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www.TurbulenceTraining.com

31-DONE For You **Turbulence Training**

BOOT CAMP WORKOUTS

**The Proven Bootcamp Workout
System for Fast Results**



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.

Thank you for investing in your copy of the Turbulence Training Bootcamp Workouts. The workouts are going to save you time and make you money, no matter what your training experience. If you are a beginner, the "Done for You" workouts will allow you to get up and running and creating a side income (if not a full-time income) within days.

If you are an advanced trainer, it always helps to brainstorm with other expert trainers to see their approach to bootcamp workouts. Even the most veteran bootcamp instructor will find a boatload of bootcamp tips and tricks in these workouts. And all you need is just ONE really cool workout secret from these bootcamp workouts to keep your campers coming back and referring others to make back your small investment in your education.

Plus, no matter what your training experience level, the ideas in this bootcamp book show you how to train folks with little to no equipment, so you'll save big bucks by having these workout secrets rather than thinking you need to run out and buy the latest fitness gadget.

But just one more thing...and this is very important. Just a little legal matter...

NOTE!

Turbulence Training is a registered trademark and you do NOT have permission to use the name Turbulence Training in your marketing materials for your bootcamps.

This manual does not imply endorsement of your bootcamps and it doesn't convey any type of Turbulence Training certification. It is simply a book of exercise ideas and "done for you" workouts that you can apply immediately in your bootcamps. Thank you for your understanding.

Looking forward to your success!

Your friend and coach,

Craig Ballantyne, CSCS, MS,
Author, TT Bootcamp 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 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, please follow your Doctor's orders.

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What's New in the TT Bootcamps 2K10 System

Wow, what a year it's been since the original TT Bootcamps program was released. So many people have started up bootcamps and others have rocked out their already-rocking bootcamps to the max. This is exciting stuff, and I'm very proud of everyone.

Of course, other folks have just used the TT Bootcamp workouts for their own personal results, and that is awesome too. It's amazing to hear from guys and gals who have used the TT Bootcamps programs in their basement, in a hotel room, and even at the park.

In the TT Bootcamps 2.0 edition, you'll get new exercises, new interval training methods, new workout set-ups, and new program systems. Plus, if you're a personal trainer, you'll also get powerful new marketing strategies and client attraction secrets from some of the most successful bootcamp professionals in the world. Killer content here we come!

With over 31 TT bootcamp workout ideas, you'll keep your programs fresh, exciting and effective for a long, long time. You'll also notice there are a lot more themed workouts in this year's edition, such as the 3-workout series for Booty for Life Bootcamp, or the Beach Body Bootcamp, and there's also the 3-workout TT for Abs Bootcamp program.

You could use one of those workouts each month, or rotate through all three in one week and repeat that (with some slight variations) for a month if you want to have a themed bootcamp for 4 weeks. This is a killer way to get folks who are hyper-sensitive about improving a body part such as their butt or abs.

One other really interesting workout that you'll get is the TT Bootcamp Physical Testing workout. This is a fitness assessment disguised as a workout. Now of course, it's not a full replacement for having a one-on-one session with a new client, but it's a great way to assess current performance levels – and you can repeat this on a monthly or quarterly basis in order to see how everyone is improving. It will bring out the competitive spirit!

So get ready for the TT Big 6 Circuit, the ADVANCED TT Adrenaline Bootcamp workouts, the TT Abs Bootcamps, the new 300 Workout Bootcamp challenges, and the world-premier of the TT Big 7 Circuit for Fat Burning, and much, much more.

Enjoy!

Your friend and coach,

Craig Ballantyne, CSCS, MS
Author, TT Bootcamps

10 Tips for You and Your Clients to Train SAFE!

It is very important for all of us to train conservatively and not overdo things.

- 1) Don't do any exercise that you aren't sure how to do. Always get personal instruction from a certified trainer.
- 2) Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement. Just ask me for help on the Turbulence Training forum for substitutions at www.TTmembers.com.
- 3) Whenever you start a NEW program, use less volume and lower intensity than normal. You must expect extra soreness when starting a new program just because of the new exercises, so don't try to set world records in a new program right away.
- 4) If you need extra recovery within the workout or between workouts, don't hesitate to take it. **Safety first.**
- 5) Use proper exercise form and train conservatively in all workouts.
- 6) Check your ego at the gym door and start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
- 7) Do NOT do interval training more than 4 times per week. Even pro athletes don't play hard everyday, so why should we?
- 8) Never skip a warm-up. Use the general bodyweight warm-ups and the specific warm-up sets in each Turbulence Training Bootcamp Workout.
- 9) If you want to start TT but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise program.
- 10) Check with your doctor before starting any new exercise or diet program. All together now, **"Safety first!"**

Bonus 11) If you decide to use running as your form of interval training, make sure you have good running shoes, always do an extra thorough warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete). If you use a treadmill, please operate it safely. **Do not do TT Bootcamps on pavement or concrete.**

TT Bootcamp 2.0 Workout Program 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.

- Bootcamp workouts can be done 3 days per week.
- You can use a new bootcamp workout each time, or you can pick 3-4 workouts and rotate through them over the course of 4 weeks for targeted results.
- All exercises should be done at a controlled pace unless specified.
- All exercises are done for time rather than repetitions because of the differences in fitness levels across campers.
- If you need to make the workouts easier, simply reduce the number of times you go through a circuit (i.e. only go through a circuit once rather than twice) and take MORE REST between exercises and circuits.
- Be conservative. Focus on perfect exercise form.
- Each workout starts with a warm-up. Do NOT skip the warm-up.
- Finish each workout with stretching for the tight muscle groups.
- For substitute exercises, please place your questions on the forum at www.TTmembers.com & watch the workout videos for proper exercise form demonstration.
- **Do not do TT Bootcamps on pavement or concrete.**

Turbulence Training Bootcamp 2.0 Workout Guidelines

The new Turbulence Training Bootcamp 2.0 Workouts program requires little equipment and the workouts can be done inside or outside, but do **NOT perform TT Bootcamp Workouts on pavement or concrete.**

The TT Bootcamp total body warm-up uses a series of multi-muscle exercises to specifically prepare the muscles and joints for the following exercises.

The strength exercises follow the warm-up and are done at this time when the muscles are not fatigued. In a few TT Bootcamp Workouts, strength exercises are done later in the workout and you should decrease the intensity accordingly. After the strength exercises comes the circuits focusing on moderately difficult exercises. Three circuit methods have been included, however not all TT Bootcamp Workouts contain all three methods. Most workouts only use 1-2 different circuit methods.

The first circuit is the classic TT Big 5/6/7 Circuit method. The order of this circuit is (jumps), squat, push, pull, single-leg, and total body ab exercise (or finish with an interval). Due to a lack of equipment, the “pull” exercise is often replaced with a squat that also trains the upper back (i.e. Prisoner Squat or Y-Squat) or the Stick-up exercise. If you have equipment such as a kettlebell, dumbbell, or resistance bands, you can use traditional pulling exercises such as rows.

The second circuit method is the new TT Depletion Workout template. The order of this circuit is jump, push, squat, push, single leg, total body ab exercise, and finishes with some type of sprint or explosive exercise (i.e. run in place, jumping jacks, etc.).

The third circuit method is the timed intervals protocol using bodyweight exercises such as squats, pushups, planks, lunges, etc. Timed intervals are often done for 20 seconds with 10 seconds of recovery. To add difficulty, we can do the 10 seconds of recovery by holding the exercise in a difficult position. You can also use different time periods, there is nothing magic about the 20 seconds on, 10 seconds off duration.

After the circuits comes ab training using total body ab exercises. There are no crunches in the Turbulence Training Bootcamp 2.0 Workouts. In two of the workouts below, extra abdominal work has been added for variety. Your clients will love those workouts!

Finally, you have the option of using the Fun’n’Games to finish off the program. In my experience, clients love the “follow the leader” game as well as the chance to lead the group for a few moments. Once in a while you can insert the Fun’n’Games after a warm-up, if your clients really love this routine.

Remember: The key to a great class is to “bring the energy”. Your clients are there for a fun workout and to escape the stress of the real world. They don’t care about equipment – they only care about results and having a great experience!

Turbulence Training Bootcamp 2.0 Workout Template

In the following Turbulence Training Bootcamp 2.0 Template, you'll discover the simple system I've used time and time again to do bootcamps with men and women for fat loss, seniors for strength training, athletes for sports performance, and even high school kids.

I'm giving you the exact step-by-step template for you to use and insert exercises as you see fit. Of course, there are also the 31 "Done-For-You" Bootcamp workouts that will keep you busy for months of profitable bootcamps. **I can't wait to hear about your success story. But back to the template...**

Each workout should be performed in a specific order (as outlined above) unless I have made an exception (which we do in some cases for variety, but the rest of the workout is adjusted to accommodate for the "pre-fatigue").

In the template below, you'll see how I have built the workouts based on the various exercises that fit each bootcamp training system. For warm-ups, we use moderate intensity total-body exercises. Of course, if your clients need additional warm-up, do not hesitate to provide. The template is flexible.

The strength portion is a key component lacking or disregarded in the majority of bootcamps. Strength should be done when the client is "fresh", not "fatigued". But so many trainers get it backwards. That's why I had to put together these workouts. You can sub out jumps and replace with bodyweight squats if needed.

You'll see the exercises that you can and should choose for strength circuits. Of course, you may need to modify the intensity based on the strength level of your campers. When in doubt, choose the most conservative exercise available. You can always increase the difficulty, but there is little you can do if you choose something TOO HARD to start!

Train hard but safe at ALL times!

Finally, the Turbulence Training Bootcamp 2.0 workouts finish off with a variety of circuits, abdominal exercises and even some "Fun'n'Games" that your campers will love.

These are simple ways for you to **"bring the energy!"** and get the campers involved in dictating the workouts to a slight degree. You can also use the Fun'n'Games for competitions and to reward and recognize campers for their effort.

Energy, recognition, and variety are the keys to building an incredible bootcamp experience. Remember, your campers want to come to a place where they can forget about their work and home-life stress. **Make your bootcamp their NEW "3rd Place!" in their lives, just as Starbucks did with their stores. BRING THE ENERGY!**

Turbulence Training Bootcamp 2.0 Template

Warm-up – Pick one exercise from each row

Jumping Jacks – Prisoner Squat – BW Squat – Y-Squat – Chops – Jump Rope
“Easy” Pushup – Plank – Downward Dog Pushup – Mountain Climber – Inchworm
Stick-up – Cross Crawl – Bird Dog – Waiter’s Bow
Split Squat – Lunges (Forward, Diagonal, Reverse) – 1-leg Hip Extension
Run in Place – Shuffle – Squat Thrusts – Duck Unders – Leg Swings

Strength Supersets & Circuits – Pick one exercise from each movement

Jumps (Can be replaced by bodyweight squats if needed)

- Vertical Jump & Stick
- Vertical Jump
- Long Jump
- Calf Jump
- Tuck Jump
- Side-to-Side
- Lunge Jump
- Burpees
- Double Burpees

Pushing

- Kneeling Pushup
- Pushup
- Plank-to-Pushup
- Close-grip Pushup
- Grasshopper Pushup
- Elevated Pushup
- Off-set Pushup
- Pike Pushup
- Pushup Plus
- Extended Pushup
- T-Pushup
- Decline Pushup
- Spiderman Pushup
- Spiderman Climb Pushup

Single-leg

- 1-Leg Hip Extension
- Split Squat
- Forward Lunge
- Reverse Lunge
- Diagonal Lunge
- Reaching Lunge
- Bulgarian Split Squat
- 1-Leg Deadlift
- 1-Leg Squat
- 1-Leg Bench Squat
- Lateral Lunge

Turbulence Training Bootcamp 2.0 Template

Conditioning Circuit #1 – TT Big 5 Circuit (Choose one exercise per movement)

- Squat
 - BW (Bodyweight) Squat
 - Prisoner Squat
 - Y-Squat
 - Sumo Squat
 - Siff Squat
 - Split Squat
 - Bulgarian Split Squat
 - Lunge
 - 1-Leg Deadlift
 - 1-Leg Squat
- Pushing
 - Any pushup
- Pull
 - If equipment is available use pull-ups, chin-ups, bodyweight rows, dumbbell rows, kettlebell rows, resistance band rows, etc.
 - If no equipment, use an “upper back squat”, such as the Y-Squat.
- Single-Leg
 - 1) Any single-leg exercise.
- Total Body Abs
- Plank
- Side Plank
- Plank on 1-Leg
- Plank to Pushup
- Mountain Climber
- Cross-Body Mountain Climber
- Spiderman Climb
- Stability Ball Ab Exercises (if you have access to a Stability Ball)

Conditioning Circuit #2 – TT Depletion Circuit (Choose one exercise per movement)

- 1) Jump (or Kettlebell Swing or Dumbbell Swing or Med Ball Woodchop)
- 2) Pushing
- 3) BW Squat
- 4) Pushing
- 5) Lunge
- 6) Total Body Abs
- 7) Run in Place

Turbulence Training Bootcamp 2.0 Template

Conditioning Circuit #3 – Timed Intervals (20 seconds work + 10 seconds rest x 8 rounds)

- Jumps
- Squats
- Pushups
- Planks plus Side Planks
- Lunges
- Squats plus Pushups

Total Body Abs Circuit – Choose 3 total exercises

- Plank Variations
- Mountain Climber Variations
- Stability Ball Exercise Variations (if applicable)

Fun-n-Games! (Use one fun game to finish off the workout for 5-10 minutes)

- Follow the leader
 - One person (you or a chosen camper) stand in front of the group and move forward, backward, and laterally using a variety of different movement patterns including shuffles, high knees, lunges, pushups, etc.
- You call the shots
 - One person (you or a chosen camper) stands at the front and points in certain directions. The campers move in that direction. You can designate a movement for a direction (i.e. lunge backward, shuffle right, hop left, etc.).
- Partner shadow drills
 - Pair up campers face to face in marked off 15x15 spaces. One person is the leader and can move forward, backward, laterally and diagonally while the other person mirrors their movements. Switch the leader every 30 seconds.
- Bodyweight 200 Challenges
 - A few variations have been added to TT Bootcamp Workouts.

Cool-down & Static Stretching

- Use this time for praise and recognition of your campers. In addition to bringing the energy and offering them an “escape” from the real world, your campers also want recognition for a job well done!

TT Bootcamp Workout #1 – Beginner Bootcamp

Warm-up (20 seconds per exercise) – 5 minutes

- Cross Crawl
- Jumping Jacks
- Kneeling Close-grip Pushup
- Lying Hip Extension
- Plank
- Arm Crosses
- Rest 1 minute before repeating 1 more time. Add rest between exercises as needed.

TT Strength Circuit (20 seconds per exercise) – 10 minutes

- 1-Leg Lying Hip Extension (20 seconds per side)
- Kneeling Pushups or Regular Pushups
- Mountain Climber
- Bird Dog
- Rest 30 seconds between exercises.
- Rest 2 minutes before repeating the circuit 1 more time.

Water Break – 2 minutes

TT Big 5 Circuit Conditioning (20 seconds per exercise) – 10 minutes

- Total Body Extension
- Pushup Plank Hold
- WYT on Stability Ball or Stick-up
- Split Squat – hand on wall or partner for balance (20 seconds per side)
- Side Plank (20 seconds per side)
- Rest 2 minutes between circuits and repeat 2 more times.

Water Break – 2 minutes

TT Fun-n-Games! – 5 minutes

- Follow the leader (take a 30 second break every minute)

Cool-down & Stretching & Water Break – 10 minutes

TT Bootcamp Workout #2 – Beginner Bootcamp with Stability Ball

Warm-up (20 seconds per exercise) – 5 minutes

- Jump Rope
- Duck Under
- Kneeling Pushup
- Stability Ball Hip Extension
- Side Plank (20 seconds per side)
- Bird Dog
- Rest 1 minute before repeating 1 more time. Add rest between exercises as needed.

TT Strength Circuit (20 seconds per exercise) – 10 minutes

- Prisoner Squat
- Kneeling Elevated Pushups or Regular Elevated Pushups (15 seconds per side)
- Modified Stability Ball Rollout
- Rest 30 seconds between exercises.
- Rest 2 minutes before repeating the circuit 1 more time.

Water Break – 2 minutes

TT Depletion Circuit (20 seconds per exercise) – 10 minutes

- Total Body Extension
- Pushup Plank
- Prisoner Sumo Squat
- Mountain Climber
- 1-Leg Lying Hip Extension (20 seconds per side)
- Kneeling Ball Plank
- Run In Place
- Rest 2 minutes between circuits and repeat 2 more times.

Water Break – 2 minutes

TT Fun-n-Games! – 5 minutes

- You call the shots (take a 30 second break every minute)

Cool-down & Stretching & Water Break – 10 minutes

TT Bootcamp Workout #3 – Intermediate Bootcamp

Warm-up (20 seconds per exercise) – 10 minutes

- Jumping Jacks
- 1-Leg Hip Extension (20 seconds per side)
- Plank
- Arm Crosses
- Kneeling or Regular Pushup
- Prisoner Squat
- Leg Swing (20 seconds per side)
- Bird Dog
- Rest 1 minute and repeat 1 more time.

TT Strength Circuit (20 seconds per exercise) – 5 minutes

- Split Squat (20 seconds per side)
- Kneeling Close-Grip Pushup or Regular Close-Grip Pushup
- Side Plank (Hold as long as possible for each side)
- Rest 2 minute before repeating 1 more time.

Water Break – 2 minutes

TT Big 5 Conditioning Circuit (20 seconds per exercise) – 10 minutes

- Prisoner Sumo Squat
- Off-set Pushup (10 seconds per side)
- Band Row or Stick-up
- 1-Leg Lying Hip Extension (20 seconds per side)
- Mountain Climber
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Depletion Circuit (20 seconds per exercise) – 10 minutes

- Run in Place
- Pushups
- Walking Lunge (40 seconds)
- Spiderman Climb
- Total Body Extension
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Fun-n-Games! – 5 minutes

- Partner Shadow Drills (20 seconds on, 20 seconds off)

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #4 – Physical Testing Bootcamp

Warm-up (20 seconds per exercise) – 10 minutes

- Run in Place
- Jumping Jacks
- Leg Swings (20 seconds per side)
- Plank
- Duck Under
- Arm Crosses
- Kneeling or Regular Pushup
- Bird Dog
- Rest 1 minute and repeat 1 more time.

NOTE: Make sure everyone is properly warmed up. If you aren't comfortable with any exercise, skip it. Take as much rest as needed between exercise tests. Train SAFE.

Test #1 – Jump

- Choose a jumping exercise suitable for each person's fitness level. Make sure the course is safe and always be conservative. A sedentary beginner would do as many jumping jacks as possible in 30 seconds. An intermediate fitness level might do as many side-to-side jumps as possible in 30 seconds. An advanced fitness level might do 3 long jumps for total distance or you could test vertical jump if possible. An alternative to jumping would be a medicine ball throw for distance.

Test #2 – Short Sprint

- Choose a short distance (20-30 meters) and time everyone's short sprint ability. NOTE: Make sure everyone is properly warmed up. If you aren't comfortable with any exercise, skip it. Make sure the course is safe and always be conservative. Allow everyone to have two attempts to complete the course in as little time as possible.

Test #3 – Agility

- Set up a short agility pattern that includes running forward, shuffling sideways, and running backward. Make sure the course is safe and always be conservative. Allow everyone to have two attempts to complete the course in as little time as possible.

Test #4 – Lower Body Strength

- Choose a single-leg exercise suitable for each person's fitness level. A sedentary beginner would do as many reps as possible in the lying 1-leg hip extension. An intermediate fitness level might try as many 1-leg deadlifts as possible on a strict 3-0-1 tempo. An advanced fitness level might do as many 1-leg squats onto a bench as possible on a strict 3-0-1 tempo.

Test #5 – Upper Body Strength – Push & Pull

- Choose a tough pushing and pulling exercise suitable for each person's fitness level and have them perform as many repetitions as possible in 30 to 60 seconds.

Test #6 – Lower Body Endurance – Optional

- Have everyone hold a Wall Squat in the bottom position for time.

TT Bootcamp Workout #4 – Physical Testing Bootcamp

Test #7 – Upper Body Endurance – Standard Pushup

- Have each camper do as many repetitions in the standard pushup (or kneeling pushup) as possible. This is done for maximum reps, not time.

Test #8 – Abdominal Endurance

- Have each camper hold the plank for as long as possible with perfect form. For variation, you can use other versions of the plank – such as Stability Ball Plank, Decline Plank, etc.
- After the regular plank, have repeat the test for the Side Plank for each side.

Test #9 – Aerobic Fitness – OPTIONAL

- If you have access to the “Beep Test”, you could use this here. Alternatively, if you want your campers to dislike you, you could do a 12-minute run or 1.5 mile run. Personally, I’d just skip this section.

Test #10 – Anaerobic Fitness – OPTIONAL

- I’d actually do this one...and yes, they won’t like you for it either...
- Set up a 10-20 meter shuttle run area.
- Have campers perform the shuttle run for 30 seconds (record distance completed). Rest 60 seconds and repeat. The goal over time is to improve the distance in both shuttles, but also to improve anaerobic fitness so that the drop-off in distance of the 2nd shuttle is decreased.

NOTE:

- Again, always train safe. Never do any test you aren’t comfortable with OR any test that makes your campers hate you and quit your bootcamp. I just wanted to throw this one out there to stimulate your creativity for doing testing, increasing the competitive spirit within your campers, and getting them motivated to see improvements in measurements besides inches lost.

TT Bootcamp Workout #5 – TT Big 6 Circuit Bootcamp

Warm-up (20 seconds per exercise) – 10 minutes

- Run in Place
- Leg Swings (20 seconds per side)
- Spiderman Climb
- Prisoner Lunge (20 seconds per side)
- Pushups
- Stick-ups
- Rest 1 minute and repeat 1 more time.

TT Strength Circuit (20 seconds per exercise) – 5 minutes

- Vertical Jump
- Decline Pushups
- 1-Leg Deadlift
- Rest 2 minute before repeating 1 more time.

Water Break – 2 minutes

TT Big 6 Conditioning Circuit (30 seconds per exercise) – 10 minutes

- Side-to-Side Jump
- Prisoner Squat
- Close-grip Pushup
- Band Row or DB Row or Bodyweight Row or Stick-up
- Reaching Lunge (30 seconds per side)
- Side Plank (30 seconds per side)
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Big 6 Conditioning Circuit (30 seconds per exercise) – 10 minutes

- Jumping Jacks
- Split Squat (30 seconds per side)
- Band Row or DB Row or Bodyweight Row or Stick-up
- Off-set Pushup (15 seconds per side)
- Lateral Lunge (30 seconds per side)
- Cross-Body Mountain Climber
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Abs Circuit (20 seconds per exercise) – 5 minutes

- Inchworm
- Side Plank Leg Raise (20 seconds per side)
- Mountain Climber
- Rest 2 minutes before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #6 – Big 7 Circuit Bootcamp

Warm-up (20 seconds per exercise) – 10 minutes

- Jump Rope or Jumping Jacks
- Total Body Extension
- Mountain Climber
- Diagonal Lunge
- Leg Swings
- Arm Crosses
- Close-Grip Pushups
- Rest 1 minute and repeat 1 more time.

Water Break – 2 minutes

TT Strength Circuit (20 seconds per exercise) – 5 minutes

- Burpees
- Reaching Lunge (20 seconds per side)
- Spiderman Pushup
- Rest 2 minute before repeating 1 more time.

Water Break – 2 minutes

TT Big 7 Conditioning Circuit (30 seconds per exercise) – 10 minutes

- Repeated Vertical Jumps (20 seconds only)
- Siff Squat
- Eccentric Pushup (5 second lowering phase per rep)
- Pullup or Chinup or DB Row or Stick-up
- Touchdown Forward Lunge (30 seconds per side)
- Inchworm
- Shuttle Run
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Big 7 Conditioning Circuit (20 seconds per exercise) – 10 minutes

- Side-to-Side Jump
- Bulgarian Split Squat (20 seconds per side)
- Stability Ball WYT or Band Row or Bodyweight Row or Stick-up
- Grasshopper Pushup
- 1-Leg RDL (20 seconds per side)
- Stability Ball Rollout or Spiderman Climb
- Jumping Jacks or Run in Place
- Rest 2 minutes before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #7 – Abs First: Part 1 of the TT Abs Bootcamp Series

Warm-up (20 seconds per exercise) – 10 minutes

- Jumping Jacks
- Arm Crosses
- Total Body Extension
- Downward Dog Pushup
- Reverse Y-Lunge
- Run in Place
- Rest 1 minute and repeat 1 more time.

TT Total Body Abs Circuit (30 seconds per exercise) – 5 minutes

- Squat Thrusts
- Side Plank (30 seconds per side)
- Stability Ball Rollout or Inchworm
- Rest 1 minute before repeating 1 more time.

TT Strength Circuit (30 seconds per exercise) – 5 minutes

- 1-Leg Squat or 1-Leg Bench Squat or Split Squat (30 seconds per side)
- Spiderman Pushup or Decline Pushup
- Optional: Pullups, Chinups or Inverted Row
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Big 6 Conditioning Circuit (30 seconds per exercise) – 10 minutes

- Side-to-Side Jump
- Prisoner Squat
- Decline Pushup
- Band Row or DB Row or Stability Ball WYT
- Diagonal Lunge
- Stability Ball Jackknife or Mountain Climber
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Abs Depletion Circuit (30 seconds per exercise) – 10 minutes

- Jumping Jacks
- Spiderman Climb
- Forward Lunge (20 seconds per side)
- Cross-Body Mountain Climber
- Plank on 1-Foot (30 seconds per side)
- Shuttle Run or Run in Place
- Rest 2 minutes before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #8 – Abs Endurance: Part 2 of the Abs Bootcamps

Warm-up (20 seconds per exercise) – 10 minutes

- Bodyweight Squat
- Stick-up
- Kneeling Pushup or Pushup Plus
- 1-Leg Hip Extension (20 seconds per side)
- Plank (40 seconds)
- Side Plank (20 seconds per side)
- Run in Place
- Rest 1 minute and repeat 1 more time.

TT Strength Circuit (30 seconds per exercise) – 5 minutes

- Bulgarian Split Squat or Forward Lunge or 1-Leg Deadlift (30 seconds per side)
- 1-Arm KB or DB Press or Elevated Pushup (30 seconds per side)
- Optional: DB Row or Bodyweight Row
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Big 7 Circuit (20 seconds per exercise) – 10 minutes

- Jumping Jacks
- Prisoner Squat
- Spiderman Climb Pushup or Close-grip Pushup
- Band Row or KB Row or Cross Crawl
- Diagonal Lunge (20 seconds per side)
- Inchworm
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Depletion Circuit (30 seconds per exercise) – 10 minutes

- Total Body Extension or Jump Rope
- Cross-Body Mountain Climber
- Reaching Lunge (30 seconds per side)
- Squat Thrusts
- Shuttle Run or Run in Place
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Abs Circuit (30 seconds per exercise) – 5 minutes

- Pushup Plank
- Get-up (30 seconds per side)
- Optional: Stability Ball Plank
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #9 – Abs: Part 3 of the Abs Bootcamps

Warm-up (20 seconds per exercise) – 10 minutes

- Chop (20 seconds per side)
- Plank on 1-Foot (20 seconds per side)
- Duck Under
- Arm Crosses
- Extended Pushup
- Touchdown Forward Lunge
- Waiter's Bow
- Side Plank (20 seconds per side)
- Rest 1 minute and repeat 1 more time.

TT Strength Circuit (30 seconds per exercise) – 10 minutes

- Vertical Jumps
- Bulgarian Split Squat or 1-Leg Deadlift (30 seconds per side)
- T-Pushup
- Optional: Pullups, Chinups or Inverted Row
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Big 7 Conditioning Circuit (20 seconds per exercise) – 10 minutes

- Jumping Jacks (60 seconds)
- Prisoner Squat or Kettlebell Swing
- Close-Grip Pushup or Spiderman Climb Pushup
- Band Row or DB Row
- Diagonal Lunge
- Stability Ball Rollout or Inchworm
- Shuttle Run
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Abs Depletion Circuit (20 seconds per exercise) – 10 minutes

- Plank (60 seconds)
- Bodyweight Squat
- Extended Pushup
- Multi-Direction Lunge (20 seconds per movement per side)
- Cross-Body Mountain Climber
- Side Plank Leg Raise (20 seconds per side)
- Run in Place
- Rest 1 minute and repeat 1 more time.

Water Break – 2 minutes

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #10 – TT Booty Bootcamp: Part 1

Warm-up (20 seconds per exercise) – 5 minutes

- Jumping Jacks
- Bodyweight Squat
- Mountain Climbers
- Arm Crosses
- Leg Swings
- Rest 1 minute and repeat 1 more time.

TT Strength Circuit (20 seconds per exercise) – 5 minutes

- Split Squat (20 seconds per side)
- Close-Grip Pushup
- Rest 1 minute before repeating 1 more time.

Water Break – 1 minute

TT Big 5 Conditioning Circuit (20 seconds per exercise) – 10 minutes

- Prisoner Squat or Kettlebell Swing
- Elevated Pushup (20 seconds per side)
- Band Row or DB Row or Stick-up
- Reverse Lunge (20 seconds per side)
- Stability Ball Plank
- Rest 2 minutes before repeating 1 more time.

Water Break – 1 minute

TT Booty Circuit (30 seconds per exercise) – 10 minutes

- 1-Leg Hip Extension (20 seconds per side)
- Stability Ball Hip Extension
- Stability Ball Leg Curl
- Grasshopper Pushup
- Side Plank Leg Raise (20 seconds per side)
- Stability Ball WYT's (20 seconds per movement)
- Walking Lunges
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 5 minutes

TT Bootcamp Workout #11 – TT Booty Bootcamp: Part 2

Warm-up (20 seconds per exercise) – 10 minutes

- Chops (20 seconds per side)
- Cross Crawl
- Duck Unders
- Stick-up
- Reverse Lunge
- Downward Dog Pushup
- Shuffle
- Leg Swings
- Rest 1 minute and repeat 1 more time.

TT Strength Circuit (30 seconds per exercise) – 5 minutes

- Bulgarian Split Squat or 1-Leg Bench Squat (30 seconds per side)
- T-Pushup
- 1-Leg Stability Ball Leg Curl (20 seconds per side)
- Rest 2 minute before repeating 1 more time.

Water Break – 2 minutes

TT Big 7 Conditioning Circuit (20 seconds per exercise) – 15 minutes

- Vertical Jump
- Y-Squat
- Inchworm
- Band Row or DB Row or Bodyweight Row
- Diagonal Lunge
- Cross-Body Mountain Climber
- Shuttle Sprint
- Rest 1 minute before repeating 1 more time.

Water Break – 2 minutes

TT Booty Depletion Circuit (20 seconds per exercise) – 10 minutes

- Bodyweight Squat
- Close-Grip Pushup
- 1-Leg Hip Extension (20 seconds per side)
- Spiderman Climb
- KB Swings or Prisoner Squat
- Rest 1 minute and repeat 1 more time.

Water Break – 2 minutes

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #12 – TT Booty Bootcamp: Part 3

Warm-up (20 seconds per exercise) – 10 minutes

- Total Body Extension
- Seal Jumps
- Duck Unders
- Arm Crosses
- Spiderman Climb
- Run in Place
- Leg Swings
- Rest 1 minute and repeat 1 more time.

TT Strength Circuit (20 seconds per exercise) – 5 minutes

- Lunge Jump or Bulgarian Split Squat or 1-Leg Squat (20 seconds per side)
- Pike Pushup or Close-Grip Pushup
- Rest 2 minute before repeating 1 more time.

Water Break – 2 minutes

TT Booty Circuit (30 seconds per exercise) – 10 minutes

- 1-Leg Deadlift (30 seconds per side)
- 1-Leg Stability Ball Leg Curl (30 seconds per side)
- T-Pushup
- Stability Ball WYT's (20 seconds per movement)
- Reaching Lunges (30 seconds per side)
- Rest 1 minute before repeating 1 more time.

Water Break – 2 minutes

TT Booty Depletion Circuit (20 seconds per exercise) – 10 minutes

- Bodyweight Squat
- Inchworm
- 1-Leg Bench Squats (20 seconds per side)
- Mountain Climber
- KB Swings or Prisoner Squat
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #13 – TT 30-Minute Bootcamp 2K10

Warm-up (20 seconds per exercise) – 5 minutes

- Jumping Jacks
- Prisoner Squat
- Off-Set Pushup
- Duck Under
- Arm Crosses
- Rest 1 minute and repeat 1 more time.

Water Break – 1 minute

TT Strength Circuit (20 seconds per exercise) – 5 minutes

- Vertical Jump or 1-Leg Deadlift (20 seconds per side)
- Spiderman Climb Pushup or T-Pushup
- Optional: Pull-up, Inverted Row, or DB Row
- Rest 1 minute and then repeat 1 more time.

Water Break – 1 minute

TT Depletion Circuit (20 seconds per exercise) – 10 minutes

- Bodyweight Squat
- Decline Pushup or Close-Grip Pushup
- Reverse Lunge (20 seconds per side)
- Cross-Body Mountain Climber
- 1-Leg RDL (20 seconds per side)
- Plank (60 seconds)
- Run in Place
- Rest 1 minute and repeat 1-2 more times.

Cool-down, Stretching & Water Break – 7 minutes

TT Bootcamp Workout #14 – TT 20-Minute Challenge Bootcamp 2K10

Warm-up (20 seconds per exercise) – 10 minutes

- Seal Jumps
- Chops (20 seconds per side)
- Reverse Y-Lunge
- Pushup Plus
- Duck Under
- Waiter's Bow
- Run in Place
- Rest 1 minute and repeat 1 more time.

TT Strength Circuit (30 seconds per exercise) – 10 minutes

- Vertical Jump & Stick
- Spiderman Pushup or Close-Grip Pushup
- 1-Leg Squat or 1-Leg Deadlift (30 seconds per side)
- Optional: Pull-up, Inverted Row, or DB Row
- Rest 2 minutes and then repeat 1 more time.

TT 30-Minute Bodyweight Challenge (20 minutes)

- This is an ADVANCED workout.
- Do each exercise for 30 seconds.
- Take a 1 minute rest and water break after each circuit.
- Continue until 30 minutes is up.
- Take extra rest whenever needed.

Jumping Jacks

Side-to-Side Jumps

Prisoner Forward Lunges

Pushups

1-Leg Lying Hip Extensions (30 seconds per side)

Get Ups (30 seconds per side)

Inchworm

Prisoner Squats

Bear Crawl

Calf Jumps

Shuttle Sprint (15 seconds)

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #15 – TT Adrenaline Bootcamp

TT Warm-up (20 seconds per exercise) – 10 minutes

- Jumping Jacks
- Bodyweight Squat
- Arm Crosses
- T-Pushup
- Prisoner Forward Lunge
- Leg Swings
- Rest 1 minute before repeating 1 more time.

TT Adrenaline Strength Circuit (20 seconds per exercise) – 10 minutes

- 1-Leg Deadlift (20 seconds per side)
- Spiderman Pushup or Regular Pushup
- Optional: Pull-up, Inverted Row, or DB Row
- Shuttle Sprint
- Rest 2 minutes before repeating 1 more time.

TT Big 7 Adrenaline Conditioning Circuit (20 seconds per exercise) – 10 minutes

- Vertical Jump
- 1-Leg Bench Squat or Split Squat (20 seconds per side)
- Pike Pushup or Close-Grip Pushup
- DB Row or Band Row or KB Swing
- Bulgarian Split Squat or Diagonal Lunge (20 seconds per side)
- Spiderman Climb
- Shuttle Sprint
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Adrenaline Abs Circuit (30 seconds per exercise) – 5 minutes

- Get-up (30 seconds per side)
- Plank
- Side Plank (30 seconds per side)
- Shuttle Sprint
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #16 – TT Adrenaline Bootcamp 2 – ADVANCED Workout

TT Warm-up (20 seconds per exercise) – 10 minutes

- Jumping Jacks
- Total Body Extension
- Arm Crosses
- Pushup Plus
- Leg Swings (20 seconds per side)
- Rest 1 minute before repeating 1 more time.

TT Adrenaline Circuit – 10 minutes

- Tuck Jump (6 reps)
- Shuttle Sprint (15 seconds)
- Pushup (Max reps)
- Inverted Row (Max reps)
- Plank (30 seconds)
- Shuttle Sprint (15 seconds)
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Adrenaline Circuit – 10 minutes

- Vertical Jump (6 reps)
- Inchworm or Stability Ball Rollout (10 reps)
- Pike Pushup or Close-Grip Pushup (10 reps)
- Elbow-to-Instep Lunge (6 reps per side)
- Shuttle Sprint or Kettlebell Swing (30 seconds)
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Adrenaline Circuit (30 seconds per exercise) – 10 minutes

- Shuttle Sprint
- 1-Leg Deadlift or Split Squat (30 seconds per side)
- Close-Grip Pushup
- DB Row or Stick-up
- Side Plank (30 seconds per side)
- Rest 2 minutes before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #17 – TT Adrenaline Bootcamp 3 – ADVANCED Workout

TT Warm-up (20 seconds per exercise) – 10 minutes

- Seal Jumps
- Bodyweight Squats
- Stick-up
- T-Pushup
- Waiter's Bow
- Shuffle
- Rest 1 minute before repeating 1 more time.

TT Adrenaline Strength Circuit (20 seconds per exercise) – 10 minutes

- Lunge Jump or Bulgarian Split Squat (20 seconds per side)
- Close-Grip Pushup (Max reps)
- Shuttle Sprint (15 seconds)
- Optional: Chin-up (Max reps)
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Adrenaline Circuit (20 seconds per exercise) – 10 minutes

- Vertical Jump or Kettlebell Swing
- 1-Leg Bench Squat or Reverse Y-Lunge (20 seconds per side)
- Stability Ball Jackknife-Pushup Combo
- Shuttle Sprint
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Adrenaline Abs Circuit (30 seconds per exercise) – 10 minutes

- Stability Ball Leg Curl or Prisoner Forward Lunge
- Stability Ball Jackknife or Mountain Climber
- Get-up (30 seconds per side)
- Cross-Body Mountain Climber
- Shuttle Sprint
- Rest 2 minutes before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #18 – TT 300 Challenge 2K10 Version 1.0

TT Warm-up (20 seconds per exercise) – 10 minutes

- Jumping Jacks
- Run in Place
- Arm Crosses
- Waiter's Bow
- T-Pushup
- Shuffle
- Leg Swings (20 seconds per side)
- Rest 1 minute before repeating 1 more time.

TT Fun-n-Games! – 5 minutes

- Partner shadow drills (switch every 30 seconds)
- Follow the leader with camper as leader (switch every 30 seconds)

Water Break – 2 minute

TT Strength Circuits (20 seconds per exercise) – 10 minutes

- Long Jump
- Elevated Pushup or Spiderman Climb Pushup
- 1-Leg Stability Ball Leg Curl (20 seconds per side)
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minute

TT Bodyweight Bootcamp 300 – 20 minutes

- 10 Side-to-Side Jumps (Back and forth equals 1 jump)
- 30 Prisoner Squats
- 30 Pushups
- 10 Chin-ups or Underhand Bodyweight Rows
- 25 Stability Ball Leg Curls
- 30 Mountain Climbers (15 per side)
- 30 Touchdown Forward Lunges (15 per side)
- 30 Cross-Body Mountain Climbers (15 per side)
- 20 Get-ups (10 per side)
- 30 Close-Grip Pushups
- 25 Stability Ball Jackknives
- 30 Walking Lunges (15 per side)
- Rest as much as needed between exercises.

Water Break – 2 minutes

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #19 – TT 300 Challenge 2K10 Version 2.0

TT Warm-up (20 seconds per exercise) – 10 minutes

- Prisoner Squat
- Duck Unders
- Arm Crosses
- Pushup Plus
- Waiter's Bow
- Elbow-to-Instep Lunge
- Rest 1 minute before repeating 1 more time.

Water Break – 2 minute

TT Bodyweight Bootcamp 300 – 30 minutes

- 10 Vertical Jumps
- 50 Bodyweight Squats
- 10 Spiderman Pushups
- 10 Pullups or Inverted Rows
- 30 Stability Ball Jackknives
- 40 Walking Lunges (20 per side)
- 50 Close-Grip Pushups
- 20 Stability Ball Rollouts
- 40 Pushups
- 30 Stability Ball Leg Curls
- 10 Chinups or Underhand Bodyweight Rows
- Rest as much as needed between exercises.

Water Break – 2 minutes

TT Adrenaline Abs Circuit (30 seconds per exercise) – 5 minutes

- Stability Ball Plank
- Cross-Body Mountain Climber
- Get-up (30 seconds per side)
- Shuttle Sprint

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #20 – TT Beach Body Bootcamp: Part 1

TT Warm-up (20 seconds per exercise) – 10 minutes

- Chops (20 seconds per side)
- Bodyweight Squat
- Elevated Pushup (20 seconds per side)
- Stick-up
- Waiter's Bow
- Shuffle
- Rest 1 minute before repeating 1 more time.

TT Strength Circuit (30 seconds per exercise) – 12 minutes

- 1-Leg Hip Extension or 1-Leg Bench Squat or Reverse Lunge (30 seconds per side)
- Close-Grip Pushup $\frac{3}{4}$ Reps
- Underhand Inverted Row or DB Row
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Big 6 Circuit (20 seconds per exercise) – 10 minutes

- Side-to-Side Jump or Kettlebell Swing
- DB or KB Split Squat (20 seconds per side)
- Pushup
- DB Row or Inverted Row
- Prisoner Forward Lunge
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Abs Circuit (30 seconds per exercise) – 5 minutes

- Inchworm
- Stability Ball Plank or Plank (60 seconds)
- Side Plank (30 seconds per side)
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #21 – TT Beach Body Bootcamp: Part 2

TT Warm-up (20 seconds per exercise) – 10 minutes

- Run in Place
- Duck Under
- Arm Crosses
- T-Pushup
- Touchdown Forward Lunge
- Leg Swings (20 seconds per side)
- Rest 1 minute before repeating 1 more time.

TT Strength Circuit (30 seconds per exercise) – 12 minutes

- 1-Leg Squat or 1-Leg Bench Squat or Bulgarian Split Squat (30 seconds per side)
- Chin-up or DB Row
- Pike Pushup or Decline Pushup
- Rest 2 minutes before repeating 2 more times.

Water Break – 2 minutes

TT Big 7 Circuit (20 seconds per exercise) – 10 minutes

- Vertical Jump or Kettlebell Swing
- Walking Lunge (40 seconds)
- Stability Ball Jackknife-Pushup Combo
- DB Row or Inverted Row
- 1-Leg Stability Ball Leg Curl
- Mountain Climber
- Shuttle Sprint
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Abs Circuit (30 seconds per exercise) – 5 minutes

- Stability Ball Jackknife
- Spiderman Climb
- Side Plank with Leg Raise (30 seconds per side)
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #22 – TT Beach Body Bootcamp: Part 3

TT Warm-up (20 seconds per exercise) – 10 minutes

- Jumping Jacks
- Bodyweight Squat
- Stick-up
- Pushup Plus
- 1-Leg Hip Extension (20 seconds per side)
- Waiter's Bow
- Rest 1 minute before repeating 1 more time.

TT Strength Circuit (30 seconds per exercise) – 12 minutes

- Bulgarian Split Squat or Split Squat 1&½ Reps (30 seconds per side)
- KB 1-Arm Overhead Press (30 seconds per side)
- Chin-up or KB Renegade Row
- Shuttle Sprint
- Rest 2 minutes before repeating 2 more times.

Water Break – 2 minutes

TT Big 7 Circuit (20 seconds per exercise) – 10 minutes

- Vertical Jump or Kettlebell Swing
- 1-Leg Bench Squat
- Elevated Pushup (20 seconds per side)
- DB Row or Inverted Row
- 1-Leg Deadlift (20 seconds per side)
- Stability Ball Pike or Plank
- Shuttle Sprint
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Abs Circuit (30 seconds per exercise) – 7 minutes

- Stability Ball Rollout or Inchworm
- Cross-Body Mountain Climber
- Side Plank (30 seconds per side)
- Burpee
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #23 – TT Metabolic Resistance Circuits: Part 1

TT Warm-up (20 seconds per exercise) – 10 minutes

- Seal Jumps
- Y-Squat
- T-Pushup
- Stick-up
- Split Squat
- Leg Swings (20 seconds per side)
- Rest 1 minute before repeating 1 more time.

Water Break – 2 minutes

TT Metabolic Resistance Circuit (30 seconds per exercise) – 10 minutes

- Lunge Jump
- Spiderman Pushup or Regular Pushup
- Optional: DB Row or Band Row or KB Swing
- 1-Leg Bench Squat or 1-Leg Squat or Touchdown Forward Lunge (30 seconds per side)
- Squat Thrusts
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Metabolic Resistance Circuit (30 seconds per exercise) – 10 minutes

- Close-Grip Pushup $\frac{3}{4}$ Reps
- Prisoner Forward Lunge (30 seconds per side)
- Stability Ball Rollout or Spiderman Climb
- Lateral Lunge (30 seconds per side)
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Abs Circuit (30 seconds per exercise) – 7 minutes

- Get-up (30 seconds per side)
- Side Plank (30 seconds per side)
- Cross-Body Mountain Climber
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #24 – TT Metabolic Resistance Circuits: Part 2

TT Warm-up (20 seconds per exercise) – 10 minutes

- Jumping Jacks
- Duck Unders
- Off-set Pushup
- Arm Crosses
- Elbow-to-Instep Lunge
- Waiter's Bow
- Rest 1 minute before repeating 1 more time.

Water Break – 2 minutes

TT Metabolic Resistance Circuit (30 seconds per exercise) – 10 minutes

- Vertical Jump
- 1-Leg Bench Squat or Split Squat (30 seconds per side)
- Spiderman Pushup or Regular Pushup
- DB Row or Band Row or KB Swing
- Bulgarian Split Squat or Diagonal Lunge (30 seconds per side)
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Metabolic Resistance Circuit (30 seconds per exercise) – 10 minutes

- Decline Pushup or T-Pushup
- Multi-Directional Lunge (30 seconds per side)
- Stability Ball WYT's
- Stability Ball Plank or Mountain Climber
- 1-Leg Stability Ball Leg Curl or 1-Leg Hip Extension (30 seconds per side)
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Abs Circuit (30 seconds per exercise) – 7 minutes

- Get-up (30 seconds per side)
- Side Plank (30 seconds per side)
- Bear Crawl
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #25 – TT 20-Minute Depletion Bootcamp

TT Warm-up (20 seconds per exercise) – 5 minutes

- Jumping Jacks
- Duck Unders
- Arm Crosses
- Pushup Plus
- Waiter's Bow
- Rest 1 minute before repeating 1 more time.

Water Break – 2 minutes

TT Fatigue Depletion Circuit (30 seconds per exercise) – 20 minutes

- Vertical Jump
- Kettlebell Swings
- Decline Pushup or T-Pushup
- Bodyweight Squats
- Close-Grip Pushups $\frac{3}{4}$ Reps
- DB Row or Inverted Row
- Multi-Directional Lunge (30 seconds per side)
- Rest 2 minutes before repeating as many times as possible in 20 minutes.

Water Break – 2 minutes

OPTIONAL: TT Total Body Abs Circuit (30 seconds per exercise) – 10 minutes

- Get-up (30 seconds per side)
- Plank
- Stability Ball Rollout or Cross-Body Mountain Climber
- Burpees
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #26 – TT Fusion Bootcamp

TT Warm-up (20 seconds per exercise) – 10 minutes

- Jumping Jacks
- Duck Unders
- Arm Crosses
- Off-set Pushup
- Elbow-to-Instep Lunge
- Waiter's Bow
- Rest 1 minute before repeating 1 more time.

Water Break – 2 minutes

TT Fusion Strength Circuit (30 seconds per exercise) – 10 minutes

- DB Split Squat (30 seconds per side)
- KB 1-Arm Shoulder Press
- Pullup, Chinup, or Inverted Row
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Big 7 Fusion Circuit (20 seconds per exercise) – 10 minutes

- Side-to-Side Jumps
- KB Swing
- Decline Pushup or T-Pushup
- DB Row
- 1-Leg Stability Ball Leg Curl or 1-Leg Hip Extension (20 seconds per side)
- Stability Ball Plank or Mountain Climber
- Shuttle Sprint
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Fusion Abs Circuit (30 seconds per exercise) – 7 minutes

- KB Get-Up (30 seconds per side)
- Side Plank with DB Lateral Raise (30 seconds per side)
- Stability Ball Jackknife
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

TT Bootcamp Workout #27 – TT Transformation Bootcamp

TT Warm-up (20 seconds per exercise) – 10 minutes

- Prisoner Squat
- Diagonal Lunge
- Arm Crosses
- Elevated Pushup (20 seconds per side)
- Waiter's Bow
- Plank
- Rest 1 minute before repeating 1 more time.

Water Break – 2 minutes

TT Metabolic Resistance Circuit (30 seconds per exercise) – 10 minutes

- Bulgarian Split Squat or Split Squat 1 & ½ Reps (30 seconds per side)
- Close-Grip Pushup ¾ Reps
- DB Row or Inverted Row
- 1-Leg Hip Extension or Prisoner Forward Lunge (30 seconds per side)
- Stability Ball Rollout or Inchworm
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Metabolic Resistance Circuit (30 seconds per exercise) – 10 minutes

- Burpees
- Bodyweight Squat
- Decline Pushup or T-Pushup
- 1-Leg Bench Squat or 1-Leg Deadlift (30 seconds per side)
- Stability Ball WYTs (20 seconds per movement)
- Stability Ball Plank or Squat Thrusts
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Total Body Adrenaline Abs Circuit (30 seconds per exercise) – 7 minutes

- Stability Ball Jackknife or Mountain Climber
- Get-up (30 seconds per side)
- Cross-Body Mountain Climber
- Shuttle Sprint
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

Turbulence Training Bootcamp Workout #28 – TT Power Circuit

Warm-up (20 seconds per exercise) – 10 minutes

- Seal Jumps
- Total Body Extension
- Waiter's Bow
- Arm Crosses
- Pushup Plus
- Shuffle
- Rest 1 minute before repeating 1 more time.

Water Break – 1 minute

TT Power Circuit (20 seconds per exercise) – 10 minutes

- Burpees
- Chinup or Inverted Row or Kettlebell Swing
- Spiderman Climb Pushup or Regular Pushup
- Lunge Jump
- T-Pushup
- Walking Lunges (40 seconds)
- Cross-Body Mountain Climber
- Rest 2 minutes before repeating 1 more time.

Water Break – 1 minute

TT Depletion Circuit (20 seconds per exercise) – 10 minutes

- Vertical Jump
- Bodyweight Squat
- Spiderman Climb
- Calf Jump
- Close-Grip Pushup $\frac{3}{4}$ Reps
- Bulgarian Split Squat or Split Squat 1 & $\frac{1}{2}$ Reps (30 seconds per side)
- Jumping Jacks
- Rest 1 minute before repeating 1 more time.

Water Break – 1 minute

TT Fun-n-Games! – 10 Minutes

- Partner shadow drill (switch partners every minute)
- You call the shots (switch leaders every 30 seconds)

Cool-down, Stretching & Water Break – 10 minutes

Turbulence Training Bootcamp Workout #29 – TT Kettlebell Bootcamp

Warm-up (20 seconds per exercise) – 10 minutes

- Bodyweight Squat
- Arm Crosses
- KB 2-Hand Swings
- Downward Dog Pushup
- Prisoner Forward Lunge
- Leg Swings (20 seconds per side)
- Squat Thrusts
- Rest 1 minute before repeating 1 more time.

Water Break – 1 minute

TT Strength Circuit (30 seconds per exercise) – 10 minutes

- KB 1-Arm Swings (30 seconds per side)
- Elevated Pushup (30 seconds per side)
- KB Row (30 seconds per side)
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT Big 7 KB Circuit (30 seconds per exercise) – 10 minutes

- Jumping Jacks
- KB Swings
- KB 1-Arm Overhead Press (30 seconds per side)
- KB Renegade Row
- 1-Leg Squat or 1-Leg Bench Squat (30 seconds per side)
- KB Get-Up
- Shuttle Sprint
- Rest 2 minutes before repeating 1 more time.

Water Break – 2 minutes

TT KB Depletion & Abs Circuit (30 seconds per exercise) – 10 minutes

- KB 2-Hand Swing
- Bodyweight Squat
- Close-Grip Pushup
- KB Lunge
- Mountain Climber
- Side Plank (30 seconds per side)
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

Turbulence Training Bootcamp Workout #30 – TT KB-Stability Ball Workout

Warm-up (20 seconds per exercise) – 10 minutes

- Jump Rope or Jumping Jacks
- Total Body Extension
- Stability Ball Hip Extension
- Stability Ball Plank
- Prisoner Lunge
- Inchworm
- Rest 1 minute before repeating 2 more times.

TT Strength Supersets (30 seconds per exercise) – 15 minutes

- KB 1-Arm Swing (30 seconds per side)
- Spiderman Climb Pushup or Decline Pushup or Regular Pushup
- 1-Leg Reaching Lunge (30 seconds per side)
- 1-Leg Stability Ball Leg Curl (30 seconds per side)
- Optional: Chin-up or Inverted Row
- Rest 2 minutes before repeating 1 more time.

Water Break – 1 minute

TT Big 5 KB Circuit (30 seconds per exercise) – 10 minutes

- KB Swing
- Elevated Pushup (30 seconds per side)
- KB Renegade Row
- Bulgarian Split Squat or Split Squat (30 seconds per side)
- Stability Ball Jackknife
- Rest up to 2 minutes with water break before repeating 1 more time.

TT Big 5 Stability Ball Circuit (30 seconds per exercise) – 10 minutes

- Burpee
- Prisoner Squat
- Pushup with Feet on Stability Ball
- Stability Ball WYT's
- Prisoner Forward Lunge
- Stability Ball Rollout
- Rest up to 2 minutes with water break before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

Turbulence Training Bootcamp Workout #31 – TT Ultimate Bootcamp Workout

Warm-up (20 seconds per exercise) – 10 minutes

- Jumping Jacks
- Total Body Extension
- Stability Ball Jackknife
- Arm Crosses
- Inchworm
- Leg Swings (20 seconds per side)
- Rest 1 minute before repeating 2 more times.

TT Strength Supersets (20 seconds per exercise) – 15 minutes

- Vertical Jump
- Optional: Pullup or Inverted Row
- Spiderman Climb Pushup or Decline Pushup or Regular Pushup
- KB 1-Arm Swing (30 seconds per side)
- Rest 1 minute before repeating 1 more time.

Water Break – 1 minute

TT Big 7 Circuit (30 seconds per exercise) – 10 minutes

- Side-to-Side Jump
- KB Swing
- Close-Grip Pushup $\frac{3}{4}$ Reps
- DB Row or Band Row
- Bulgarian Split Squat or Split Squat (30 seconds per side)
- Stability Ball Rollout
- Shuttle Sprint
- Rest up to 2 minutes with water break before repeating 1 more time.

Water Break – 1 minute

TT Total Body Adrenaline Abs Circuit (30 seconds per exercise) – 5 minutes

- KB Get-Up (30 seconds per side)
- Stability Ball Jackknife
- Shuttle Sprint
- Rest 1 minute before repeating 1 more time.

Cool-down, Stretching & Water Break – 10 minutes

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.

Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.



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.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Descriptions – Warm-up

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.



Chop

- You can do this WITHOUT a medicine ball (unless you have one).
- Start with both hands behind one shoulder. Raise up on the toes of the opposite foot and rotate in the direction of the ball.
- Keep your abs braced and powerfully rotate down and across the body while pivoting on the elevated foot.
- Chop your hands down to ankle level while keeping your chest up.
- Reverse the movement, moving quickly. Do not round your lower back.



Exercise Descriptions – Warm-up

Bodyweight 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 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.



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 an 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.



Exercise Descriptions – Warm-up

Kneeling Pushup



Plank

- Support your weight on your forearms and your toes.
- Keep your abs braced and breathe normally.
- Hold that position for 1 minute.



Exercise Descriptions – Warm-up

Side Plank

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



Downward Dog Pushup

- Place your hands on the ground in front of your shoulders and pike your hips up high in the air. Bring your shoulder blades together.
- Slowly transition to the top of a pushup position.
- Drop your hips and stretch your abdominals.
- Return to the start position.



Exercise Descriptions – Warm-up

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.



Inchworm

- This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
- Start in a modified push-up position, with your hands out in front of your shoulders.
- Keep your legs straight and walk your legs towards your hands.
- Go until you get a stretch, but don't round your lower back.
- Once you get a stretch, walk your hands out until you are in a modified pushup.



Exercise Descriptions – Warm-up

Stick-up

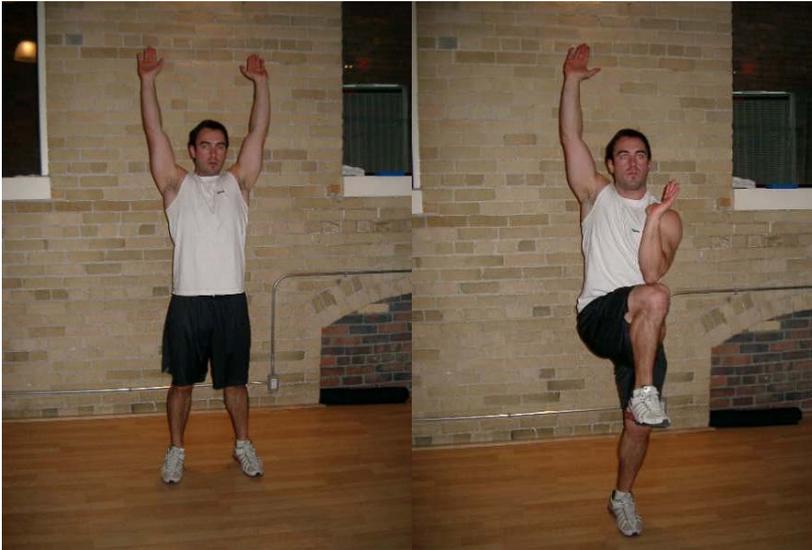
- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times in the exercise. Stick your hands up overhead. Try to keep your shoulders, elbows, and wrists in contact with the wall at all times.
- Slide your arms down the wall and tuck your elbows into your sides. This should bring your shoulder blades down and together. You should feel a strong contraction in the muscles between your shoulder blades as well as the shoulder muscles.
- Again, try to keep everything in contact with the wall.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Again, try to keep everything in contact with the wall.
- Try to improve your range of motion in this exercise each week.



Exercise Descriptions – Warm-up

Cross Crawl

- This is a combination warm-up and ab exercise.
- Stand with your feet shoulder width-apart and hands straight overhead.
- Slowly bring your opposite knee and elbow together in front of you.
- Alternate sides.



Bird Dog

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



Exercise Descriptions – Warm-up

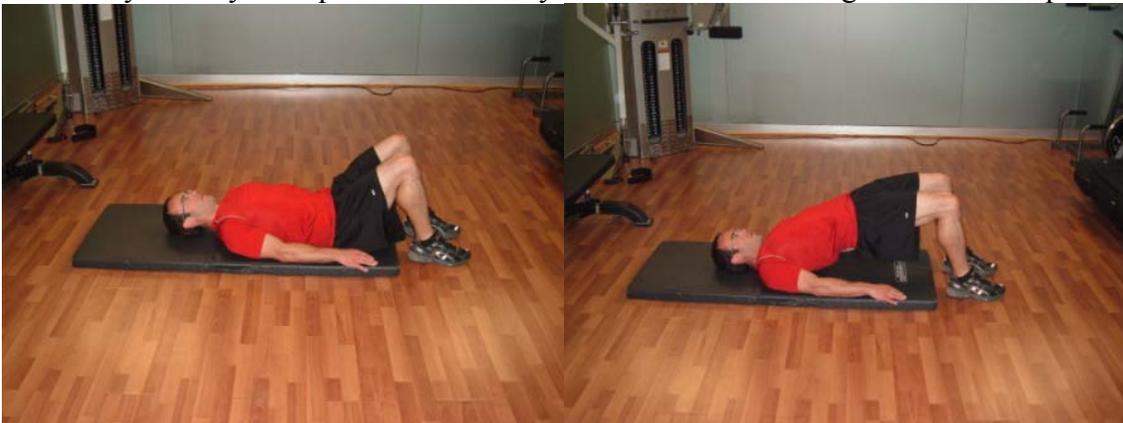
Waiter's Bow

- 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.



Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- 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. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.



Exercise Descriptions – Warm-up

Lying 1-Leg Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



Split Squat

- Stand with your feet shoulder-width apart.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- 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, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Exercise Descriptions – Warm-up

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.



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 – Warm-up

Reverse Y-Lunge

- Stand with your arms in a Y-position. Step back in a reverse lunge.
- Use your quads, glutes, hamstrings of the stationary leg to pull yourself back up.



Elbow to Instep Lunge

- Stand with your feet shoulder-width apart and hands behind your head.
- Step forward with your lead leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your lead thigh is parallel to the ground.
- Rotate your upper body so the elbow on your lead side comes down and inside the knee. Don't round your low back too much, but try to get low.
- Don't overdo it at first, this gives a strong stretch through the groin.
- Keep your upper body upright and your lower back flat.
- Push with your lead leg to return to the starting position and alternate sides.



Exercise Descriptions – Warm-up

Prisoner Forward Lunges

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position.



Touchdown Forward Lunge

- Raise your hands up over your head. Keep your arms straight and palms forward.
- Pull your shoulder blades together. Stand with your feet shoulder-width apart.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep the ball of your other foot on the ground and use it to help keep your balance.
- The back knee must also be bent and lowers to 1-inch from the ground.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your low back flat.
- Push with your front leg to return to the starting position.



Exercise Descriptions – Warm-up

Shuffle

- This exercise stretches and strengthens the groin, so be careful.
- Start in a low squat position, then reach your outside leg out conservatively.
- Pull yourself out with that outside leg. Repeat all to one side then switch.



Run in Place/High Knees

- Stand with your feet shoulder-width apart.
- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at an interval pace.



Exercise Descriptions – Warm-up

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.



Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do the other side.



Exercise Descriptions – Warm-up

Close-grip Pushup

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



Exercise Descriptions – Warm-up

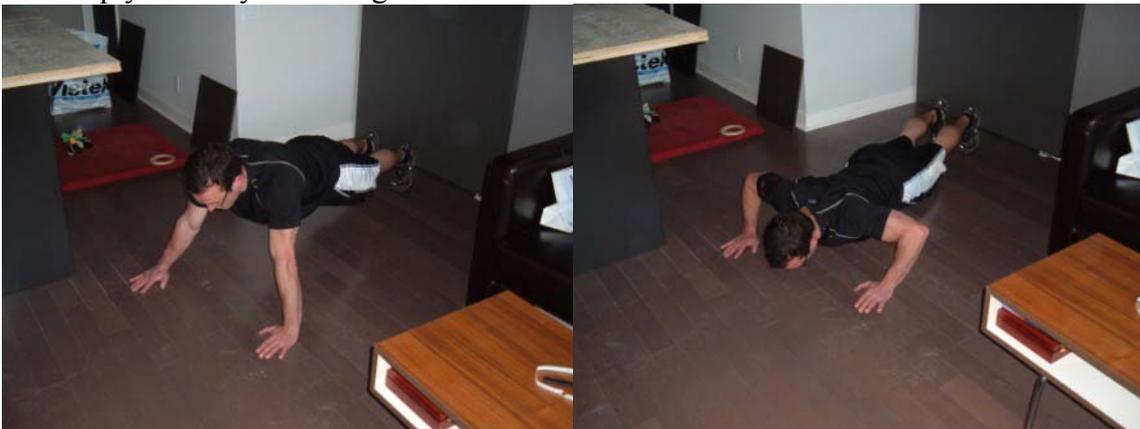
Duck Unders

- Stand with your feet hip width apart and hands held at chest level.
- Step to one side while simultaneously dropping your hips and squatting down.
- As you squat and step to the side, drop your hips so it appears you were ducking under something. Get as low as you can while keeping your chest up.
- Shift all of your weight over to the side you stepped towards and stand up with your feet together again. Then repeat in the opposite direction. Alternate sides.



Extended Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart BUT in FRONT of your head. The higher you place them, the harder it is on your abs.
- Slowly lower yourself down until you are an 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.



Exercise Descriptions – Warm-up

Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Exercise Descriptions – Warm-up

KB or DB 2-Hand Swings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



Exercise Descriptions – Warm-up

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 2 reps for one side and then change hand positions and walk forward one step, then repeat until you've completed all reps.



Plank with 1 Foot Elevated

- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the floor.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Lift one leg up at a time and extend back. Alternate sides.



Exercise Descriptions – Warm-up

Pushup Plus

- 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 an 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.
- At top of the pushup, spread your shoulder blades apart and round your upper back.



Stability Ball Hip Extension

- 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.
- Slowly lower your hips down until they are an inch above the ground.



Exercise Descriptions – Warm-up

Stability Ball Jackknife

- Brace your abs. Put your elbows on the bench and rest your shins on the ball.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight (don't round it), roll the ball as close to your chest as possible by contracting your abs and pulling it forward.
- Pause and then return the ball to the starting position by rolling it backward.
- Do NOT round your lower back.



Stability Ball Plank

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



Exercise Descriptions – Warm-up

Seal Jumps

- Stand on the balls of your feet with your feet and arms out to your sides.
- In one motion, hop off the balls of your feet and bring your feet back into the middle while bringing your right foot over top of your left foot.
- At the same time, bring your arms to the middle and cross your right arm over left.
- Return to the start position and then hop back into the middle, this time with your left foot over your right foot and your left arm over your right arm.
- Repeat, alternating between right and left limbs on top.



Spiderman Climb

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Exercise Descriptions – Warm-up

T-Pushup

- Keep the abs braced and body in a straight line from toes 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 off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.



Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**



Exercise Descriptions – Jumps

Vertical Jump and Stick

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



Vertical Jump

- Stand in the start position for the bodyweight squat.
- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again. Repeat for 10 reps.



Exercise Descriptions – Jumps

Long Jump

- Stand in the start position for the bodyweight squat.
- Squat down and jump forward as far as possible.
- Bend your knees when you land to absorb the force with your muscles.
- Stick and hold the landing for 1 second. Keep your knees bent.
- Reset your position and jump again.



Calf Jumps

- Start on the balls of your feet.
- “Hop” up as high as possible. At the top of the movement, flex your toes up toward the ceiling and try to point your toes up.
- Land on the balls of your feet and bounce back up again as quickly as possible.
- Please watch the video for this one!



Exercise Descriptions – Jumps

Tuck Jumps

- Stand with your knees slightly bent, abs braced, and feet hip width apart.
- Dip down and explode up, jumping as high as you can.
- Bring your knees up as high and as close to your chest as possible.
- Quickly get your feet back down to land, and bend your knees when you land to absorb the force with your muscles. Land as soft as possible.
- Take a second to get prepared, and repeat.



Side to Side Jumps

- Stand with your knees bent, abs braced, and hips back.
- Jump laterally and land with your knees bent and hips back to absorb the landing forces in your muscles.
- Repeat to the other side with as little rest as possible between jumps.
- Always land with your knees bent.



Exercise Descriptions – Jumps

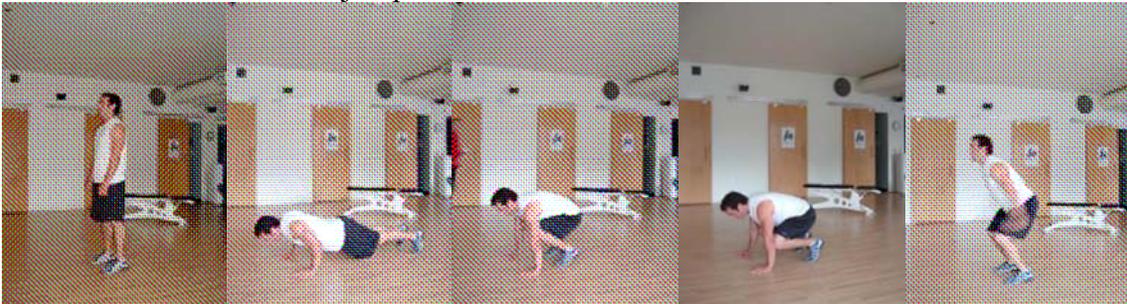
Lunge Jump

- Start in the bottom of a split squat position. Your front thigh should be parallel to the floor, your torso upright, and your abs braced.
- Jump up explosively and switch leg positions in the air. Your back leg becomes the front leg, and vice versa. Absorb the landing with your muscles. Keep your abs braced and torso upright.
- Alternate sides without resting between sides.



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.



Exercise Descriptions – Jumps

Repeated Jumps

- Stand in the athletic position with hips and knees bent.
- Dip down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



Exercise Descriptions – Push-Ups

Plank-to-Pushup

- Start in the top of the pushup position.
- Drop one forearm down and then the other.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Slowly shift your body into the top of the pushup position. That's one rep.



Grasshopper Push-up

- Start in a pushup position.
- Drop your right hip, and rotate your right leg so that it moves under your body and your right foot ends up outside your left hand.
- Reverse the movement and bring your leg back to the start position. Alternate sides.



Exercise Descriptions – Push-Ups

Elevated Pushups

- Keep the abs braced and body in a straight line from knees to shoulders.
- Place the left hand on the floor and the right hand elevated 4-6 inches on an aerobic step. Hands are slightly wider than shoulder width apart (normal push-up width).
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Perform 8 repetitions in this manner and then switch to do 8 repetitions with the left arm elevated. Keep your abs braced.



[Kneeling] Elevated Pushups



Exercise Descriptions – Push-Ups

Pike Pushup or Shoulder-Press Pushup

- Place your feet on a bench and hands on the floor slightly wider than shoulder-width.
- Pike your hips up in the air as much as possible, so you are as vertical as can be.
- Slowly lower your head to the floor.
- Pause, and push with your shoulders and triceps back to the start position.



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 – Push-Ups

Decline Close-Grip Pushup

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor shoulder-width apart.
- Elevate your feet onto stairs or a bench.
- Lower yourself down until you are 2 inches off the ground while keeping your elbows tucked into your sides.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Spiderman Push-up

- Keep the abs braced and body in a straight line from toes (knees) to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Keep your foot off the ground as you do so.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Exercise Descriptions – Push-Ups

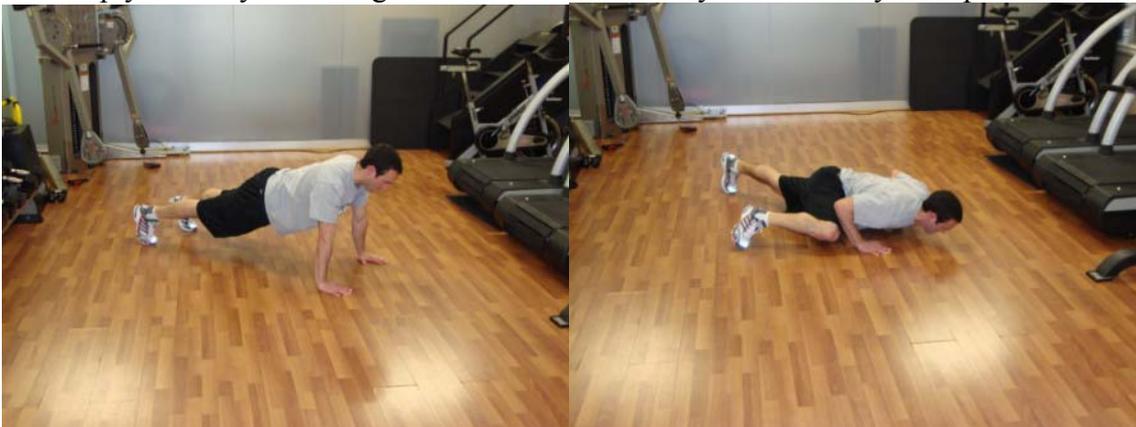
Decline Spiderman Push-up

- Place your feet on a bench & hands on floor, slightly more than shoulder width apart.
- Lower your chest to floor. As you do, bring one knee up to your elbow.
- Press back to the start position. Alternate sides.



Spiderman Climb 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 an inch off the ground.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- **Touch the foot to the ground...this allows you to bring your knee up higher and work your abs harder than the other version of the exercise.**
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Exercise Descriptions – Push-Ups

Eccentric Push-up

- Same as regular pushup but take 5 seconds to lower yourself to the ground.

Close-grip Pushup $\frac{3}{4}$ reps

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Tuck your elbows into your sides as you lower your body.
- Push through your chest, shoulders and triceps to return $\frac{3}{4}$ of the way to the top, but not all the way to the start position – maintain tension on triceps all the time.
- Keep your body in a straight line at all times and elbows tucked in.



Exercise Descriptions – Lower Body Exercises

Forward Lunge/Walking Lunge

- Stand with your feet shoulder-width apart holding dumbbells at arm's length.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Pull with your lead leg to return to the standing position, one step ahead of where you started.
- For the walking lunge, walk forward for all repetitions, alternating sides.



Multi-Direction Lunge

- Perform one forward lunge, followed by a diagonal lunge, and then a reverse lunge for one leg. Repeat all reps for one side and then switch.

Exercise Descriptions – Lower Body Exercises

Reaching Lunge/1 Leg Reaching Lunge

- Stand with your feet shoulder-width apart and then stand on one leg, balance yourself, and then bend your knee and reach forward as you squat down.
- Reach as far as you can while keeping your chest up and back flat.
- Return to the starting position without losing your balance.
- Perform all repetitions on one leg and then switch.



Prisoner Sumo Squat

- Stand with your feet 6-inches greater than shoulder-width apart.
- With your abs braced and glutes squeezed, start the movement at the hip joint and push your hips backward and “sit back into a chair”.
- Make your hips go back as far as possible and keep your knees out.
- Keep your low back tensed in a neutral position. Don’t let your lower back round.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Descriptions – Lower Body Exercises

Siff Squat

- Stand on the balls of your feet, with your feet just greater than shoulder-width apart.
- Stay on the balls of your feet for the entire exercise.
- 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, quads, and calves to return to the start position.



Bulgarian Split Squat

- Place the laces 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.



Exercise Descriptions – Lower Body Exercises

1-Leg Squat

- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Extend your arms forward or to the sides to increase your balance.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Squat slowly and focus on balance.
- Squat 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 – Lower Body Exercises

1-Leg Squat on Bench

- Stand on the end of a bench with one foot and let the other hang down.
- Push your hip back and squat as low as you can.
- Contract your glutes and hamstrings to push back up to the start position.



1-Leg Deadlift

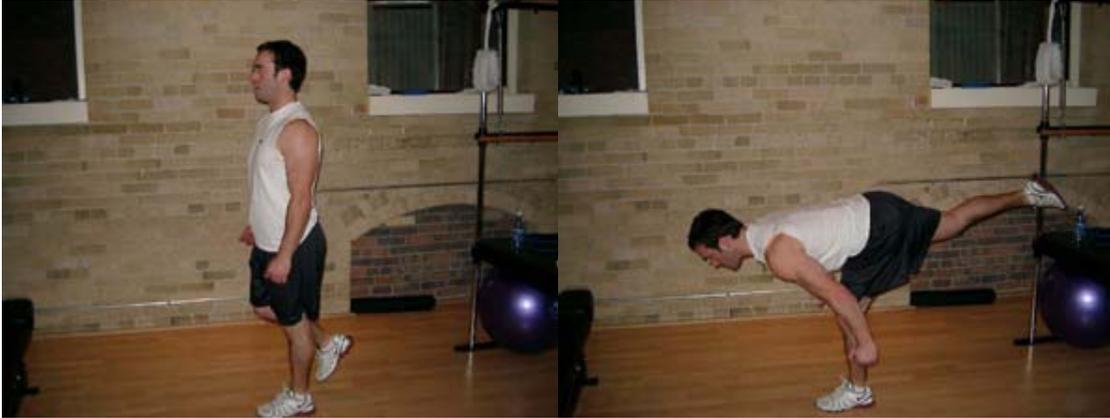
- Stand with your feet slightly greater than shoulder-width apart.
- Pick one foot off the ground and extend that foot backward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Let your arms hang at your sides. Start the movement at the hip joint. Push your butt back 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 – Lower Body Exercises

1-Leg RDL

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



Lateral Lunge

- You can do this without a kettlebell or dumbbell.
- Stand with feet shoulder-width apart holding dumbbell or kettlebell at chest height.
- Take a large step sideways (laterally) with one leg into a wide squat position.
- Keep your upper body upright and your lower back flat.
- Push with your outside leg to return to the starting position.



Exercise Descriptions – Total Body Abs

Cross-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Bear Crawl

- Start in a modified push-up position with your knees bent.
- Crawl laterally on your hands and feet without letting anything else touch the ground.
- Don't let your hips come up. Do all reps in one direction and then switch.



Exercise Descriptions – Total Body Abs

Get-up

- You can do this WITHOUT a dumbbell. You can also use a kettlebell.
- Lie on your back on the floor with a dumbbell held straight above you.
- Bend the knee on the same side. Curl your body up to the seated position while keeping the dumbbell held straight above you.
- Slide your other leg back out underneath you so that you are in the kneeling position.
- Stand up. Slowly return to the lying position. Do all reps for one side and switch.



Exercise Descriptions – Total Body Abs

Pushup Plank

- Start in the top of a pushup position. Hold your body in a straight line.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



Side Plank Leg Raise

- Lie on a mat on your right side.
- Support your bodyweight with your knees and on your right elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- Raise your top leg up as high as you can.



Exercise Descriptions – Pulling Exercises

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 – Pulling Exercises

Underhand Inverted Row

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



Chin-up

- Take underhand grip on the bar with the palms facing you.
- Pull yourself up to the top position so that your chin is above the bar.
- Slowly lower yourself but do not let your body swing and do not use momentum.



Exercise Descriptions – Pulling Exercises

Pull-up

- Grasp the bar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.



Kettlebell Exercise Descriptions

1-Arm KB or DB Swing

- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.



KB Row

- Hold a kettlebell in one hand, and stand with a staggered stance.
- Place your empty hand on your lead thigh. Brace your abs.
- Slowly row the KB up to the lower abdomen. Do NOT round your lower back.
- Keep the low back tensed in a neutral position and the elbow tight to the side.



Kettlebell Exercise Descriptions

Kettlebell 1-Arm Overhead Press

- Hold a Kettlebell at shoulder height with your palm facing your body.
- Let the other arm hang free at your side.
- Press the Kettlebell overhead while rotating your palm to face away from the body.
- Slowly lower. Do all reps on one side then switch.



KB Renegade Row

- Start in the pushup position with your hands wrapped around two light kettlebells.
- Keep your abs braced and row one kettlebell up to your ribcage.
- Slowly lower under control and alternate sides.



Dumbbell Exercise Descriptions

DB Renegade Row

- Start in the pushup position with your hands wrapped around two light dumbbells.
- Keep your abs braced and row one dumbbell up to your ribcage.
- Slowly lower under control and alternate sides.



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. Do NOT round your lower back.
- Keep the low back tensed in a neutral position and the elbow tight to the side.



Dumbbell Exercise Descriptions

DB Bulgarian Split Squat

- Hold dumbbells (DB's) in your hands & 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.



DB Chest Press

- Hold the dumbbells above your chest with your palms turned toward your feet.
- Lower the dumbbells to chest level.
- Pause briefly and press the dumbbells straight up above the chest.
- Squeeze your chest muscles together as you press the dumbbells up.



Stability Ball Exercise Descriptions

Stability Ball Jackknife-Pushup

- Brace your abs. Put your hands on the floor 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.
- Tuck your knees to your chest by rolling the ball to your chest by contracting your abs and pulling it forward.
- At the same time, bend your elbows and lower down into a pushup position.
- Pause and then push back up and return the ball to the starting position by rolling it backward.



Legs on Ball Pushup

- Put your hands on the ground, slightly wider than shoulder width apart.
- Put your feet on the ball, and hold your body straight.
- To make the exercise easier, place your shins on the ball.



Stability Ball Exercise Descriptions

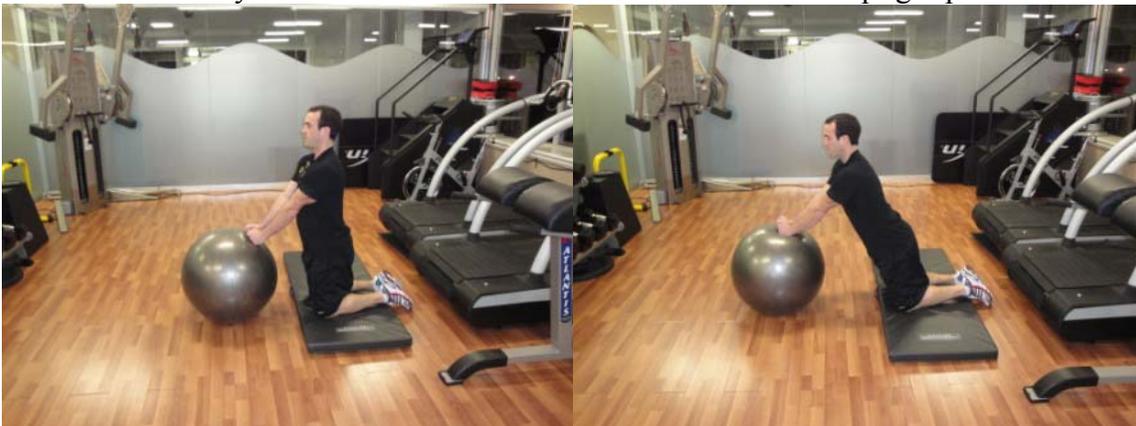
Stability Ball Ab Pike

- 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.



Modified Stability Ball Rollout

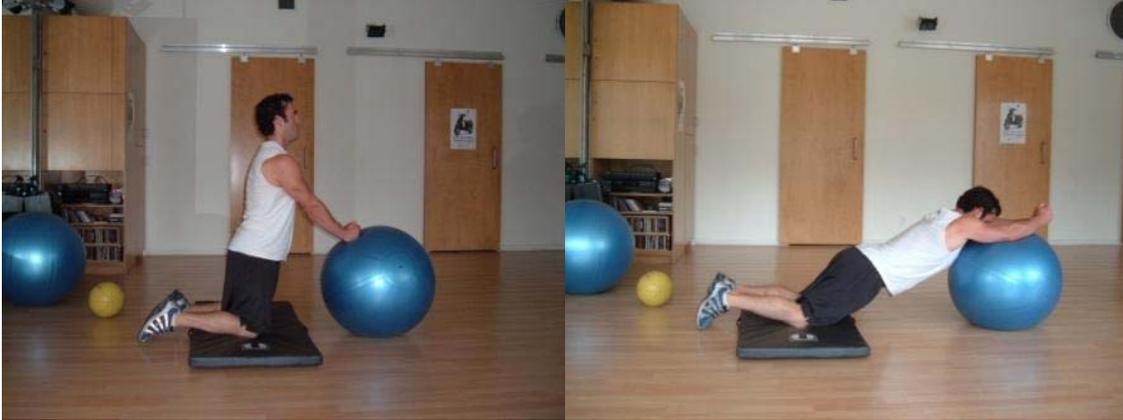
- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and rollout 6-12 inches.
- Keep your abs braced as they get a stretch on the way out.
- Then contract your abs and reverse the motion to return to the upright position.



Stability Ball Exercise Descriptions

Stability Ball Rollout

- Kneel on a mat and place your clasped hands on the top of a medium sized ball.
- Brace your abs and slowly lean forward and roll your hands over the ball while the ball moves away from your body.
- Keep your body in a straight line and go as far as you can with perfect form.
- Contract your abs and reverse the motion to return to the upright position.



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.



Stability Ball Exercise Descriptions

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.



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

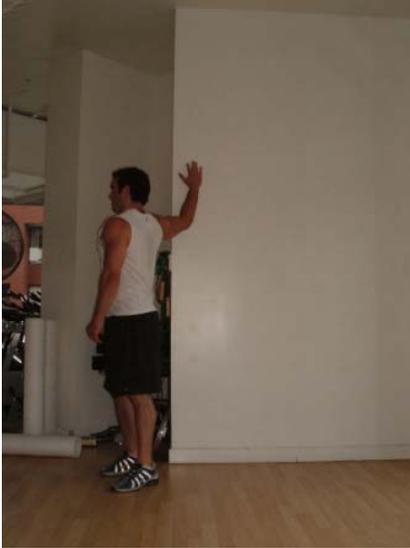
- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Static Stretching

Chest Stretch #1

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



Chest Stretch #2

- Stand with your arm out-stretched and hand pressed against a wall or support.
- Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle. Hold that position for 20 seconds and then repeat for the other side.



Static Stretching

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.



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