

Booty For Life

“The 8-Week Workout That Puts Curves in All the Right Spots”™

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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 - Advanced training information to help men and women gain muscle and lose fat fast.

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

www.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.

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Disclaimer:

You must get your physician’s approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don’t lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don’t perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don’t perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

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

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

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Lifestyle Review

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 35 years old. Please discuss all nutritional changes with your physician or a registered dietitian.

1. Do you schedule a yearly physical exam with your physician? You must have a full physical examination if you are sedentary or if you have high cholesterol, high blood pressure, diabetes, if you are overweight, or if you are over 35 years of age. There are no exceptions. If you meet any of the above requirements, schedule an examination.
2. Have you been given your physician's approval to begin an exercise and lifestyle program? You must have your physician's clearance prior to using this manual.
3. Do you have any injuries or medical conditions that would prevent you from performing any type of exercise? Don't rush in to an exercise program. Talk to your doctor. Your doctor understands your health and physical capacity better than you.
4. Discuss the results of this lifestyle review with your physician before you begin an exercise program. Create a partnership with your doctor and make your doctor part of your fat loss and health-building team. Good communication and professional instruction will significantly increase your chances of success.
5. **Social support is the #1 factor for success for women in fitness programs.** While the support can come from your spouse, sibling, child, parent, friend, neighbor, or co-worker, individuals have a better chance of sticking to an exercise program when they hold themselves accountable to a personal trainer or lifestyle coach. Don't try and do this on your own. Social support is important in your quest for fitness and fat loss.
6. **Nutrition is the 2nd most important factor for success for women in fat loss programs.** Do you keep a nutrition log? If not, you must start doing so! Record your nutrition for free on www.fitday.com. Record every aspect of your nutrition for at least 1 week. Most people have no idea how many calories they are eating each day.
7. **Exercise is the 3rd most important factor for success for women in fat loss programs.** Arrange to have a Fitness Assessment with a health professional. This will help identify your physical limitations and exercise capacity. It will also help the trainer individualize your program for your specific training needs.
8. What is your current activity level? Log everything you do for at least one week to get an idea of your daily energy expenditure (calories burned each day).

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Contract

At this time, we would like you to make an executive decision and pledge your full commitment to this program. Share this promise with your social support group.

Our goal is to provide you with the necessary information to make the appropriate steps toward a healthier lifestyle. Ultimately, you are responsible for your own results. To be successful, one must dedicate the following attributes to get lean.

- Effort
- Honesty
- Consistency
- Enjoyment of the process
- Critical thinking
- Commitment

With this contract, you will promise to satisfy all of the necessary commitments to help you reach your health and fitness goals. Commit to this program like you would any high-importance task at work or at home and commit to getting the most from the program. Sign this pledge and stay true to your goals.

Name: _____

Signature of Commitment: _____

Social Support Witness: _____

Date: _____

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25 Nutrition Tips for Fat Loss

1. Nutrition experts recommend healthy, high-fiber and low-sugar whole foods such as lean protein (lean beef, chicken, fish, and whey protein), colorful fruits & vegetables (oranges, apples, strawberries, blueberries, raspberries, broccoli, peppers, asparagus, and the list goes on!), nuts (almonds, cashews, & walnuts), and whole grains (oatmeal and multi-grain bread).
2. Food choices should contain a large nutrient-to-calorie ratio. Dr. Phil calls this, “High-Response Cost, High-Yield Nutrition”. Some examples of this approach include, eating a piece of whole fruit instead of drinking fruit-flavored beverages, eating green vegetables instead of potatoes, and snacking on nuts instead of chips.
3. Nutrition experts recommend eating 6 small meals each day rather than 2-3 large meals. A well-planned schedule will help you achieve this goal. Eat soon after waking up, and then every 3-4 hours thereafter until you go to bed.
4. A sample 6-meal plan would include breakfast, a small morning snack, lunch, a small afternoon snack, a sensible dinner, and a small evening snack. Smaller, more frequent meals help you use all nutrients better, retain more vitamins, and control your blood sugar levels. Controlling your blood sugar is a key to avoiding hunger and fatigue.
5. Avoid overeating or combining sugar and fat within a meal. One easy way to improve your health and lose fat is to stop eating “fast food” and stop drinking soda pop. It’s also extremely important to control portion sizes, especially when eating out.
6. When eating at a restaurant, avoid excess sugar, fat, or oversized meals. Restaurant meals are often too large to eat in one sitting and contain more than enough food for one person. It’s important that you recognize the pitfalls of dining out. Stick with the foods recommended by nutritionists as often as you can: healthy, high-fiber and low-sugar whole foods such as lean protein, vegetables, fruit, nuts, and whole grains.
7. Nutrition experts recommend avoiding “processed carbohydrates” (typically, this includes carbohydrates from a bag or a box). Processed carbohydrates generally provide too many calories and too much sugar. Processed carbohydrates rapidly increase and decrease blood sugar, often resulting in hunger and fatigue.
8. Eat low-glycemic carbohydrates instead of processed carbohydrates. Low-glycemic carbohydrates include vegetables, oatmeal, and whole-wheat products, and are digested slower. That means your blood sugar levels won’t crash and you won’t get hungry or tired.

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25 Nutrition Tips for Fat Loss

9. Nutrition experts recommend eating fiber-containing foods in place of processed carbohydrates at all meals. Examples include oatmeal instead of sugary-cereals for breakfast, salads with low-fat dressings for lunch, vegetables instead of French fries for dinner, and almonds instead of candy for snacks. Fiber helps control blood sugar and appetite. The American Dietetic Association recommends 25-35 grams of fiber per day – while most Americans get only 14 grams of fiber per day.
10. Good, lean protein sources include lean beef, chicken breasts, turkey breasts, salmon, low-fat cottage cheese and other low-fat dairy products. Nutritionists recommend eating protein at all 6 mini-meals and recommend between 0.6 and 1.0 grams of protein per pound of bodyweight per day to a max of 150 grams.
11. Everyone should avoid foods containing trans-fats (also known as trans-fatty acids or hydrogenated fats). This includes most processed convenience foods found in a bag or a box (chips, crackers, fries, pastries, etc.) as well as most margarine. Learn to read food labels; trans-fats currently aren't listed in the nutritional facts for most foods!
12. Nutrition experts recommend getting healthy fats from olive oil, nuts, salmon, and omega-3 fortified eggs. Nuts and olive oil are high in monounsaturated fat. Monounsaturated fats are associated with good cardiovascular health. Good sources of monounsaturated fats include olive oil, walnuts and almonds. An alternative snack to a bag of chips would consist of ½ ounce of nuts (10-12 almonds).
13. Fish, such as salmon, provide omega-3 fatty acids that are associated with good cardiovascular health. The American Heart Association recommends eating fish twice per week. Talk with a doctor or registered dietician about alternative sources of healthy fats if you don't like to eat fish. They may recommend fish oil supplements.
14. Follow the **Rainbow Diet**. The only rule here is to eat as many different colors of fruits and vegetables as you can. The nutrients in each fruit and vegetable are usually linked to its color as well. You should consume far more than 5 servings of fruits and vegetables per day. Experts recommend 2-3 pieces of fruit per day and many more servings of vegetables per day (such as broccoli, peppers, asparagus, etc.). Veggies and fruits will provide you with innumerable nutrients including fiber, vitamins, minerals, and many phyto-nutrients that simply do not exist in other foods.

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15. Nutrition experts recommend consuming a variety of foods, especially colorful fruits and vegetables that contain a wide variety of nutrients and a small amount of calories per serving. Condiments like low-sugar tomato sauce and salsa also help increase the nutrient content and taste factor of a meal. Fruits that are nutrient dense include raspberries, blueberries, and strawberries, while other fruits such as grapefruit, oranges, and apples contain high levels of the soluble fiber pectin that helps slow digestion and gives you a feeling of fullness.
16. Review food labels. Avoid foods packed with excess sugar, calories, or that contain any trans-fats. As a general rule, the less processed the food, the more nutritious the product. Remember to aim for nutrient-dense, low-calorie foods when snacking. Log your nutritional intake on www.Fitday.com. This is a free website that allows you to track your calories, protein, carbohydrates, and fat.
17. Experts recommend 12 cups (3 liters) of water per day, consumed over the course of the day and during exercise. For every pound of bodyweight that is lost during exercise, it is suggested that exercisers should drink two cups of water.
18. Green Tea is a very healthy drink. It's calorie-free, has a number of health benefits, and can replace soda, juice, and coffee to help eliminate unnecessary liquid calories. A can of soda contains 150 calories and a large soda from a fast-food chain contains over 600 calories. Therefore, avoid sugary beverages because they quickly increase your calorie intake and play havoc with your blood sugar levels.
19. Nutrition experts suggest eating a small protein-based meal before bed. For example, plain yogurt mixed with protein powder and a sprinkle of nuts.
20. Research shows that the caffeine content of commercial coffees can vary on a daily basis depending on water content and brewing time. One day you might get up to 600mg of caffeine in a supersized coffee while on another day only 200mg (which is already a high amount)! Keep track of your caffeine intake in your food log and be sure to note the extra calories that are added to beverages in the form of cream and sugar – these can quickly add up.
21. Make small nutrition changes that add up to big improvements over time. Switch to 1% milk from 2% milk. Use only “lean-ground” turkey, beef, and chicken to help limit fat intake. Substitute calorie-free condiments for high-fat condiments.

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25 Nutrition Tips for Fat Loss

22. Don't drink your calories – avoid soda and sugary drinks. Limit your alcohol intake. Each shot of alcohol or glass of beer or wine is about 150 calories. If you add mix to the alcohol, a mixed drink can be 300-1000 calories per drink. It's easy to see how alcohol intake can add up into fat gain. Restricting your alcohol and sugary beverage intake will help you lose pounds of fat in a very short time.
23. Do the family grocery shopping on your own. Research suggests that adults spend more money at the grocery store when they shop with their kids and are more likely to buy high-calorie foods. You'll stick to your shopping list if you are on your own. Buy fewer labels and fewer products containing sugar. This means buy as much whole raw foods as possible, the less refined packaged food you and your family eat the better.
24. Be consistent! Don't try to change everything at once. Aim for 2-3 improvements each week. For example, in week 1, you can reduce your soda intake and add 1 new vegetable to dinner each night.
25. Discuss all of these tips with a nutritionist, registered dietician, or your physician to take steps toward healthier eating. Include these people in your team to help support your healthy nutrition plans.

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Nutrition Review:

How to Prepare Your Weekly Nutrition Plan

Nutrition is the most important factor in a fat loss program. That’s tough for me, a training expert, to admit. But you could be using the best workout in the world, and you won’t lose fat if you are eating according to the “Supersize Me” diet.

If your current nutritional plan is preventing you from losing fat, then it's time for you to start working on building better eating habits. This can be as simple as committing to one small nutritional improvement per day (such as replacing your lunchtime soda with water) and one large change per week (such as setting aside time on a Sunday to shop and prepare for your weekly meals). Once you have established good nutrition habits, you'll find yourself making better choices on a daily basis. But you have to work on consistent improvement, and if you mess up, don't worry about it, just get right back to eating right.

But you need to have a plan to make this work, just like you need a plan for your workouts. You should outline a weekly eating schedule, including the contents of every meal, as well as your grocery and supplement list for the week. This will enable you to have meal alternatives for nights when you might need to be running from one event to the other with no time to prepare a hot meal. It will also help you plan lean protein snacks for when you are on the road between meetings.

It's important that you make your plan something you can follow. If you are currently eating 7 meals per week at the Golden Arches, it isn't realistic to plan to replace each of those meals with carrot sticks and protein shakes. A better plan would be to substitute a couple of those meals with healthier, lean protein options and then work on improving your eating plan even more in the following weeks. So here's my three-step guideline on building a better nutrition plan:

1. Prepare a weekly menu. Outline each meal and snack for every day of the upcoming week. Take into account the possibilities that you might work late or get invited out to lunch. The more options you have and preparations you make, the better you will be able to stick to your fat loss plan.
2. From your menu plan, make your grocery list and stick to it (see below). Grocery shopping is your first opportunity to break some bad nutritional habits. You can't eat chips, cookies, or cakes if you don't have them in the house – so don't buy them and you'll avoid any future temptation.
3. Prepare the meals or prepare the ingredients so that making the actual meal doesn't take a lot of time. Like shopping, it's best to do all of these preparations at one time (such as on a Sunday or another day off). A fat-loss, muscle-building shopping list should include:

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How to Prepare Your Weekly Nutrition Plan

Fruits

- Apples
- Oranges
- Blueberries
- Melon
- Peaches
- Grapefruit
- Raspberries & Strawberries
- Pears

Vegetables

- Peppers (red, yellow, green, & orange)
- Spinach
- Asparagus
- Broccoli
- Snow Peas
- Mushrooms
- Frozen mixed vegetables
- Tomato sauce with no sugar added

Protein Sources

- Chicken breasts
- Turkey breasts
- Salmon fillets
- Lean beef cuts
- Low-fat, low-sugar dairy products

Carbohydrates

- Oat-based breads
- Oatmeal (with no sugar added)
- Whole-wheat pasta

Other

- Green tea
- Unsalted, dry-roasted, Almonds, Cashews, and Walnuts

Always avoid these two unhealthy ingredients:

- High-fructose corn syrup (HFCS)
- Hydrogenated or partially-hydrogenated vegetable oil (the sources of trans-fatty acids)

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Choose this	Not that
Whole, natural foods	Processed foods (containing added sugar, trans-fats, etc.)
Fiber-rich snacks, such as almonds	Processed foods (containing added sugar, trans-fats, etc.)
Nuts/Almonds	Chips, cookies, treats, brownies, donuts, pretzels, etc.
Fruit	Soda, juice, candy, etc.
Vegetables	French fries; Any deep-fried side dish or appetizer
Extra serving of vegetables	Extra serving of starchy carbohydrates
Lean protein	Fatty cuts of meat; fried meats; high-sodium lunch meats
Low-fat dairy; Yogurt (low-sugar)	High-fat, high-sugar dairy; milkshakes, ice cream, etc.
Green Tea	Coffee, soft drinks, sweetened beverages
Water, Sparkling Water	Coffee, soft drinks, sweetened beverages
Unsweetened Iced Tea	Coffee, soft drinks, sweetened beverages
Raw Vegetables	Bread with butter
Lean Stir-fry; Steamed vegetables and meat	Chinese/Asian food (battered)
Grilled; baked; broiled meat	Battered; Deep fried meat
Oatmeal	Donuts, croissants; pastries; high-sugar cereals
Natural, sugar-free products (unsweetened pasta sauce)	Sweetened products (i.e. sweetened pasta sauce)

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Estimating the Nutrition Needs of a 120 pound Woman

- This is just an example.
- This method becomes less accurate with larger amounts of body fat. If someone has a lot of body fat it will overestimate their calorie needs.
- The first step is to calculate energy needs (Calories) by calculating the daily energy expenditure. Please use whatever figures are appropriate for you.
- Multiply bodyweight (in pounds) by 11: $120 \times 11 = 1320$ Calories.
- Next, choose the correct exercise level and multiply the Calorie number determined above by the percentage associated with the exercise level.
 - 20% for no exercise
 - 25% for light exercise every day
 - 30% for moderate exercise every day
 - 35% for very intense exercise 3 or 4 days a week:
- In this example, 30% is used because we are guessing that the woman exercises moderately. Therefore, the physical activity energy expenditure would be:
 $1320 \times 0.30 = 396$ Calories.
- Add this number to the original number to get total energy expenditure:
 $1320 + 396 = 1716$ Calories.
- This client would need to eat 1716 Calories per day to maintain bodyweight.
- To start fat loss, adjust total energy expenditure by 0.9 to get a 10% Calorie deficit.
 $= 1716 \times 0.9$
 $= 1544$ Calories per day is the daily goal intake for fat loss.

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Nutrition Plan For the Example 1550 Calories Per Day

- Eat 0.6 to 1.0 gram of protein per pound of body weight.
- Eat 30% of Calories from fat.
- Eat the remainder of Calories will come from low-glycemic carbohydrates. Eat double the amount of fruits and vegetables you are currently eating.
- Eat high-fiber and low-sugar whole foods such as lean protein (lean beef, chicken, and fish), vegetables (broccoli, peppers, and greens), fruit (oranges, apples, strawberries, & blueberries), nuts (almonds, cashews, and walnuts), and whole grains (oatmeal and multi-grain bread). Eat organic as much as possible.
- Eat 6 small meals per day & at least 1 fiber-rich fruit or vegetable at each meal.
- Eat most carbohydrates early in the day, and most fat later in the day. Eat a balanced amount of protein at all meals.
- A small increase in healthy fats should not affect your fat gain and can improve health. Use only healthy fat sources and the fats contained in lean proteins. Don't consume any un-necessary fats. Consume at least 6g of fish oil per day.
- Replace low-glycemic carbohydrates with almonds and other nuts (i.e. walnuts) whenever possible.
- Consume carbohydrates and protein pre-workout and post-workout calories to help build lean mass and minimize fat mass. If possible, use low-glycemic carbohydrates or fruits post-workout rather than sweetened drinks.
- Drink at least 4 cups of Green Tea per day.

1550 Calorie Schedule

	<u>Fat</u>	<u>Protein</u>	<u>Carbohydrate</u>
	30%	1g/pound	Remainder
	= 465 Cal.	= 480 Cal.	= 455 Cal.
	= ~50g	= 120 g	= ~115g
<u>Meal</u>	<u>Fat (g)</u>	<u>Protein (g)</u>	<u>CHO (g)</u>
Breakfast	10	20	25
Morn. Snk.	5	20	20
Lunch	10	20	25
Aftn. Snk.	2.5	15	10
Post-wkout	2.5	15	5
Dinner	15	20	25
Pre-bed Snk.	5	10	5
Total	= 50g	= 120 g	= 115g

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A Proven Nutrition Plan for Women

Here is a case-study of a real-world example showing how one former cardio fanatic ate to finally get her abs.

But first, if you simply start avoiding the Western Lifestyle eating habits that tempt you on a daily basis. That means no more snacks that contain carbohydrate and fat and no protein (i.e. vending machine treats), no more soda, and of course, getting back to eating high-quality fresh produce and lean protein.

You might say that you can't eat like this, but the truth is even if you start making only one change per day you will start to see improvements. Make this a goal that you will start today: to choose one healthier food option per day that will get you one step closer to your lean body. Here are the guidelines.

- 6 meals per day
- Remove all sugar from diet.
- Have 0.6-1g of protein per pound of bodyweight
- Have 3 servings of fruit per day (sticking to high-fiber fruits such as apples or grapefruit and high-antioxidant fruits such as berries – I prefer to avoid ripe bananas)
- Drink at least 4 cups of Green Tea
- Follow Dr. John Berardi's 90% rule - if you eat according to the guidelines 90% of the time, you can cheat 10% of the time and still make incredible body changes.

What follows is the exact meal plan & training plan that one of my top client's used to get ultra-lean. Each meal is full of flavor, quality ingredients, and lean protein sources.

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The Proven Nutrition Plan for Women – from one of my clients

Daily Calorie Intake: 1900 calories

All meals are about 350-375 calories

Breakfast:

- 1/2 c thick rolled oats or 1/4 cup steel cut oats (both are about 40g) (stir in 1/2 serving fruit at very end...peach is my favorite lately, but blueberries are yummy too, and frozen berries work out of season)
- Omelet (1 whole 600mg omega 3 egg, 3 whites, 1/2 serving chopped baby spinach, red or yellow pepper, mushroom)
- 1/2 cup milk (skim or 1%) in coffee

Mid morning:

- 1c FF cottage cheese with 1-2 serving fruit(about 200g, depending on type) (strawberries, blueberries, clementines became my favorites too cause it tasted like a dreamsicle, mango, or a mixture of all of the above)
- 15g nuts (walnuts, almonds) or 1T almond butter plopped on top.
- (sometimes 2T of toasted wheat germ too, if need the extra carbs depending on how much fruit I add)
- All mixed in one bowl.

Or

- 1C FF or low-fat yogurt
- 100g fruit
- 15g nuts
- This has less protein than Cottage cheese, but I make up for it when I have my protein shake PWO.

Or

- Smoothie made from fresh or frozen berries, scoop vanilla protein powder, dollop 1T of almond butter on bottom of the glass.
- Sometimes add a little water or flavored sparkling water (or yogurt then less fruit) for a bit of liquid.

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The Proven Nutrition Plan for Women – from one of my clients

Lunch or mid-afternoon

- Spinach salad with sliced turkey breast, ham, chicken, tuna, or whatever meat I have for the week.
- More veggies to add in the better the salad - tomatoes, bell pepper, artichokes, hearts of palm, cucumber, celery, etc)
- Dressing: 1/2Tb olive or flax oil, 1T balsamic or red wine vinegar, squirt of Dijon mustard - put in little dish with lid and shake up then pour on salad
- Apple or peach or cherries, sometimes sprouted grain bread

- Another good one is tomatoes, cucumber, olive oil, red wine vinegar, tuna, red or yellow bell peppers all mixed in a little dish and marinating during the morning.
- Plus some sort of whole grain carb or fruit

Or

- Whatever leftovers I had for dinner when I made something that was actually like a meal

Or

- 2servings frozen baby sweet peas micro-waved and a protein on the side

Or

- 200g cooked acorn, butternut, kabochi squash (or sweet potato but smaller portion) good sprinkling of cinnamon, and 15g walnuts.
- Mush all together and microwave to heat up.
- Yummmm like pie.

Or

- Spaghetti squash with spaghetti sauce (no sugar added from bottle or a concoction made from canned stewed tomatoes) ground lean beef or 2-3oz lite swiss cheese

Or

- 1/4c quinoa with lite cheese melted on it...any veggie on the side

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The Proven Nutrition Plan for Women – from one of my clients

Dinners:

Usually I'm just looking for a meat and veggies and throw together whatever I have in the fridge/freezer

- 2-3 servings of frozen stir fry veggies (I eat a lot of frozen veggies-tons of variety for stir fries) with some sort of meat, salmon, chicken, shrimp, etc
- 60-90 g low-fat cheese (jarlesburg makes a lite swiss cheese that's 8g protein and 2.5g fat per 30g. Cabot has a 75% lite cheddar with similar macros. (fat free cheese is disgusting) I eat a lot of cheese, love it melted, cause I get tired of meat.
- Make this into a grilled cheese - using sprouted grain wrap (melted in microwave), or corn tortillas (to make a quesadilla cooked in George Foreman) and salsa.
- Add whatever veggies I have around
- Lean beef burger on sprouted grain bread with mustard - or no bread and a different carbohydrate
- Sauteed spinach salad (I double the spinach when cooking it). Heat 1tsp olive oil, and 1/2-1 clove garlic. Add fresh baby spinach and a squirt of lemon juice. Saute until wilted. Have protein on side (grilled salmon, chicken, pork tenderloin, whatever)
- Or a microwave spinach dip - 2servings fresh (or frozen) spinach, chopped. Little bit of red or green onions. Microwave spinach for about 2mins, drain a bit. Add 1/2Tb mayo.
- Eat with protein on side and your favorite dipping carb (whole grain crackers - triscuit (I usually just eat it with a fork and have another carb on side.)
- Zucchini and squash grilled in George Foreman and sprinkled with a wee bit of olive oil (sprinkle on herbes de province too) makes a nice veggie side

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Carbohydrate Information

- Carbohydrates that rapidly increase blood sugar are called “High-glycemic carbohydrates”. Nutrition experts recommend that high-glycemic carbohydrates be avoided and low-glycemic carbohydrates be emphasized – see chart below.
- Foods that quickly increase the hormone insulin rank high on the “Insulin Index”. Insulin is a hormone that promotes carbohydrate and fat storage, and prevents fat burning. High-glycemic carbohydrates often cause large increases in insulin. This may be detrimental to a fat loss program. It’s a good idea to avoid high-glycemic carbohydrates for a number of reasons.
- Nutrition experts recommend avoiding “processed carbohydrates”. These include soda pop, cookies, cake, pastries, crackers, white bread, and generally anything from a bag or a box. Processed carbohydrates typically provide excess calories and sugar. Processed carbohydrates rapidly increase and then decrease blood sugar, often resulting in hunger and fatigue (and thus are often “high-glycemic carbohydrates”).
- Nutrition experts recommend eating fiber-containing foods at all meals, in place of processed carbohydrates. Examples include oatmeal for breakfast, salads for lunch, vegetables for dinner, and almonds for snacks. Fiber helps control blood sugar and appetite. Slowly add these to your diet and make sure to consume more water at the same time.
- Nutrition experts recommend consuming a variety of foods, especially colorful fruits and vegetables that contain a wide variety of nutrients and a small amount of calories per serving.

Good Carbohydrate Sources

All-Bran	Oatmeal	Whole-grain bread
Apples	Oranges	Berries
Grapes	Peaches	Apricots
Pineapple		

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Protein Information

- Protein plays a vital role as a building block of enzymes, hormones, skin, hair, muscle, and other elements in your body.
- Protein is available in two forms, complete and incomplete. Complete proteins contain all of the essential amino acids that your body needs and should make up the majority of your protein sources (unless you are a vegetarian). Complete proteins are derived from animal sources such as fish, poultry, beef, eggs, milk, and cheese.
- Incomplete proteins (don't have all the essential amino acids, and therefore they can't be used as efficiently as complete proteins. If you are a vegetarian it is important to learn from a registered dietician how to combine incomplete protein sources (i.e. nuts, legumes, grains, etc.).
- Four ounces of lean meat (the size of a deck of cards) contains about 25 grams of protein. Read the labels of other foods to find out the protein per serving.
- Good protein sources have been identified as low-fat cottage cheese and other low-fat dairy products, lean beef, chicken breasts, turkey breasts, salmon, and whey protein powders. Nutritionists recommend consuming protein at each of the 6 mini-meals. Nutritionists recommend between 0.6 and 1.0 grams of protein per day to a maximum of 150 grams per day – you'll probably need more like 100 grams.
- Nutrition experts suggest eating a small protein-based meal before bed. One possible snack is a small amount of plain yogurt mixed with protein powder and ½ oz nuts.

Sources:

- 1 cup of dairy = 8 grams
- 1 ounce of meat = 7-8 grams
- 1 egg = 6 grams (5 grams of fat)
- 2 tbs. peanut butter = 8 grams (16 grams of fat)
- 1 cup low-fat cottage cheese = 24 grams
- 1 scoop of Whey protein powder = 20 grams
- 1 protein bar = 15-35 grams (check the label)

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Fat Information

- People associate dietary fat intake with body fat, but certain fats are very important. A fat-free diet is not optimal in normal individuals.
- According to nutrition experts, “eating a reasonable amount of fat in your diet promotes good health and physical performance, especially if the majority of your fat sources contain high amounts of Omega-3 and Omega-6 fatty acids. A good place to start is at about 30% of your total calories a day from fat.” Nuts, fish, and extra-virgin olive oil are three foods that contain healthy fats recommended by nutritionists. Omega-3 fatty acids are commonly referred to as “essential fats”.
- Nutrition experts recommend getting healthy fats from olive oil, nuts, salmon, and omega-3 fortified eggs. Nuts and olive oil are high in monounsaturated fat. Monounsaturated fats are associated with good cardiovascular health. Good sources of monounsaturated fats include olive oil, walnuts and almonds. A sample snack might consist of ½ ounce of nuts (1 oz = 20-24 almonds). Fish, such as salmon, provides omega-3 fatty acids that are associated with good cardiovascular health.
- Nutrition experts recommend limiting saturated fat intake to no more than 1/3 of total fat intake for the day.
- Experts recommend avoiding fried foods and processed pastries because they contain unhealthy “trans-fatty acids”. Avoid any food package that lists hydrogenated fats or partially hydrogenated fats. This includes almost any processed food that can be found in a bag or a box (chips, crackers, fries, and everything with “hydrogenated oils” listed on the label). Learn to read the food labels; trans-fats currently aren’t listed in the nutritional breakdown of most foods!

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The Calorie Counter

Most food packages provide a detailed nutritional analysis such as the total calories, grams of protein, fat, and carbohydrate, as well as the vitamins and mineral content. Remember your daily caloric goal when reading food labels.

Food	Calories
Alcohol (beer, wine or 1-ounce shot)	= ~150 (does not include mix!)
Apple	= ~100
Bagel	= 200 (7g Protein)
Banana (1 large)	= ~100
Cheese (1 ounce/small cube)	= 150
Chicken breast (4oz/40g)	= 175 (35g Protein, 5g Fat)
Egg	= 74 (6g Protein, 5g Fat)
Egg white	= 12 (3g Protein)
Gatorade (355ml)	= 120
Ham (3 ounces)	= 150 (8g Fat)
Juice (1 cup)	= ~125
Orange	= 60
Peanuts (10)	= 45 (3.5g Fat)
Pop (12 ounces/1 can)	= 150
Potato (8 ounces)	= 200 (5g Protein)
Rice (1 cup)	= 250 (6g Protein)
Steak (3 ounces)	= 135 (17g Protein, 7g Fat)
Tuna (3 ounces)	= 100
Vegetables (1 cup raw)	= 25
Yogurt (125g/1 cup) "fat-free"	= 175
"Sugar- and fat-free"	= 75

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Fast Food – How many calories are in your favorite fast foods?

Food	Calories
Burger King	
Double Whopper w/ cheese	= 960 (63g of fat & 60% fat)
Medium fries	= 400 (20g & 45% fat)
Onion rings	= 310 (14g & 41% fat)
Hamburger	= 330 (15g & 41% fat)
McDonald's	
Quarter pounder w/cheese	= 530 (30g & 51% fat)
Big Mac	= 530 (28g & 48% fat)
Fries (super size)	= 540 (26 & 43% fat)
Hamburger	= 270 (10g & 33% fat)
McNuggets (4)	= 200 (12 & 54% fat)
Fries (small)	= 210 (10g & 43% fat)
Egg McMuffin	= 290 (13g & 40% fat)
Subway (6-inch subs)	
Tuna	= 519 (32g & 55%)
Turkey	= 273 (4g & 13%)
Club	= 300 (5g & 15%)
Meatball	= 408 (14g & 31%)
Taco Bell	
Taco salad	= 860 (55g & 58%)
Chicken soft taco	= 223 (10g & 40%)
Soft taco supreme	= 270 (15g & 50%)
Wendy's	
Big Bacon Classic	= 610 (33g & 49%)
Grilled Chicken sandwich	= 290 (7g & 22%)
Large chili	= 310 (10g & 29%)
Single burger	= 360 (16g & 40%)
Fries (small)	= 260 (13g & 45%)
Donut Shop	
Donuts	= 250-400
Apple OR Cherry pie	= 490
Butter tart	= 348
Croissant	= 220
Muffins	
Chocolate chip	= 425
Blueberry	= 320
Low-fat cranberry	= 280
Bagel	= 300

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Treats & Cheats

The rule about treats & cheats is that you get one cheat meal per week. Just as one day of dieting will not help you get into shape, one cheat meal will not get you out of shape either! It is imperative that cheat meals stays within one meal. You cannot let it expand to a second or third meal. You should reserve your cheat meal for social events.

But you also have to accept the consequences of a cheat meal. If you gorge at an all you can eat buffet, you can quickly lose all of the gains that you achieved during the previous 7 days. However, if you simply use the cheat meal to enjoy moderate portions of some of your favorite foods, then you will not impair your weight loss progress and you will get a gain a psychological boost.

Here is the list of Treats & Cheats guidelines:

- Any fast food item on any menu is a treat or a cheat. Save it for your cheat day meal and you only get one of these per week.
- Get rid of all cheat foods in the house, such as cookies. That’s right, just throw them out. Better that the temptation simply isn’t there. If you really have to have a cookie, you can buy one on your cheat day. Otherwise they have no place in your kitchen.
- Chips – get rid of them. This, along with French fries and pie crust, are some of the worst things you can eat. Just get rid of them all together. If you must have chips as your treat, get low-fat baked chips. Chips have no place in a fat loss eating plan.
- Cakes, Pies, pastries, donuts and any other sweet baked goods – these are all treats and should only be eaten as part of a cheat meal.
- Candy and any other sweets – these are all treats, and must only be consumed as a cheat meal.
- Plan! Plan your meals so that you can avoid situations that will put you in the temptation to cheat. Plan the day and time of your cheat meal.
- It is up to you to decide which day of the week is cheat day. We recommend choosing a day that you know you will be most likely out for dinner eating is social events. These are the times that it is most difficult to adhere to the rules of nutrition and therefore it makes it easier to use this time as your cheat time.

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The Science of Goal Setting

“All winning teams are goal-oriented. Teams like these win consistently because everyone connected with them concentrates on specific objectives. They go about their business with blinders on; nothing will distract them from achieving their aims.” – Lou Holtz

Remember the expert tip from Alwyn Cosgrove? “The single most important part of the process is goal setting. They need to really want to get amazing results and be prepared to do whatever I ask to get them. It's not that hard to get the results -- it's building that overwhelming desire that counts. Most people think -- "Well - this cake won't hurt me will it?" I get my clients to think, "Will this help me or not? Is this a positive step or not?" Once you get that -- you're a hit.”

Setting short-term and long-term goals may increase your odds of success. Not only will set goals keep you on the right track but they will also provide an end point to your program. Sit down for 15 minutes and work through 3 short-term and 3 long-term goals minimum, but don't be afraid to do more. You can make set goals for every workout, every meal, and every day of the week.

Strength coach Charles Staley has found that accomplishment is almost always linked to goal-directed behavior. A goal is defined as a, “written, specific, personally meaningful, and challenging statement of intent, which has a measurable outcome and a completion date”.

Your goals must give a distinct target or end-point to work towards that must also be easy to measure and specific. Without these you'll never know if you have achieved the goal. You can't just say lose weight or gain energy. Make the target very clear and specific.

You must also be honest and realistic with a self-evaluation of your strengths and weaknesses so that you can set appropriate and challenging goals. Also, you must be honest with your process as you move towards a goal. If the goal is too hard or too easy, you can adjust it. If it is easily accomplished, reset for a higher standard. It is okay to adjust the goal based on your feedback and learning. By having a deadline or timeline for your goal, you are able to examine your progress and re-visit the feasibility of the goal.

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The Science of Goal Setting

1. Commit your goals to paper
2. Review your goals on a regular basis. Make your list of goals accessible, so that you can review it on a regular basis. Frequent reminders will help keep you on track.
3. Be specific. Set the goal to exactly what you want to achieve.
4. Be realistic. Begin by setting small, attainable goals in order that they will propel you into future success. For example, set a simple goal that you will avoid excess food at a party this weekend. Set another goal as simple as having a great workout tomorrow. A third example is setting a small goal of losing 1 pound of fat in the next 10 days.
5. Focus on the short-term goals, as short-term changes in behavior will help you reach long-term goals. Set small goals to get the ball rolling, and success will breed success.
6. As you achieve your goals, return to your list and update the entire set of goals.

List 3 short-term goals:

List 3 long-term goals:

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Turbulence Training 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 35 years old. Please discuss all nutritional changes with your physician or a registered dietician.

- After every 8 weeks, take one week off from training for recovery purposes. During the recovery week, you may perform light, low-intensity workouts.
- Workout 3 days/week. Do workouts A, B, & C in order with 1 day of rest b/n each.
- Do intervals/cardio up to 3 times per week.
- Each pair of exercises constitutes a “Superset”. In each Superset, do one set of the first exercise followed immediately by the next (i.e. 1A & 1B).
- Rest 1 minute after completing the exercises in the Superset (i.e. after 1A & 1B) and then repeat the Superset.
- Do each superset 3 times before moving on to the next Superset unless instructed otherwise.
- Use the recommended tempo for each exercise as outlined in the charts.
- For example, DB Chest Press (3x8) 2-0-1 means
 - 3 sets of 8 reps, 3-0-1 tempo (3 seconds to lower, 0 sec pause, 1 sec to lift)
- 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 only.

- Warm-up
 - Never skip a warm-up.
 - Perform this circuit 2x’s with no rest between exercises:
 - 10 reps of bodyweight squats
 - 20 seconds for the plank
 - 8 kneeling or full push-ups (Remember this is warm-up)
 - 10 seconds per side for the side plank
 - Perform 2 warm-up sets for each exercise in the first Superset.
 - 1 set of 8 reps with 50% of the weight you will use in your “real” sets.
 - 1 set of 8 reps with 75% of the weight you will use in your “real” sets.
 - Now you are ready to go right to a weight that you can do 8 times.
 - If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up.

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Interval Training Guidelines

- Carefully monitor your body’s response to identify the best interval workout that works for you.

Weeks 1-4

Workout A – Do this twice per week.

- Warm-up for 5 minutes.
- Work for 2 minutes at a pace that feels like a 7/10 level of intensity.
 - You should be exercising at an intensity of 7 on a scale of 1-10 (I refer to that as a subjective 7/10 level of intensity where 10/10 intensity is running for your life and 6/10 would be a hard 20-minute cardio session).
- Your heart rate should be near maximal by the end of the interval.
- Follow that with “active rest” for 2 minutes at a 3/10 level of intensity.
- Repeat for 5 more intervals.
- Your goal is to cover the same distance in each interval.
- Finish with 5 minutes of cool-down exercise at 3/10 level of intensity.

Workout B – Do this twice per week.

- Warm-up for 5 minutes.
- Perform an interval by exercising for 45 seconds at subjective 8/10 level of intensity.
- Follow that with “active rest” for 60 seconds by exercising at a slow pace (at a subjective 3/10 level of intensity).
- Repeat for 5 more intervals.
- Finish with 5 minutes of cool-down exercise at 3/10 level of intensity.

Weeks 5-8

Workout A – Do this workout twice per week.

- Warm-up for 5-minutes.
- Perform an interval by exercising at a 9/10 level of intensity for 30 seconds.
- Follow that with “active rest” for 90 seconds by exercising at a slow pace (at a 3/10 level of intensity).
- Repeat for 5 more intervals.
- Finish with 10 minutes for a cool-down by exercising at a 5/10 level of intensity.

Workout B – Do this workout twice per week.

- Warm-up for 5 minutes.
- Work at an 8/10 level of intensity for 60 seconds.
- Your heart rate should be near maximal by the end of the interval.
- Follow that with “active rest” for 60 seconds at a 3/10 level of intensity.
- Repeat for 5 more intervals.
- Finish with 5-10 minutes of cool-down exercise at 3/10 level of intensity.

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Weeks 1-4

- **Ecc (Eccentric) Chin-ups** = Perform only the lowering (eccentric) phase of the exercise. Take 5 seconds to lower yourself from the top to the bottom position. Get help to get up to the top.
- **DB** = Dumbbell **BB** = Barbell

Dates: Weeks 1-3	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
Workout A											
1A) DB Split Squat (3x8) 2-1-1											
1B) Stability Ball Leg Curl (3x12) 2-1-2											
2A) DB Step-up (3x8) 2-0-1											
2B) Plank (3x30 seconds)											
3A) Stability Ball Jackknife (3x10) 2-0-2											
3B) Stability Ball Rollout (3x8) 2-0-1											
Interval Workout A											
Stretch Tight Muscles											
Workout B											
1A) Ecc Chin-up (3x5) 5-0-1											
1B) [Kneeling] Pushups (3xAs many as you can) 2-1-1											
2A) Wide-grip Seated Row (3x10) 2-0-1											
2B) DB Chest Press (3x8) 3-0-1											
3A) DB Row (3x8) 2-0-1											
3B) Incline DB Press (3x8) 2-0-1											
Interval Workout B											
Stretch Tight Muscles											
Workout C											
1A) DB Squat (3x8) 2-0-1											
1B) Side Plank (3x20 seconds)											
2A) DB Rear-Deltoid Raise (3x12) 2-0-1											
2B) Stability Ball Hip Extension (3x10) 2-0-2											
3A) DB Incline Curl (3x8) 3-0-1											
3B) DB Triceps Extension (3x8) 3-1-1											
Interval Workout A											
Stretch Tight Muscles											

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Weeks 1-4

Dates: Week 4	Set 1	Set 2	Set 3							
Workout A										
1A) DB Split Squat (3x8) 2-1-1										
1B) Stability Ball Leg Curl (3x12) 2-1-2										
2A) DB Step-up (3x8) 2-0-1										
2B) Plank (3x30 seconds)										
3A) Stability Ball Jackknife (3x10) 2-0-2										
3B) Stability Ball Rollout (3x8) 2-0-1										
Interval Workout A										
Stretch Tight Muscles										
Workout B										
1A) Ecc Chin-up (3x5) 5-0-1										
1B) [Kneeling] Pushups (3xAs many as you can) 2-1-1										
2A) Wide-grip Seated Row (3x10) 2-0-1										
2B) DB Chest Press (3x8) 3-0-1										
3A) DB Row (3x8) 2-0-1										
3B) Incline DB Press (3x8) 2-0-1										
Interval Workout B										
Stretch Tight Muscles										
Workout C										
1A) DB Squat (3x8) 2-0-1										
1B) Side Plank (3x20 seconds)										
2A) DB Rear-Deltoid Raise (3x12) 2-0-1										
2B) Stability Ball Hip Extension (3x10) 2-0-2										
3A) DB Incline Curl (3x8) 3-0-1										
3B) DB Triceps Extension (3x8) 3-1-1										
Interval Workout A										
Stretch Tight Muscles										

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Weeks 5-8

- **Ecc (Eccentric) Pull-ups = Perform only the lowering (eccentric) phase of the exercise. Take 5 seconds to lower yourself from the top to the bottom position. Get help to get up to the top.**

Dates: Weeks 5-7	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
Workout A											
1A) DB Bulgarian Split Squat (3x8) 2-1-1											
1B) 1-Leg Stability Ball Leg Curl (3x8) 2-1-2											
2A) Reverse Lunge (3x8) 2-0-1											
2B) Plank with Arms on Ball (3x20 seconds)											
3A) Reaching Lunge (3x10) 2-0-1											
3B) Side Plank (3x30 seconds)											
Interval Workout A											
Stretch Tight Muscles											
Workout B											
1A) Ecc Pull-up (3x5) 4-0-1											
1B) Elevated Pushups (3xAs many as you can per side) 2-0-1											
2A) Bench Press (3x8) 3-0-1											
2B) Underhand Seated Row (3x8) 2-0-1											
3A) Close-grip DB Press (3x8) 2-0-1											
3B) Seated Row (3x12) 2-0-1											
Interval Workout B											
Stretch Tight Muscles											
Workout C											
1A) DB Sumo Squat (3x8) 2-0-1											
1B) Inverted Row (3x8) 2-0-1											
2A) 1-Arm DB Standing Shoulder Press (3x8) 2-0-1											
2B) 1-Leg Hip Extension (3x10) 2-0-2											
3A) DB Curl (3x6) 2-0-1											
3B) DB Triceps Extension (3x8) 2-0-1											
Interval Workout A											
Stretch Tight Muscles											

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Weeks 5-8

Dates: Week 8	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
Workout A											
1A) DB Bulgarian Split Squat (3x8) 2-1-1											
1B) 1-Leg Stability Ball Leg Curl (3x8) 2-1-2											
2A) Reverse Lunge (3x8) 2-0-1											
2B) Plank with Arms on Ball (3x20 seconds)											
3A) Reaching Lunge (3x10) 2-0-1											
3B) Side Plank (3x30 seconds)											
Interval Workout A											
Stretch Tight Muscles											
Workout B											
1A) Ecc Pull-up (3x5) 4-0-1											
1B) Elevated Pushups (3xAs many as you can per side) 2-0-1											
2A) Bench Press (3x8) 3-0-1											
2B) Underhand Seated Row (3x8) 2-0-1											
3A) Close-grip DB Press (3x8) 2-0-1											
3B) Seated Row (3x12) 2-0-1											
Interval Workout B											
Stretch Tight Muscles											
Workout C											
1A) DB Sumo Squat (3x8) 2-0-1											
1B) Inverted Row (3x8) 2-0-1											
2A) 1-Arm DB Standing Shoulder Press (3x8) 2-0-1											
2B) 1-Leg Hip Extension (3x10) 2-0-2											
3A) DB Curl (3x6) 2-0-1											
3B) DB Triceps Extension (3x8) 2-0-1											
Interval Workout A											
Stretch Tight Muscles											

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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.

Legs

Bodyweight Squat & Dumbbell 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.
- For the dumbbell squat, hold a dumbbell in each hand on the outside of your legs.
- Do NOT round your lower back. I am not letting my back round in the photo.



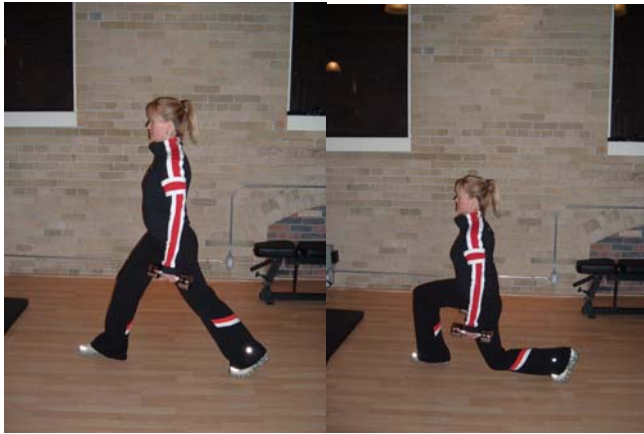
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Exercise Descriptions

Split Squat

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



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Exercise Descriptions

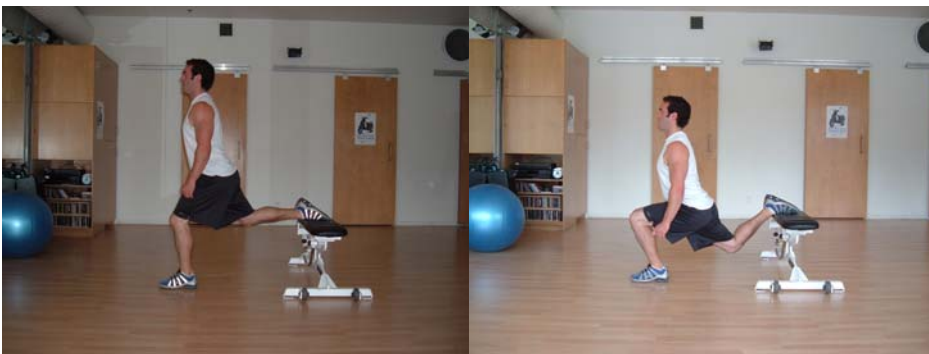
Reverse Lunge

- 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.
- The emphasis of this exercise is on the hamstrings and buttocks of the right leg.



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 up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



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Exercise Descriptions

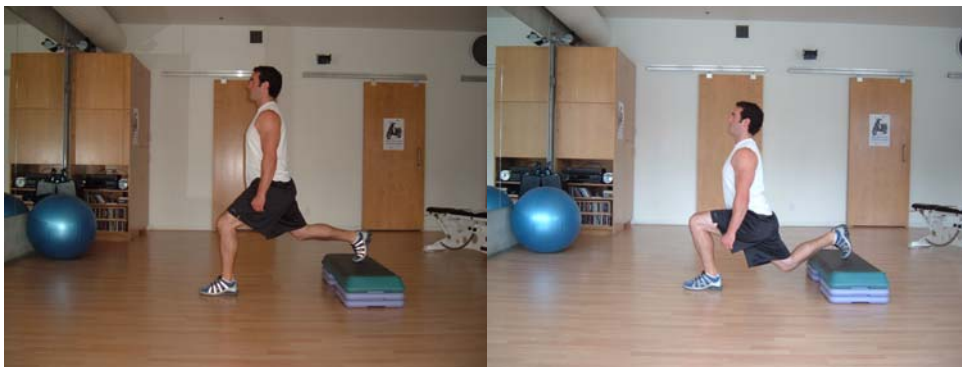
Step-Up

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- 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.
- Start on a low step (6-inch) and increase the height of the step (12-in) as you improve.
- Hold dumbbells when you are strong enough to increase the intensity.



Split Squat with Back Foot Elevated

- The exercise can be done with dumbbells or in the Smith Machine.



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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.



1-Leg Stability Ball Leg Curl



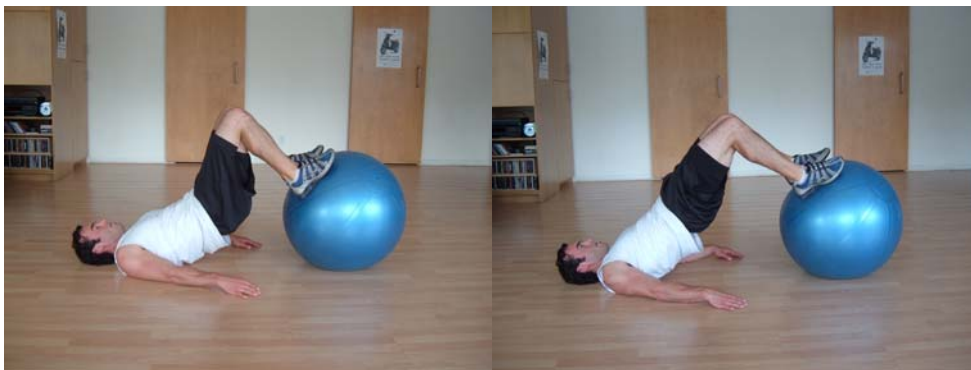
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Exercise Descriptions

Stability Ball Hip Extension

- 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.
- Slowly lower your hips down until they are an inch above the ground.



Lying 1-Leg Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your left glute (butt muscle) while you take your right leg, straighten it, lift it off the floor and point it straight ahead.
- Using the left leg, bridge your hips up by contracting your glute.
- Keep your abs braced.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



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Exercise Descriptions

Reaching Lunge

- Stand with your feet shoulder-width apart and then stand on one leg, balance yourself, and then bend your knee and reach forward as you squat down.
- Reach as far as you can while keeping your chest up and back flat.
- Return to the starting position without losing your balance.
- Perform all repetitions on one leg and then switch.



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Exercise Descriptions

Abdominals

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 or 10 seconds if you are doing multiple 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 or 8-10 seconds if you are doing multiple repetitions.



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Exercise Descriptions

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. I am not letting my back round in the photo.



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.



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Exercise Descriptions

Plank with Arms on Ball

- Place your clasped hands on the top of a medium sized ball.
- Keep your body in a straight line from shoulders to toes and keep your abs braced.



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Exercise Descriptions

Back

Chin-ups

- Take underhand grip on the bar with the palms facing you.
- Get assistance to get up to the top of the chin-up (use a chair or get a boost).
- Slowly lower yourself but do not let your body swing and do not use momentum.



DB Row

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back. I am not letting my back round in the photo.



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Exercise Descriptions

Pull-ups

- Take a slightly wider than shoulder-width overhand grip on the pull-up bar.
- Get assistance to get up to the top of the pull-up (use a chair or get a boost).
- Slowly lower yourself taking to the bottom position. Don't let your body swing while you lower yourself. Keep your body tight and abs braced.



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Exercise Descriptions

Wide-grip Seated Row

- Use a long bar and take a greater than shoulder-width overhand grip.
- Keep your arms and back straight, knees slightly bent.
- Row the handle back as far as possible bringing your shoulder blades together.



Underhand Seated Row

- Use a long bar and an underhand, medium-width grip.
- Keep your arms and back straight, knees slightly bent.
- Row the handle back as far as possible bringing your shoulder blades together.



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Exercise Descriptions

Inverted Rows

- 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.
- Slowly return to the start position.



Inverted Row Beginner

- Same as above but keep your knees bent and hips up and abs braced.



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Exercise Descriptions

Chest

DB Flat Bench Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



DB Close-grip Flat Bench Press

- Hold the dumbbells with your palms turned towards your body (palms will face each other) to emphasize triceps and minimize shoulder stress.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



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Exercise Descriptions

Bench Press

- Keep your feet flat on the floor, legs bent, and upper back flat against the bench.
- Grip the bar using a medium-width grip.
- Have your spotter help you take the bar from the rack.
- Keeping your elbows close to your sides, lower the bar straight down to the bottom of your chest.
- Pause briefly and then press the bar back up above the chest in a straight line.



DB Incline Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



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Exercise Descriptions

Pushups (Kneeling)

- 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.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



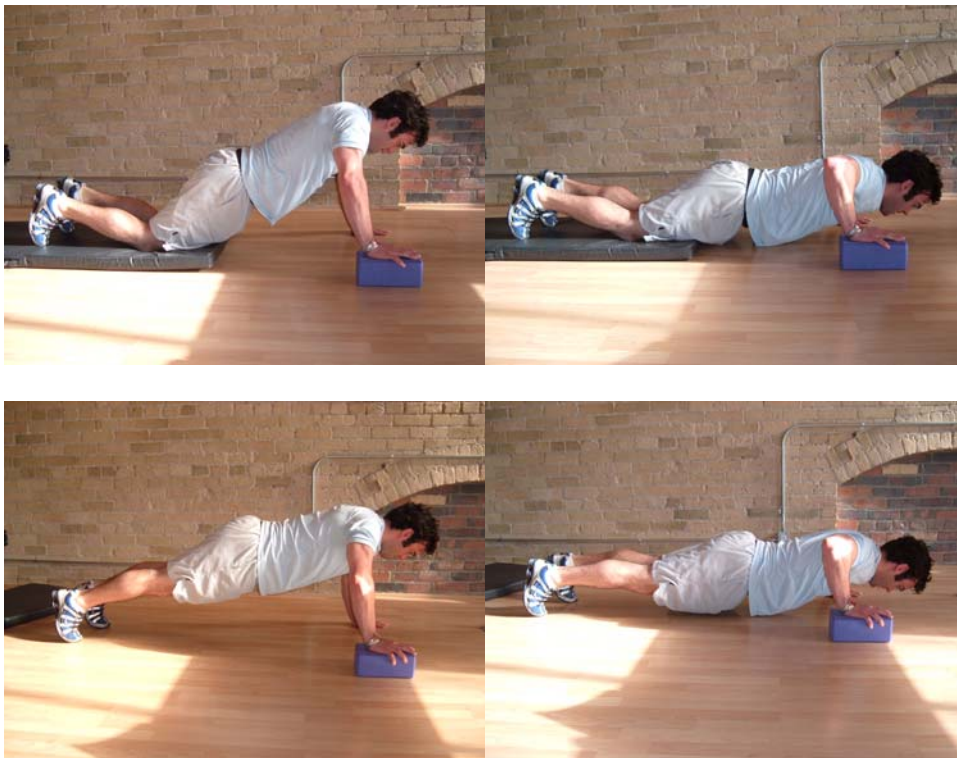
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Exercise Descriptions

Elevated Pushups (Kneeling)

- 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 push-up 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 8 repetitions in this manner and then switch to do 8 repetitions with the left arm elevated. Keep your abs braced.



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Exercise Descriptions

Shoulders

Standing 1-Arm Alternating DB Shoulder Press

- Stand with your hips back, knees bent and abs braced.
- Hold dumbbells at shoulder level.
- Press one dumbbell overhead and slowly lower it to the start position.
- Repeat for the other arm.
- Continue to alternate until all
- Sit with your bench fully supported and hold the dumbbells at shoulder height with the palms facing forward.
- Press the dumbbells overhead while keeping your back flat.
- Do not arch your back. Stand upright.
- Slowly return the dumbbells to the start position.



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Exercise Descriptions

Rear-Deltoid Lateral Raise

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



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Exercise Descriptions

Arms

DB Incline Curls

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



DB Triceps Extension

- Lie flat on a bench with dumbbells in each hand. Hold the dumbbells at arms length over your chest, with your palms facing each other.
- Bend the elbows and lower the dumbbells behind your head.
- Pause briefly at the bottom, and then contract the triceps and extend your arms back up to the starting position.



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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.



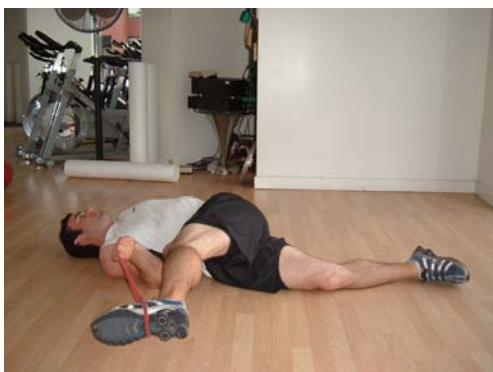
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Static Stretching

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.



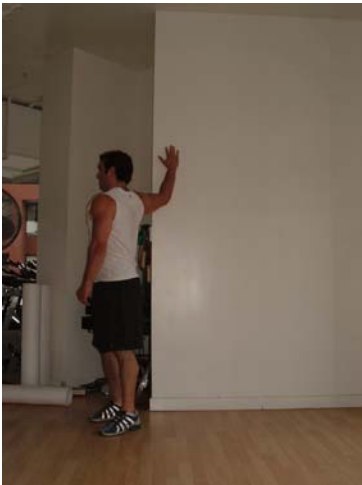
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Static Stretching

Chest Stretch

- Stand next to a doorframe.
- 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.



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