

**Craig Ballantyne, CSCS, MS**

# **6-Minute Abs**



***GET A FLAT STOMACH &  
6-PACK ABS IN 6 MINUTES  
PER WORKOUT***

**[www.TurbulenceTrainingForAbs.com](http://www.TurbulenceTrainingForAbs.com)**

## 6-Minute Abs

### **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.TTMembers.com](http://www.TTMembers.com) – Craig's new Turbulence Training Membership site featuring a forum, exercise video clips, and access to every workout program, manual, and e-book he has ever written for his websites.

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

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

[www.MakeMoreMoneyOnline.com](http://www.MakeMoreMoneyOnline.com) – Craig's blog about how to make more money online with your small business.

## 6-Minute Abs

### **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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## **6-Minute Abs**

### **TT 6-Minute Abs 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.

- Choose one 6-Minute Abs Workout to do at the end of any Turbulence Training program. Be CONSERVATIVE. Choose the right workout for your fitness level.
- You can do 6-Minute Abs 3 days per week.
- Pairs of exercises (i.e. 1A & 1B) constitute “Supersets”.
- The 3-digit number beside each exercise represents the speed of the exercise.
  - If it says 1-0-1, that means take 1 second to lower your body, and without pausing, return to the start position in one second or less.
  - For example: In a push-up, you’d lower your body for 1 second, then without pausing, push back up in 1 second.

### **6-Minute Abs Beginner Workouts**

#### **Beginner System #1**

- Do these exercises in circuit fashion with no rest between exercises.
  - Rest 30 seconds before repeating the circuit one more time.
- 1) Plank – 20 seconds
  - 2) Bird Dog – 5 reps per side (1-0-1)
  - 3) Mountain Climber – 5 reps per side (1-0-1)
  - 4) Side Plank – 10 seconds per side
  - 5) [Kneeling] Elevated Pushup – 5 reps per side (2-0-1)

## **6-Minute Abs**

### **6-Minute Abs Beginner/Intermediate Workouts**

#### **Beginner/Intermediate System #2**

- Do these exercises in circuit fashion with no rest between exercises.
  - Rest 30 seconds before repeating the circuit two more times.
- 1) Mountain Climber – 10 reps per side (1-0-1)
  - 2) Side Plank – 20 seconds per side
  - 3) Elevated Plank – 20 second hold

#### **Beginner/Intermediate System #3**

- Do these exercises in superset fashion with no rest between exercises.
  - Rest 30 seconds before repeating the superset one more time.
  - Move immediately to the next superset without rest.
- 1A) Side Plank – 20 second hold per side
    - No rest.
  - 1B) Stability Ball Rollout – 5 reps (2-0-1)
    - Rest 30 seconds before repeating one more time.
  - 2A) Bird Dog – 6 reps per side with a 3 second hold at the top (1-3-1)
    - No rest.
  - 2B) X-Body Mountain Climber – 5 reps per side (1-0-1)
    - Rest 30 seconds before repeating one more time.

## **6-Minute Abs**

### **6-Minute Abs Advanced Workouts**

#### **Advanced System #1**

- Do these exercises in circuit fashion with no rest between exercises.
  - Rest 30 seconds before repeating the circuit one more time.
- 1) Stability Ball Jackknife – 12 reps (1-0-1)
  - 2) Side Plank – 30 seconds per side
  - 3) Stability Ball Mountain Climber with Hands on Ball – 8 reps per side (1-0-1)
  - 4) X-Body Mountain Climber – 8 reps per side (1-0-1)
  - 5) Plank with Arms on Ball – 20 second hold
  - 6) Stability Ball Rollout – 6 reps (2-0-1)

## **6-Minute Abs**

### **6-Minute Abs Advanced Workouts**

#### **Advanced System #2**

- Do these exercises in circuit fashion with no rest between exercises.
  - Rest 30 seconds before repeating the circuit two more times.
- 1) Stability Ball X-Body Mountain Climber with Feet on Ball – 10 reps per side (1-0-1)
  - 2) Spiderman Pushup – 12 reps per side (1-0-1)
  - 3) Stability Ball Rollout – 10 reps (3-0-1)

#### **Advanced System #3**

- Do these exercises in circuit fashion with no rest between exercises.
  - Rest 30 seconds before repeating the circuit two more times.
- 1) Hanging Knee Raise – 10 reps (2-0-1)
  - 2) Spiderman Climb – 12 reps per side (1-0-1)
  - 3) Plank with Arms on Ball – 30 second hold

#### **Advanced System #4**

- Do these exercises in superset fashion with no rest between exercises.
  - Rest 30 seconds before repeating the superset one more time.
  - Move immediately to the next superset without rest.
- 1A) Pull-up with Knee-up – 10 reps (2-0-1)
    - No rest.
  - 1B) Side Plank – 45 second hold
    - Rest 30 seconds before repeating one more time.
  - 2A) Stability Ball Jackknife – 20 reps per side (1-0-1)
    - No rest.
  - 2B) Stability Ball Rollout – 10 reps (2-0-1)
    - Complete this superset one time only.

## 6-Minute Abs

### 6-Minute Abs 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.

#### 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.



#### Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours”. Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn’t have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.





## 6-Minute Abs

### 6-Minute Abs Exercise Descriptions

#### 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.



#### Side Plank

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



## 6-Minute Abs

### 6-Minute Abs Exercise Descriptions

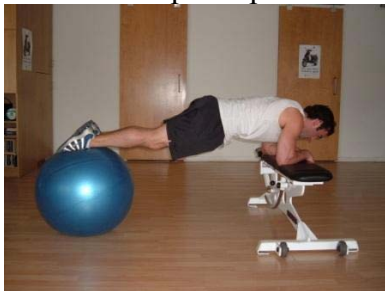
#### Elevated Pushups

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal 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.



#### Elevated Plank

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

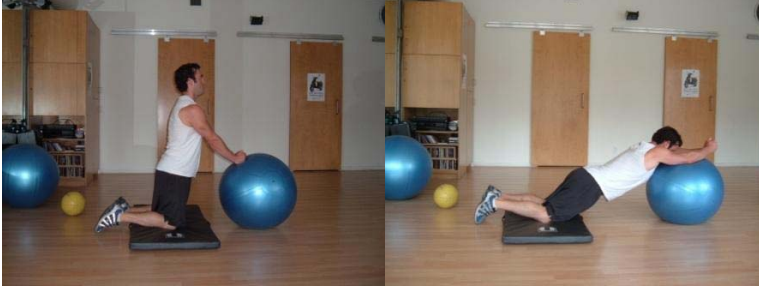


## 6-Minute Abs

### 6-Minute Abs Exercise Descriptions

#### 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.



#### 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.



## 6-Minute Abs

### 6-Minute Abs 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.



#### Stability Ball Mountain Climber

- Place your hands on the ball. Keep your abs braced. Bring your knee to your chest.
- Alternate sides for all repetitions.



## 6-Minute Abs

### 6-Minute Abs 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.



#### Hands on Floor, Feet on Ball, X-Body Mountain Climber

- Place your hands on the floor and feet on the ball. Brace your abs.
- Bring your left knee towards your right elbow across your body.
- Keep your abs braced and body in a straight line.
- Return the leg to the start position and alternate sides.



## 6-Minute Abs

### 6-Minute Abs Exercise Descriptions

#### 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.



#### Hanging Knee-up

- Hang from a chin-up bar. Brace your abs.
- Slowly bring your knees to your chest by contracting your abdominals and rolling your hips backwards. Slowly return to the start position.
- This is a very difficult exercise. Adhere strictly to the recommended tempo.





## 6-Minute Abs

### 6-Minute Abs Exercise Descriptions

#### 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.



#### Pull-up With Knee-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up. Keep your abs braced at all times in this exercise.
- As you do the pull-up bring your knees to your chest.
- This will make the pullup easier, but also work your abs.
- SLOWLY lower yourself to the bottom position and return your legs to the extended position. This is a strong eccentric contraction on your lower abs.



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- Lose the last 10 pounds of fat
- Pack on big-time mass with the TT for Mass report
- Get the best workouts of your life is less than an hour per session

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

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

"Thanks Craig, the Turbulence Training Membership 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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