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## WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



### Ryan Magin Interviews Craig Ballantyne of [Turbulence Training](#)

RM: Hi guys, welcome to the line. This is Ryan Magin with [CriticalBench.com](#), and today I've got a really awesome guest. It's [Craig Ballantyne](#), the author of [Turbulence Training](#), and a pretty established trainer in...basically the world now, with the internet. Craig, you on the line, right?

CB: Yeah, man. Ready to go.

RM: All right. Craig, thanks a lot for joining us today. I appreciate you taking the time and hopping on the line and helping out all my readers and listeners.

CB: Hey, happy to help.

RM: Good stuff. Well, the first question, how did you get started? What's your background? How did you get into the whole personal training industry, really?



CB: Yeah, good question, and like most trainers, I really was the sporty kid when I was a kid, and that's how a lot of my friends got into it. They wanted to keep training for sports. And so, I started training in my parent's basement when I was 16 and that led me to a university degree in Kinesiology. And I started training people probably in the mid '90s when I was in school.

And then, I did a Master's Degree in Exercise Physiology. And that's where I came up with the Turbulence Training program based on interval training that I was using with athletes and the training that I was reading about, the workouts that people were studying, and then also the workouts that I was using with scientific subjects that I was testing for sports supplements when I was in the university.

So, it was a combination of all that stuff, research, practical research, and training athletes, and also training regular, busy people as well. And so, it all came together and then I started writing for Men's Health back in 2000. And then one of the other main, main things about how Turbulence Training got started was as soon as I was done at university, all my friends were done at university, too, and they started emailing me for help on how to get great results in a short amount of time. Because, they were used to working out in a gym an hour and a half when they were students, but now they had real jobs.

So, they kept on emailing me and emailing me the same question over and over again. You get like five guys emailing you the same question during the week. So, I

just put together one program that was pretty basic for that type of guy. So, Turbulence Training actually grew out of that.

RM: Awesome. So, you said you had like scientific patients and athletes. Can you go into a little bit more detail on I guess the scientific patients and where you doing different stuff with them than you were the athletes? Or, was it all pretty much the same?

CB: Well, the athletes were more conditioning workouts that I was doing, so speed and conditioning. So, we would meet outside and we would go through interval training after we'd done some speed training or different days we'd do interval training and not speed training. And so, that was one aspect of it.

But then, with the scientific subjects, I was actually... You know, when you're doing a Masters Degree you have to run studies. And so, I ran a couple of studies. One was on androstenedione, which is the pro-hormone that Mark McGuire was taking back in 1998. That was really popular at the time. So, we had guys go through a pretty strenuous resistance training program and take the supplement and take the placebo. And we were doing blood measurements before and after to see what hormones changed.

So, that was one workout program. I got a lot of ideas from doing that. That was actually a straight sets program of a lot of bodybuilding type workouts. But, it was really pushing them to the limit to see what people could do.

And then, the other study that I did was another supplement study. This one was creatine and carbohydrates versus carbohydrates and protein only. And it was more important about the weight training program. It was the first time I really started doing what I call my Non-Competing Super Sets.

So, I had the guys... The guys were training six days per week. That was not my choice; that was the choice of the lead investigator. But, they were doing six days per week, three day per week cycles. So, they were doing chest and back, I think, on the first day, if I remember correctly, and then legs and abdominals and then the third day was shoulders and arms. And then they would repeat that. So, they trained six days per week.

But, like I said, I have a system called Non-Competing Super Sets in my program, and they were doing that in this workout. So, that was really the first time I'd ever put it to the test.

And so, my training programs are a lot different than other peoples' in that mine have actually been through scientific study by me, personally, and I will proudly say that

I don't think there is a study ever published that had greater results in eight weeks for muscle building than this study. I can definitely send you the link for this one.

But, if people actually know how to use this thing called Pub Med, which allows you to search scientific studies, I can't remember what year this was published, it might be as far back as 2001 or something. But, if you look up my name, Ballantyne, and then the letter CS, you'll find all the studies with my name on it, all the publications. So, there will be some with that androstenedione and then some with the creatine and then some of my other studies that I did on endurance training and power training later on.

But, you'll actually find this study. And I think it was 9 ½ pounds of lean mass gained in eight weeks. And I usually keep my eyes open for other studies on muscle building, and I've yet to find one where anybody's reported an average gain better than what we achieved in that study. So, it was proven, literally proven that my training programs work, as much as you can prove that training programs work, like scientifically with significant findings.

So, that's what really sets my stuff apart from other people. And again, that was a muscle building program, but it's the same system that allows us to use the Turbulence Training fat loss program, which is a combination of those Non-Competing Super Sets and then that interval training conditioning that I was using with the athletes.

That was all 1998 to 2000 when I was doing that stuff. And it all came together perfectly into the system that we use now.

RM: Wow. Not many people can say that they have scientific results like that, and can prove it. So, that's really cool that you can be able to do that.

CB: Definitely.

RM: When you were coming-up, did you have any mentors or anybody you studied to kind of form your Turbulence Training philosophy? Besides like the hand-to-hand research and you actually physically doing it, was there anybody that you kind of modeled your training after that you look up to and follow their stuff, even to this day?

CB: I think there was a lot of talk back in the late '90s about the antagonistic super sets. If you do a pushing exercise followed by a pulling exercise you'll actually improve your strength in the pushing exercise because you're working the antagonistic muscles. That wasn't exactly what we were going for, but that stuff was out there. I think Charles Poliquin was talking a lot about that. I really liked his strength training articles that were on T-Nation back in the day when I used to read that website. I don't really use it that much anymore.

And then over the years it's kind of changed into a little bit more of body weight exercise. So, I mean, there's a lot of good body weight guys out there that I've learned a lot of exercises from. I mean, everybody from strength coach like Mike Boyle, Alwyn Cosgrove, and then Ross Enamait, who's got tons of crazy boxing and body weight stuff. I mean, he's got some really great stuff out there. And then, even Matt Furey, I've got some stuff from him.

Here and there I just find exercises. For example, I helped my friend, Adam Campbell, at Men's Health with a book that he just put out...or that's just coming out, call The Big Book of Exercises. And there's probably like 25 strength coaches that helped him with that program. And so, I went through the edition he sent me before it goes for sale, and I mean, I wrote down maybe 11 or 12 new exercises, variations of stuff that I had never used before. So, I can't remember who exactly used them in the book, but there's always a new exercise or a new way of doing things.

Stuff like...even like Dave Tate's stuff and Jim Wendler's stuff at Elite Fitness. I've used their stuff in fat loss programs I use with women. It all trickles down and you're just using the principles.

That's actually another thing I should say, is that everything that I've learned outside of school has just been exercises. But, I'm one of those guys who really believes that I learned everything I need to know about training people in school. Most people are so anti-school, they're like, "Oh, school teaches you nothing and you don't learn anything in there. You learn in the gym."

But, I actually believe that if you understand neuromuscular physiology, if you have a good teacher and a good program, which I did. I mean, we actually had...at the university I went to in Hamilton, Ontario at McMaster, that's where guys...very famous scientists who did tons and tons of studies and are quoted all the time, they were the teachers there. So, I was learning the absolute best in neuromuscular physiology.

As long as I understood that, then I can take a look at something like doing a squat on a bosu ball... I mean, that just shows you...you just know that like from your neuromuscular physiology, you don't have the load and the tension on that type of exercise versus doing it when you're standing on a flat surface. And so, you're not going to get the same strength gain results and you're not going to be able to put the same load intensity on the muscles.

So, you can just look through that kind of junk and you know exactly what you should be doing, the truth of what you should be doing, simply by knowing my 4<sup>th</sup> year...actually even my 2<sup>nd</sup> year exercise physiology.

So, I'm actually a big kind of nerd and believe in the school and the foundation has taught me 90% of what I apply every day. And then everything else has just been gravy and I've just been learning new exercises and new kind of skills and tricks and tips. But, really, what it goes back to is the two guys who taught me neuromuscular physiology, the guy's name was Dr. Digby Sale and then the exercise physiology portion of it was Dr. Duncan McDougall. They are both retired now, but those guys are the guys who taught me almost everything I know.



RM: Wow. That's cool to know. Kind of the opposite of what you think when you talk to most people though, for sure.

CB: I think almost every single guy I ever talked to or read an article about, it's always, for lack of a better word, dissing university education. And to be honest with you, there was a lot of idiots in my class, too, that went through the same courses and if they put together a program now, it would be garbage. But, if you actually learned what they were teaching you... I mean, these guys did studies that showed if you did training with a three rep max or a 12 rep max in dumbbell curls you gain the same amount of muscle mass, as long as you were training the same volume.

So, if somebody asks you a question, "What's the best repetition range?" Well, I mean, it's such a variation. These guys actually had studies on so much stuff. These guys were pioneers in the 1970's in studies of training and they were doing stuff...

They were the first people to take muscle biopsies from the upper body. So, they were taking tricep muscle biopsies and doing that level of study.

They were just going through and they were among the first guys to use the phrase “sports specific conditioning”. And they used that in 1981 and they were talking about interval training back then. They were talking about making sure that your interval training is sports specific, meaning if you’re a hockey player it’s good to do running, but you’re not conditioning the muscles that you’re going to be using skating. So, the best interval training for a hockey player in skating, literally sports specific. So, that’s what sports specific means, not trying to replicate, but actually doing the sports specific movements.

So, these guys were really good pioneers and it’s really cool to always sit down with them and talk to them, but also just to simply sit in their classes. I mean, I could literally have sat in their classes all day long, just because they had very good anecdotes and they always had the best information.

So, I can’t remember what your question was, but...

RM: That’s all right. That was a good tangent to go off on, though, so don’t worry about it.

CB: Oh, yeah, it was about people mouthing-off school. I mean, the fact is, most programs, most scholastic programs are not as high quality as the one I went through, which is basically the bottom line.

RM: Cool. Awesome. Kind of going on that, what do you feel some of the major mistakes people or trainees or people that are trying to gain muscle are making in their programs and when they start-off?

CB: Yeah, that’s a good question, and I think the number one thing is there’s not enough quality in the training. There’s often a higher quantity of training than there needs to be, and that simply means you’re working out for too long a period of time. You’re not training with enough intensity, is the word that most people are more familiar with. So, it’s too high in volume, not high enough in intensity, and that goes for both people who are trying to lose weight and who are trying to gain muscle. So, more with the people who are trying to lose fat.

It comes back to my whole thing about saying no to cardio. People are going into the gym and doing lame-ass workouts for a long period of time at a low intensity and expecting the fat to drop-off when it’s not going to happen. So, that, to me, is one of the major mistakes that people are making.

So, they need to increase the quality of their training. And that also goes for the quality of your exercises. So, you can certainly rank an exercise like a squat further ahead than some exercise like a leg extension. You're going to get more results in less time with a squat than you are in a leg extension. So, we're using higher quality exercises there.

That's the main mistake people make, is training with too much volume, too low intensity. And then another thing to consider is not having enough training variety in that they're doing the same workout over and over again.

I remember one gym I worked out at, this guy would come in and literally do the same resistance training circuit every day, the same thing, the same routine, the same order, the same weight. I mean, it was brutal. The guy was doing the same thing every day. And that, first of all, is not going to get you the greatest results. And second of all, it's also going to lead to overuse injuries, which I think is much, much more of the factor to consider than overtraining.

Everybody always loves to throw out the word overtraining, even though they have no clue what it really means or how you would actually even figure out whether you're over-trained or not. But, the real risk to people, especially those people who sit at a desk all day with bad posture, the real risk is overuse injuries. So, most people don't have enough variety and movement patterns. That's why the body weight exercises are more of a focus in some of my training programs these days. That's why I highly recommend that you stay active on your off days and do different types of movement and motion.

So, whether you just do like some dynamic warm-up exercises, some body weight exercises on your off day, whether you do yoga, even pilates. You're doing different stuff that you're not used to, and you're not doing it over and over again. So, going and lifting, I mean, I could go in and lift every day, six days per week. But, I know that I can't go in there and do that and not have an injury.

So, I limit my lifting to three days per week with the weights and make sure I do some other type of movement, whether it's just running, running different movement patterns, doing body weight exercises, maybe some kettlebell stuff, even just full days where I do 30 minutes of stretching. People need to have more variety within their week.

And then also, they need to have more change within their programs. And that just means... If you go to most beginners, they're doing the same thing for four or five months. They don't know any other exercises. They don't know any other routines. But, they should be changing those on a regular basis, four to six weeks, and that way they continue to get results and change things up.



So, that's a whole bunch of mistakes that people are making, without even going into nutrition stuff, which is really where the biggest mistakes are made as far as somebody who wants to lose weight.



RM: Yeah, that's kind of what I was going to lead into next is, do you recommend supplements to your clients or people you train?

CB: No, it's real food. I was just having a discussion on Facebook today. Somebody asked me recently on Facebook, "What do you think about not eating carbohydrates and fat together?" I was just... I'm just so anti-details in nutrition. I just think that people are so hung-up on nutrition details. And if you think about it, most people never put that stuff into practice. They just love filling their heads with so many structured details they can never ever keep up with. And then, if they look at their actions, it's not even anywhere close to all these things they believe anyways.

So, we just recommend that they eat what I call whole, natural foods, lots of fruits and vegetables, raw nuts. You can eat meat if you want. You can eat dairy products if you want. I don't care. Just make sure that at the end of the day, you're definitely

consuming fewer calories than you need if you want to lose fat. And you're also consuming as many fruits and vegetables as you can.

There are very, very few people who are eating as many fruits and vegetables as they really need to. And so, I mean, you should be in the double digits for servings per day of those combined. But, I mean, I can't even imagine what the percentage of Americans that are reaching that would be. It's probably less than 10%.

So, most people are hung-up on the wrong stuff, and they're hung-up on the details. You get people out there talking about, "Don't eat fruit because it will stop you from losing fat". Junk like that, I mean, you're stopping a person from eating fruit? Meanwhile, the person who probably said it is eating a 400 calorie muffin from Starbucks or something. So, there's so much ridiculousness in this nutrition information that's out there. I just really want to simplify it.

Going back to that Facebook conversation today, someone mentioned this book, I have yet to read it, but the book is called In Defense of Food, and the guy's name is Michael Pollan and his six word summary is, "Eat food, not too much, more plants." Or, something like that. So, it's like a seven word summary. But it's just, don't eat more than you need, eat as many calories as you can from fruits and vegetables and raw nuts and plant foods, and just don't eat too much. I mean, that's the bottom line. It doesn't matter if you combine certain foods or if you eat fruit, you just can't eat too much. The only way you're going to eat too much is if you're eating the processed junk. So, keep the stuff from a bag and a box out of your body as much as possible and you'll be all right.

RM: Yeah, I think one of the best pieces of advice that I've ever heard was shop the perimeter of the grocery store and cook your meals on Sunday. I think those two things helped me out more than anything that I've ever read or seen.

CB: Yeah, planning ahead is a huge, huge thing, because it's all well and good for me to say, "Eat lots of fruits and vegetables." But, if I tell you that now and you haven't gone shopping for three days and you got to eat something between now and 9 PM because you have a meeting all afternoon and then you have to go home and take your kids to practice or something and you don't get home until 9 o'clock. I mean, that doesn't do a whole lot of good when your options are driving by certain fast food joints.

So, not to say that you can't eat okay at fast food joints, you just have to know what you're going to go in and look for, and not make what I call "panic decisions" which even the best of us can make if we're not planning ahead.

So, plan, like you said, on the Sunday or the Saturday or if you have any other free day, maybe some evening you do a lot of cooking and a lot of preparation and just make sure that you're keeping the right foods in stock as much as possible.

RM: In your Turbulence Training program and in the ebook, do you go over like a detailed nutrition session, kind of lay things out for people?

CB: Yeah, we have an extra nutrition bonus that goes along with it. And then we have some more advanced stuff as well for people that want to step it up to the next level. But, we have something from a guy named Dr. Chris Moore, who's put together an excellent primer nutrition program for the beginner/intermediate person to help them lose fat. Because, the most important thing for fat loss at the start is nutrition, and if people don't have that at the start, it doesn't matter how good a workout is. They're going to have a tough time.



*Mike Westerdal & Craig Hanging Out With Fitness Friends In Mexico*

RM: One of the things I always hear and I've interviewed a lot of coaches and trainers so far in doing this little project, but pretty much everybody's trying to gain muscle, but they still look like a fat slob. I think more people could benefit from losing fat first and then kind of letting their body level out, would you say? And then seeing where they need to go from there as far as... Most people that I see jump on building muscle and get in the gym, start pumping the weights and they never actually take nutrition seriously and they end up with a little more muscle, but the same amount of fat and you can never see it.

CB: Well, I think it depends on an individual basis, because in my experience I get a lot of emails from guys who are, I would say like 5'8". That's my height, and you know they're 145 pounds and they're talking about losing fat. But, where are you going to go when you're 145 pounds at 5'8" and you think you have to lose 10 pounds of fat to see your abs? I mean, what are you going to be, 130 pounds at 5'8"? You're going to look like crap. I mean, you're already going to look like crap at 145.

So, I actually see, in my experience, more people that are in the opposite extreme in that they are focusing on losing fat when they're already too skinny. And you have to understand that bodybuilding, just for a general term here about what we're all trying to do, building our bodies and making them better. It's very much based on illusions. So, you can have 12% body fat and 190 pounds at 5'8" and look pretty darn good. But, if you have 12% body fat at 145 pounds at 5'8", you're going to look terrible because you have no muscle. You have no muscle in there helping the illusion that you look muscular.

I mean, it's not really an illusion when you are muscular at 190 pounds with 12% body fat. But, there's just nothing there when you're 145 pounds. So, it's going to depend on the person.

So, in that situation we've got to get that person building muscle. Otherwise, they're going to... I mean, that's a vicious cycle. Trying to lose weight at an underweight position, you're just going to end up at 130 pounds thinking you've got to lose more weight, and you're just going to look terrible.

But then, on the other hand, the guys you talked about, if you're 25% body fat, yeah, you probably shouldn't be focusing on building muscle and eating extra calories. I mean, that's with the nutrition. Your training program's not going to be too much different. You're going to do some total body resistance training, which will help you build muscle. If you're a beginner, you can do the muscle building and fat burning at the same time. If you haven't done anything in a long time and if you haven't trained in a long time and if you're eating such garbage like McDonald's every day. You're the type of person who literally can completely change your body by building muscle and burning fat at the same time.

But, if you're 25% body fat and you've been training for a while and it's really just your nutrition that needs to change and maybe add some interval training in there, that's what I would do and not focus on eating extra calories. But, you will be able to maintain that muscle. You won't lose it as long as you're training with weights. It's almost impossible to lose muscle mass unless you are like eating 500 calories a day. So, you're going to maintain that muscle mass, you're going to drop that body fat and you're going to be better off doing it, like you said.

RM:           Awesome. That was huge right there, that last bit, for helping people out.  
Thanks a lot for that.



CB:           I hope so.

RM:           Going back more on, I guess, your workouts. I listened to a few of your interviews from a couple of different people that you've done, and I know when you were at the university you kind of came across the whole Turbulence Training philosophy because you were short on time and you had to work out and you had to start combining things. Can you expand on that a little bit and what you did for your own workouts to stay in shape while you were really, really busy?

CB:           So, back then, when I was in college or university, or whatever you want to call it, before this time when I was stuck in the lab I was in there five or six days per week, and probably an hour and a half total training time. But then, as soon as we got down that one study with the guys who did the androstenedione program, and they did weight training, we took a lot of blood from them. So, I had to be up in the lab and I was using this thing called a gamma counter and we were running amino acids and trying to figure out how much testosterone was in their blood and that type of stuff.

And so, this thing was running from like 7 AM to like 11 PM, and I was preparing the blood first thing in the morning and then putting it into this thing and it would take like 45 minutes to do its thing and spit out the results. And so, everything was kind of overlapping.

And then around mid afternoon in would get to the point where I wasn't preparing the blood anymore, but I was just running that machine. And so, you put it in for 45 minutes and then you kind of just have a break. So, I had a 45 minute break in the middle of the day and I was doing this, it was like two weeks straight that I was doing this stuff. So, I had to figure out something, because I wasn't really looking forward to not training at all.

So, what I did was knowing what I knew from the resistance training studies and from everything that I'd been reading, and I mean, I was reading like 100 resistance training studies to prepare for the study that we did, and plus from training people all the time. I knew the exercises and from training since I was 16.

I put together the super sets and the interval training I knew from athletes and also from additional studies I'd been reading. And I ran over to the gym in like five minutes and trained in like 30 minutes and got cleaned up and got back to the lab in 45 minutes. It was that day that I realized what I would have to do in order to get that workout done in such a short amount of time.

And then that was right before I started doing stuff for Men's Health and that was the audience that wanted that same information. And then the next year I got the questions in from the guys all the time about how do I get great results in a short amount of time. So, that was the catalyst for it.



RM: Awesome. And do your workouts pretty much stay the same now as they were then? Or, did you change anything up now days?

CB: Well, now I do quite a bit more lifting. Like today's workout was all lifting. I don't do a whole lot of interval training anymore on my lifting days. Maybe I'll do two interval training sessions on off days, because I don't need to lose weight, and I want to continue to get stronger.

So, today I went in and did power cleans and then I did... I still do those super sets as much as possible. So, I did bench press and front squat super set and then pull-ups and hamstring curl super set. Those are what I call non-competing because your upper body rests while your lower body works on those super sets. So, that's what I do now for my training. And because the weights are heavy, they're much more...not maximal, but I'm not happy just to do eight to twelve repetitions and not recover enough in between sets. That's the way the Turbulence Training is. We're not gaining maximal strength in Turbulence Training, but in my programs, I want to focus a little bit more on strength.

So, I take a little more rest in between sets than I recommend in the Turbulence Training. And that's why my resistance training sessions end up being about 40 minutes, whereas the total Turbulence Training workouts are the resistance and the interval training, is 40 to 45 minutes.

So, they're different in a way, but also similar.

RM: Awesome. You talked a lot about power cleans and front squats, you're a big component of the full body...basically mass builders, I guess you could call them: squats, dead lifts.

CB: Yeah, they're efficient exercises. Right? I mean, that's the great thing about resistance training, is that you don't need to spend 40 minutes in the gym, three times per week, or six days per week to get some really good results. Because, the movements are very efficient, meaning they do a lot of...they get a lot of results in a very short amount of time.

People that are always worried about...they skip a workout because they only have 20 minutes and they think that they have to go and workout for 45 minutes or longer. But, if you just went in and did nothing but dead lifts for 10 minutes, I mean, you would have trained your entire body so much better than most people get out of a circuit routine in 30 minutes.



So, you can really get a lot of results in a short amount of time with resistance training. And as far as health and fat loss goes, muscle maintenance in the fat loss programs, you don't need a lot of resistance training. You just need to have the stimulus applied to the body, to the muscles that says, we need this muscle mass, so we're applying this stimulus so you have what's called protein turnover and the muscles stay the same.

If you don't have resistance training stimulus applied to that, and you just diet, then there's not stimulus to the muscle fibers to stick around. So, that's when people lose muscle. But again, you don't need a huge amount of stimulus. You don't need four exercise with four sets of each for your chest to maintain your muscle mass, like those old school bodybuilder programs that wreck your shoulder. You don't need that much training. It's very, very efficient and that's why that one set to failure stuff actually does work for people. Because, it's that one set of stimulus, of maximum stimulus to the muscle.

You have to understand that the bodybuilding and the interval training and the fat loss, it's all about the stimulus that is applied in the training session and then what is allowed to happen in recovery.



<http://criticalbench.com/goto/TT>

RM: Awesome. Yeah, I remember reading on T-Nation...I think it was Dan John. He did the One Lift a Day program, like non-competing. You did an upper body one day, lower body the next. You just picked one exercise and you worked it for 30 minutes. And he had a bunch of, I guess you'd say haters, people that didn't believe in it. I was



thinking to myself, if you just did squats for 30 minutes, I mean, why in the world would you want to do anything else? I'd want to go home and sleep.

CB: Yeah, I mean, if you did...30 minutes of squats would be way too much for most people. I mean, after you did a warm-up and you did 10 minutes of squats... I've always thought about, if my life ever gets so busy where I only have 20 minutes to go in, I mean, what could be better than doing that? I would prefer if you maybe added some chin-ups. Do squat, chin-ups, squat, chin-in, that sort of thing.

I bet you most people would have just as good of bodies if they did that than if they went and did all these crazy things that people do in the gym for like 45 minutes.

RM: Yeah, there's some crazy stuff out there now days.

Going back on you program, what kind of results can somebody expect from purchasing your program? Is there stand-outs that you see a lot of? I know you have tons and tons of testimonials on your site, but is it kind of always the same thing, people see the same results?

CB: Well, I would say that the people who often see the best and fastest results are the ones who are making those mistakes that we talked about earlier, the main one being people who are just doing low intensity, long workouts, lots of cardio. Those people that make the change over to Turbulence Training are the ones that often see the results the fastest.

In terms of people that do that, it's often women that see results the fastest that way. And then with guys, it's if they clean up their diet they see amazing results really quickly. So, for the men, the guys who get the greatest results are the guys who are in the worst possible shape.

But also, I think people really get a lot of benefit not only in how they look, but in how they feel, really quickly from body weight exercises. Because, if you think of the average person in a mega-gym. So, I'm not talking about someone who might be listening to this call. I'm not talking to someone who's like even read three articles on T-Nation or something. Those people are so much more advanced than the average person that goes into like a Lifetime Fitness or whatever the chain is, and goes in and does cardio for like 40 minutes and then does some kind of half-assed resistance training.

Those people are so much in the dark age of training that when they switch over, if they ever get enlightened or even do body weight exercises alone, I mean, it's a whole new world. It's like this enlightening for them. They feel entirely different because their training routine that they usually do is barely knocking them out of their comfort zone.

And that's where I got the phrase 'Turbulence Training'. We're putting the turbulence on the body to knock it out of the comfort zone. And then during the recovery period, it has to work a lot harder, burn more calories so that it adapts more.

So, those are the people that are going to get the results, the people that have just spent way too much time in their comfort zone in their training. They switch over to the Turbulence Training which is an entirely different way of training for most people.

We get a lot of people who kind of are on that same mentality, those readers of Dan's article about how could that possibly work? How could doing a one-leg hip extension possibly work better than me sitting in the leg press? It's not really that you can compare the two. It's a completely different movement, completely different benefit. But, they're like, "Oh, my God. It's really, really hard for me to lie down and do this single hip extension."

When I've trained people a lot in person, the beginners were on the floor for 30 or 40 minutes. I mean, the entire workout was done with them either on their stomachs or on their backs. They had a very, very hard workout just manipulating their body weight, a little bit of stability ball stuff, on the ground.

If you told somebody who's been working out at Lifetime Fitness for three years, for 90 minutes a day, five days per week with machines, you told them, "Oh, I'm going to train you for 40 minutes on the ground. It's going to be harder than anything you've done before." You're not going to get a lot of belief. So, those are the people that, when we finally get them over to the dark side, they learn pretty quickly that there's a whole new world of training that they don't know about. It's not just the physical changes in appearance, but also the physical changes in how their bodies move and function.

So, those are the people that you see the results in quite quickly. And one other aspect, Turbulence Training isn't just a workout program, it's what I call lifestyle. So, we have the social support aspect of it, which is the forum that we have, which people get free access to for a month or three months, depending on what promotion we have going on. But, that's where you get your consistency, because most people who will pick up a magazine or do a New Year's resolution, they don't tell anyone because everybody that they tell would just be so negative and would knock them off sooner...

**"With Craig Ballantyne's Revolutionary  
*Turbulence Training System*, You Can Now  
Lose Fat While Gaining Muscle At The Same  
Time With Just 3 Short, (But Intense) Home  
Fitness Workouts A Week"**

***Say Goodbye To Long, Slow Boring Cardio Exercises  
and Start Incinerating Maximum Fat In Minimum  
Time With Killer Workouts You Can Do In The  
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