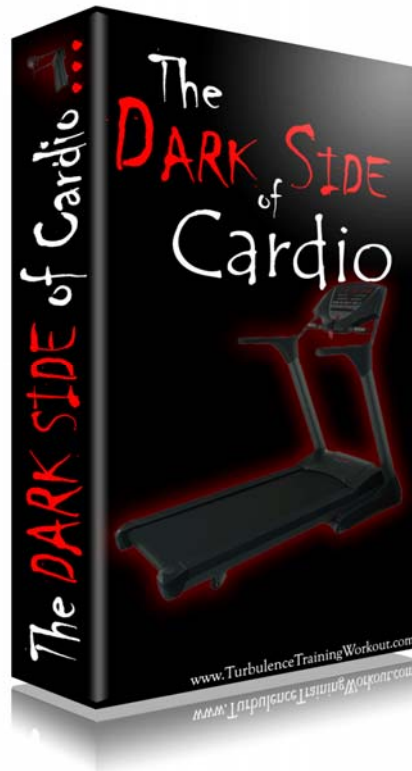


# The Dark Side of Cardio...

Craig Ballantyne, CSCS, MS, presents...

## The **Dark Side** of Cardio... And Other Ineffective Fat Loss Methods



This information in this report is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Craig Ballantyne, CSCS, M.Sc.,  
President, CB Athletic Consulting, Inc.

[www.TurbulenceTrainingWorkout.com](http://www.TurbulenceTrainingWorkout.com)



# **The Dark Side of Cardio...**

Dear Friend,

Are you confused by all the exercise information and misinformation, fat loss hype, and supplement ads and fads you come across everyday? Are you sick and tired of following programs that give you little, if any results, and take up too much time from your busy schedule?

Well, join the crowd. There are millions, if not hundreds of millions of people around the world that are ready to give up on finding the right exercise and nutrition program for their goals and schedules (if they haven't given up already).

But that's why I've spent years studying fat loss research, designing fat-blasting, muscle-building workouts for magazines like Men's Health, Shape, and Men's Fitness, and applying these workouts to thousands of people to come up with a safe and effective way to lose fat fast.

But first, let's take a look at dozens of different time-robbing, money-wasting, ineffective exercise, supplement, and nutrition methods that are supposed to help you lose fat (although the awful truth is, they don't).

In fact, some of these exercises and foods are not only sabotaging your fat loss, but are contributing to fat gain! It's time to expose these fat loss methods for the frauds they are, and identify the best ways to burn fat all day, even while you sleep.

Now, did you know that using slow, boring, steady-state cardio for fat burning might be the biggest weight loss scam of all time? Yes, even cardio has a dark side.

## **The Dark Side Of Cardio**

When asked to picture a typical "fat loss" workout, you see yourself on the treadmill or running outside for hours each week (and hating it!). Heck, that's why so many people give up so quickly, or don't even bother to start in the first place. And did you know launching into a heavy program of cardio is the last place a beginner should start?

Because many beginners to fitness are often overweight and unprepared for exercise, excessive cardio only predisposes them to muscle and joint injuries, especially when doing repetitive exercise on a daily basis.

Imagine if you will someone that hasn't exercised in years, is 40 pounds overweight, and doesn't have proper training shoes. Send them out on a 30-minute jog and I guarantee you they'll be injured in one or two workouts. Their body just isn't ready for it! With each workout, you'll make the injury more serious and simply get closer and closer to a doctor's visit, rather than to your dream body.



## The Dark Side of Cardio...

So instead of getting fit, jumping into a full-out cardio program can often knock someone right out of their fitness program before they even start to lose an ounce of fat.

Yep, cardio is like good ol' water torture...because pressure, when applied over time, will break you down.

So where should absolute beginners start? If you are a beginner, or you train beginners, you should start with the Introductory Workout on page 35 of the Turbulence Training for Fat loss manual. You'll use basic exercises (even some where you are lying down!) to build up the muscles of your lower body and reduce your risk of injury from training, all while losing fat safely. And then you can move into the even more-effective, fat-blasting routines of the regular [Turbulence Training Workouts](#).

Take your fat loss one day at a time...

"At mid-life, pushing 300 pounds, and highly skeptical of quick-fixes, I learned of Turbulence Training and decided it was a program which made sense. It's about hard work, sensible eating, and getting stronger. I found the efficiency of the program to be appealing. In less than an hour, 3 to 4 times per week, the workouts are manageable on a busy schedule. It produced not only weight loss of close to 60 pounds; my strength increased rather dramatically. I have recommended the program to many men who are seeking an efficient, yet demanding, program for fitness and healthy eating." **Todd Thompson, Texas**

Now before we take a look at the effective methods used in the [Turbulence Training Program](#), let's take a look at other, ineffective fat loss exercise techniques.



# **The Dark Side of Cardio...**

## **The Top 6 Exercise Methods That Are Wasting Your Time:**

### **1) Long, Slow Boring Cardio Workouts**

Each day, I see the same people doing the same exercise routine as they did yesterday. They go to the same piece of cardio equipment and use the same level and go at that same slow pace as always.

And do you know what I see the next day?

The same old physique on that same person. No change. Next week? No change. Same workout, same body. For months and months and months on end (if not years). I apologize if it sounds like I'm describing your progress, but it is all too common.

Heck, I've received emails from men and women describing the 7 hours of cardio they do each week, and their mounting frustration from the lack of results. So what's the answer? Should they do more cardio? Of course not, that would be insanity!

But the politically correct trainer would say, "Just keep at it. Keep working hard. Doing more cardio in the fat burning zone will help you lose the fat." Well I'm here to tell you in no uncertain terms, politically incorrect and all, "No it won't. Extra cardio will not help." Doing hours and hours of cardio each week is a great way to get nowhere in your fat loss program.

So stop worrying about exercising in a certain heart rate zone for fat loss. Forget about how many calories the machine says you've burned (they are wrong most of the time anyways). And get off the elliptical machine for good (I don't believe the elliptical machines are effective for advanced fat loss). Say goodbye (and good riddance!) to long, slow, boring cardio.

### **2) Spinning**

I know I'm going to step on some toes with this one, but let me tell you that no matter how great you think your spinning workout is, I guarantee you it is inefficient.

Spinning classes are great for entertainment, and overall not bad for results, but they are too long! They take up a full hour of your time when you could get your strength training and interval training done in the same amount of time.



## The Dark Side of Cardio...

### **2) Spinning (cont...)**

What good is a spinning class if you really need to build the muscles of your upper body? Why it's no good at all, of course. Doing a spinning class today just means that you'll have to come to the gym twice as much each week in order to get the same results as you would with [Turbulence Training](#).

But with Turbulence Training, I've taken what does work in a spinning class and shortened it, improved it, and created the Turbulence Training Interval Cardio workouts that are guaranteed to help you blast through stubborn fat while still allowing you enough time to get the benefits of strength training in the same workout.

### **3) High-Rep, Low-Weight "Toning" Workouts & Other Politically Correct Training Programs (a.k.a "Water Bottle Workouts")**

The old "high reps gets you cut" myth is probably one of the most common misconception about fat loss in the industry. Spot reducing doesn't work. It won't work for your abs, and it won't work for your arms or chest.

There are two very important reasons to include strength training in a fat loss program, but it's not because high reps get you cut. Instead, lifting moderately heavy weights for a lower number of repetitions will help you gain muscle at the same time as you lose body fat, and it will also help you burn a lot more calories during training and after.

This goes for both men AND women. A study of women showed that when they used heavier weights and lower reps they burned more calories in the hours after training. And that's the key. You have to put "Turbulence" on your body so that your muscles will increase their metabolism. By doing that, you burn fat and calories all day long, even while you sleep!

And as if the high-reps belief wasn't enough, I can't believe it when I read a fitness article misleading women that they can get "toned triceps" by lifting soup cans or water bottles. This will never happen! It doesn't matter how many photos the magazines show you of your favorite exercise instructor doing triceps kickbacks with water bottles in her hand, you will not get her body by doing that type of program. What a load of baloney. Pure politically-correct crapola. On the other hand, the bodyweight exercises in the [Turbulence Training Workouts](#) will help you get sleek, sexy, defined arms.

So let's leave it at this: For men and women looking to get lean and lose fat, you should go for efficient exercises - obviously the more muscles used per exercise the better. By doing pushups for example, you can train your triceps, chest, shoulders and abs all at once - literally cutting your workout in half (or more). And that's what Turbulence Training is all about - more results in less time.



# The Dark Side of Cardio...

## **4) Isolation Exercises**

Cable curls, triceps kickbacks, leg extensions, concentration curls, and wrist curls. These are all exercises that belong in the routines of bloated, steroid-using bodybuilders. Leave these time wasters for them, because they don't belong in a time-efficient, fat-burning workout. If you want to build a cover model body in less than 3 hours per week, you don't have time for any inefficient exercises.

Instead, you need to stick with full-body exercises that allow you to train several muscle groups at once. That's the only way that you'll get out of the gym in less than 45 minutes, and still be able to improve your body. In the Turbulence Training manual, you'll get 16-weeks worth of Advanced Fat Blasting Workouts (starting on page 38) that show you exactly how to lose fat and build muscle without the need for fancy isolation exercises done on expensive machines.

## **5) Endless Abs**

No matter how much you want to believe it, doing thousands of crunches is not going to take off any inches from your waist or fat from your abs.

There are times when I've gone to the gym and completed an entire workout in the same amount of time that others spend on only abdominal exercises. It's ridiculous. None of these people are any further ahead than they would be if they used total body movements and made every exercise an abdominal exercise with the Turbulence Training lifting technique.

The 3 keys to abs are:

- 1) Fat loss through fat loss nutrition
- 2) Fat loss through interval training
- 3) Ab strength through efficient and effective exercises

And while endless abs are ineffective, I've included the most efficient abdominal-building, back-strengthening workouts in the [Turbulence Training](#) manual (see the torso training area in the workout section of the manual) so that you'll get razor sharp abs with as little effort as possible.



## The Dark Side of Cardio...

### 6) Workouts Lasting Longer Than 60 Minutes

Let's see, take a 30-minute weight training machine circuit, add 60-minutes of cardio, include 15 minutes for warm-up, stretching, and cool-down, and put that all together and you have almost 2 hours "robbed" from you each day for your "fat loss" workout.

Now ignoring that these methods don't even work that well, who has 2 hours to spend in the gym each day? No one, unless you are a professional athlete, a movie star, or a hotel heiress. You live in the real world, where you need real results in as little time as possible. And that's why I put together all of the right research and years of experience in the gym to create the most efficient and effective fat loss program possible.

With [Turbulence Training](#), you will be able to lose fat and gain muscle in only three workouts per week, lasting less than 45 minutes each session. That still gives you time for a shower, a protein shake, and to walk back to the office. Or if you workout at home, you can do after the kids go to bed or before they get up in the morning without sacrificing hours of sleep.

### So What Does Work for Fast & Efficient Fat Loss?

To lose fat, you have to do what the average person won't do.

You have to choose the right total body exercises, exercise at the right intensity, and perform shorter bouts of metabolism-boosting interval training to get results. And if you do this, you'll not only reach your goals faster, but you'll cut down on your workout time.

If you take steps that no one else is willing to take, you'll see startling changes in weeks, just like Billy Williams...

"I lost 14 pounds this month and the weight is just falling off me. My wife says I now look like when we first met and I still have more to go. I can fit into my old jeans again which is a big deal for me. I just cut back on starches and bread and do your routine 2-3 times a week. I never thought in a million years that just 10-20 minutes of weight training followed by some cardio would get me such steady results. I even cheat a bit on the weekends." **Billy Williams**

These are the types of results you get from a professionally structured plan.

But planning a workout takes effort. And going through an effective workout of efficient strength exercises and interval training takes even more effort.



# The Dark Side of Cardio...

## So What Does Work for Fast & Efficient Fat Loss? (cont...)

But you get out what you put in. That saying goes for just about anything in life, especially for workouts.

So the choice is up to the exercisers in the gym I guess. If they stay in their comfort zone, it will be easier on their body and their mind in the short-term. But over the long-term, they'll probably drop out of the fitness scene as they find they never get the results they want.

Or they can put in the short-term effort, researching the best program for their goals. And with this approach, you get the long-term payoff of success.

I invite you to join the path to success. I've put over 16 years of brain exercise, research and planning into my Turbulence Training manuals - 6-years of University, including a Master's degree in Exercise Physiology (during those grad years is when I developed the TT concept), and thousands and thousands of hours in the gym practicing what I preach in my own workouts and with clients.

### **Turbulence Training**

In the last 10 years, research has shown us two very important things about exercising for fat loss. First, lifting heavier weights leads to burning more calories after the workout when compared to lifting light weights. So that's why 8 repetitions per set is better than 12 reps per set. And that's one of the foundations of [Turbulence Training](#).

And the second groundbreaking discovery about fat loss is that interval training is superior to slow, steady cardio for fat loss and post-exercise calorie burning. So it is more effective and more efficient to use short high-intensity interval training workouts than to use slow, boring, long cardio sessions.

By combining this new, research-proven fat loss information, I've built the Turbulence Training program, which according to other experts is...

"The single most effective fat loss training system in the world today. I've used it. I've studied it. It works faster and more effectively than any other method." **Alwyn Cosgrove**, CSCS, Men's Health Training Adviser >>> [Click here to get Turbulence Training](#)



# **The Dark Side of Cardio...**

## **The Importance of Nutrition**

No matter how great any workout is, you absolutely, positively must be eating right or you won't lose fat. First up, we're going to go over some of the more commonly recommended supplements for fat loss. But let me tell you up front, not one of these is worth your time and money.

This supplement expose alone will save you at least thirty bucks a month – or several hundred, depending on how deep the supplement companies have their hooks in you. Some of these might surprise, or even shock you! (And at the same time, I hesitate to discuss some of these supplements, because it's probably better off that you never heard of them!).

## **6 Fat Loss Supplements You Are Wasting Your Money On**

### **1) Green Tea Extract**

Yes, it's healthy, and yes, it certainly is the darling of the fat loss supplement world these days. After all, research shows it helps you burn 80 extra calories per day, it doesn't have any side effects, it might even help prevent cancer, and even Oprah recommends it (or at least that's what the SPAM in my inbox says).

But the bottom line is that it won't help you lose fat any faster.

By taking a look at this supplement more closely, we see a couple of dirty little secrets. First, while it helps you burn an extra 80 calories per day (as shown in one research study), that doesn't add up to much in a week (1/7 th of a pound of fat). And do you know how easy it is to eat 80 calories? Why, all it takes are two tablespoons of non-dairy creamer, or a cup of juice, or as little as TWELVE potato chips, and you can say goodbye to the supposed benefits of the expensive daily Green Tea supplement.

And finally, you shouldn't expect to get that 80-calorie increase in metabolism everyday. It's more likely that your body gets used to the Green Tea (just like it gets used to everything), and that it doesn't increase your metabolism by 80 calories everyday. So while it's important to keep on drinking several cups of Green Tea per day for the health benefits, you can save some money by skipping the expensive supplements.

When it comes to calorie burning, leave it to your Turbulence Training workouts to take care of that. Not only will you burn several hundred calories in each 45-minute training session, but you'll also burn at least the same amount of calories in the 24-hour recovery period. That's what putting your body into "Turbulence" is all about – more results in less time.



# The Dark Side of Cardio...

## **2) Caffeine**

Caffeine is the world's most-popular drug, and some people justify their intake by saying that it helps burn fat.

And while it might help burn fat in a test-tube, it just doesn't hold up in the real world. Heck, take a look at the turnstile doors of your local Starbucks. If caffeine was the wonder fat-burner that it is claimed to be, everyone walking through there would be cover model with ripped abs.

But it just isn't so. Instead, caffeine gained its reputation the same way Green Tea did. A couple of studies showed that caffeine helped give a little boost to your metabolism – and everyone jumped on the fat loss-caffeine bandwagon. But the truth is, the metabolism boost doesn't last, and the increase is so small it's practically irrelevant in the first place.

Again, leave your calorie burning to your workout, and use caffeine in moderation. And above all, stay away from sugar-laden, caffeine-overdosed beverages like Red Bull (100 calories from sugar and 80mg caffeine) and the drinks you can get at Starbucks (up to 400 calories and sometimes over 500mg of caffeine!!!). These drinks will sabotage your fat loss faster than you can get your caffeine buzz.

## **3) Hoodia**

Ah yes, the secret supplement of the African Bushmen and the fat-loss miracle pill that I hear about a dozen times each day thanks to SPAM e-mail. Well, if it were only true.

Hoodia is one of those supplements where no one probably has true access to the real ingredient, and if they do, they've added it to the product in such small amounts that it is worthless.

Doubt me? Take a look at your supplements. Why don't they list the amount of Hoodia (or any other ingredient in there)? Instead, they list proprietary, trademarked laundry lists of ingredients to B.S. you into thinking that there is an effective amount of anything in the product.

The truth? The only thing effective about Hoodia is the marketing!



## **The Dark Side of Cardio...**

### **4) Calcium**

Calcium is like the boy next door, the average Joe that everyone wants to see to do well. After all, Calcium is a healthy nutrient, everyone needs it, there are no side effects, and maybe, just maybe it helps burn fat too!

Well, when something seems too good to be true, it generally is. While initial studies showed that calcium intake was associated with lower body weight, follow up research (from different researchers) has shown that it's not always true, and more importantly, that supplementing with calcium pills has no effect on fat loss.

### **5) Chitosan**

Let's go back in time for this one. Back to the late 90's when world-famous baseball player Steve Garvey was in TV infomercials hawking a product called "Fat Trapper". The main ingredient of this supplement was chitosan, and the company reaped millions and millions in profit.

But they were lying about the benefits. Study after study has shown that chitosan is useless for fat loss. It doesn't prevent your body from absorbing fat, and even if it did, the results would be very messy and highly embarrassing.

So not surprisingly, the ads were ordered off the air and the company was fined in the tens of millions of dollars. But don't feel bad for them. This company was still able to keep plenty of profit, and possibly some of your hard-earned dollars. Again, if a supplement sounds too good to be true, chances are it's not!

### **6) CLA**

I'll give CLA credit, it has staying power. Despite the fact that most studies show it doesn't work, it still sells and there are many salespeople out there hyping the benefits. But the research studies show that in most cases, and even with the highest doses, that CLA does not help you lose fat.

Now CLA is also recommended as a supplement to give you what are called "healthy fats". Healthy fats are indeed exactly what they claim to be. Despite the popular opinion that all fats are bad, the truth is that everyone needs essential fatty acids in their diet for healthy bodily functions and healthy skin. But while CLA is one source of healthy fats, the best source of healthy fats is fish oil. Fish oil supplements are the only supplement that I use on a year-round basis.



## **The Dark Side of Cardio...**

### **Supplement Conclusions:**

So you can name any (legal) supplement you want, and I'll guarantee that it doesn't have any benefit to your fat loss program. It's all a lot of hype, wishful thinking, and "looking for the easy way out". Supplements just aren't magic pills when it comes to fat loss. Heck, even pharmaceutical fat loss pills are marginally effective (and who knows all the side effects that come with those).

Yet even with all I know, I'm still in the same boat as you. I want to believe that someday, an honest company will develop a fat loss pill that really works. One that is healthy, works quickly, and gives you energy that doesn't cause you to crash. But until that day, if it ever comes, we'll have to be satisfied with getting those benefits from exercise. Save your money on worthless supplements, and get real, lasting results from Turbulence Training. >>> [\*\*Click here to get Turbulence Training\*\*](#)



# **The Dark Side of Cardio...**

## **4 Foods Sabotaging Your Fat Loss Program**

### **1) Rice Cakes (& Other Low-Carb, Processed Snacks)**

So many people, including bodybuilders and fitness models, have been fooled by the innocent rice cake. Made popular in the 90's during the low-fat craze, it required Dr. Atkins to prevent the world domination of these high-glycemic snacks.

But I still talk to clients that insist on afternoon snacking with rice cakes. You see, rice cakes do not fill you up, do not help you control your blood sugar, and are not part of a good fat loss program. So drop the low-fat, high-carbohydrate, processed snacks such as rice cakes and cereal bars and eat only by these three words: Whole, natural, foods.

### **2) Juice & Energy Drinks (aka Liquid Sugar)**

Wake up to a glass of sunshine, or more truthfully, wake up to a cup of sleep-inducing, energy-sucking, fat-loss sabotaging sugar. And those so-called energy drinks? They are nothing but a disastrous cocktail of sugar, artificial flavors, and oftentimes energy-crashing caffeine. Want to see your abs? Stay away from sugar-soaked drinks.

Juices and Energy Drinks are nothing but sugar that will stop your for fat loss. Substitute a fiber-rich, nutrient-dense piece of fruit or a vegetable in place of your juice, and use water or Green Tea in place of Energy Drinks. Whole, natural foods and calorie free beverages reign supreme for controlling your blood sugar and fat burning.

### **3) Coffee Creamer (& Other Added Calories)**

There are many ways to get lots of evil calories in a small package, and coffee creamers are only one of them. Other ways are butter, sour cream, and mayonnaise. The key point to remember is that the benefits of an entire can be wiped out in one or two small mouthfuls of food. Choose wisely when making your food and condiment choices.

### **4) Foods That “Burn Calories”**

Mainstream media (especially magazines like Woman's World and even Men's Health) love to champion the miniscule benefits you'll get from adding lemon to your water, or pepper to your meals. “Burn extra calories”, they claim. “Boost your metabolism with this one secret ingredient”, the headlines shout. Lies! All of it.

None of these little tricks will help you lose one extra fat cell, no matter how much we believe in them. After all, if a powerful drug like caffeine is of no help to your fat loss plan, than how can we expect a slice of lemon to conquer the extra pounds?

Another magic potion exposed for what it truly is...useless.



## The Dark Side of Cardio...

### **Nutritional Conclusion:**

I can only hope that you weren't using many of these time-wasters, but if you were, at least you can stop today and get on with research-proven fat loss methods. Eating whole, natural foods, high in lean protein, fiber, and healthy fats is the best diet plan for fat loss. You'll find it nearly impossible to eat too many calories, and by eating in a slight caloric deficit you'll be one step closer to your dream body.

Eat whole, natural foods, add the metabolism-boosting, muscle-building benefits of the efficient strength training and fat-slashing interval training methods found in Turbulence Training, and you'll have your fat loss solution firmly in hand. Add in consistency and you could be losing up to 2 pounds of fat per week, starting immediately.

So say goodbye to long, slow boring cardio and start incinerating maximum fat in minimum time with killer workouts you can do in the privacy of your own home in 45 minutes or less.

By following the [Turbulence Training](#) guidelines, you might be able to accomplish this level of success...

"At the end of week one, I lost 3.5 pounds and I was feeling great. Yesterday was the end of week two and I lost 3 more pounds! Six and a half pounds in two weeks and I feel outstanding. Not the least bit tired or weak. I'm always pressed for time. And of course, that's what makes Turbulence Training such a convenient program." **Chuck Fager**

Save time, save money, and lose fat,

>>> [Click here to get Turbulence Training](#)

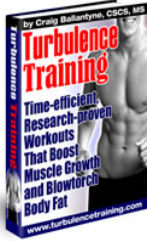
Craig Ballantyne, CSCS, MS  
Author, Turbulence Training for Fat Loss

### **P.S. Don't Forget Your 8-Week Unconditional 100% Promise**

Your satisfaction is guaranteed. Scrutinize the TT for Fat Loss program closely. Examine it. Test it for up to 8 weeks. Use the program to the max. If you're not thrilled with your results, then I want you to simply write and tell me, and I'll send you a prompt and courteous, no hassles, no questions asked, 100% refund.



## The Dark Side of Cardio...



### After Thousands Of Hours Of Research And Personal Training...

I accidentally stumbled onto two studies that created the foundation for Turbulence Training and has now changed the course of fat loss training forever.

In one landmark study, researchers at Laval University in Quebec compared slow, steady aerobic training with interval training in a fat loss study. The researchers were shocked to find that the interval training group lost more fat than the cardio group. In the second landmark study that helped create [Turbulence Training](#), researchers found that performing 8 reps per set of an exercise helped women burn more calories after exercise in comparison to using 12 reps per exercise.

These are the facts. The research simply does not lie. The way you are currently training is probably not only getting you less than satisfactory results, but may actually be causing overuse injuries, or even catabolic muscle loss.

It didn't seem possible that they could achieve rapid fat loss with as few as 3 workouts per week' all under 50 minutes long, but the proof was looking right back at them in the mirror. Just imagine - A fat loss program that can get you in and out of the gym in less than an hour, allowing you to get back to your personal life, your busy day at work or home to your family.

That's when I put these workouts into a special brand new Internet package that includes:

- A 76-page e-book crammed with beginner through advanced workouts, giving you up to 26 weeks worth of fat-blasting workouts - **VALUE of over \$397**
- An exclusive one hour MP3 audio going over every detail of the Turbulence Training workouts and fat loss philosophy - **VALUE \$165**
- Total **Value** of the Package is over \$550. But you'll pay only \$39.95.

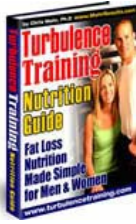
And the best part is that you can download all of these from the web in just minutes and start using these techniques today!

[Click here to get Turbulence Training](#)

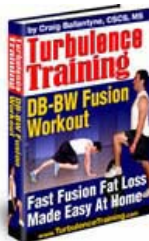


## The Dark Side of Cardio...

**BUT WAIT, THERE'S EVEN MORE!**



**1) Turbulence Training Fat Loss Nutrition Guidelines, by Dr. Chris Mohr, Ph.D. (Retail Value = \$24.99)** Learn exactly which foods to choose, how often to eat, how much protein to get, and a shocking list of foods you MUST avoid from Dr. Chris MPh.D., R.D. ,



**2) Turbulence Training DB-BW Fusion Fat Loss 8-Week Program (Retail Value = \$24.99)** By combining a dumbbell exercise and a bodyweight exercise, you'll be able to do these Turbulence Training workouts even faster than ever before. Just wait till you try these workouts. You'll be blown away by the effectiveness of the dumbbell-bodyweight superset combinations. So fast, so simple, yet so efficient at burning fat!



**3) Turbulence Training for Women 4-Week Program (Retail Value = \$29.99)** With both beginner and advanced versions, this program serves as a great add-on to the regular Turbulence Training program that hundreds of women have already used to lose fat and sculpt their bodies. All of these workouts can be done at home with a bench, a ball, dumbbells, and your own bodyweight.

**4) Turbulence Training for Muscle 8-Week Program (Retail Value = \$24.99)** Once you lose all the fat you need, switch to this advanced muscle-building program to get the biceps, chest, and calves that will give you a "stand-out in the crowd" physique.

**5) Turbulence Training Original 4-Week Bodyweight Program (Value = \$19.99)** Sculpt your body without the need for any fancy equipment or even a set of dumbbells.

**6) Turbulence Training 30-Days to Advanced Fat Loss Program (Value = \$19.99)** I designed this program for a personal trainer that I was training (Yep, I'm considered a trainer to the trainers) and we needed to get maximum results in only 30 days.

**7) Turbulence Training Fusion Fat Loss 4-Week Program (Value = \$24.99)** The most challenging TT workout to date combining advanced athletic moves with dumbbell exercises AND bodyweight exercises.



## The Dark Side of Cardio...

Give Me Just 45 Minutes, 3 Days A Week And I Will Show You How To Transform Your Body' And Have Fun In The Process!

[Click here to get Turbulence Training](#)

More Testimonials...

Here is what others are saying about [Turbulence Training](#)

“I purchased Turbulence Training and have been using it for about 6 weeks now. Along with the workouts and all the nutritional information I have reached my lowest weight yet and more importantly I didn't starve or over work myself. Working opposing muscle groups is what my body needed and it is responding well. I can now do 10 pushups on my toes for each set and I have noticed muscle development in my chest which I could not get before TT. At 46 years old I feel that I can reach a level of fitness that I didn't think was possible and I don't have to be a slave to working out. It is true that your workouts can be done in 45 minutes which leaves a lot more time for enjoying life.” **Cindy Casella**

“I have been using your TT workouts for about 6 weeks now and I never want anything different! I've lost 6 kilograms already: I went from 95 kilograms to 89! What I love about TT is the variety. All the different workouts, all the different excercises, they're all great.” **Jesse van der Velde**

“First and foremost let me thank you once again for the amazing workouts you have designed. I bought your TT workouts about 5 weeks ago and started with the 4-week bodyweight workout and now I have moved on to the Fusion Fat Loss Workout. In this very short time, I am absolutely stunned at the results it has given me. My body is burning fat like it's on fire!!! I am losing 0.68% of body-fat per week!!!

I had been doing a lot of other workouts before, but I never saw any major changes in my body until I started doing these amazing TT workouts!! It is not only reducing my body fat percentage, i have even gained a lot in terms of strength!!

Your TT workouts are so aptly named "turbulence training" as it truly creates turbulence in the metabolism!!! (Just for ur info I suffer from Hypothyroidism, and the most I could do even while exercking an hour everyday, was just about maintain a healthy weight) My weight has now moved in the lower end of the range of healthy weight and Oh boy, can I see the muslces moving when I move my body!!!! It gives me such a high!!! :) And that is another plus point !!! It lifts ur spirits too!!!! One last point, i promise...Your program has helped me lose body fat % from 26.63% to 21.66 % in just 6 weeks and am still losing @ 0.68% every week while still maintaining lean muscle mass!” **Juhi Desai**

[Click here to get the Turbulence Training for Fat Loss E-book today and started losing fat faster than ever](#)

