

www.TurbulenceTraining.com

THE **20-10** WORKOUT REVOLUTION

**INSANE RESULTS
IN JUST A FEW
MINUTES PER
WORKOUT**

Craig Ballantyne, CTT



TT 20-10 Revolution

Welcome from Craig Ballantyne & Turbulence Training...

You probably have already heard about the Crazy Canadian scientists (although, clearly, they weren't as whacky as Dr. Ballystein the Dog) and their new 20-10 bodyweight revolution findings.

In their study, published in "Applied Physiology Nutrition and Metabolism", those mad scientists discovered that 4 minutes of bodyweight exercises (like burpees) worked just as well as traditional 30-minute cardio workouts.

And that was just from one 4-minute blast of bodyweight exercises. I know you'll get TRIPLE the results or more from adding two more rounds.

So, we'll give you some longer workouts in this new 20-10 Revolution program, but not much longer. In fact, the longest workout in this program is just 20 minutes.

Plus, you'll be shocked at how many calories you can burn in such a short time using the 20-10 method. You start off the week with a total body 16-minute workout, followed by the Quad-Domination workout with Workout B. In Workout C, you'll discover the 18-minute Gauntlet. Finally, you'll end the week with the Upper Body Uh-nihalation 20-minute workout

You'll get insane results in these short, but very powerful workouts.

Viva la revolution,

Craig Ballantyne, CTT, Revolutionary
Certified Turbulence Trainer
Author, Turbulence Training

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

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

www.TTMembers.com – The Turbulence Training Membership site featuring a forum, exercise video clips, and Platinum access to every TT workout program.

TT 20-10 Revolution

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 dietitian. 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.
- 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 20-10 Revolution Workout Guidelines

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

- Perform this program for 4 weeks then switch to another TT workout.
- Train 4 days per week.
- On off days, do 30 minutes of exercise, such as walking or mobility/stretching.
- Finish each workout with stretching for the tight muscle groups only if desired.
- Start every strength workout with this warm-up circuit.

Bodyweight Warm-up Circuit

- Do foam rolling for all trouble spots and then go through this circuit twice.
1. Sumo Squat – 10 reps
 2. Mountain Climbers – 8 reps per side
 3. Stick-up – 15 reps

TT 20-10 Revolution Workout Guidelines

Day 1 – Workout A – Total Body 20-10: 16-Minute Workout

- Start with the general bodyweight warm-up circuit.
- Do each exercise for 20 seconds and rest 10 seconds. That's one round.
- Do not rest between exercises.

- 1) Jumping Jacks x 4 rounds
- 2) Bodyweight Squats x 8 rounds
- 3) Pushups x 4 rounds (just rest on your knees if tired)
- 4) Switch Lunges x 6 rounds
- 5) Spiderman Climb x 4 rounds (just rest on your knees if tired)
- 6) TRX Row or DB Rear-Delt Raise or DB Chest Supported Row x 6 rounds
- 7) Bonus 20-Minute Option: Run-in-Place x 8 rounds

Static Stretching

Day 2 – Workout B – Quad Domination: 18-Minute workout

- Start with the general bodyweight warm-up circuit.
- Do each exercise for 20 seconds and rest 10 seconds. That's one round.
- Do not rest between exercises.

- 1) Total Body Extension x 4 rounds
- 2) Box Jump x 8 rounds
- 3) Close-Grip Pushup x 4 rounds (just rest on your knees if tired)
- 4) Bulgarian Split Squat (one leg for 20, rest 10, other for 20, rest 10 = 2 rounds) x 4 rounds
- 5) Plank x 8 rounds
- 6) Wall Squat Hold x 8 rounds
- 7) Bonus 20-Minute Option: X-Body Mountain Climber x 4 rounds

Static Stretching

Day 3 – Off-Day

TT 20-10 Revolution Workout Guidelines

Day 4 – Workout C – 20-10 Gauntlet: 18-Minute Workout

- Start with the general bodyweight warm-up circuit.
- Do each exercise for 20 seconds and rest 10 seconds. That's one round.
- Do not rest between exercises.

- 1) Lunge Jumps x 2 rounds
- 2) Spiderman Pushups x 4 rounds (just rest on your knees if tired)
- 3) Lunge Jumps x 2 rounds
- 4) Total Body Extensions x 6 rounds
- 5) Decline Pushup x 4 rounds
- 6) Total Body Extensions x 6 rounds
- 7) Jumping Jacks x 4 rounds
- 8) Alternating Diagonal Lunges – 4 rounds
- 7) Jumping Jacks x 4 rounds

Static Stretching

Day 5 – Workout D – Upper Body Uh-nihalation: 20-Minute Workout

- Start with the general bodyweight warm-up circuit.
- Do each exercise for 20 seconds and rest 10 seconds. That's one round.
- Do not rest between exercises.

- 1) 4sec Eccentric Pushups x 6 rounds
- 2) Chin-up or TRX Row or DB Rear-Delt Raise or DB Chest Supported Row x 4 rounds
- 3) Alternating Lunges x 8 rounds
- 4) T-Pushup (alternating sides) x 4 rounds (just rest on your knees if tired)
- 5) Jumping Jacks x 6 rounds
- 6) Dips or Close-Grip Pushups x 4 rounds
- 7) Punisher Squat (hold bottom of squat for 10-second rest period) x 8 rounds

Static Stretching

Day 6 – Off-Day

Day 7 – Off-Day

TT 20-10 Revolution Workout Guidelines

Workout A	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Jumping Jacks (20/10) 4X									
Bodyweight Squats (20/10) 8X									
Pushups (20/10) 4X									
Switch Lunges (20/10) 6X									
Spiderman Climb (20/10) 4X									
TRX/Rear Delt/CSR (20/10) 6X									
Run in Place (20/10) 8X									
Workout B	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Total Body Extensions (20/10) 4X									
Box Jumps (20/10) 8X									
Close-Grip Pushups (20/10) 4X									
BSS (20/10) 4X									
Plank (20/10) 8X									
Wall Squat Hold (20/10) 8X									
X-Body MC (20/10) 4X									
Workout C	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Lunge Jumps (20/10) 2X									
Spiderman Pushups (20/10) 4X									
Lunge Jumps (20/10) 2X									
Total Body Extensions (20/10) 6X									
Decline Pushups (20/10) 4X									
Total Body Extension (20/10) 6X									
Jumping Jacks (20/10) 4X									
Alt Diagonal Lunges (20/10) 4X									
Jumping Jacks (20/10) 4X									
Workout D	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
4-Sec Ecc Pushups (20/10) 6X									
CU/TRX/RDR/CSR (20/10) 4X									
Alt Lunges (20/10) 8X									
T-Pushup (20/10) 4X									
Jumping Jacks (20/10) 6X									
Dips or CG PU (20/10) 4X									
Punisher Squat (20/10) 8X									

Exercise Descriptions – Warm-up

Disclaimer:

You must have a Certified Turbulence Trainer (CTT) or Certified Strength & Conditioning Specialist (CSCS) instruct you on correct form for all exercises.

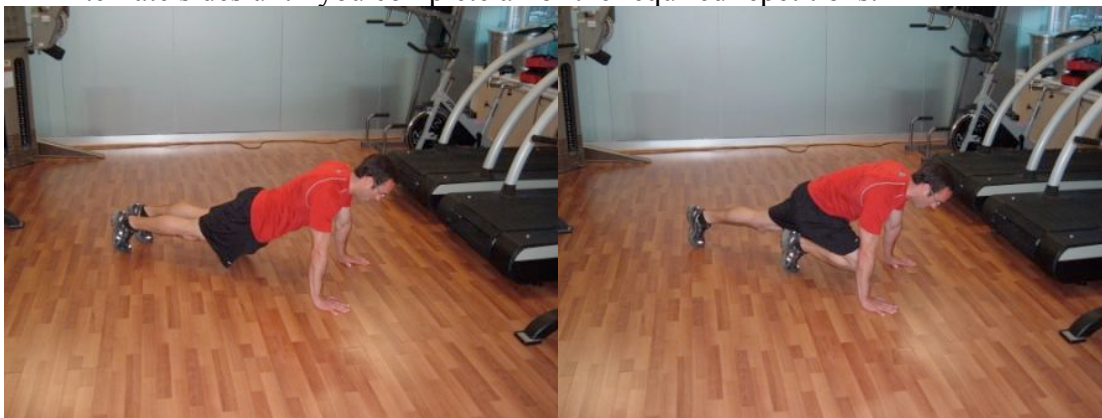
Sumo Squat

- Stand with your feet wide and your toes slightly angled out.
- Push your hips back and keep your chest up as you lower yourself down with your arms extended in front of you.
- Drive through the heels of your feet and push through your glutes and hamstrings to return to the starting position.



Mountain Climbers

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Exercise Descriptions – Warm-up

Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



Exercise Descriptions – Workout A

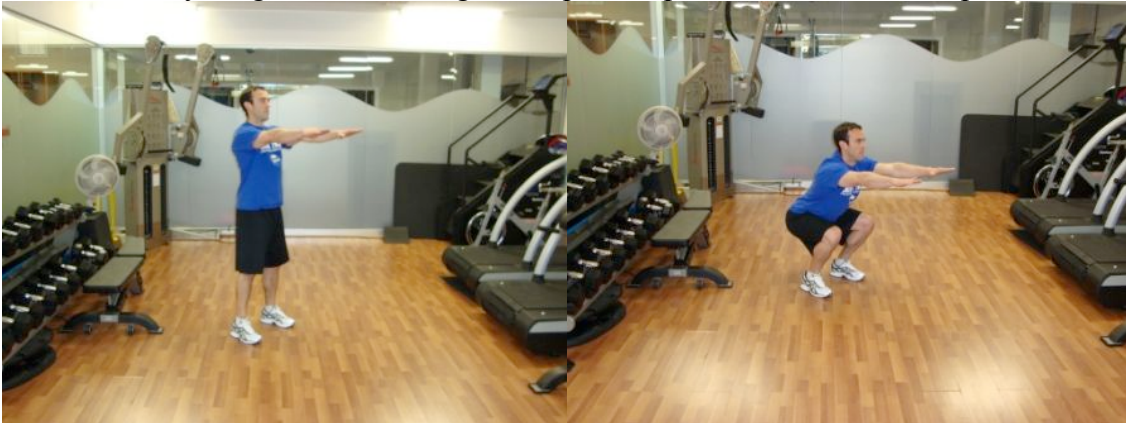
Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.



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.



Exercise Descriptions – Workout A

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.



Switch Lunge

- Stand with your feet shoulder width apart, holding dumbbells at your sides (optional).
- Step forward with one leg into a lunge position, taking a larger than normal step.
- Drop your back knee just above the ground and bend your front knee as well, keeping your upper body straight.
- Drive through your front leg and bring it behind you to perform a reverse lunge.
- That's one rep; alternate sides and repeat.



Exercise Descriptions – Workout A

Spiderman Climb

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



TRX Row

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.



Exercise Descriptions – Workout A

DB Rear-Deltoid 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.



DB Chest Supported Row

- Lie with your chest supported by an incline bench. Your arms should hang to the floor. Adjust the bench to the appropriate height.
- Grab a dumbbell in each hand and bring your shoulder blades together, and row the dumbbells up to your stomach. Squeeze your shoulder blades together.
- Slowly return to the start position.



Exercise Descriptions – Workout A

Run in Place

- Stand with your feet shoulder-width apart.
- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at a warm-up pace.



Exercise Descriptions – Workout B

Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**



Box Jump

- Stand in front of a box, step or bench about 12 inches high.
- Jump onto the bench and land with your knees and hips bent, allowing your muscles to absorb the force. Step back off the bench and repeat for all reps.
- Increase the box, step, or bench height as high as safely possible.
- Make sure you are jumping onto something on a non-slip surface.
- **SAFETY FIRST!**



Exercise Descriptions – Workout B

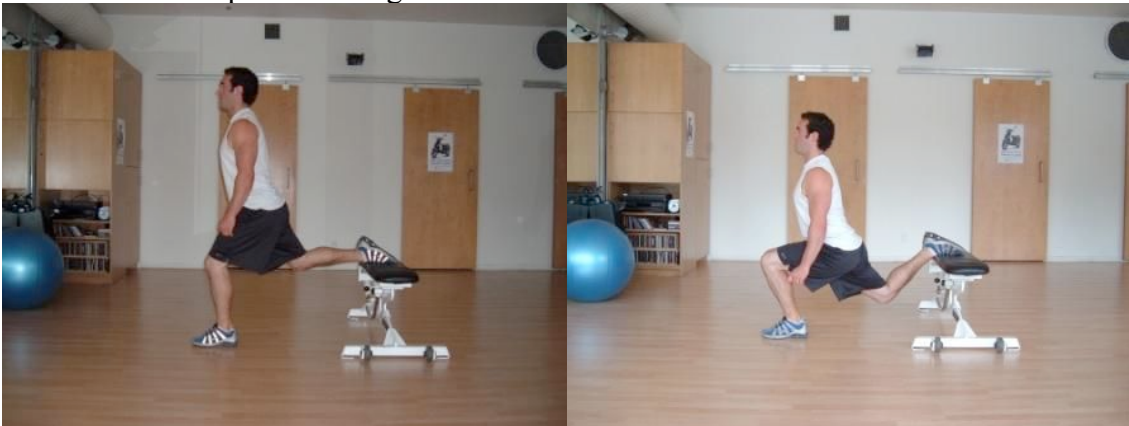
Close-grip Pushup

- 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.



Bulgarian Split Squat

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- 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.



Exercise Descriptions – Workout B

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.



Wall Squat Hold

- Keeping your back against the wall, slide down in the squat position with your feet just outside shoulder width apart.
- Keep your abs braced and your back against the wall.
- Hold this position as prescribed.
- During your rest period, you can stand up.



Exercise Descriptions – Workout B

X-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Exercise Descriptions – Workout C

Lunge Jump

- 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.



Spiderman Push-up

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



Exercise Descriptions – Workout C

Lunge Jumps – (see above)

Total Body Extensions – (see above)

Decline Pushup

- 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.
- Elevate your feet onto stairs or a bench.
- Take 5 seconds to lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Total Body Extension – (see above)

Jumping Jacks – (see above)

Exercise Descriptions – Workout C

Alternating Diagonal Lunge

- Step diagonally at a 45° angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- Return to the top by contracting the quadriceps, groin, and hip extensors of lead leg.



Jumping Jacks – (see above)

Exercise Descriptions – Workout D

4-Second Eccentric Push-up

Same as regular pushup but take 4 seconds to lower yourself to the ground

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



TRX Row – (see above)

DB Rear-Deltoid Raise – (see above)

DB Chest Supported Row – (see above)

Exercise Descriptions – Workout D

Alternating Lunge

- Stand with your feet shoulder-width apart. Hold dumbbells in each hand if needed.
- Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your right leg to return to the starting position.
- When you are strong enough, hold dumbbells in your hands to increase intensity.



T-Pushup

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



Exercise Descriptions – Workout D

Jumping Jacks – (see above)

Dips

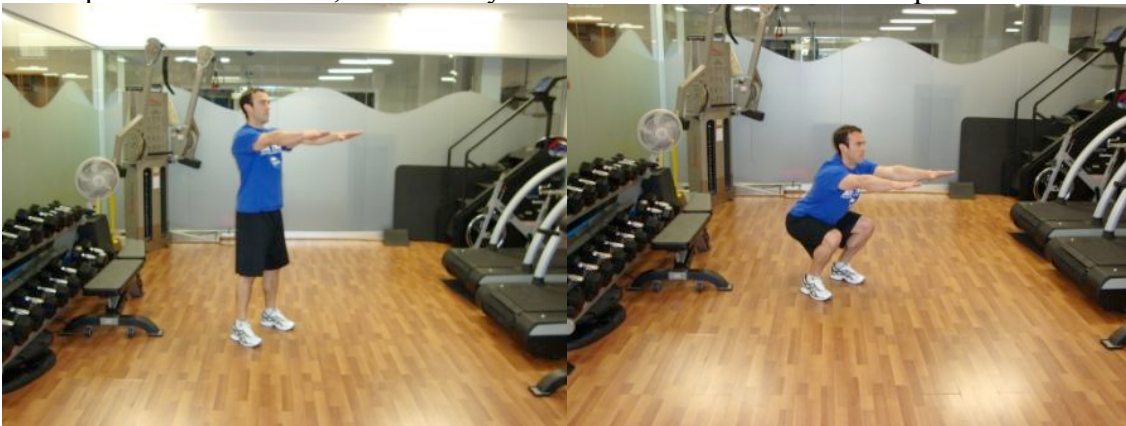
- Grab the dip bars, bend your knees, and raise them towards your chest so that your hips and knees are bent 90 degrees. Keep your abs braced. Lean forward.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm. Press back up using chest, triceps and shoulders.



Close-Grip Pushup – (see above)

Punisher 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.
- Repeat for 20 seconds, followed by a 10-second hold at the bottom position.



Exercise Descriptions – 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

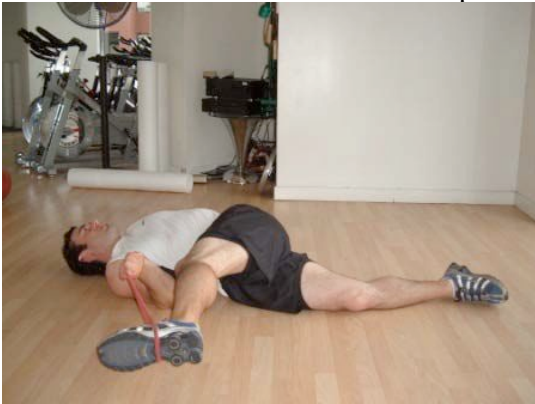
- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Lie on your back with both legs flat. Slightly bend your right knee.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- 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

- 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.



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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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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