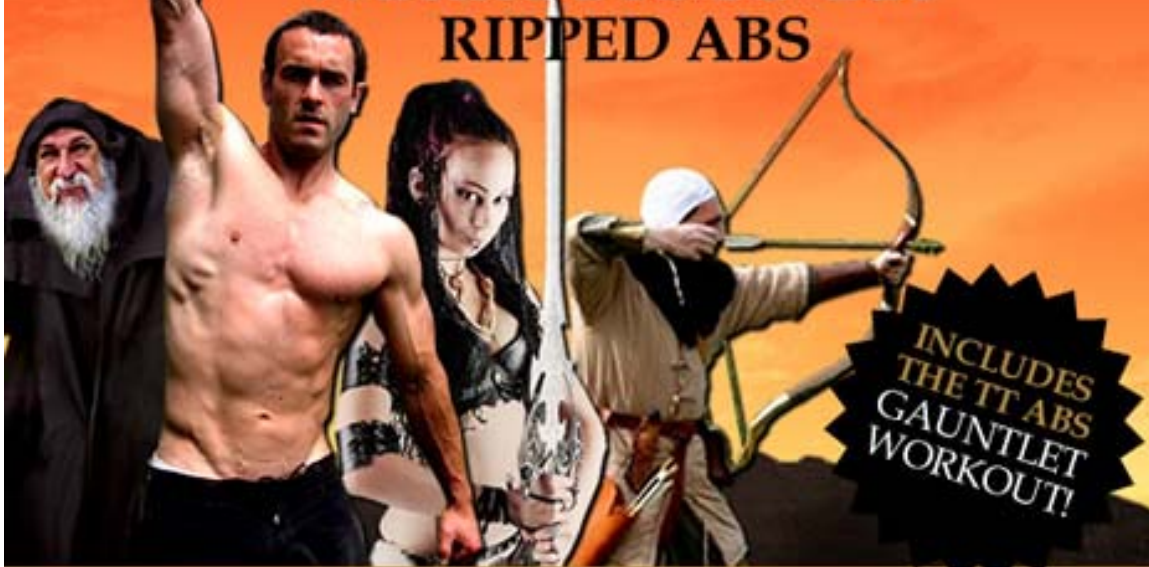


THE TURBULENCE TRAINING

GAUNTLET

RUN THE GAUNTLET
OF FAT BURNING
WORKOUTS TO GET
RIPPED ABS



INCLUDES
THE TT ABS
GAUNTLET
WORKOUT!

CRAIG BALLANTYNE, CSCS, MS

www.TurbulenceTraining.com

TT Gauntlet

Welcome from Craig Ballantyne & Turbulence Training...

Hi! I'm Craig Ballantyne, 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.

You're going to love these crazy TT Gauntlet Workouts – but remember: This is an ADVANCED program. These workouts are tough and if you are feeling pain, dizziness, or discomfort at any time, please stop the workout and see your doctor.

With the TT Gauntlet program I've put together short, quality fat loss workouts you can do with minimal equipment. The programs use a lot of bodyweight moves and variety because I truly believe variety is one of the main principles for success when you are trying to change your body in any way.

I also have an advanced research background, completing a Master's of Science Degree in Exercise Physiology from McMaster University in Hamilton, Ontario, Canada. Plus, I continue to study the latest training, supplementation, and nutrition research to help improve your health and wellness as well as your physical and mental performance.

Looking forward to your success!

Your friend and coach,

Craig Ballantyne, CSCS, MS,
Author, Turbulence Training

PS – Don't forget my other sites here...

www.TransformationContest.com – Win up to \$1000 just for losing belly fat!

www.TTFatLoss.com – My blog with advanced training information to help men and women gain muscle and lose fat fast.

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.

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 this workout, please follow your Doctor's orders.

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10 Tips for You and Your Clients 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 me for help on the Turbulence Training forum for substitutions at www.TTmembers.com.
- 3) Whenever you start a NEW program, use less volume and lower intensity than normal. 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 proper exercise form and train conservatively in all workouts.
- 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 Turbulence Training Bootcamp 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. **Do not exercise on pavement or concrete.**

The TT Gauntlet 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.

- Train 3 days per week.
- Perform all workouts in circuit fashion.
 - Rest as little as possible between exercises.
- The 3-digit number beside each exercise represents the lifting tempo.
 - I.e. Bodyweight Squat – The number is 2-0-1. Take 2 seconds to lower your body and without pausing return to the start position in 1 second.
- For substitute exercises, please ask on the forum at www.TTmembers.com
- Finish each workout with static stretching.
- Start every workout with this warm-up circuit.

General Bodyweight Warm-up Circuit

- Go through the circuit TWICE using a 2-0-1 tempo for each exercise.
- Rest 30 seconds between warm-up circuits.

- 1) Bodyweight Squat – 15 reps
- 2) Arm Crosses – 12 reps per side
- 3) Duck Unders – 6 reps per side
- 4) Plank – 30 second hold
- 5) Waiter's Bow – 8 reps
- 6) Close-Grip Pushups – 10 reps
- 7) Leg Swings – 15 reps per side
- 8) Spiderman Climb – 6 reps per side
- 9) Shuttle Sprint – 15 seconds at 50% intensity

The TT Gauntlet Workout Guidelines

Day 1 – Workout A

- Start with the general bodyweight warm-up circuit
- Do this workout in circuit format.
- Rest as little as possible between exercises.
- Rest 1 minute at the end of the circuit before repeating the circuit 1 more time.
- Do only 1 round of the circuit the first time you try this workout.
- For pull-ups and pushups, 80% max reps means to do only 80% of the maximum number of reps you can do. For example, if you can do 5 pull-ups, then do 4 reps. If you can do 10 pushups, stop at 8. Round down when needed.

- 1) Shuttle Sprint – 20 seconds
- 2) Prisoner Squat – 25 reps (2-0-1)
- 3) Sprint – 20 seconds
- 4) Pull-up – 80% Max reps (2-0-1)
- 5) Pushup – 80% Max reps (2-0-1)
- 6) Pull-up – 80% Max reps (2-0-1)
- 7) 1-Leg Squat on Bench – 10 reps per side (2-0-1)
- 8) Elevated Pushup – 15 reps per side (2-0-1)
- 9) 1-Leg Squat on Bench – 10 reps per side (2-0-1)
- 10) Underhand Inverted Row – 15 (2-0-1)
- 11) Bulgarian Split Squat 1 & ½ Reps – 12 reps per side (2-0-1)
- 12) Underhand Inverted Row – 15 (2-0-1)
- 13) Sprint – 20 seconds
- 14) Prisoner Squat – 25 reps (2-0-1)
- 15) Sprint – 20 seconds

Finish with 5 minute cool-down walk & static stretching.

Day 2 – Recovery day & 30 minutes of fun moderate activity

The TT Gauntlet Workout Guidelines

Day 3 – Advanced Workout B – The TT Abs Gauntlet

- Start with the general bodyweight warm-up circuit
- Do this workout in circuit format.
- Rest as little as possible between exercises.
- Rest 1 minute at the end of the circuit before repeating the circuit 1 more time.
- Do only 1 round of the circuit the first time you try this workout.
- Expect considerable soreness in your abdominals in the following 3 days.

- 1) Hang Leg Raise – 10 reps (2-0-1)
- 2) Stability Ball Plank – 30 seconds
- 3) Stability Ball Rollout – 20 reps (2-0-1)
- 4) Stability Ball Plank – 30 seconds
- 5) Stability Ball Jackknife with Hands on Floor – 20 reps (1-0-1)
- 6) Cross-Body Mountain Climber – 10 reps per side (1-0-1)
- 7) Side Plank – 45 seconds per side
- 8) Spiderman Push-up – 10 per side (2-0-1)
- 9) Chin-up plus Knee-up – 10 reps (2-0-1)
- 10) Bulgarian Split Squat 1 & ½ reps – 12 reps per side (2-0-1)
- 11) Spiderman Pull-up – 5 reps per side (2-0-1)
- 12) Shuttle Sprint – 30 seconds

After the circuit you can perform your favorite 20-minute interval training session.

Finish with 5 minute cool-down walk & static stretching.

Day 4 – Recovery day & 30 minutes of fun moderate activity

The TT Gauntlet Workout Guidelines

Day 5 – Advanced Workout C

- Start with the general bodyweight warm-up circuit
- Do this workout in circuit format, working up to 5 circuits.
 - Round #1 – Do 5 reps per exercise
 - Round #2 – Do 10 reps per exercise
 - Round #3 – Do 15 reps per exercise
 - Round #4 – Do 10 reps per exercise
 - Round #5 – Do 5 reps per exercise
- Do NOT move to the next exercise until all reps have been completed. For example, if you can only do 7 chin-ups in round #3, take a rest and do a few more, and repeat until all 15 reps are completed. Then move to the next exercise.
- Rest as little as possible between exercises.
- Rest 1 minute at the end of the circuit before repeating the circuit 1 more time.
- Do only 1 round of the circuit the first time you try this workout.

- 1) Kettlebell Snatch (Explosive movement) – Do prescribed reps for each side
- 2) Vertical Jumps (Explosive movement)
- 3) T-Pushup (2-0-1) – Do prescribed reps for each side
- 4) Chin-up (3-0-1)
- 5) Prisoner Forward Lunge (2-0-1) – Do prescribed reps for each side
- 6) Decline Close-Grip Pushup (2-0-1)
- 7) KB Swing (Explosive movement)

Finish with static stretching.

Day 6 – Recovery day & 30 minutes of fun moderate activity

Day 7 – Recovery day & 30 minutes of fun moderate activity

The TT Gauntlet Workout Schedule

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Day 1 - Workout A									
1) Shuttle Sprint – 20 seconds									
2) Prisoner Squat – 25									
3) Shuttle Sprint – 20 seconds									
4) Pull-up – 80% Max reps									
5) Pushup – 80% Max reps									
6) Pull-up – 80% Max reps									
7) 1-Leg Squat on Bench – 10 reps									
8) Elevated Pushup – 15 reps									
9) 1-Leg Squat on Bench – 10									
10) Underhand Inverted Row – 15									
11) Bulgarian S. Squat 1 & ½ Reps – 12									
12) Underhand Inverted Row – 15									
13) Shuttle Sprint – 20 seconds									
14) Prisoner Squat – 25 reps									
15) Shuttle Sprint – 20 seconds									
	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Day 3 - Workout B									
1) Hang Leg Raise – 10									
2) SB Plank – 30 seconds									
3) Stability Ball Rollout – 20									
4) Stability Ball Plank – 30									
5) SB Jackknife w Hands on Floor – 20									
6) X-Body Mountain Climber – 10									
7) Side Plank – 45 seconds per side									
8) Spiderman Push-up – 10									
9) Chin-up plus Knee-up – 10									
10) Bulgarian S Squat 1 & ½ reps – 12									
11) Spiderman Pull-up – 5									
12) Shuttle Sprint – 30 seconds									
	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Day 5 - Workout C									
1) Kettlebell Snatch									
2) Vertical Jumps									
3) T-Pushup									
4) Chin-up									
5) Prisoner Forward Lunge									
6) Decline Close-Grip Pushup									
7) KB Swing									

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.

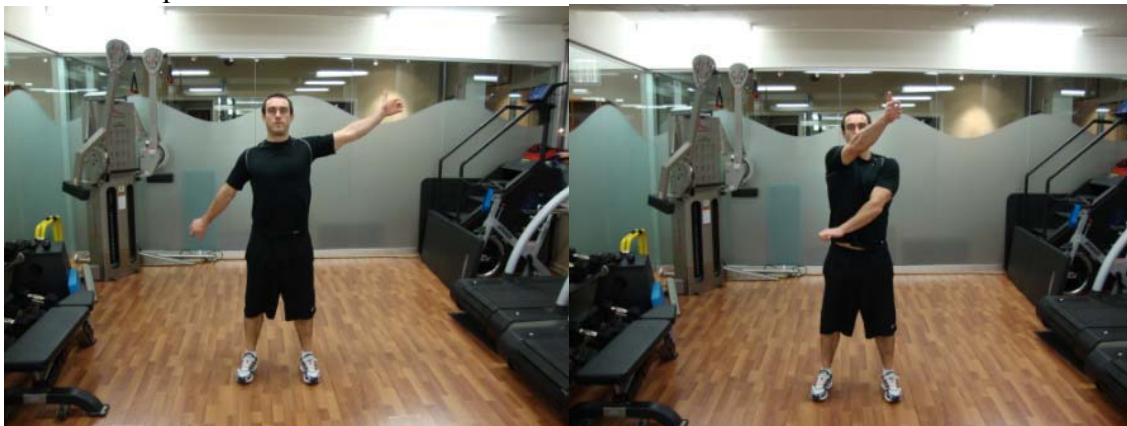
Bodyweight Squat

- 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.



Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do the other side.



Exercise Descriptions – Warm-up

Duck Unders

- Stand with your feet hip width apart and hands held at chest level.
- Step to one side while simultaneously dropping your hips and squatting down.
- As you squat and step to the side, drop your hips so it appears you were ducking under something. Get as low as you can while keeping your chest up.
- Shift all of your weight over to the side you stepped towards and stand up with your feet together again. Then repeat in the opposite direction. Alternate sides.



Plank

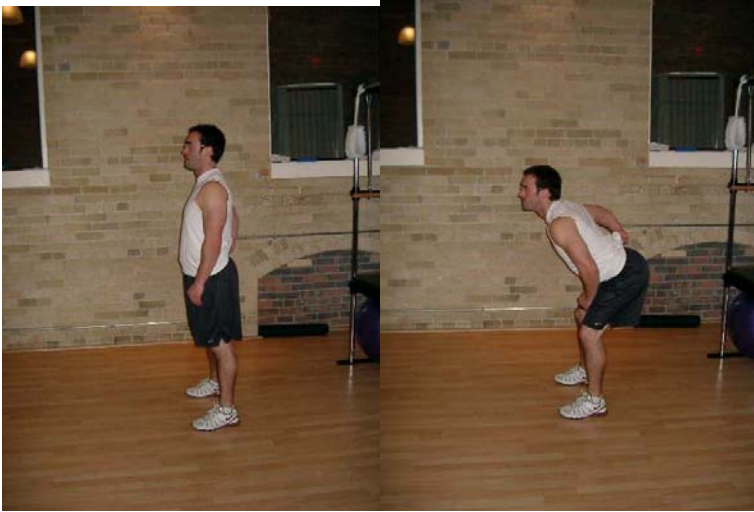
- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but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



Exercise Descriptions – Warm-up

Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



Close-grip Pushup

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



Exercise Descriptions – Warm-up

Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Exercise Descriptions – Warm-up

Shuttle Sprint

- Mark off a distance of 5-10 meters.
- Start at one end, sprint 5-10 meters, touch the ground, and return to the start position.
- Repeat as many times as possible in 8 seconds and then rest for 12 seconds.
- Repeat twice more.



Exercise Descriptions – Workout A

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- 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.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Descriptions – Workout A

Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.



Push-up

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch 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.



Exercise Descriptions – Workout A

1-Leg Squat on Bench

- Stand on the end of a bench with one foot and let the other hang down.
- Push your hip back and squat as low as you can.
- Contract your glutes and hamstrings to push back up 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.



Exercise Descriptions – Workout A

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.



Exercise Descriptions – Workout A

Bulgarian Split Squat 1&1/2 reps

- Stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push through the lead foot to come HALFWAY up and then drop back down to the bottom position. Then push through the foot ALL the way up to the upright position.
- Stay in a split-squat stance and perform all reps for one leg and then switch.



Start



Bottom



Halfway Up

Exercise Descriptions – Workout B

Hanging Leg Raise

- Hang from a chin-up bar using an underhand grip. Brace your abs.
- With a slight bend in your knees, curl your hips back and raise your legs up in front of you until they are parallel to the floor.
- Don't use momentum. Go slow and controlled both ways.



Stability Ball Plank

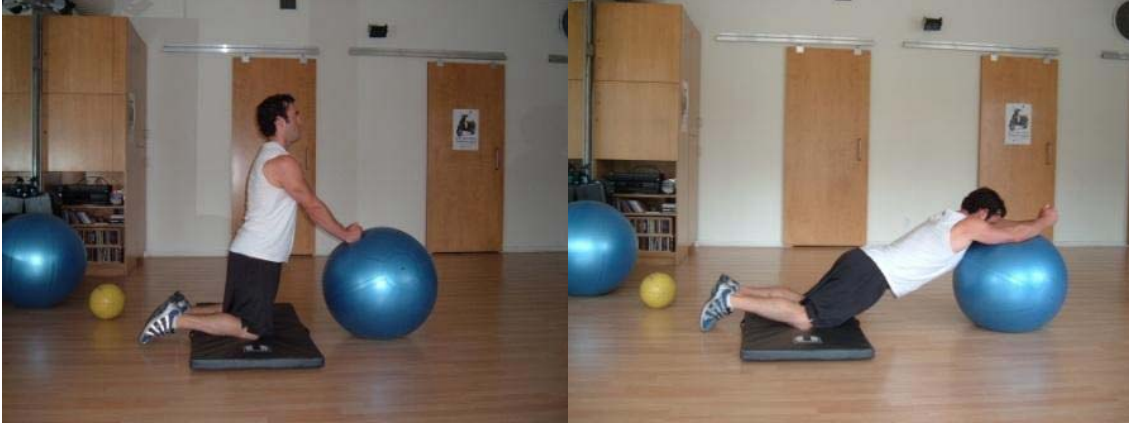
- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Hold the plank position for the designated time.



Exercise Descriptions – Workout B

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.



Stability Ball Jackknife with Hands on Floor

- Place your feet on the ball and hands on the floor, slightly wider than shoulder width.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.
- Do NOT round your lower back.



Exercise Descriptions – Workout B

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

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time. Switch sides.



Exercise Descriptions – Workout B

Spiderman Push-up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Chin-up with Knee-up

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- At the same time, pull your knees up to your chest.
- Slowly lower yourself but do not let your body swing and do not use momentum.
- Let your knees drop slowly from your chest to their original position.



Exercise Descriptions – Workout B

Spiderman Pull-up

- Take an overhand, slightly wider than shoulder width grip on the bar.
- Pull your chest up to the bar, while at the same time bringing one knee up to your elbow. Keep your abs braced and minimize movement or swinging.
- Slowly lower yourself down. Alternate sides.



Exercise Descriptions – Workout C

Kettlebell Snatch

- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.
- Make sure to watch the video for this one.



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Exercise Descriptions – Workout C

Vertical Jumps

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



T-Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.



Exercise Descriptions – Workout C

Chin-ups

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum



Prisoner Forward Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position.



Exercise Descriptions – Workout C

Decline Close-Grip Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor shoulder-width apart – that is the close grip.
- Elevate your feet onto stairs or a bench.
- Keep your elbows tucked in to your sides during this exercise.
- Take 5 seconds to 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.



KB or DB 2-Hand Swings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



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

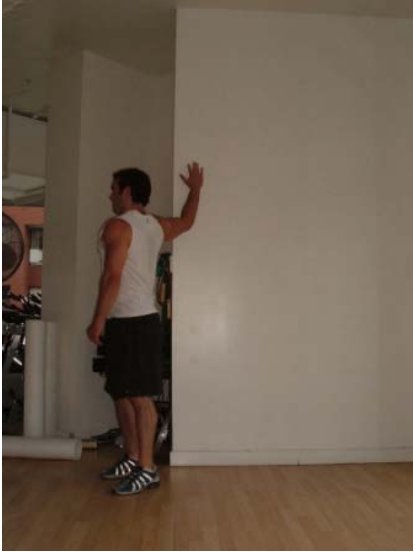
- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Static Stretching

Chest Stretch #1

- Stand next to a doorframe. Raise elbow to shoulder height and rotate arm so that your hand is up (as if in a throwing position with elbow in line with your shoulder).
- Press your elbow against the doorframe and slowly and gently rotate your upper body away from your elbow. Feel the stretch across the front of your shoulder and chest.
- Hold for 30 seconds and then repeat for the other side.



Chest Stretch #2

- Stand with your arm out-stretched and hand pressed against a wall or support.
- Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle. Hold that position for 20 seconds and then repeat for the other side.



Static Stretching

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.



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"Thanks Craig, this All Access Pass is great. Never have I seen anything like this. I have already downloaded Get Lean and Beginner Fat Loss Tips and glanced through them, some really good stuff. I'm planning on printing out most of these and having a "CB" section in my fitness library."

Keith Suthammanont

"Craig, I am so impressed with how you conduct your business, your professionalism, quality and responsiveness is really unequaled. You are truly the best kept secret in the fitness world. "

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