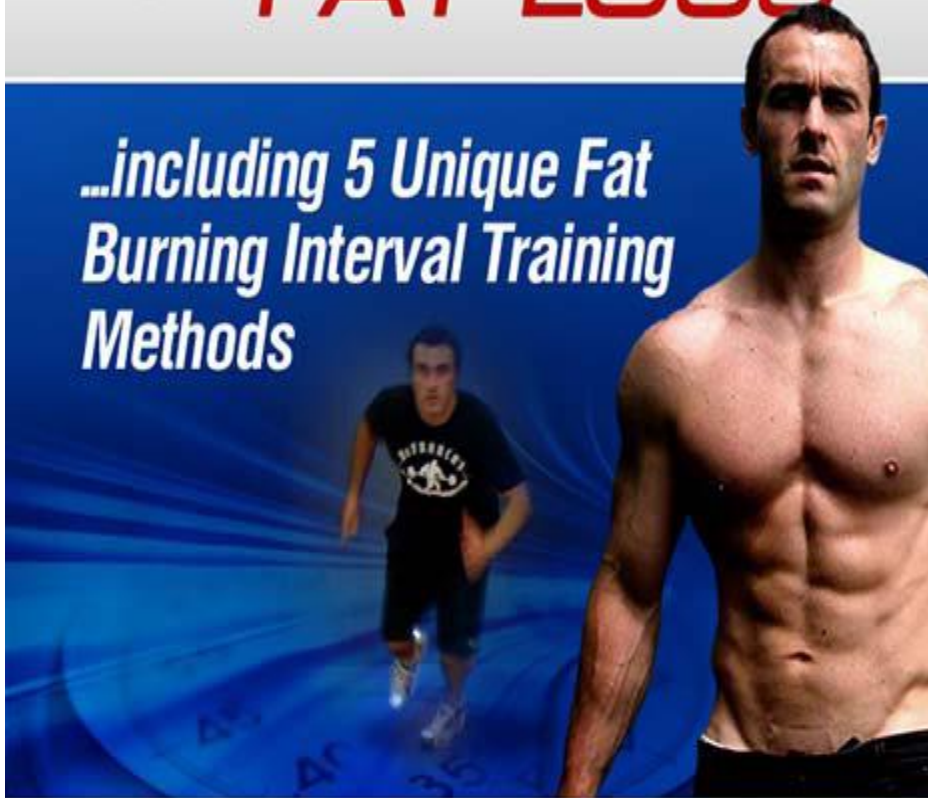


Interval Training For Fat Loss

www.TurbulenceTraining.com

INTERVAL TRAINING for **FAT LOSS**

*...including 5 Unique Fat
Burning Interval Training
Methods*



Craig Ballantyne, CSCS, MS

Welcome from Craig Ballantyne & Turbulence Training...

Hi! I'm Craig Ballantyne, a Certified Strength and Conditioning Specialist (CSCS), and author of too-many-articles-to-count in magazines such as Men's Health, Men's Fitness, Oxygen, Maximum Fitness, and Muscle and Fitness Hers.

Cardio is NOT the best way to lose fat. Interval training is...and that's what you're going to learn in this free report. In fact, you're about to discover the latest research on interval training and I'll answer some of the most common interval training questions I get each and every day.

You're going to learn a lot about the latest in interval training, as well as 5 unique interval training methods that you probably aren't using now. Enjoy!

Your friend and coach,

Craig Ballantyne, CSCS, MS,
Author, Turbulence Training

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

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

TFatLoss.com – My blog with advanced training information to help men and women gain muscle and lose fat fast.

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 resistance 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 or Interval Training, please follow your Doctor's orders.

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Interval Training For Fat Loss

Let's start with the basics...

Interval training is a better way to burn fat than long, slow cardio. In an interval training workout, you'll do short intervals of hard exercise alternated with short intervals of easy exercise. And yes, even beginners can do interval training.

In each interval training workout, you'll be asked to exercise at a specific intensity. Here are the guidelines for judging your intensity.

(**NOTE:** It is difficult to estimate what your heart rate will be a given intensity. That is why we do not rely on heart rate monitors for this type of workout.)

Level 1/10 – Standing still at rest

Level 3/10 – Recovery level – I.e. walking at a slow pace

Level 6/10 – Regular long, slow cardio pace

Level 7/10 – Beginner Interval Intensity

Level 8/10 – Intermediate Interval Intensity

Level 9/10 – Advanced Interval Intensity

Level 10/10 – Running for your life! (No need to do intervals at this pace, ever!)

Here's a real-life example of a beginner workout program.

Let's say a beginner exerciser regularly walks at 3.5 mph on the treadmill for 30 minutes. That means they are exercising at a 6/10 level of intensity when they are 3.5 mph.

In order to beginner interval training at 7/10 intensity, they must increase the speed or incline of the treadmill. I recommend that you do NOT increase the incline of the treadmill beyond a 2% grade because that can quickly lead to tight calves.

Instead, you should increase the treadmill speed. In this case, our beginner exerciser will do interval training at about 3.8 mph. Each interval only lasts 30-60 seconds.

You might need to go through a brief "trial and error" period in order to find the right intensity level for your interval training. However, always be CONSERVATIVE and do not exercise beyond your capacity. Train hard but SAFE.

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There are many ways to do interval training. If your knees are too sore for the treadmill, there is always the bike or swimming or rowing (or even the elliptical machine). You can even use Kettlebell Swings, Dumbbell Swings, Bodyweight Circuits, or running in place.

I guarantee you will burn fat, get fit, and improve your health with interval training, and quite possibly never have to do regular cardio again.

Interval Training For Fat Loss Q'n'A

Q: What's the best interval training program for fat loss?

Answer: The one that gets you the MOST fat loss results in the least amount of exercise time with minimal or NO equipment.

I've tried every high intensity interval training (HIIT) program imaginable...

I've even used every piece of equipment (from cardio machines to kettlebells, from medicine balls to farmer walks)...

And I've trained thousands of men and women with high-intensity interval training and beginner interval training for every type of goal, from fat loss to marathons, and from bodybuilding to basketball, and I've found **almost every interval training program works as well as the next.**

I still remember when it first "clicked" with me that interval training was an incredible way to burn belly fat. I was a graduate student at McMaster University in Hamilton, Ontario, Canada, working on a study about androstenedione (the hormone supplement used by slugger Mark McGwire).

At the end of each workday, I changed from mild-mannered graduate student, "Craigory Ballantyne", into hardcore University Strength Coach, "Craig 'The Hammer' Ballantyne".

Around 4pm, I'd meet a bunch of athletes out on the "back 40" for speed training or intense interval training. I put those those guys & girls through some tough workouts, and I was right there beside them, training as hard as they were.

We started around this time of year, mid- to late-March, and kept going for 6 weeks until they all had too many exams to study for, or until they were done school for the year.

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Now you might think 6 weeks isn't enough time to get you in shape for any sport, but research agrees with me. In fact, in one study that I reviewed on my website waaaaaaaaay back in 2001 about sport specific interval training showed that 18 sessions of sport specific movement reduced injury in NHL players.

But I'm getting off-topic...back to fat loss interval training. In those 6 weeks, the athletes got into "mid-season" condition, and used hard intensity interval training burned off their belly fat that they had built up during the off-season from sports and during the in-season of beer drinking (as almost every Canadian University student does).

These guys and gals were shocked at how fast they lost stomach fat, and heck, even I was too, because up until that time there was really only one fat loss interval training study in the research journals, and no trainer was talking about interval training on the Internet.

So I stumbled across this secret fat burning workout method quite by accident, although it's still amazing that today, over 11 years later, I'd guess only 5% of the general fitness population has even heard of interval training and how it can burn belly fat. It's amazing how much long, slow cardio propaganda we still have to fight against.

But lately I've also noticed a "dark side" to interval training. Too many people think that if "some" interval training is good, then MORE must be better, right? And the answer of course is, "yes and no".

You only need to do 3 sessions of interval training per week, and the sessions just need to be short and focused on quality interval training. That's how the fat loss interval training research studies are structured.

If you do 45 minutes of interval training, you are sacrificing quality for quantity, and that type of interval training is best left to marathon runners.

Even with soccer players, the longest interval training program I would use is 4 intervals of 4 minutes, with 3 minutes of recovery between intervals (for a total of 25 minutes – plus a few minutes warm-up and cool-down).

You simply do NOT need to do 45 minutes of interval training in order to lose fat. After all, folks doing those 4 minute interval training sessions (20 seconds hard followed by 10 seconds rest, repeated 8 times) do pretty darn well in the fat burning category, so why spend 1125% more time exercising when you don't have to?

We all know, or SHOULD all know by now that diet is the most important aspect of fat loss AND "you can't out-train a bad diet", so again, the amount of exercise we need to lose fat is a lot less than what most people think.

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I'm still partial to my original fat loss programs that used 30-60 second intervals followed by 60 seconds of rest, repeated 6 times. Those tend to work well on machines (where most people do intervals) and they give great results, and they are over relatively quickly (less than 20 minutes total exercise time).

However, even this old dog needs to learn a few tricks and I'm pushing the envelope to see how LITTLE interval training exercise is needed to help you burn belly fat. So look for lots of new "in house" interval training experiments to take place in the Turbulence Training world.

Keep your eye out for more creative interval programs that follow **the #2 rule for fat loss programs:**

The best program is the one that gets you the MOST fat loss results in the least amount of exercise time with minimal or NO equipment. I'll show you how with bodyweight cardio.

Here's another really common fat burning question..."How often can I do interval training for fat loss? Can I do it every day?"

Answer: Well, the truth is that you shouldn't be able to do interval training every day. If you can do interval training six times a week then you're not busting your butt hard enough in the interval training in the first place.

As I always like to say, look at the playoffs in any sport. Those are pro athletes and even they're not playing six days a week. They're taking a day off. So if pro athletes take a day off, why can't you take a day off?

I really think the problem is that most people still aren't getting the hang of the interval intensity. Folks are so used to doing long, slow cardio workouts and they think they have to have their heart rate elevated at a certain beats per minute level ALL the time.

And because of that mindset, they never end up doing a proper recovery interval or going hard enough in the work interval. So the thing most folks need to do is not do intervals longer or more frequently, but instead do them with more quality. Get rid of that marathon mentality. Just say NO to cardio.

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Interval Training For Fat Loss

This goes for those people who are telling me they're doing intervals for 45 minutes.

Well, what type of interval training are you doing 45 minutes? You can do aerobic intervals for 45 minutes. That's fine. I understand that. That's what a marathon runner needs to do. But that's not needed for a fat loss program.

Fat loss intervals don't need to be done for 45 minutes. If you're doing the short, intense, sprint interval type training I have no idea how you could possibly do an interval workout for 45 minutes. You're probably really doing cardio for the last 15 of it and you may as well shut it down and go do something else and recover. By OVER-doing intervals a lot you end up with the exactly problem that we're trying to get away from with the cardio stuff, which is the over use injury risk. Do intervals no more than three or four times per week if you're going to use them.

In the most recent belly fat burning interval training study, the one from Australia, the women did only three 20-minute interval training sessions per week. That's it. Not 6 days per week. Not 45 minutes per session. Not "cardio". So stick to quality intervals.

You could also consider completely ditching the machines for interval training and getting outside as much as possible to do your intervals, even if you have to brave some elements. But always train safe, of course!

Or try some of the alternative workouts to interval training. Body weight circuits. Barbell complexes. Check out my youtube videos for more alternative interval training workouts.

Interval Training For Fat Loss – New Research

First of all, what I've certainly found in the last few months since I discovered the research study on this is that the **shuttle type interval sprints** are just awesome. They're really effective, and they're harder than regular sprints.

This interval training study done on professional soccer players and they compared **straight line interval training VERSUS doing the classic shuttle run** or suicide type sprinting drill that so many athletes do in their practices. I'm sure you've seen them or done them back in your day. They were surprised to find that the **shuttle run led to a greater cardiovascular and work response**, so all that changing in direction made it harder than just running in a straight line.

You've seen me apply these shuttles to my Turbulence Training Adrenaline program and other new TT programs. Getting these shuttles in there, and I'm playing around with it myself in my own workouts, I think has been a big boost to my interval training results.



The second thing that's kind of new in interval training is I've really started to **dissect the interval training research coming out of Australia**, more so than I think anybody else has done, because I've never come across any other personal trainer or fitness expert talking about this in their interval training articles.

What the guys from Australia reported is kind of confusing, but they first reported that doing the **eight second sprint and twelve second recovery led to a greater increase in the hormone adrenaline**, scientifically called epinephrine in your body.

The hormone adrenaline actually stimulates fat burning.

What they found by doing the eight second sprint and twelve second rest that you increase the adrenalin in the body more and you increase your fat burning. That's the exact regimen, the eight seconds on, twelve seconds off, repeated as many times as possible for 20 minutes, so I guess they would have done that 60 times, because you go through that cycle three times in a minute.

They did 60 times on specially designed bikes in the research study and what they found was this is the one where they **compared the interval training**

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against slow cardio for fat loss and they found that **ONLY** the interval training group got results.

Now, here's another thing that most people, I would say 99 percent of trainers, if not 99.9 percent of trainers don't know about, because again, I'm the only person who has done this research, I've spent hours on the internet tracking down this researcher and all the media he had gotten. He had been interviewed mostly by Australian newspapers, but a little bit of American media as well.

What I found was they did NOT change the DIET of the subjects in this interval training study.

So, I read one other fitness expert and he was kind of trashing the results of this study saying, "They only lost five pounds in 12 or 15 weeks on this interval training, so how good can it be?" But, here's the thing....

There was no change in diet.



One subject was even quoted in one of these media articles that she was **eating doughnuts and sugar** and all this stuff, her diet was terrible she said, and she lost, I believe eight kilos in 12 to 15 weeks. I can't remember, I think the study was actually 15 weeks.

So, this woman actually was **ABLE TO OUT TRAIN** a bad diet with interval training with this eight on twelve off interval training method.

Very interesting results, very interesting report from this woman. So, I know that these researchers are doing more studies on interval training and it's going to be very interesting to see what kind of results they're going to get when they control the diet as well...

Just imagine if a woman can eat doughnuts and sugar and lose eight kilos in 15 weeks simply by doing 20 minutes of interval training three times per week.

That is going to be a huge **BOOST** for interval training in fat loss and popularity.

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There was another study from these Australian researchers and they compared interval training of “eight seconds on, twelve seconds off” against “24 seconds on, 36 seconds off”. So, instead of doing the cycle three times in one minute they just did 24 seconds of all out intensity and then rested for 36 seconds. But, they did the same workout, I think it was 20 minutes.

What they found was the **24 seconds worked just as well as the eight seconds**, so you could either do eight seconds on twelve seconds off three times in a minute and do that for 20 minutes or you could 24 seconds on 36 seconds off and 20 times in this interval training. That’s what they worked their way up to. There was no difference in the increase in adrenaline from either one of those interval training methods.

So, it looks like from this other study that they did that you don’t need to do eight seconds twelve seconds off, which is good, because it’s almost **IMPRACTICAL** to do that on any type of machine. I know, because I tried this interval training and what I would do is I would run for a minute and then I would immediately step off the treadmill and take the intensity down.

What I found was it takes 20 seconds to increase the intensity and about 15 to 20 seconds to decrease the intensity. Then you can basically walk on the treadmill for 20 seconds and then you have to turn it back up if you want to limit yourself to no more than a minute recovery.

So, it’s almost **IMPOSSIBLE** to do 24 seconds on 36 seconds off on any type of machine.

If you’re thinking, “What about if you just increase the revolutions on something like an elliptical or a bike.” Well, that’s not how these studies are done. These studies are done with these people doing interval training against a **resistance**, so the resistance comes down automatically on these special bikes that they have so they don’t need to change the intensity through a machine or have it gradually increase.

Again, you’re probably left with if you really want to get scientific and you want to do 24 seconds sprint, 36 seconds recovery you’re probably limited to doing that running according to your stopwatch and then slowing down immediately to a walk.

I suppose **if we combined those studies all together doing shuttle run interval training for 24 seconds and then resting for 36 may be the MOST EFFECTIVE way of interval training**. That is what the research suggest to me, although obviously they haven’t proven that.

So very interesting stuff there, certainly some stuff to think about for your interval training. However, if you are a beginner all of that stuff is probably way too advanced. All we simply want to do is get you working at a slightly harder

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than normal cardio pace. Eventually, we'll get you up to some more advanced interval training.

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You're going to lose fat, you're going to be able to do interval training with less soreness in your muscles and in your joints, and you're going to lose belly fat faster with the interval training. So, very interesting stuff there.

Going back, that obviously is a really long answer to that question for the person about what's the best way to do their cardio training. But, the best way is simply to get rid of the cardio training, get into that interval training.

Again, **if you are a beginner, just slow and steady, then increase.** Start with one minute walking at 10 percent harder than your normal walking speed, and then decrease it down. The other thing I want to mention is that so many people make the **MISTAKE** in interval training of **working too hard during the recovery.**

I hear from people all the time, they say, "I run my intervals at seven and then I do my recovery at five point five." I hear all the time when I post my intervals, I was running my intervals at 11 miles per hour with a one percent grade for a minute, and then I go all the way down to three point five miles per hour for recovery and I walk. People were really surprised on Facebook the other day when I was posting that, but that is how you do interval training.

It's called recovery and rest interval for a reason....

When people are doing seven miles per hour as their work and five miles per hour as their recovery, in my opinion they are doing cardiovascular training, they're not doing interval training.

Even when you properly do what's called aerobic interval training, which is what marathon runners do to increase their oxygen capacity even more so than anaerobic interval training, which is shorter sprints, they still do two minutes at a hard pace and then they recover completely for two minutes by what's called passive recovery at moving at a very slow pace.

In fact, research shows that this passive recovery, the very, very light exercise helps you recover, because it **removes the waste products** from the muscles that are working. Gets into the bloodstream, takes it to the liver so it can be all returned to normal.

So, if you don't recover your interval training is going to suffer. You're not going to be able to work as hard as possible, you're not going to pump up that adrenalin, and you're not going to get the same fat burning effect.

It's a complete mindset shift from regular cardiovascular training, complete mindset shift. It couldn't be any more opposite from interval training unless it was a bench press, because cardio mentality engrained over the years is, "Got to keep the heart rate up, got to keep the heart rate up." ...NO, you don't.

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In fact, none of anything changing your body, none of Turbulence Training has anything to do with heart rate. It's interesting to know how high your heart rate goes up in interval training, how low it recovers, but...

...Heart rate DOES NOT dictate fat loss.

That one kind of needs to sink in on people, but just because you have your heart rate elevated for a certain amount of time doesn't mean you're going to lose fat, as all these cardiovascular studies have shown where the results have been disappointing.

It's not about heart rate. It's about the EFFORT and the QUALITY that you put into the training and the INTENSITY that then changes the hormone profile, decreasing the insulin, making you more insulin sensitive, increasing the adrenalin immediately after training and during training so that fat burning occurs, and possibly, because it's such a debatable subject, increasing the metabolism for hours, or 24 hours after training, or 36 hours after training, like some studies suggest. Again, heart rate does not dictate fat loss.

5 Unique Interval Training Methods

When I first started doing interval training workouts back in 1995, I was running in circles. Literally. Using the track.

Of course, intervals weren't new back then, my professors at University – **Drs. Sale and MacDougall** – had written about the importance of sport-specific interval training all the way back when Reagan was a president (in the early 80's for those of you missing that cultural reference).

In fact, back then, they were already talking about at least one of the interval training workouts that I'm about to call "new". So sit back, and check out how interval training will be done in 2K10.

First, thanks to the short attention spans we've developed, folks are already getting bored of interval training – even though it's much less boring than cardio. So there is a pent-up demand for new, faster ways to do intervals rather than just alternating fast and slow on the treadmill or bike.

NOTE: A lot of these workouts fall under the category of "metabolic resistance training", rather than cardio-like interval training, and that's fine...it's really a continuum that encompasses "**getting a lot of high-intensity work done in a short amount of time**".

Unique Interval Training Method #1 – Sprints plus Abs

In this workout, you're going to go through a lil' mini-interval circuit:

- Start with a sprint (could be on a treadmill, bike, or outside, or with kettlebells, etc.) - After the sprint interval is done, go immediately to an ab exercise for 30-45 seconds (could be a plank, side plank, rollout, etc.) - Rest. Repeat up to 6 times. I got this idea from a discussion I had with ab and low back expert, Dr. Stuart McGill.

Unique Interval Method #2 – Big 6 Bodyweight Circuits

In 2008 I told everyone about the Big 5 bodyweight circuits, but it's since been upgraded to the Big 6, and now the order goes:

1) Jumps 2) Squat 3) Push 4) Pull 5) Single-Leg 6) Total body ab

That's an easy way for a trainer or even moderately-experienced person to put together a unique bodyweight circuit. By adding the jumps, you get closer to the heart-pounding intensity of regular interval training, but with more of a total body workout.

Unique Interval Method #3 – Kettlebell Bodyweight Combos

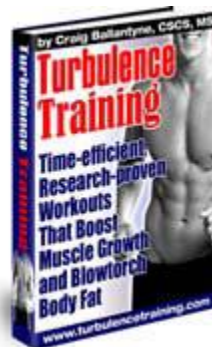
By adding the kettlebell, you bump up the heart pounding effect that you will have a hard time getting from bodyweight exercises only (unless you use jumps).

But some folks just aren't cut out for jumping, so using swings – or snatches if you're technically able – combined with pushups, chinups, single-leg bodyweight exercises, etc., will put turbulence on your muscles and help you burn body fat. **NOTE:** Yes, lots of “in the know” trainers have been using this approach for a long time, but I'm writing this article for the mass mainstream workout audience.

"With Craig Ballantyne's Revolutionary Turbulence Training Fat Loss System, You Can Burn Stubborn Belly Fat & Sculpt Your Muscles With Just 3 Short Workouts A Week"

This is Your Chance to Take Me Up On An Outrageous NO- RISK Trial of Turbulence Training, Where You'll Discover How to Burn Belly Fat In Only 3 Short Workouts Per Week

You see, I'm going to let you try the Turbulence Training Program and **ALL of the Bonuses for Less Than Five Bucks**. For 21-days you'll get to try the Turbulence Training workouts and all you pay is \$4.95 during that time. Heck, you can spend that much in a Starbucks just for a coffee! This program usually costs \$39.95, but you can start a 21-day trial for only \$4.95. If you like it, you'll be billed the remaining \$35.00 investment at the end of your 21-day trial period. And nothing will be held back. You'll get access to the entire Turbulence Training for Fat Loss system, plus you'll still get your membership into the TT Member's area where you can ask me any question you want about your fat loss workouts and nutrition program. You have nothing to lose. If you don't like the program, you can ask for your money back. So there is no risk to you. Instead, you can get started on the world's most popular home-gym fat burning workout program that you can do with minimal equipment and in minimum time to help you burn belly fat. Say goodbye to long, slow, boring cardio workouts that don't burn anything but your time away. Instead, you'll get proven fat burning workouts used by over 8,771 men and women to lose over 41,000 pounds of disgusting body fat.



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Plus, you'll get Dr. Chris Mohr's Nutrition for Fat Loss Guidelines, and all of the bonus workouts that come in the Turbulence Training for Fat Loss package.



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Discover...

- The Interval Training Workouts That Incinerate Body Fat in Less Than 20 Minutes - Dozens of Bodyweight Exercises That Sculpt Your Body and Give You a Flat Stomach - The Non-Competing Superset Method That Guarantees You More Results In Less Time - The Beginner & Intermediate Workouts That Properly and Professionally Will Help You Ease Into a Fat Burning Program Without the Risk of Overuse Injury That Comes With Every Normal Cardio Program - The Total Body Ab Exercises That Will Give You A Flat Stomach Without Making You Do Hundreds of Crunches or Thousands of Sit-ups

All of this information can be yours in only a few minutes and for only a few dollars.

Stop doing everything wrong in your weight loss program and start getting more results in less time with Turbulence Training. If you don't discover the secrets of the proven Turbulence Training workouts, you'll continue to struggle losing weight using outdated, ineffective slow cardio workouts. They haven't worked for you in the past, and they're not going to start working now. So here's your chance to use the world-famous, proven Turbulence Training for Fat Loss system that has been used by men and women from nearly every country on earth...and all for only \$4.95 for the 21-day trial period. At the end of your 21-day Trial Period, you'll have noticed you are losing fat, exercising less, and you'll have more energy.

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As long as you haven't decided that the program is not for you, you will be billed the remaining \$35.00 of the normal \$39.95 package cost. You will NOT be billed any other monthly charges... only the \$39.95 total (\$4.95 trial today and then the remaining \$35.00 after 21 days).

Please note: This is a downloadable ebook program. You will not receive a physical shipment in the mail. Instead of waiting weeks for a package in the mail, you will be granted instant access to the downloadable program and you can get started on your new body in just minutes from now. If you need assistance on anything, you can contact us. Let me know about your success on the TT Member's Forum. Stay strong! Craig Ballantyne, CSCS, MS Author, Turbulence Training **PS** - If you are sick and tired of doing all that cardio and getting NO results, then change your workout today and grab the Turbulence Training system for only \$4.95. Your results are guaranteed by my 100% money back promise. If you aren't satisfied with your results from the program, just let us know and you'll be refunded your \$4.95 before the end of the 21-day trial and you won't be billed any additional charges. You have nothing to lose but your body fat and your belly. Get started with Turbulence Training today!

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