

Craig Ballantyne, CSCS, MS, presents...

Turbulence Training:
3-Minute Arms

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

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

www.MakeMoreMoneyOnline.com – Craig's blog about how to make more money online with your small business.

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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TT 3-Minute Arms 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 3-Minute Arms Workout System to do at the end of any Turbulence Training program.
- You can do 3-Minute Arms 3 days per week OR you can do three versions of 3-Minute Arms in the SAME workout ONCE per week.
- Pairs of exercises (i.e. 1A & 1B) constitute “Supersets”.
- The 3-digit number beside each exercise represents the lifting tempo. For instance, if it says 2-0-1, that means take 2 seconds to lower the weight, and without pausing, lift the weight back up in 1 second or less.

Sample TT 3-Minute Arms Schedule

Monday – 4x6 System

Wednesday – 2x8 System

Friday – 5x5 System

The 3-Minute Arms Workout Systems

System #1 – 5x5

- Choose a weight you can normally lift for 8 repetitions, but do only 5 reps.
- Alternate between biceps and triceps exercises.
- Complete 5 sets for each exercise.

1A) Biceps Exercise – 5 reps (1-0-1)

- No rest.

1B) Triceps Exercise – 5 reps (1-0-1)

- No rest. Repeat superset 4 more times.

System #2 – 4x6

- Choose a weight you can normally lift for 8 repetitions, but do only 6 reps.
- Alternate between biceps and triceps exercises.
- Complete 4 sets for each exercise.

1A) Biceps Exercise – 6 reps (1-0-1)

- No rest.

1B) Triceps Exercise – 6 reps (1-0-1)

- No rest. Repeat superset 3 more times.

TT 3-Minute Arms Workout Systems

System #3 – 2x8

- Choose a weight you can normally lift for 9 repetitions, but do only 8 reps.
- Alternate between biceps and triceps exercises.
- Complete 2 sets for each exercise.

1A) Biceps Exercise – 8 reps (2-0-1)

- No rest.

1B) Triceps Exercise – 8 reps (2-0-1)

- Rest 30 seconds before repeating the superset 1 more time.

System #4 – Drop Sets

- Start with a biceps exercise.
- Pick with a weight you can normally lift for 8 repetitions. Do 8 repetitions.
- Immediately decrease the weight by 10-25% and do a set to failure.
- Immediately decrease the weight by 10-25% and do another set to failure.
- Rest 30 seconds and repeat for triceps.

1) Biceps Exercise – (2-0-1)

- Rest 30 seconds.

2) Triceps Exercise – (2-0-1)

System #5 – 10RM to Failure

- Choose a weight you can normally lift for 10 repetitions.
- Alternate between biceps and triceps exercises.
- Complete as many sets as possible for each exercise.
- Go to failure in each set.

1A) Biceps Exercise – up to 10 reps (1-0-1)

- No rest.

1B) Triceps Exercise – up to 10 reps (1-0-1)

- No rest. Repeat superset as many times as possible in 3 minutes.

TT 3-Minute Arms Workout Systems

System #6 – Bodyweight Exercises

- Choose a pulling and a pushing bodyweight exercise (i.e. Chin-ups & Dips).
- Alternate between the two exercises.
- Complete as many sets as possible for each exercise.
- Go to failure in each set.

1A) Pulling Exercise – As many reps as possible (2-0-1)

- No rest.

1B) Pushing Exercise – As many reps as possible (2-0-1)

- Rest 15 seconds. Repeat superset as many times as possible in 3 minutes.

System #7 – Negatives

- Choose a weight you can normally lift for 8 repetitions, but do only 5 reps.
- Perform a 4-second “Negative” (lowering) for each repetition.
- Alternate between biceps and triceps exercises.
- Complete as many sets as possible for each exercise.

1A) Biceps Exercise – 5 reps (4-0-1)

- No rest.

1B) Triceps Exercise – 5 reps (4-0-1)

- No rest. Repeat superset as many times as possible in 3 minutes.

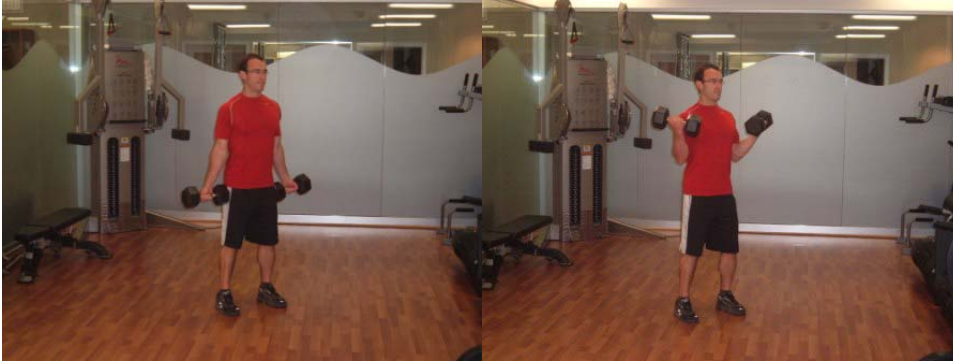
Exercise Descriptions – Biceps

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.

DB Standing Curl

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl the dumbbells up to shoulder height while maintaining a flat back.
- Slowly return to the start position.



Barbell Curl

- Hold a barbell at arm's length with a shoulder-width grip.
- Keep your abs braced and curl the barbell up to chest height.
- Slowly lower. Don't bend back. Keep an upright posture.



Exercise Descriptions – Biceps

DB Incline Curl

- 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.



Alternating Dumbbell Curl

- Stand and hold dumbbells at arm's length.
- Keep your knees slightly bent, chest up, and shoulders back.
- Curl one dumbbell up to shoulder height while maintaining a flat back.
- Slowly return to the start position.
- Then repeat for the other arm. Alternate arms until all reps are done.



Exercise Descriptions – Biceps

Hammer Curls

- Stand with your knees bent and abs braced and feet shoulder-width apart.
- Hold the dumbbells at thigh level. Curl one arm at a time in an alternate fashion.
- Curl the dumbbell to shoulder height keeping your palm facing your body at all times.



DB Standing 1-Arm Curl

- Hold a DB in one hand. Stand with the opposite hand braced on an object for support and the opposite foot stepped forward.
- Brace your abs and curl the DB to shoulder height. Slowly lower.
- Use the free hand to help the final reps if needed.



Exercise Descriptions – Bodyweight Pulling Exercises

Chin-up

- 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.



Underhand Inverted Row

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



Exercise Descriptions – Triceps

Lying DB Triceps Extension

- Lie on your back on a bench.
- Hold two dumbbells above your chest, with your palms facing each other.
- Slowly lower them beside your head. Extend your arms back up.



DB Overhead 1-Arm Extension

- Hold a DB beside your head, and try to point your elbow towards the ceiling.
- Extend your arm using your triceps and raise the dumbbell. Slowly return to the start.



Exercise Descriptions – Bodyweight Pushing Exercises

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 Pushups

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the ground shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Tuck your elbows into your sides to work your triceps more.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Exercise Descriptions – Bodyweight Pushing Exercises

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.



Push-Up with Hands on Ball

- Place your hands on a Stability ball and keep your feet on the floor.
- Perform regular push-ups. Make sure your grip does not bother your wrist.
- Keep your body in a straight line at all times.



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

Andy Wallis, Trainer, Isle of Man

"Thanks Craig, 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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