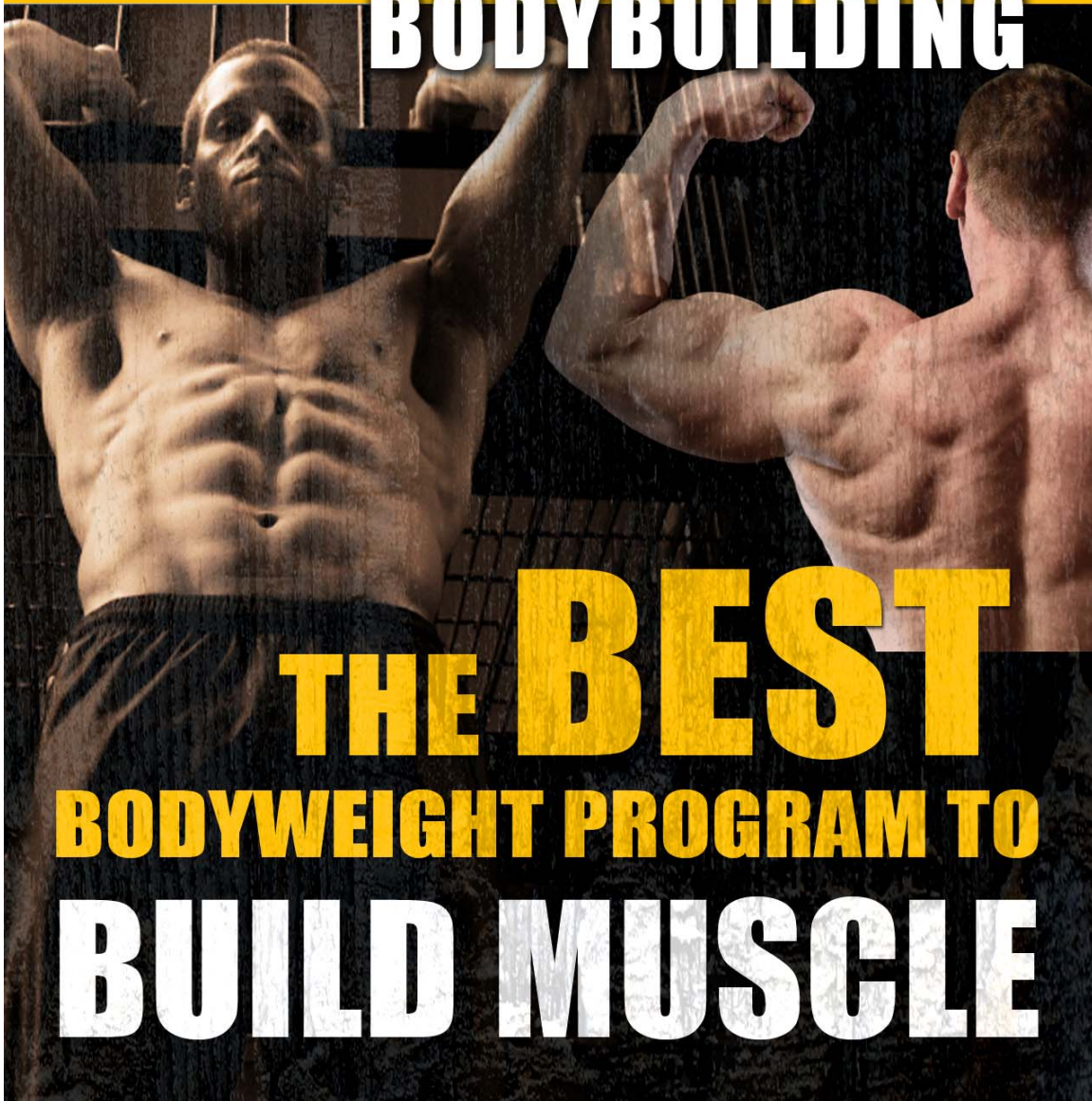


**Craig Ballantyne Presents...**

# **BODYWEIGHT BODYBUILDING**



**THE BEST  
BODYWEIGHT PROGRAM TO  
BUILD MUSCLE**

### **About Craig Ballantyne & Turbulence Training**

Craig Ballantyne, CSCS, M.Sc., is a Strength & Conditioning coach in Toronto, author of Turbulence Training, a contributing author to Men's Health and Women's Health magazines, and a member of the Training Advisory Board for Inside Fitness and Oxygen magazines.

With Turbulence Training I've put together short, quality fat loss workouts for men and women to do at home with minimal equipment. The programs use a lot of bodyweight moves and dumbbell exercises, and the workouts change every 4 weeks because I truly believe variety is one of the main principles for success when you are trying to change your body in any way.

Craig also has an advanced research background, completing a Master's of Science Degree in Exercise Physiology from McMaster University in Hamilton, Ontario, Canada. Craig continues to study the latest training, supplementation, and nutrition research that will help improve client's health and wellness as well as their physical and mental performance.

### **Craig's websites include:**

[www.TurbulenceTraining.com](http://www.TurbulenceTraining.com) - Advanced training information to help men and women gain muscle and lose fat fast.

[www.TurbulenceTrainingForAbs.com](http://www.TurbulenceTrainingForAbs.com) – 12-week advanced training program to spot reduce belly fat and work your abs harder than ever!

[www.TTMembers.com](http://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 strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Turbulence Training, please follow your doctor's orders.

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## 10 Tips to Train SAFE!

It is very important for all of us to train conservatively and not overdo things.

- 1) Don't do any exercise that you aren't sure how to do. Always get personal instruction from a certified trainer.
- 2) Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement. Just ask us on the Turbulence Training forum for substitutions at [www.TTmembers.com](http://www.TTmembers.com).
- 3) Whenever you start a NEW program, use lighter weights than normal, and only 1 set per exercise. You must expect extra soreness when starting a new program just because of the new exercises, so don't try to set world records in a new program right away.
- 4) If you need extra recovery within the workout or between workouts, don't hesitate to take it. **Safety first.**
- 5) Use a spotter if you are training with heavy weights. If you train alone at home, follow my recommendations in the manual and do NOT train to failure.
- 6) Check your ego at the gym door and start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
- 7) Do NOT do interval training more than 4 times per week. Even pro athletes don't play hard everyday, so why should we?
- 8) Never skip a warm-up. Use the general bodyweight warm-ups and the specific warm-up sets in each TT workout.
- 9) If you want to start TT but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise program.
- 10) Check with your doctor before starting any new exercise or diet program. All together now, **"Safety first!"**

**Bonus 11)** If you decide to use running as your form of interval training, make sure you have good running shoes, always do an extra thorough warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete). If you use a treadmill, please operate it safely.

## **TT Bodyweight Bodybuilding Workouts Guidelines**

**Disclaimer:** See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

- Perform this program for 4 weeks then switch to another muscle building workout.
- Train 3 days per week.
  - Do at least 30 minutes of low-intensity exercise on off-days, but don't let this workout impair your recovery or limit your performance real workouts.
- Pairs of exercises (i.e. 1A & 1B) constitute "Supersets".
- The 3-digit number beside each exercise represents the lifting tempo.
  - I.e. Squat – 3-0-1. Take 3 seconds to lower your body or the weight, and without pausing, push back up to the start position in 1 second or less.
- CRASH SET Definition:
  - Also known as drop sets...but when an exercise calls for a Crash Set, this refers to resting 30 seconds after the final set of that exercise before doing as many reps as you can to failure.
- You can wear a weighted vest to make the exercises harder. Of course, if you want to use dumbbells, you can also use those for some of the leg exercises.
- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every workout with this bodyweight warm-up circuit.

### **Bodyweight Warm-up Circuit**

- Go through the circuit using a 2-0-1 tempo for each exercise.
- Rest 30 seconds before repeating the circuit one more time for a total of two circuits.

1A) Prisoner Squat – 12 reps

1B) Pushup – 8 reps

1C) Prisoner Lunge – 8 reps per side

## **TT Bodyweight Bodybuilding Workout Guidelines**

### **Day 1 – Workout A**

- Bodyweight Warm-up Circuit

#### Superset

1A) Pull-up – Max reps (2-0-1)

- No rest.

1B) Bulgarian Split Squat (1 and ½ reps) – 12 reps per side (2-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 supersets.

#### Triset

2A) Jumps – 12 reps (1-0-1)

- No rest.

2B) Reverse Lunge – 25 reps per side (1-0-1)

- No rest.

2C) Inverted Row – 20 reps (2-0-1) + crash set\*

- Rest 1 minute before repeating 2 more times for a total of 3 trisets.
- \* = At the end of the last set, rest 30 seconds before doing as many reps as you can to failure for the Inverted Row.

#### Circuit

3A) Dips – Max reps (2-0-1)

- No rest.

3B) 1-leg Calf Raise – 12 reps per side (3-0-1)

- No rest.

3C) Triceps Bodyweight Press – 8-15 reps (2-0-1)

- No rest.

3D) Stability Ball or Ab Wheel Rollout – 15 reps (3-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 circuits.

#### Static Stretching

### **Day 2 – Recovery day & light exercise**

## **TT Bodyweight Bodybuilding Workout Guidelines**

### **Day 3 – Workout B**

- Bodyweight Warm-up Circuit

Tri-set

1A) Pike Pushup – 15 reps (2-0-1)

- No rest.

1B) Chin-up – Max reps (2-0-1)

- No rest.

1C) Lunge Jumps – 8 reps per side (1-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 supersets.

Tri-set

2A) Eccentric 1-Leg Squat – 8-12 reps per side (5-0-1) + crash set

- No rest.

2B) Underhand Inverted Row – 20 reps (2-0-1) + crash set

- No rest.

2C) Decline Close-grip Pushup – Max reps (2-0-1) + crash set

- Rest 1 minute before repeating 2 more times for a total of 3 trisets.
- \* = At the end of the last set, rest 30 seconds before doing as many reps as you can to failure for each exercise.

Circuit

3A) Deep Step-up – 15 reps per side

- No rest.

3B) Eccentric Pushup – 15 reps (5-0-1)

- No rest.

3C) 1-Leg Stability Ball Leg Curl – 8-12 reps per side (1-0-1)

- No rest.

3D) Stability Ball Jackknife – 20 reps (1-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 circuits.

Static Stretching

### **Day 4 – Recovery day & light exercise**

## **TT Bodyweight Bodybuilding Workout Guidelines**

### **Day 5 – Workout C – Bodyweight 501**

- Bodyweight Warm-up Circuit

#### Bodyweight 501 Circuit

- Go through the circuit 3 times – or if you're insane and superfit, 4 times.
  - Note: If doing it 4 times do only 10 reps of the Chin-ups plus Knee-ups in the 4<sup>th</sup> circuit, so then you will have the Bodyweight 666. Let me know how that goes!
- Rest as little as possible between exercises and circuits.
- Do each exercise at a 2-0-1 pace, except for the jumps.

- 1) Chin-up plus Knee-up – 12 reps
- 2) Pushups – 30 reps
- 3) Jumps – 15 reps
- 4) Bodyweight Squats – 30 reps
- 5) Prisoner Forward Lunges – 30 reps (15 per side)
- 6) Inverted Rows – 20 reps
- 7) Stability Ball Glute-Ham Raise – 10 reps
- 8] Close-grip Pushups – 20 reps

#### Static Stretching

### **Day 6 – Recovery day & light exercise**

### **Day 7 – Recovery day & light exercise**



### **TT Bodyweight Bodybuilding Workouts Schedule**

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Day 1 – Workout A</b>									
1A) Pull-up (Max reps)									
1B) Bulgarian Split Squat - 1½ reps (12 reps/side)									
2A ) Jumps (12 reps)									
2B) Reverse Lunge (25 reps)									
2C) Inverted Row (20 reps + crash)									
3A) Dips (Max reps)									
3B) 1-Leg Calf Raise (12 reps)									
3C) Triceps BW Press (8-15 reps)									
3D) Ball/Ab Wheel Rollout (15 reps)									
<b>Day 3 –Workout B</b>	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Pike Pushup (15 reps)									
1B) Chin up (Max reps)									
1C) Lunge Jumps (8 reps/side)									
2A) Eccentric 1-Leg Squat (8-12 reps + Crash Set)									
2B) Underhand Inverted Row (20 reps + Crash Set)									
2C) Decline Close-Grip Pushup (Max reps + Crash Set)									
3A) Deep Step-up (15 reps)									
3B) Eccentric Pushup (15 reps)									
3C) 1-Leg Ball Leg Curl (8-12 reps)									
3D) Stability Ball Jackknife (20)									
<b>Day 5 –Workout C</b>	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1) Chin-up plus Knee-up (12 reps)									
2) Pushups (30 reps)									
3) Jumps (15 reps)									
4) Bodyweight Squats (30 reps)									
5) Prisoner Fwd Lunges (15 reps)									
6) Inverted Row (20 reps)									
7) Ball Glute-Ham Raise (10 reps)									
8) Close-grip Pushups (20 reps)									

## **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.

### **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. Keep low back arched.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



### **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 – Warm-up**

### **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 A**

### **Pull-up**

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar. Slowly lower to start position.



## **Exercise Descriptions – Workout A**

### **Bulgarian Split Squat**

- 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 A

### Jumps

- Stand in the athletic position with hips and knees bent.
- Dip down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



## **Exercise Descriptions – Workout A**

### **Reverse Lunge**

- Stand with your feet shoulder-width apart. 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. Do all reps on one side then switch.



## Exercise Descriptions – Workout A

### Inverted (Bodyweight) Row

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it a few inches 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.



### Dips

- Grab the dip bars, bend your knees, and raise them towards your chest so that your hips and knees are bent 90 degrees. Keep your abs braced. Lean forward.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm. Press back up using chest, triceps and shoulders.



## **Exercise Descriptions – Workout A**

### **Single-leg Calf Raise**

- Stand on a step on one foot. Use a wall or beam for balance.
- Raise up high on the ball of your foot.
- Slowly lower until your heel is below the step and push back up to the start position.



### **Triceps Bodyweight Press**

- Lean forward against a bar set up at just above hip height.
- Keep your body in a straight line and your arms just wider than shoulder width apart.
- Slowly bend your elbows and lower your body to the bar.
- Contract your triceps and press back to the start position.

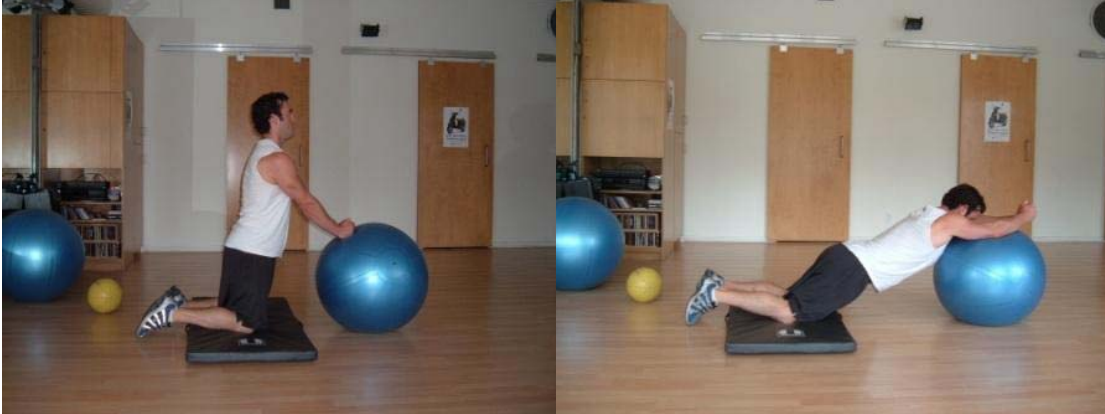




## **Exercise Descriptions – Workout A**

### **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.



### **Ab Wheel**

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.



## **Exercise Descriptions – Workout B**

### **Pike Pushup**

- Put your feet on a bench.
- Put your hands on the floor, and bring them as close to the bench as you can.
- This allows your upper body to be upright and allows you to work your shoulders.
- Bend your elbows and lower your body to the floor.
- Push up with your shoulders, triceps, and chest.



### **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



## Exercise Descriptions – Workout B

### Lunge Jumps

- Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
- Alternate sides without resting between sides.



### Eccentric 1-Leg Squat

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Extend your arms forward or to the sides to increase your balance.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Squat slowly (**5 SECONDS!**) and focus on balance.
- Squat until you sit back onto the bench, and keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.





## **Exercise Descriptions – Workout B**

### **Underhand Inverted Row**

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



### **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 – Workout B**

### **Deep Step-up**

- Stand to the side of a bench facing the bench. Place one foot on top of the bench and move the back leg slightly further away from the bench.
- Drop your hips down so your front hip is below your front knee - putting you almost in a lunge position.
- From that deep position, contract the glutes, quads and hamstrings of the front leg to bring you to a standing position on the step.
- Lower yourself slowly and repeat. Do all reps for one side and then switch.
- Do this on a non-slip surface to prevent the bench from sliding.



### **Eccentric Push-up**

- Same as regular pushup but take 5 seconds to lower yourself to the ground.

## **Exercise Descriptions – Workout B**

### **1-Leg 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 only one foot on the ball and raise the other one up in the air.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips with only one leg while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



### **Stability Ball Jackknife**

- 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.
- 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 C**

### **Chin-ups plus 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.



### **Pushups (See Above)**

### **Jumps (See Above)**



## **Exercise Descriptions – Workout C**

### **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.



### **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.



### **Inverted Rows (See Above)**



## **Exercise Descriptions – Workout C**

### **Glute-Ham Raise**

- Support yourself on your knees on a ball and plant your feet flat against a wall.
- Make sure the ball is not on a slippery surface.
- Start with your body in the upright position.
- Contract your glutes and hamstrings and slowly lower yourself down until your body is flat over the ball.
- Contract your glutes and hamstrings to raise back up...and use your hands if you need balance or an extra push.



### **Close-grip Pushups (See Above)**

## **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**

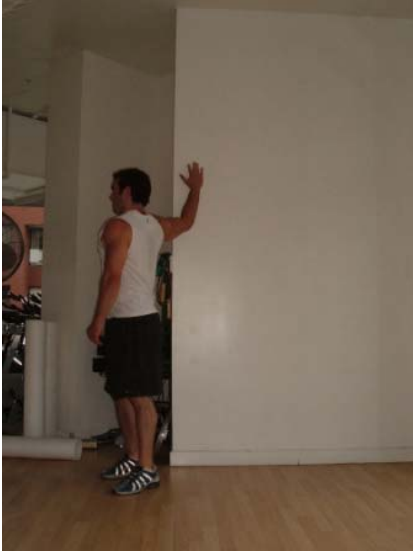
- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



## **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.



## **How to Get Dozens of Advanced, Fat Burning, Muscle Building, Turbulence Training Workouts at Your Finger Tips -And All for Less than the Cost of a Single Training Session**

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- Lose the last 10 pounds of fat
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"You've done it again! You never cease to amaze me how you create your extremely effective fat loss TT programs. My clients LOVE me as I use your programs for my home-based training clients and they find them highly effective."

**Andy Wallis, Trainer, Isle of Man**

"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. "

**Bobby Logan, CT**

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