



How to burn fat in body



Turbulence Training promises fast fat loss results for men and women who don't have a lot of time for exercising. These workouts promise maximum results in only three workouts per week.

Let's take a look at this claim, and see if it really measures up!

Before we get to the program, let's take a look at the expert behind the workouts. I've come across Craig Ballantyne in fitness magazines such as Men's Health and Men's Fitness, and even in Oxygen and Shape magazines. So the man is a trusted fitness expert.

I've also talked to Craig about his training and education background, and I'll be honest, it was impressive, with several certifications that pop up at large commercial gyms. Craig's experience goes back to the mid-nineties, in both the military and civilian, and he's actually led research trials on sport supplements, strength training, and cardiovascular training.

Plus, Craig has been a strength coach and has worked with hundreds of clients in thousands of training sessions. With his background, so it's not surprising he's come up with a new training system for fat loss.

In fact, Craig's articles are always pretty hard on traditional aerobic cardio workouts. So if you're looking for a program that's all about doing cardio, then this program is not for you. But if you only have 45 minutes to workout, a couple of times a week, a bench, dumbbells, and an exercise ball, then you'll like what Craig has for you here.

Now one of the biggest questions about the program is simply, "What is Turbulence Training?" Well according to Craig, it's a combination of resistance training and interval training used to boost your metabolism so that your body burns calories and fat, and it doesn't boost your metabolism after exercise. Only strength training and interval training do that - while you're actually shedding fat."

Fortunately, Craig's unique system of bodyweight exercises, dumbbell exercises, and interval training can all be done in a 45-minute workout (if you are really strong, it might help to have a chinup bar). So again, if you are one of those people who love long, marathon workouts, then this program is not for you.

Frankly, I've used the program myself and recommended it to many others. Why? Because no one has time for a long workout every day of the week, an eight or ten hour workday, a round-trip commute of 90 minutes, and spending time with my family, I just don't have the time to do a long workout every day of the week.

In fact, I either get up early and do the workout before work, or I do it just before bed. This workout is perfect for people who want to lose fat without sacrificing muscle - the type of routine that is going to turn anyone into a pro bodybuilder. If you want maximum muscle and want to avoid the long, boring programs. But the Turbulence Training system is best for burning fat without sacrificing muscle - so you end up with more muscle and less fat.

And it's fun! So many workouts are boring (i.e. long cardio) or repetitive (i.e. doing the same bodybuilding workout over and over). Turbulence Training uses a lot of unique (but not fluffy) exercises, including some cool, killer bodyweight movements that will burn fat and increase your functional and core strength - again, all with minimal equipment needs.

But, I am even able to recommend this program to friends who are just starting out, because Craig has put together a 4-week beginner program and a 4-week intermediate program in addition to the 16-week advanced training phase (PLUS, the Turbulence Training program includes a massive amount of bonus workouts for muscle building, bodyweight only, advanced fat loss, and even a few workouts for women).

But each workout progresses into the next. He's used all of these workouts with hundreds of clients - so they know they're not just another program that leaves you smashed and puking after the first workout, but Turbulence Training is not like that. The results matter! And you are in expert hands with Turbulence Training, and Men's Health expert, Craig Ballantyne.

Craig's Turbulence Training also contains a contract -- basically, your pledge to being committed to the program, Nutrition Guidelines from expert, Dr. Chris Mohr, Ph.D., and an extensive Q&A section, a 21-Healthy Habits, and Turbulence Training workouts for beginner, intermediate and advanced level individuals.

All users will benefit from the Turbulence Training MP3 audio where Craig goes over the program, plus you get the program in detail, complete with photos.

Okay, so bottom line. Turbulence Training is NOT....

- Long, slow cardio workouts
- A machine-based exercise circuit
- A bodybuilding program to gain bulk
- A workout with lots of time-wasting isolation exercises
- A restrictive eating plan

Turbulence Training provides NONE of the above. On the other hand, Turbulence Training is perfect for busy people who want to exercise in the comfort of their own homes without spending a lot of money on equipment or space on exercise machines. You won't "dread" these workouts - heck, they will be over before you know it!

If you're in the slightest bit curious, I recommend you look closely at Craig's program. I was very impressed with the workouts, the bonuses, the guarantee, and Craig's expertise. For the money, it's the best deal in the fitness and diet pills! And remember...

Craig Ballantyne's Turbulence Training is backed by a 8-week money back guarantee. And this is a real guarantee. If you're not satisfied, you will receive your money back, no "ifs," "ands," or "buts." So you really have nothing to lose.

