

by Craig Ballantyne, CSCS, MS

# Turbulence Training

## DB-BW Fusion Workout



Fast Fusion Fat Loss  
Made Easy At Home

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

## About Craig Ballantyne & Turbulence Training...



My name is Craig Ballantyne. I'm 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.

I've developed a revolutionary new fat loss system called "Turbulence Training", which was designed specifically to help busy men and women such as students, executives and parents with young children to get the most results in the least amount of time.

Turbulence Training is scientifically proven, it is endorsed by elite trainers and top fitness magazines, and has been used by thousands of men and women for burning fat as well as increasing muscle and improving your health and energy levels at the same time.

### **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.TurbulenceTraining.com](http://www.TurbulenceTraining.com) - Advanced training information to help men and women gain muscle and lose fat fast. Sign-up for the FREE newsletter.

[www.WorkoutManuals.com](http://www.WorkoutManuals.com) – Daily fat loss and fitness tips and workout programs to help men and women gain muscle and lose fat fast. Sign-up for the FREE newsletter.

[www.cbathletics.com](http://www.cbathletics.com) - A training newsletter featuring professional development articles and expert interviews for trainers, coaches, and health professionals.

[www.qrrlAthlete.com](http://www.qrrlAthlete.com) - Real training and nutrition information for real women lifters and female athletes.

[www.TurbulenceTraining.Blogspot.com](http://www.TurbulenceTraining.Blogspot.com) – Craig's blog featuring 3 fitness and fat loss posts each day, as well as the opportunity to follow along with Craig's workouts.

**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 return this Special Report for a full refund.

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## **TT BW-DB Fusion Fat Loss Guidelines**

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

- Perform this TT workout for 4 weeks then switch to the next TT workout.
  - You must start with Level 1.
- Take at least 1 full day of rest per week (you may perform light activities, i.e. walking) on the rest day.
- Each pair of exercises (i.e. 1A & 1B) constitutes a “Superset”.
  - In each Superset, do one set of the first exercise (1A), and without rest immediately do the next exercise (1B).
- Rest 1 minute after completing the superset (i.e. after 1B).
- Use the lifting tempo designated in the chart for each specific exercise.
- Don’t train to failure in the DB exercises. You should be able to do 1 more rep at the end of each set. You can train to failure in the BW exercises.
- Finish each workout with stretching for the tight muscle groups only.

### **Warm-up**

- Never skip a warm-up.
- Bodyweight Warm-up Circuit – Go through the circuit 2x’s. Use a 2-0-1 tempo for all applicable exercises. Do not rest during the circuit.
  - T-Squat – 10 reps
  - Close-grip (Kneeling) Pushups – 8 reps
  - Split Squat – 8 reps per side
  - Spiderman Climb – 8 reps per side
- For a specific warm-up, perform 2 sets of each exercise in the first set. Start with 50% and then 75% of your “real set” weight. Perform 8 repetitions for each warm-up set.
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up.

## **TT BW-DB Fusion Fat Loss**

### **Bodyweight Circuit/Interval Guidelines**

This program doesn't use traditional interval training. Instead, you will perform one of the following bodyweight circuits after the strength training portion of the workout. This will be your bodyweight interval circuit conditioning.

Perform each circuit with no rest between exercises. Rest 1-minute at the end of the circuit and repeat 2 to 3 times.

#### **Level 1 Interval Circuit Workouts**

##### L1 Bodyweight Interval Circuit A

- Y-Squat – 12 reps
- Diagonal Lunge – 6 reps per side
- Offset (Kneeling) Pushup – 6 reps per side
- Spiderman Climb – 8 reps per side
- Jumping Jack – 60 jumps

##### L1 Bodyweight Interval Circuit B

- Prisoner Squat – 12 reps
- Step-up – 10 reps per side
- Push-up – Max Reps – 1 (1 rep short of failure)
- Reverse Lunge – 8 reps per side
- Squat Thrusts – 10 reps

#### **Level 2 Interval Circuit Workouts**

##### L2 Bodyweight Interval Circuit A

- Y-Squat – 15 reps
- Mountain Climber – 12 reps per side
- Decline Pushups – 8 reps
- 1-Leg RDL – 6 reps per side
- Burpees – 8 reps
- Squat Thrusts – 8 reps

##### L2 Bodyweight Interval Circuit B

- Waiters Bow – 12 reps
- Spiderman Climb – 12 reps per side
- Push-up – Max Reps – 1 (1 rep short of failure)
- Stability Ball Jackknife – 12 reps
- Jumping Jacks – 60 reps
- Plank with Arms on Ball – 30 seconds

## Sample Workout Structure

- Here's how a sample workout looks:

### Bodyweight Warm-up (this should take you no more than 5 minutes)

- T-Squat – 10 reps
- Close-grip (Kneeling) Pushups – 8 reps
- Split Squat – 8 reps per side
- Spiderman Climb – 8 reps per side

### Turbulence Training Strength Workout – Using L1 Workout A

1A) DB Squat (8 reps) 2-0-1

no rest – go directly to:

1B) Elevated (Kneeling) Pushup (8 reps) 2-0-1

Rest 1 minute.

Repeat this cycle 2 more times for a total of 3 supersets.

2A) DB Row (8 reps) 2-0-1

no rest – go directly to:

2B) Stability Ball Leg Curl (15 reps) 2-0-1

Rest 1 minute.

Repeat this cycle once more for a total of 2 supersets.

3A) Split Squat with Front Foot Elevated (8 reps) 2-1-1

no rest – go directly to:

3B) DB Rear-Delt Raise (10 reps) 2-0-1

Rest 1 minute.

Repeat this cycle 2 more times for a total of 3 supersets.

### Bodyweight Interval Circuit Conditioning

- I prefer you do it after the TT strength training, but you can save it for the next day (your 'rest' day) if you prefer.
- See above for specific exercise order.
- Make sure you use the specific Interval Circuit for each specific workout.

**Level 1: TT DB-BW Fusion: 4-Week Program**

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
1A) DB Squat (3x8) 2-0-1									
1B) Elevated (Kneeling) Push-up (3x8) 2-0-1									
2A) DB Row (3x8) 2-0-1									
2B) Stability Ball Leg Curl (3x15) 2-0-1									
3A) Split Squat with Front Foot Elevated (3x8) 2-1-1									
3B) DB Rear Delt Raise (3x10) 2-0-1									
Option: L1 Interval Circuit A									
<b>Workout B</b>									
1A) DB Split Squat (3x8) 2-1-1									
1B) Y's & T's (3x12) 2-0-2									
2A) DB Chest Press (3x8) 3-0-1									
*2B) Inverted Row (3x10) 2-0-1									
3A) DB Close-Grip 1-Arm Standing Shoulder Press (3x8) 2-0-1									
3B) 1-Leg Deadlift (3x12) 2-1-1									
Option: L1 Interval Circuit B									

\*If you don't have a bar for Inverted Rows, replace rows with DB Rear-Delt Raises (3x12) 2-0-1.

## Level 2: TT DB-BW Fusion: 4-Week Program

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
<b>Workout A</b>									
1A) DB Squat (3x8) 3-0-1									
1B) Spiderman Push-up (3x8) 2-1-1									
2A) DB Incline Press (3x8) 3-0-1									
%*2B) Chin-up (3x8) 4-0-1									
3A) DB RDL (3x8) 3-0-1									
3B) Decline Pushup (3x12) 2-0-1									
Option: L2 Interval Circuit A									
<b>Workout B</b>									
1A) DB Bulgarian Split Squat (3x8) 2-0-1									
1B) 1-Leg Stability Ball Leg Curl (3x12) 2-0-1									
2A) DB Row (3x8) 2-1-1									
**2B) Dip (3x12) 2-0-1									
3A) DB Step-up (3x8) 2-1-1									
***3B) Inverted Row (3x15) 2-0-1									
Option: L2 Interval Circuit B									

%If you can't do a Chin-up, do Assisted Chin-ups (see Exercise Description).

\*If you don't have a bar for Chin-ups, replace with DB Rows (3x8) 2-0-1.

\*\*If you don't have bars for dips, do Pushups with Hands on Ball.

\*\*\*If you don't have a bar for Inverted Rows, replace rows with DB Rear-Delt Raises (3x12) 2-0-1.



## Exercise Descriptions – Warm-up

### *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.

### Warm-up

#### T-Squat

- Hold your hands out to your sides in a “T” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



#### Close-grip Pushups

- Same as regular push-ups, but keep your hands shoulder-width apart and keep your elbows tucked into your sides as you do the pushup.



## Exercise Descriptions – Warm-up

### DB Split Squat

- Stand with your feet shoulder-width apart.
- Don't use dumbbells for the warm-up.
- Step forward with your right leg, taking a slightly larger than normal step.
- Press the front of your back foot (left foot) into the ground and use it to help keep your balance. The left knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



### Spiderman Climb

- 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 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.



## Exercise Descriptions – Intermediate Interval Workout A

### Y-Squat

- Hold your hands over your head in a “Y” formation at all times.
- Keep your upper back and shoulders tensed throughout the exercise.
- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



### Diagonal Lunge

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



## Exercise Descriptions – Intermediate Interval Workout A

### Offset Pushups

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Do all reps for one side and then change hand positions and complete all other reps.



Spiderman Climb – See above.

### Jumping Jacks



## **Exercise Descriptions – Intermediate Interval Workout B**

### **Prisoner Squat**

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



### **Step-Up**

- Stand facing a bench. Place one foot on the bench and the other on the floor.
- With your abs braced and glutes squeezed, start the movement by pushing through the bench foot to lift the body up to the standing position.
- Lower your body under control. Pause briefly at the bottom and repeat.
- Complete all reps for one side before changing legs.
- Start on a low step (6-inch) and increase the height of the step (12-in) as you improve.



## **Exercise Descriptions – Intermediate Interval Workout B**

### **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.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



### **[Kneeling] Push-up**

- See instructions above.



## **Exercise Descriptions – Intermediate Interval Workout B**

### **Reverse Lunge**

- Stand with your feet shoulder-width apart.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with left leg, resting the toe on the ground.
- Squat straight down with the right leg supporting the body weight. Lower yourself until your right thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the right leg. Focus on pushing with glutes and hamstrings.



### **Squat Thrusts**

- Support yourself on your hands on feet.
- Thrust your feet back so you are in a push-up position.
- Thrust your feet back in. That is one rep.



## Exercise Descriptions – Advanced Interval Workout A

Y-Squat – See above.

### 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.



### Decline 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.
- Elevate your feet onto stairs or a bench.
- 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.





## Exercise Descriptions – Advanced Interval Workout A

### 1-Leg RDL

- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your lower back arched and bend forward by pushing your hips back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.
- Repeat all reps for one side then switch.



### Burpees

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position. Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Squat Thrusts – See above.

## **Exercise Descriptions – Advanced Interval Workout B**

### Waiter's Bow

- This exercise strengthens the glutes and stretches the hamstrings.
- Stand with your feet shoulder-width apart and knees slightly bent.
- Take one hand to grasp the skin over your lower back under your shirt.
- If you ever lose grasp on this skin, that means your back has become too rounded and you have gone too far.
- Keep your lower back arched, and push your hips back as much as you can, without bending your knees anymore. This will stretch your hamstrings.
- Contract your glutes to return to the start.



Spiderman Climb – See above.

Push-up – See above.

### 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.



## **Exercise Descriptions – Advanced Interval Workout B**

Jumping Jacks – See above.

### **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.



## Exercise Descriptions – Intermediate Workout A

### Dumbbell Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back”.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.
- For the dumbbell squat, hold a dumbbell in each hand on the outside of your legs.
- Do NOT round your lower back. I am not letting my back round in the photo.



### 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.



### [Kneeling] Elevated Pushups



## Exercise Descriptions – Intermediate Workout A

### DB Row

- Rest the left hand and left knee on a flat bench, lean over and keep the back flat.
- Hold the dumbbell in the right hand in full extension and slowly row it up to the lower abdomen.
- Keep the low back tensed in a neutral position and the elbow tight to the side.
- Do NOT round your lower back. I am not letting my back round in the photo.



### Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



## Exercise Descriptions – Intermediate Workout A

### Split Squat with Front Foot Elevated

- Stand with your feet shoulder-width apart. Step forward with your right leg, taking a slightly larger than normal step, and put it on a 6-inch riser.
- Press the front of your left foot into the ground and use it to help keep your balance. The left knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



### DB Rear-Deltoid Lateral Raise

- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Stand with your knees bent slightly and your upper body bent parallel to floor.
- Perform a lateral raise, lifting the dumbbells up and out to the side.



## Exercise Descriptions – Intermediate Workout B

DB Split Squat – See above.

### Y's & T's

- Lie on your chest on a bench. Place your forehead on the end of the bench.
- Raise your arms out in a “Y” position.
- Use the middle trapezius muscle (along the center of your back, below your shoulder blades) to lift your arms up to just above shoulder height.
- Slowly return to the start position. Try to limit the use of your deltoids/shoulders.
- After completing all reps for the “Y”, raise your arms out in a “T” position.
- Use your rhomboids (the muscles between your shoulder blades) to lift your arms up.

### “Y” Top Position



### “T” Top Position



### DB Chest Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



## Exercise Descriptions – Intermediate Workout B

### Inverted Rows

- Set a bar at hip height in the smith machine or squat rack.
- Lie underneath the bar and grab it a few inches 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.



### Beginner Inverted Rows





## Exercise Descriptions – Intermediate Workout B

### DB Close-Grip 1-Arm Standing Shoulder Press

- Stand with your hips back, knees bent and abs braced.
- Hold dumbbells at shoulder level with palms toward head.
- Press one dumbbell overhead and slowly lower to the start position.
- Alternate sides until all reps are finished.
- Do not arch your back. Stand upright.



### 1-Leg Deadlift

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Go slowly and focus on balance.
- Go until your thigh is parallel to the floor, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



## Exercise Descriptions – Advanced Workout A

DB Squat – See above.

### 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 rotate at your hips.



### DB Incline Press

- Lie on a bench with the backrest inclined at 45-60 degrees.
- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.



## Exercise Descriptions – Advanced Workout A

### 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.



### Assisted Chin-up

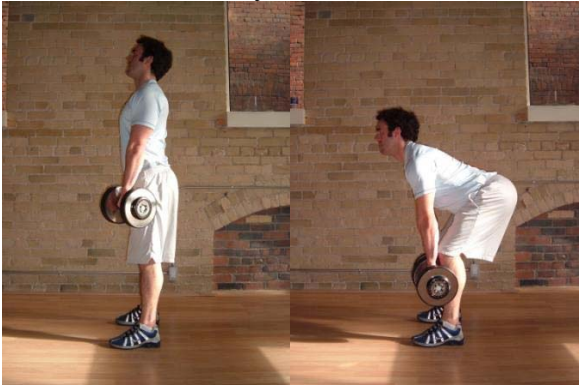
- Set up a smith rack or bar at head height (or set a chair under a fixed chin-up bar).
- Grasp the bar with an underhand grip, and support some of your bodyweight with your feet on the floor or chair.
- Use your arms as much as you can and use your feet for the rest of the force needed to do chin-ups.



## Exercise Descriptions – Advanced Workout A

### DB Romanian Deadlift (RDL)

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Hold dumbbells at arms length. Stand with your feet shoulder-width apart.
- Bend your knees slightly, and keep knees bent, back flat, head up, shoulders back, chest out and arms straight.
- Keep the dumbbells as close to your thighs and shins as possible. Focus on pushing your butt back while keeping the knees stationary and keeping your back flat.
- Reverse the movement before your back starts to round.
- Extend at the hips, contracting your hamstrings and buttocks, to stand up.
- Pull with your upper back and bring your torso upright. Keep the dumbbells close to your body and exhale as you reach the top of the movement.
- Perform each rep with 100% concentration.
- Do NOT round your lower back. I am not letting my back round in the photos.

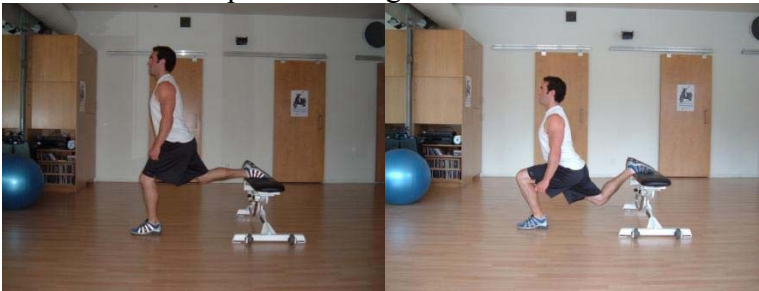


Decline Pushup – See above.

## Exercise Descriptions – Advanced Workout B

### DB Bulgarian Split Squat

- Unlike the photo below, you need to hold a dumbbell in each hand.
- Stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



### 1-Leg Stability Ball Leg Curl

- Lie on your back with the soles of your feet on a medium-sized Stability Ball.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep only one foot on the ball and raise the other one up in the air.
- Keep your abs braced and contract your hamstrings and slowly curl the ball back towards your hips with only one leg while keeping your hips bridged.
- Pause and slowly return the ball to the start position while keeping the hips bridged.



DB Row – See above.

## Exercise Descriptions – Advanced Workout B

### Dip

- Hold onto the dip bars and lean your upper body forward 10-15 degrees.
- 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.



### 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.



DB Step-up – See above.

Inverted Row – See above.

## Static Stretching

### Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level).
- Hold the stretch for 30 seconds and then switch sides.



### Hamstring Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Hold the stretch for 30 seconds and then switch sides.



## Static Stretching

### Glute Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.



### Quadriceps Stretch

- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.

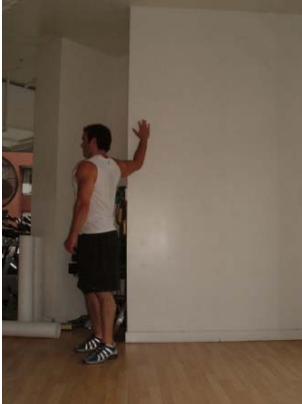




## Static Stretching

### Chest Stretch

- Stand next to a doorframe.
- Raise your elbow up to shoulder height and rotate your arm so that your hand is up (as if you were in a throwing position with your elbow in line with your shoulder).
- Press your elbow against the doorframe and slowly and gently rotate your upper body away from your elbow.
- You should feel the stretch across the front of your shoulder and chest.
- Hold for 30 seconds and then repeat for the other side.



### Shoulder Stretch

- Raise your arm to shoulder height and bring your arm across the front of your body.
- If using your right arm, your right hand should rest at your left shoulder.
- Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
- Hold for 30 seconds and then repeat for the other side.

