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5 Secrets to **Burn Stubborn** Female Fat & Lose Inches



**PLUS, Get A Sample
Metabolism Boosting
Bodyweight Workout**

**Craig Ballantyne, CSCS, MS,
Oxygen Mag Training Advisor**

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
www.TurbulenceTraining.com

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 \$1000 just for losing your belly fat!



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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5 Secrets to Burn Stubborn Female Fat & Lose Inches from Your Tummy & Thighs

If you are sick of not losing fat but doing endless hours of cardio, “classes”, and light weight exercises, then you are in the right place.

Some of my favorite clients have been burnt out moms and busy businesswomen who still made time to exercise but weren't getting any results. The scale wasn't budging, their pants were still tight, and none of the body parts seemed to be tightening up.

In fact, I still remember one conversation I had with my number one client of all time, Annie, a mom who did lots of cardio and light weights before she came to train with me.

After one of our first sessions, we sat down at the Starbucks across the street from the gym on a beautiful spring morning, her with a coffee and me with a Green Tea, and I shared with her the 5 secrets to burning stubborn female fat and losing inches from her tummy and thighs.

Annie couldn't believe that there was any “secrets” about burning fat. She'd been reading all the workout magazines and talked to all her running gal pals about losing weight, and they all said the same thing – Do more cardio and eat less fat. So Annie was calling me out, and saying I wouldn't be able to tell her anything she didn't know.

Of course, she didn't realize who she was talking to.

So I told her straight up, depending on cardio only to lose inches is a dead-end game. It just won't happen. And then I let her in on my 5 secrets.

You ready?

Secret #1 – Use Interval Training, Not Cardio

At the time of our discussion, the Australian research study showing interval training to be more effective than cardio for fat loss in women had not yet been published. However, I knew from another study (from back in the 1990's) and from experience that nothing beats interval training for maximum results in minimum time.

Annie was skeptical. She had been doing cardio for years, and at first she lost some weight, but then she hit a plateau.

Her assumption was that she simply needed to do more. But she was already running 4 hours per week. Where was there time to do more?

So I turned her on to Interval Training.

And that was the start of her love affair with short burst exercise. Within weeks her arms were sculpted, just in time for a party where she wore a sleeveless dress. She came in on Monday morning after the party weekend and told me that all the women were talking about her and her arms! All thanks to interval training, and this next little secret...

Secret #2 – Nutrition is the #1 Factor for Fat Loss

Annie liked Starbucks, not only for the coffee, but for the carbohydrates they had behind the counter. But once I told her how many calories and sugar were in those snacks, she knew she was in trouble.

“But Craig,” she said in her sweet Southern drawl (she was originally from down south but moved to Toronto with her family), “I need a lot of carbohydrates for my running.”

A classic excuse!

Now I can't be too hard on Annie, because ALL runners love to use running to justify their excessive sugar, carbohydrate, and calorie intake. But that doesn't help you lose inches. In fact, all these carbohydrates and extra calories are keeping the inches glued to your waist, hips, and thighs.

The fastest way to get them off is to limit your carbohydrate intake to almost entirely fruits and vegetables, and to eliminate processed carbohydrates from a bag or a box.

If you want more fat burning carbohydrate ideas, you'll be thrilled with Dr. Chris Mohr's ideas in the Turbulence Training for Fat Loss Nutrition Guidelines.

So addressing Annie's "cardio and diet" issues were two of the biggest factors in getting her inches off, but the next tip was the real key behind her sculpted arms.

Secret #3 – Use Bodyweight Exercise to Boost Metabolism and Sculpt Your Body

Before Annie came to me, she was doing light dumbbell exercises, but none of her efforts were making an impact on her body. It was a waste of her time.

Until I showed her the power of bodyweight exercises. And not just the same old, same old, either. I showed her dozens of different pushups, total body ab exercises, and leg sculpting moves that she had never tried before. And even though we worked out at a gym, she could have done all of these workouts at home.

And thanks to her ability to do 15 close grip pushups, she was the one turning heads in her sleeveless dress at that party. But I bet you want to know more about the total body ab exercises I just mentioned. Annie sure did when I first mentioned them.

Secret #4 – Crunches Are Useless – But Total Body Ab Exercises Work!

At the end of our first workout, Annie was experiencing simultaneous fatigue and exhilaration. She'd never performed over half of the exercises in her workout before, and she loved that no little pink dumbbells were involved.

And as we moved into the abdominal exercise portion, she looked at me as if I had two heads while I rhymed off some of our options.

Mountain Climbers, Spiderman Climbs, Stability Ball Jackknives, Side Planks, Cross-Body Mountain Climbers, Chops, and Stability Ball Rollouts were all new to her. And new to her abs too! And that's why she made so much progress.

No more 500-crunch workouts for Annie. Instead, she would get more results in much less time, and with less than 50 repetitions of her new total body ab exercises.

Secret #5 – When You Use Weights, Do Less Reps

I get really fired up about this one, as Annie would agree from first hand experience. As we sat on the patio at that Starbucks, well after we finished our drinks, I was still quoting research studies and success stories to her, telling her why it's a downright shame that women have been misled about how to do strength training.

For decades, women were told to use light weights and high reps to tone their muscles. But do you know anyone who has had success with that? And none of the women I've trained ever had a trainer show them how to do pushups or chinups. It was so sad that they had wasted thousands of dollars on trainers who did not respect their physical ability.

Ooops, I told you this gets me fired up. So I convinced Annie that in future sessions we'd use dumbbells, and do only 8 reps per set to get the biggest metabolism boost in the least amount of time. And that's what we did. In fact, she eventually worked up to 35 pound dumbbells in the dumbbell chest press exercise, and still had TINY, TONED arms.

No woman gets big and bulky on Turbulence Training. Not if she follows my 5 secrets.

My Turbulence Training workouts are based on proven scientific methods for burning belly fat and increasing your metabolism, PLUS...the Turbulence Training Workout have been used by thousands of women and I'll share some of the most powerful success stories later in this report.

But for now, let's look at a sample Turbulence Training bodyweight workout you can do in the comfort of your own home to burn stubborn female body fat...

Turbulence Training 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.

- Sedentary individuals must complete the Beginner Level Turbulence Training workouts first before using this sample workout.
- Workout 3 days per week alternating between Workout A (below) and another Turbulence Training workout.
- On non-Turbulence Training workout days, stay active for at least 30 minutes with light or moderate intensity exercise.
- After 4 weeks, switch to another Turbulence Training program.
- In the workouts, each pair of exercises constitutes a “Superset”. In each Superset, do one set of the first exercise followed immediately by the next exercise.
- Rest 1 minute after completing the exercises in the Superset (i.e. after 1A & 1B) and then repeat the process two more times for a total of 3 supersets.
- **NOTE: Do only ONE superset the first time you try this workout. In workout 2, do only TWO supersets. In workout three, you can complete the full workout.**
- Use a 2-0-1 lifting tempo for all exercises. Take 2 seconds to lower the weight or your body, pause briefly, and then take 1 second to lift the weight or your body.
- 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 for the tight muscle groups.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up. Never skip a warm-up.
- See the Exercise Photos & Descriptions at the end of this report for instructions.

Turbulence Training Sample Bodyweight Workout to Boost Metabolism

Workout A

Warm-up Circuit

- Go through 2 times with no rest between exercises. Rest 30 seconds between circuits.
 - Y-Squat – 10 repetitions
 - Mountain Climber – 8 repetitions per side
 - Stability Ball Leg Curl – 10 repetitions
 - Prone Stick-Up – 8 repetitions

Warm-up Superset

1A) Reverse Lunge – 6 reps per side.

- No rest.

1B) Close-Grip Pushup or Kneeling Close-Grip Pushups – 5 reps

- Rest 1 minute and move on to Superset #1

Superset #1

1A) Reverse Lunge – 12 repetitions per side

- No rest.

1B) Close-Grip Pushup or Kneeling Close-Grip Pushups – 15 repetitions

- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #2

2A) Step-ups – 15 repetitions per side

- No rest.

2B) Stability Ball Rollout – 15 repetitions

- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Superset #3

3A) X-Body Mountain Climbers – 10 repetitions per side

- No rest.

3B) Side Plank With Leg Raise – 10 repetitions per side

- Rest 1 minute & repeat 2 more times for a total of 3 supersets.

Interval Training Workout

Stretching

Turbulence Training Success Stories

"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"

"The TT transformation contest has been an unbelievable journey and an incredible learning experience for me.

When I began my transformation, I had been trying for years to lose weight. I was already working out, doing intervals, and eating well much of the time, but I never seemed to make any meaningful progress.

I was partially being held back by the destructive cycles that I found myself falling into over and over with food. Intellectually I knew perfectly well what I needed to be eating, but I had had such a difficult and negative relationship with food for so many years that I as soon as I would begin eating healthy and making progress I would immediately sabotage myself by binging only to end up back where I started and more frustrated with myself than before.

The transformation contest finally gave me the accountability and social support that I needed to jump-start permanent change and TT provided me with the fastest and most effective tool to get where I wanted to be.

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.



Of course, although the TT workouts are intense, fun, and incredibly effective, they were only one of several contributing factors to my success.

Besides the TT workouts themselves, having a clear goals and a plan to achieve them, eating clean food consistently, finding a diet that worked for me (www.CraigsWeekendDiet.com), and social support and accountability were the other key factors in making my transformation a success.

I never realized how much of a difference social support can really make but being surrounded by the other amazing people on the TT forum who were all working towards a similar goal and facing similar challenges was an integral part of keeping me motivated and moving towards my goal. The encouragement, advice, knowledge, and inspiration I received from the forum were truly priceless.

During my 12 week journey I lost 15.5 lbs, inches off everywhere, and 5.3% body fat.

Here are the workouts that I used:

Week 1-4: Intermediate TT

Week 5-8: Original TT

Week 9: 2K3

Week 10: Morocco (no TT)

Week 11-12: 2K3

I feel healthy and strong, I have completely transformed my relationship with food so that I now find that making good food choices is no longer a struggle, I'm closer than ever to my dream body, and I was able to take "after pictures" fitting comfortably into a pair of size 27 jeans that I haven't fit into in years!

And I achieved all of this despite visits from friends, an 11 day trip to Morocco where I had much less control over my nutrition, and being hit by illness at the end of my challenge.

I feel confident that the lessons I have learned about goal achievement, accountability, and social support will carry over into all other areas of my life. And with the good habits that I have established over the course of the contest, along with the endless variety of TT workouts, I know that it will be easy for me to make continued progress.

It is hard for me to find adequate words to sum up all the different ways that my life has been positively affected by this contest and the gratitude that I feel.

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. Here's to round 2.

Emily Johnson, Winner of the Turbulence Training Transformation Contest

Visit www.TransformationContest.com to see all the results.

Turbulence Training Success Stories

"Kristine Willis Looks 10 Years Younger...Thanks to Losing 4 Inches from Waist While Burning 16 Pounds of Fat"

"I've been putting off submitting my essay because it's difficult to find the words to express the difference the TT program has made in my life. I don't feel like the same person I was on January 1st.

So many times in the past, the beginning of a new year would have come and I would have vowed to make changes in my life. My problem was I didn't know what changes to make. In previous years I didn't have the courage or motivation to actually follow through with my dream of reaching my goal weight, I always made excuses.

With Turbulence Training I didn't have anything to lose but weight! You'd never guess from my before photos but I was actually spending more time at the gym before I started TT.

I would often go to the gym and spend 20 minutes on the bike, 20 minutes on the treadmill and then 20 minutes on the elliptical, all in an effort to lose fat. I can't believe how much time I wasted!

The fact that Turbulence Training only takes 45 minutes for a workout was definitely something that piqued my interest from the very beginning. The intervals are so much more effective, and I'm gaining muscle.



I'm continuing toward my ultimate goal of being able to do an unassisted chin up. I used the following programs during my 12 weeks:

Weeks 1-4 TT 2K3

Weeks 5-8 TT 2K6

Weeks 9-12 TT for Female Strength

Here are my stats from the beginning and the end of my transformation. (Sorry, but I don't know what my bodyfat measurements were before or after.)

My starting weight was 183 lbs
chest - 43"
waist - 38"
hips - 44"

My final measurements are:
Weight 167lbs (-16lbs)
Chest 41 inches (-2")
Waist 34 inches (-4")
Hips 41 3/4 inches (-2 1/4")

I logged my food intake in fitday.com which helped me see if I was eating a well-balanced diet. It was interesting to see if I was getting all of the nutrients my body needed and it helped me find balance on the days I had a few extra treats.

I loved being able to read about everyone's journey. The support network at TTmembers.com is incredible. The words of encouragement, the suggestions, and the support that was always available helped keep me accountable but also helped keep me strong. I realized I was not alone in my journey.

By showing me an effective, efficient way to work out and supporting me along my journey I've begun to make changes in my appearance which have helped me find my inner strength and confidence.

Thanks to participating in the TT Transformation Contest I'm ready to take on new challenges and I'm no longer making excuses for not following my dreams."

Kristine Willis, 3rd Place, Turbulence Training Transformation Contest

Visit www.TransformationContest.com to see all the results.

Still 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 \$5 (\$4.95 to be exact). For 21-days you'll get to try the Turbulence Training workouts and all you pay is \$4.95 during that time.

You'll get access to the entire Turbulence Training for Fat Loss system, plus you'll get a 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. This package 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 remainder of the \$39.95 investment at the end of your 21-day trial period.

Start getting more results in less time with Turbulence Training today.

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

Let me know about your success on the TT Member's Forum,

Craig Ballantyne, CSCS, MS
Author, Turbulence Training

PS - If you are sick and tired of doing all that cardio and getting NO results, then 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.

Exercise Descriptions

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 round your low back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Mountain Climbers

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



Exercise Descriptions

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.



Prone Stick-up

- Lie chest down on a bench. Hold your arms out to the side with a 90-degree bend in the elbows. Squeeze your shoulder blades together.
- Slowly stick your hands up overhead out in front of you. Keep your shoulder blades squeezed together. Hold the extended position for 3 seconds.
- Slowly return to the start position. Relax your muscles and repeat.
- Try to improve your range of motion in this exercise each week.
- The goal is to improve shoulder mobility and postural control.



Exercise Descriptions

Reverse Lunge

- Stand with your feet shoulder-width apart. Hold dumbbells in your hands if needed.
- 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.
- The emphasis of this exercise is on the hamstrings and buttocks of the lead leg.



Close-grip Pushups

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the ground shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Tuck your elbows into your sides to work your triceps more.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Exercise Descriptions

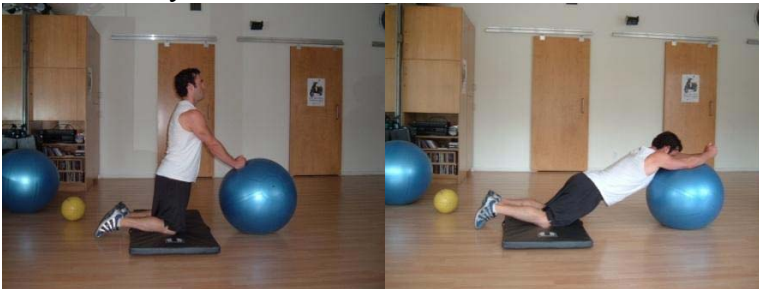
Step-Up

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- Hold dumbbells in hand if needed.
- 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 before changing legs.



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

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.



Side Plank With Leg Raise

- Lie on your side. Stack your feet on one another and prop yourself up on your elbow.
- Brace your abs and keep your hips forward.
- Raise the top leg up as high as you can. Slowly lower it back down.
- Do all reps for one side and then switch.



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.



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

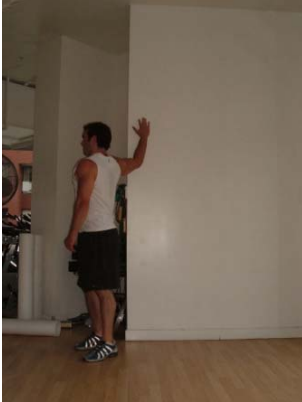
- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Static Stretching

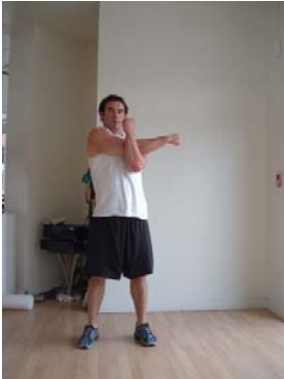
Chest Stretch

- 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.



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

Let me know about your success on the TT Member's Forum,

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