruits & Vegetables
- *Proven* Method #2 – Burn *More* Calories with *Fewer* Reps
- *Proven* Method #3 – DITCH the long boring cardio and replace it with TT-Approved Interval Training
- *Proven* Method #4 – (The Exception) High Intensity Cardio
- *Proven* Method #5 – Rev up your metabolism with Supersets

Proven Method #1—Eat Fruits & Vegetables

In this study that took place over the course of one year, two groups followed a low-fat diet. The diet for one group included lots of fruits and vegetables while the other was a basic low-fat diet⁴.

The fruits and vegetable group lost more fat than the other group. Why? At the end of it all, participants in the fruits and vegetable group said they had been less hungry because they were able to eat more food. Fruits and vegetables are naturally high nutrient, low-fat foods

So what this means for you is that if you want to burn fat, make sure you eat lots of fruits and vegetables. These foods give you a satisfying feeling of fullness that helps to prevent hunger or low blood sugar from driving you to devour non-nutritious junk foods. At the same time, they provide vitamins, minerals and antioxidants that are necessary to keep your body running at its best

You've probably noticed a new diet guru popping up on the TV and bookstore shelves every month. Some of these guys will tell you to avoid carbohydrates or cut out all sugars, even those in fruits. I have a word for that—nonsense! Don't let anyone steer you away from these healthful fat burners.

Like most of you, I'd heard "experts" warning about the evils of sugars, including the naturally occurring sugars in fruits; and I'll admit, I personally was a bit skeptical when I read about fruits being a great food for fitness and fat loss but I tried it for myself. I cut down on my consumption of grains and started eating fruits and vegetables in their place. I ended up being leaner than I've been in years, and feeling great.

Fortunately, fresh fruit requires very little preparation so it's really easy to incorporate it into your daily diet routine. Vegetables that can be eaten raw are equally easy and even those that have to be cooked can be done so very simply. In fact, here are three simple suggestions to get you started:

- Toast is a typical breakfast food for many people. It's a quick-to-fix and light Carbohydrate, so why not have an apple instead? You'll get about the same amount of calories without any more work, but you'll also be getting a dose of the nutrients that you need daily from fruits and vegetables
- Are you a cereal eater? Lots of people are because, again, it's a quick and easy carb boost. I recommend that instead of pouring yourself a bowl of cereal, you grab an orange and an ounce of nuts such as pecans, walnuts or almonds. That way you're getting the nutrients of fresh fruit, enough fat to give you a satisfied feeling and also the satisfaction of little crunch.

- If you normally have a side of starch such as rice or potatoes with your meals, try replacing it with a cup of broccoli or green beans. You'll be consuming less carbohydrate but, yet again, more nutrients

During the summer and the fall be sure to check out your local farmers market to get the freshest fruits and vegetables. You'll find an abundance of watermelon, berries, apples, and cherries to satisfy your sweet tooth, and hopefully keep you off the sugar.

Don't take that to mean you should give up your good eating habits in the winter and spring. Imports from southern climes provide delicious and fresh produce all year round. Furthermore, modern freezing technologies allow foods to keep most of their nutritional value and texture

Proven Method #2—Burn *More* Calories with *Fewer* Reps

That's right, you get to burn more calories with shorter workouts! In fact, one of the first studies that influenced the way I formulated Turbulence Training demonstrated this principle.

Here's what happened in the study: the participants, all-female, were divided into two groups. One group worked out with lighter weights and more repetitions; the other group worked out with heavier weights and only did eight reps per set (This was called the high-intensity group.)⁵.

The results of this study showed that AFTER the workout was finished, the high-intensity group continued to burn more calories. The scientists who performed the study therefore recommended high-intensity resistance training as being more beneficial than the previously recommended low intensity workouts consisting of lighter weights at more repetitions.

That study was done in 2001 but the subject of obesity and long-term health effects are so controversial—and so important—that research on the subject continues. There was another study done in 2010 that also demonstrated the increased fat-burning results of interval training.

In the previously described study, the participants were all women but the more recent study was conducted with male subjects all of whom had

sedentary lifestyles. In this British study, scientists at the University of Birmingham had their participants do interval training three times a week over a six-week period⁶.

The researchers found that participants were able to burn more fat during exercise and that they decreased their body fat over the course of the study. As an additional benefit, it was found that they also improved their insulin sensitivity, which is another important health measurement. In conclusion, the researchers stated:

"The results obtained for the first time provide evidence to suggest that interval training is also a time-efficient method to improve whole-body fat oxidation, body composition and insulin sensitivity in young, sedentary males."

Proven Method Number 3—Drop the Long Boring Cardio and Replace It with Interval Training

If you've been on the fitness bandwagon for any length of time, you've doubtlessly been put through a cardio routine at some point. Many people still subject themselves to hour after hour of jogging, running, stepping or pedaling on exercise machines because they have been told that's what they have to do to burn fat.

Where did the cardio craze come from? Well, it started back in the 1960s when a medical doctor by the name of Kenneth Cooper coined the term and wrote a book called *Aerobics*. Dr. Cooper believed in the maintenance of good health through diet and exercise and wrote the book that started the jogging craze that started in the late 1960s and pretty much continues today.

Here's a little clarification on "aerobics" directly from Dr. Cooper's current website:

"In 1986, Dr. Cooper submitted the official definition to the Oxford English Dictionary. It reads, 'Method of physical exercise for producing beneficial changes in the respiratory and circulatory systems by activities which require meeting a modest increase in oxygen intake and so can be maintained.'"⁷

The website goes on to list the top five aerobic activities as cross-country skiing, swimming, running or jogging, cycling and walking. You can see that those are all recreational activities that would definitely be great exercise. He doesn't say anything about spending hours on the treadmill. Too many trainers misunderstood the principles and carried on in the "more is better" tradition to the point where we are today, with almost everyone thinking that hours and hours of cardio are the key to fitness and fat loss.

The results of this next study hit me like a bomb. (If you've been knocking yourself out, religiously following your cardio routine, it will probably do the same to you.)

The North American Association for the study of obesity recently published the results from a study in which adults between the ages of 40 and 75 were instructed to do a full 60 minutes of aerobic exercise, six days per week for an entire year!

How much weight do you think they lost? 20 pounds? 30? Maybe more?

I couldn't believe it when I read the results. That level of cardio workout resulted in an average fat loss of 4 pounds for women and 6.6 pounds for men. By my standards, that's way too much work for far too little gain.

Theoretically, cardio exercise should work brilliantly for burning off excess fat; but in reality, it just doesn't work out that way. That's not to say no one has been successful with cardio, but given the ever-increasing obesity statistics and the popularity of cardio, I'd say it's not working for too many people.

Another study took place when a team of British researchers found the contradiction puzzling and determined to do a test of their own. This time, 35 men and women, all of whom were overweight and were not previously exercising, were included in the study. The participants exercised five times a week for a period of 12 weeks. This time the results were much better with an average weight loss of 8.2 pounds per person.

Results varied widely from one individual to the next, with the best being a loss of 32.3 pounds over those 12 weeks, but the worst results were actually recorded as a weight *gain* of 3.74 pounds! The results of that

particular study indicate that cardio will work for some people, but not everyone.

Scientists who conducted the study have a theory about what caused the big divergence. They classified the participants as either being "compensators" or "non-compensators." The group referred to as compensators were hungrier during the study and consumed an extra 268 calories each day (which is almost enough to completely counteract their cardio efforts). Researchers attributed the weight gain or low amount of weight loss to the huge "compensatory" increase in group member's appetites

I'm sure there are a lot of factors that come into play. Every individual, of course, is different. Nevertheless, when I get e-mails from women who tell me that they are spending five or more hours a week doing cardio workouts and that instead of achieving their fat loss goals, their thighs are getting bigger, that tells me in no uncertain terms that cardio is not working for them.

If you're doing cardio and not getting good results, examine your diet and evaluate your calorie intake to see if perhaps, you too, are eating your way to failure. If you are, stay tuned for some good news about how you can replace the ineffective cardio routine with highly effective Turbulence Training routines.

I feel so strongly about the cardio myth, and see so many people working so hard for little or no results that I wrote a book, "Just Say NO to Cardio". You can find it online at www.JustSayNOtoCardio.com if you'd like to get the full story on how you can burn fat and lose inches without those long slow boring cardio workouts.

If cardio is really that inefficient, what should you do instead? Why, Turbulence Training of course! But let me give you some background and some more scientific evidence backing up my recommendations.

I did my graduate at McMaster University, where my mentors were among the first scientists to begin developing guidelines for interval training. That was back in 1981. I found their research so impressive that I still keep a copy of their research paper in my interval training files to this day. Their work became the foundation for my fat burning workouts.

I started working with interval training back in the mid-1990s, and I tried literally hundreds of combinations of interval training programs back there on the University training grounds. Each of those programs not only helped my clients to burn belly fat, but they did it in record time.

The effectiveness of strength training over cardio was documented by another recent study. *The Journal of Applied Physiology*, another prestigious source of information, published the results.

The findings of this study are truly amazing! They demonstrated that strength training boosted metabolism 10% after exercise and that increased fat burning by 100%. Here's what happens: during strength training, you apply "turbulence" to your muscles, causing an increase in your metabolism and fat burning after the workout. That's how you build muscle and burn fat at the same time.

You can forget about the calorie counts that the cardio machines give you. While you don't burn as many calories during the time that you are actively doing strength training as you would during traditional aerobic training, your body continues to burn calories and fat at an accelerated rate long after your workout is completed with strength training.

You've probably seen or heard many recent statements proclaiming that belly fat has been found to be far more detrimental than fat anywhere else in the body, so it's getting a lot of attention from researchers as well as trainers.

The key to doing interval work is to do it consistently. The actual interval itself isn't the critical element; there's no consistent trend in longer intervals being better than shorter, or vice versa.

The amount of time for each interval varies, with some trainers recommending repeated intervals of 20 seconds with only 10 seconds of rest in between that. At the other end of the spectrum, some of the endurance-based coaches are pushing their athletes for intervals of 2 minutes on and 2 minutes off. Some coaches also use distance as an interval rather than time; for example, one of their intervals might be running 400 meters. I, personally, think that 30 to 45 second intervals are the most effective for fat loss.

In yet another study, Australian Professor, Steve Boucher, has shown that interval training increases hormones called catecholamines. And increased catecholamines can reduce appetite, among other fat-burning benefits.

Here are some ways for you to start incorporating interval training into your own workouts:

- Walking or running outdoors: Find an incline that is challenging and head up it for 60 seconds, then walk down for 120 seconds and repeat that sequence up to six times.
- Walking or running on a treadmill: Adjust the incline or speed to safely increase the challenge for 60 seconds, then return to a normal pace for 60-120 seconds, and repeat up to 6 times.
- Other Equipment: You can also use a rowing machine, bicycle or stationary bike, or even an elliptical machine to do intervals.

Proven Method #4—(The Exception) High Intensity Cardio

There is one exception to the rule about cardio being ineffective, and that's high-intensity cardio. You may be thinking, "Yeah, my cardio's pretty intense," but allow me to clarify what researchers mean when they say high-intensity cardio (HIC).

Researchers qualify a cardio workout as HIC when it is performed above the lactate threshold, which is the point where athletes "feel the burn" and muscles become fatigued. There is a series of chemical reactions that go on in the muscle tissue when your exercise level reaches that intensity, which we won't go into here.

Dr. Len Kravitz and Dr. Lance Dalleck, of the University of New Mexico, have published papers on the subject and state that all Olympic and other world-class endurance athletes have lactate threshold training in their workouts. They also point out that once training has been conducted to the point where the person is ready for lactate threshold training, such training "should consist of no more than 10% of the total weekly volume."

So even fulltime athletes with professional coaches should not be working out at this level for more than 10% of their workout time! It's really hard (not to mention painful) to work out beyond the lactate threshold and certainly does not have to be part of your regular workout routine.

One study that did demonstrate the success of high intensity cardio for fat loss was conducted at the University of Virginia. Researchers took the group of 27 obese women, with an average age of 51, and divided them into three groups. The first group was the control, and they did no exercise at all. The second group worked out five days a week doing low intensity exercise (LIE), which, in this case, means cardio.⁹

The third group also worked out five days a week, but for two days the workout consisted of LIE and on the remaining three days they did a high-intensity cardio workout (above the lactate threshold). Both exercise groups worked out long enough to burn 400 calories, so the HIC group worked out harder, but was able to get their workout done in a shorter period of time.

So what were the results? Well, contrary to the conventional wisdom, despite doing a cardio workout five days a week, the low intensity exercise group did not lose fat. What a waste of time and effort!

The high-intensity cardio group lost a significant amount of abdominal fat. But like I said before, training for half an hour above the lactate threshold is brutal. I don't want to design workout programs that make people miserable; there's no way they'll be able to stick with it.

That's why Turbulence Training is designed to be a short hard work out that gets the results you're after. It also incorporates short intervals that change up frequently, so the workouts don't get boring from being too repetitive.

The researchers summarized the study results this way:

"The present data indicate that body composition changes are affected by the intensity of exercise training with HIC more effectively for reducing total abdominal fat and subcutaneous abdominal fat in obese women."

What that means for you is that they have clearly demonstrated that if you want to burn fat, you can give up the LIE of long slow cardio and exercise

harder for a shorter period of time. (I find LIE to be a particularly appropriate acronym for the long inefficient cardio exercise that is so popular today.)

Cardio is not necessary for fat burning success with Turbulence Training, but if you really are a fan of cardio, I'd recommend one good high-intensity workout a week in addition to your three Turbulence Training workouts. In Turbulence Training Six-Month Bodyweight Manual and the Bodyweight Cardio Program, I've thrown in a weekly high-intensity cardio workout perfect for the cardio addict.

If you still think cardio is the way to lose fat and get in shape, here are three things you need to be aware of:

- 1) You have to work out long and hard to burn a significant number of calories doing even high intensity cardio. To burn 400 calories, as they did in this study, you would need to exercise *at that high intensity level* for at least 30 minutes if you were fit. If you were not in good shape, you'd have to do it even longer to burn that many calories.
- 2) Increasing the amount of time spent exercising, increases the risk of overuse injury. You could do a whole interval training workout in half the time it takes to do the HIC that was used in the study.
- 3) Training at your lactate threshold is brutal—and still boring—but interval training is fast and fun. If your workout is too stressful, or too painful, you won't stick with the program, and it takes dedication and consistency to reach your fat loss and fitness goals. Don't sabotage yourself by taking on a routine that is too gruelling.

Proven Method #5—Rev Up Your Metabolism with Supersets

Turbulence Training uses a very specific type of interval training known as "supersets". Old-school training gives you a list of exercises to be performed as a straight set. You then take a long break and repeat the set. Turbulence Training uses non-competing superset training, in which you use "opposing muscle groups" in alternating exercises. The latest research shows that working out this way boosts your metabolism more than traditional straight sets.

A study that documents the increased effectiveness of supersets was done at Syracuse University, and was published in the *Journal of Strength & Conditioning Research*¹⁰. The study was conducted to compare the efficiency of workouts incorporating supersets to those using traditional sets.

In this study, ten active young men each participated in a superset workout and a week later a traditional workout. Both incorporated a fairly standard program consisting of 4 sets of 6 exercises, 10 reps each. Measurements were taken during exercise periods and one hour after the workout was completed.

I've been an advocate of superset training for years, but the results of this study impressed even me. The researchers reported that when energy expenditure was calculated relative to time, the results from supersets were significantly higher. Superset workouts resulted in almost 30% more calories being burned per minute of exercising than the traditional resistance training workouts.

You're probably familiar with the concept that the amount of fat you burn is directly proportional to the amount of exercise you do; but now you have the proof that the kind of exercise you do and the way you structure your workout have profound effects on the efficiency of your workouts.

You may also have heard that exercising raises your metabolism, which causes you to continue to burn fat even after you've stopped exercising. Researchers refer to this as energy expenditure. One way scientists measure whether your internal furnace is fired up is by measuring excess post-exercise oxygen consumption (EPOC).

In the Syracuse study, EPOC was also significantly increased by superset workouts, which indicates the body's fat burning potential was heightened for a longer period of time after working out with supersets. The researchers concluded that incorporating supersets might benefit exercisers who are attempting to increase calorie burning in a limited amount of exercise time.

Even while your body recovers from working out, it continues to burn fat when you train with supersets like those that we use in Turbulence Training.

Once again, your time is precious; you want to make the most of every workout minute so you'll want to be sure and incorporate supersets to maximize your body's fat burning for as long as possible after the completion of your workout.

P.S. A Note on Body Fat Statistics:

I hear from men all the time who tell me that they have gotten their body fat down to 6% or less, which would put them in the range of a professional bodybuilder. But they say they still have a hard time seeing their abs, and I tell them, "That's impossible!"

So what's going on here? They are making a common mistake—using one of those handheld body fat analyzers. Recent testing has shown that those analyzers underestimate the amount of body fat you have by about 5 pounds (2.4 kg). Obviously, 5 pounds of pure fat is going to make a significant difference when you are down in that really low body fat range

You don't want to rely on one of those little handhelds to tell you how you're doing on your fat loss program. Pay attention to how your clothes fit and what your measurement is around your waist. It's also a good idea to take a good look at yourself in the mirror. If you're just starting out, you may not be really comfortable with the way your body looks but by paying close attention, you'll start to notice changes in your appearance very soon after you begin a Turbulence Training workout program.

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"With Craig Ballantyne's Revolutionary Turbulence Training Fat Loss System, You Can Burn Stubborn Belly Fat & Sculpt Your Muscles With Just 3 Short Workouts A Week"

Skeptical?

Well, This is Your Chance to Take Me Up On An Outrageous NO- RISK Trial of Turbulence Training, Where You'll Discover How to Burn Belly Fat In Only 3 Short Workouts Per Week

You see, I'm going to let you try the Turbulence Training Program and ALL of the Bonuses for Less Than Five Bucks.

For 21-days you'll get to try the Turbulence Training workouts and all you pay is \$4.95 during that time. Heck, you can spend that much in a Starbucks just for a coffee!

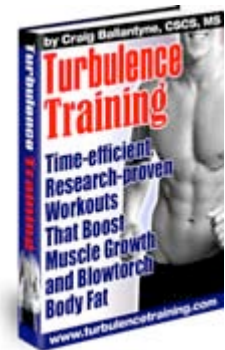
This program usually costs \$39.95, but you can start a 21-day trial for only \$4.95. If you like it, you'll be billed the remaining \$35.00 investment at the end of your 21-day trial period.

And nothing will be held back. You'll get access to the entire Turbulence Training for Fat Loss system, plus you'll still get your free membership into the TT Member's area where you can ask me any question you want about your fat loss workouts and nutrition program.

You have nothing to lose. If you don't like the program, you can ask for your money back. So there is no risk to you. Instead, you can get started on the world's most popular home-gym fat burning workout program that you can do with minimal equipment and in minimum time to help you burn belly fat.

Say goodbye to long, slow, boring cardio workouts that don't burn anything but your time away. Instead, you'll get proven fat burning workouts used by over 8,771 men and women to lose over 41,000 pounds of disgusting body fat.

Plus, you'll get Dr. Chris Mohr's Nutrition for Fat Loss Guidelines, and all of the bonus workouts that come in the Turbulence Training for Fat Loss package.





Discover...

- The Interval Training Workouts That Incinerate Body Fat in Less Than 20 Minutes
- Dozens of Bodyweight Exercises That Sculpt Your Body and Give You a Flat Stomach
- The Non-Competing Superset Method That Guarantees You More Results In Less Time
- The Beginner & Intermediate Workouts That Properly and Professionally Will Help You Ease Into a Fat Burning Program Without the Risk of Overuse Injury That Comes With Every Normal Cardio Program
- The Total Body Ab Exercises That Will Give You A Flat Stomach Without Making You Do Hundreds of Crunches or Thousands of Sit-ups

All of this information can be yours in only a few minutes and for only a few dollars.

"Steve Hays Reverses the Aging Process & Loses Man Boobs...By Losing 33.4 Pounds of Fat and 7.5 Inches From His Gut in Just 12 Weeks"





"12 weeks ago, I was nearly 34 pounds heavier. I was 271 pounds, the heaviest I'd ever been in my life. I felt fat. My XL clothes were tight, and I had just bought size 40 jeans (a first in my life). Despite all this, I didn't do anything about it, until my 3 year old son asked me why I had "big boobies." I can't think of a more embarrassing question a son can ask his Dad.

I have three kids, and my oldest is only 4 years old, so I didn't have a lot of time to dedicate to getting in shape. I thought it took 90 minutes a day, 6 days a week to get into shape. In addition, I've never been able to stick with a nutrition or workout plan for longer than a month. Then I read about Turbulence Training.

With Turbulence Training, I never worked out more than 3 days a week. Turbulence Training works. I am proof of that."

Steve Hays



"Emily Johnson Fits Back Into Her Skinny Jeans, Losing 15.5 Pounds, 5.3% Body Fat, 2 Inches from Her Waist, and 4 Inches of Belly Fat"

"When I began my transformation, I had been trying for years to lose weight. What I appreciate most about Craig's system is its simplicity. I am now spending less time in the gym than before and getting my best results ever.

During my 12 week journey I lost 15.5 lbs, inches off everywhere, and 5.3% body fat...I was able to take "after pictures" fitting comfortably into a pair of size 27 jeans that I haven't fit into in years!

I guess the only thing I can say is thanks so much to Craig for creating this incredible system and to all of my fellow transformers who were an unending source of motivation, support, and inspiration."

Emily Johnson

Stop doing everything wrong in your weight loss program and start getting more results in less time with Turbulence Training.

If you don't discover the secrets of the proven Turbulence Training workouts, you'll continue to struggle losing weight using outdated, ineffective slow cardio workouts. They haven't worked for you in the past, and they're not going to start working now.

So here's your chance to use the world-famous, proven Turbulence Training for Fat Loss system that has been used by men and women from nearly every country on earth...and all for only \$4.95 for the 21-day trial period. At the end of your 21-day Trial Period, you'll have noticed you are losing fat, exercising less, and you'll have more energy.

As long as you haven't decided that the program is not for you, you will be billed the remaining \$35.00 of the normal \$39.95 package cost. You will NOT be billed any other monthly charges... only the \$39.95 total (\$4.95 trial today and then the remaining \$35.00 after 21 days).

[Click here to download your \\$4.95 Full-Access Fat Burning Trial Offer](#)

Please note: This is a downloadable ebook program. You will not receive a physical shipment in the mail. Instead of waiting weeks for a package in the mail, you will be granted instant access to the downloadable program and you can get started on your new body in just minutes from now. If you need assistance on anything, you can [contact us here](#).

Stay strong!

Craig Ballantyne, CSCS, MS
Author, Turbulence Training

PS - If you are sick and tired of doing all that cardio and getting NO results, then change your workout today and grab the Turbulence Training system for only \$4.95. Your results are guaranteed by my 100% money back promise. If you aren't satisfied with your results from the program, just let us know and you'll be refunded your \$4.95 before the end of the 21-day trial and you won't be billed any additional charges. You have nothing to lose but your body fat and your belly. Get started with Turbulence Training today!

[**Click here to order your copy of Turbulence Training for Fat Loss today and start getting the results you deserve**](#)



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