

Turbulence Training Bodyweight Workout for Athletes

Craig Ballantyne, CSCS, MS, presents...

Turbulence Training Bodyweight Bonus

The 8-Week Bodyweight Athlete Workout

Turbulence Training Bodyweight Workout for Athletes

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This information in the Turbulence Training report is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Craig Ballantyne, CSCS, M.Sc.,
Author, Turbulence Training

Turbulence Training Bodyweight Workout for Athletes

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.

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.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Turbulence Training, please return the Report for a full refund.

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Turbulence Training Bodyweight Workout for Athletes

What Athletes Need...

The main priority of athletes is quickness. The quickest athletes will get to the ball first. Unfortunately, most programs emphasize aerobic conditioning. But without quickness, even the fittest athletes will simply chase the other team around all night.

The simplest way to make athletes faster is to increase the strength in the back of the body – glutes, hams, calves, and low-back – the posterior chain. This is extremely important for weak athletes (such as young athletes, female athletes, or any athletes that has never performed a structured training program before). Strengthening the posterior chain will also help reduce the risk of injury – especially the dreaded ACL injury.

An athlete should be trying to get as strong as possible in the back of their legs without gaining mass. Getting strong without an increase in mass increases their *relative strength*. Relative strength is the key. An athlete with high relative strength will be faster and able to change direction quicker. An athlete should get as strong as possible in basic strength training exercises, and should also master all of the single-leg bodyweight exercises.

Get as strong as you can without gaining bodyweight. Lift like an animal, but don't eat like a pig. Get strong in your lower body, in particular your hamstrings and glutes for speed, and perform lateral movement to strengthen your groin against injury. Research shows that 18 sport-specific movement training sessions help protect against early in-season groin injuries. Perform lateral movement in 3 sessions per week for 6 weeks to protect your groin against injury.

The only training method that is truly sport-specific (aside from actual technical training) is the conditioning component. All strength training is simply a general means of preparing athletes. But the conditioning components (i.e. the intervals) can be modified to meet the exact metabolic demands of the game.

Two methods of interval training will be used. The first is aerobic interval training, which consists of 2-5 minute work intervals separated by active rest intervals of equal length.

The second method of interval training is anaerobic interval training, which consists of faster, shorter sprints (20-60 seconds in length) and equal or longer active recovery periods. Abdominal training might be performed during the active recovery period to increase the challenge of the abdominal stability exercises.

Furthermore, your anaerobic interval training method should match your sporting movement because the adaptations are muscle specific. If you are a hockey player, your optimal adaptations will be achieved by skating. If you are a soccer player, you should perform your intervals by running, and also by incorporating as many different movement patterns into the session as possible. Don't just run in a straight line, as that will not prepare your groin for competition.

Turbulence Training Bodyweight Workout for Athletes

What Athletes Need...

Athletes also need an efficient program – they can't be in the gym 2 hours per day. That is why the Turbulence Training principles work so well. The program below is best suited for weekend warriors, young adults, females, and recreational athletes. For elite athletes, a personal program is essential.

The following program is also most suitable for the final 2-month period before the start of the season. It addresses strength, fitness, and sport-specific movement. Speed recommendations are not included – as they are beyond the scope of this manual – and should be addressed well before the final 2 months of the pre-season.

After completion of the last week of TT Bodyweight Athlete Training, you should incorporate a taper week (a sharp reduction in volume, but continue to use high-intensity training). By low-volume, that means a reduction in the number of training sessions and in the training volume per session. This will allow optimal muscle adaptations to take place.

Speed training should be performed on the same day as strength training, so that you alternate high-intensity days (speed & strength) and low-intensity days (interval conditioning days). This is the high-low method of training and will help prevent overtraining and will promote optimal muscle and nervous system adaptations.

Unfortunately, a complete speed training program is out of the scope of this program. For speed training programs, please consult a coach in person for personal recommendations.

Finally, strength training exercises have been included as optional training methods. If you have access to free weights and you know how to perform the exercises with perfect form (or under appropriate supervision), you may add the strength exercises to your program.

Have a great season,

Craig Ballantyne, CSCS, M.Sc.,
Author, Turbulence Training

Please visit these Athlete Training Websites:

www.cbathletics.com

www.grrlAthlete.com

Turbulence Training Bodyweight Workout for Athletes

Turbulence Training Guidelines

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

- Perform each phase for 4 weeks.
- Strength train 3 days per week.
- Train intervals 3 days per week on non-strength training days.
 - You can skip one of Day 4 or Day 6 if you need extra active recovery days.
- You must have complete rest 1 day per week. It is a good idea to use this day for massage, physiotherapy, foam rolling, and other active recovery methods.
- Exercises are programmed in pairs or in circuits (any time there is more than 2).
 - Each pair of exercises constitutes a “Superset”. In each Superset, do one set of the first exercise (A1), rest 60 seconds, and then perform the next exercise (A2). Rest 2 minutes and then repeat, starting with the first exercise again.
 - For all circuits, complete each exercise one after the other with no rest between each. Rest 1 minute at the end of the circuit before repeating.
 - Go through each circuit 1-5 times.
 - The number in the brackets beside each bodyweight circuit exercise indicates the number of reps per side (if it is a unilateral movement).
- Use the recommended lifting tempo for all exercises (except for any holding exercises like the planks where it is just a static hold).
 - For example, (3x15) 2-1-1 means 3 sets of 15 reps at a 2-1-1 tempo (2 seconds to lower, 1 sec pause, 1 sec to lift)
- Finish each workout with stretching for the tight muscle groups only. At the very least, it is recommended that you do the **Psoas Stretch** and the **Hamstring Stretch** after each workout.

Warm-up

- Never skip a warm-up. For a warm-up, perform this circuit twice:
 - Y-Squats – 20 reps
 - Decline Pushups – 8 reps
 - Prisoner Fwd Lunge with 1-second Pause at Bottom – 6 reps
 - Inverted Row – 8 reps
 - Ball Leg Curls – 15 reps
- If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up.

Turbulence Training Bodyweight Workout for Athletes

Turbulence Training Bodyweight Athlete Training: Weeks 1-4

- Use the Circuit from Day 1 as your pre-practice or pre-game warm-up.
- If you do not have access to weights, skip A1 & A2 from Day 1.
- If you can't do full chin-ups or pull-ups, do the lowering portion of the exercise only, taking 5 seconds to lower yourself from the top position to the bottom position.

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Day 1									
Speed Training if Possible									
A1) Deadlift (3x8) 2-2-1									
A2) DB Chest Press (3x8) 2-0-1									
B1) 1-leg Squat/Pistol (3x6) 3-0-1									
B2) Back Ext. on Ball (3x15) 3-0-1									
(Pre-game Warm-up Circuit)									
C1) Prisoner Squat (25) 1-0-1									
C2) Walking Lunge (15) 2-1-1									
C3) Inchworm (8) 2-0-2									
C4) Elbow-to-Instep Lunge (8) 1-0-1									
C5) 1-Leg RDL (10) 2-1-1									
Day 2									
Interval Workout A									
Day 3									
A1) Chin-up (2xMax Reps) 2-0-1									
A2) Dips (2xMax Reps) 2-0-1									
B1) Jumping Jacks (100) 1-0-1									
B2) Pike (3) 3-0-1 or Ab Wheel (8) 2-0-1									
B3) Spiderman Climb (15) 1-0-1									
B4) Bicycle Crunches (40) 1-0-1									
B6) Close-grip Pushups (15) 2-1-1									
B7) Stability Ball Jackknife (15) 2-0-1									

Turbulence Training Bodyweight Workout for Athletes

Turbulence Training Bodyweight Athlete Training: Weeks 1-4

- If you do not have access to weights, skip A1 & A2 from Day 5.

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Day 4 (Optional, if you do Day 6)									
Interval Workout B									
Day 5									
Speed Training if Possible									
A1) Wide Squat (3x8) 3-0-1									
A2) DB Row (3x8) 2-0-1									
B1) T-Squat (20) 2-0-1									
B2) Rotate Lunge (12) 2-1-1									
B3) Spiderman Pushup (12) 1-1-1									
B4) Bulgarian Split Squat (15) 2-1-1									
B5) 1-Leg Ball Curl (3x12) 2-0-1									
B6) Burpees (10) 1-0-1									
Day 6 (Optional, if you do Day 4)									
Interval Workout C									

Turbulence Training Bodyweight Workout for Athletes

Turbulence Training Bodyweight Athlete Interval Training: Weeks 1-4

Day 2: Interval Workout A

- Warm-up for 5 minutes.
- Perform an interval by exercising for 2 minutes at a harder than normal cardio pace (at a subjective 8/10 level of intensity). You should reach >90% max heart rate at end of interval.
 - A 6/10 intensity represents normal cardio intensity, and a 10/10 intensity represents “running for your life”.
- Follow that with “active rest” for 2 minutes by exercising at a slow pace (at a subjective 3/10 level of intensity).
- Repeat for 6 intervals.
- Try to achieve the same distance in each interval.
- Finish with 5 minutes of a cool-down at a 4/10 level of intensity and stretching for tight muscles.
- This workout does not have to be sport-specific. You can use any method of training (bike, treadmill, outdoor run, rowing, etc.).

Day 4: Interval Workout B

- Warm-up for 5 minutes.
- Perform an interval by exercising for 60 seconds at a harder than normal cardio pace (at a subjective 8.5/10 level of intensity).
- Repeat for 6 intervals.
- For the first 3 intervals, follow each sprint with a Plank for 30 seconds and then 30 seconds of rest before performing the next interval.
- For the last 3 intervals, follow each sprint with a Side Plank for 20 seconds and then 40 seconds of rest before performing the next interval.
- Finish with 5 minutes of a cool-down at a 4/10 level of intensity and stretching for tight muscles.
- This workout should be movement specific to your sport (if you play soccer, then you should run; if you play hockey, you should skate).

Day 6: Interval Workout C

- Warm-up for 5 minutes.
- Work for 30 seconds at a hard pace (at a subjective 9/10 level of intensity).
- Follow that with “active rest” for 90 seconds by exercising at a slow pace (at a subjective 3/10 level of intensity).
- Repeat for 6-8 intervals.
- Finish with 5 minutes of a cool-down at a 4/10 level of intensity.
- This workout should be movement specific to your sport.
- Perform this interval session outside and use multiple movement patterns and changes in direction.
- Do this in “Spikes” on grass or running shoes on a non-slip surface (just be really careful when you make your cuts & changes in direction).

Turbulence Training Bodyweight Workout for Athletes

Turbulence Training Bodyweight Athlete Training: Weeks 5-8

- If you do not have access to weights, skip A1 from Day 1.
- If you can't do full chin-ups or pull-ups, do the lowering portion of the exercise only, taking 5 seconds to lower yourself from the top position to the bottom position.

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Day 1									
Speed Training if Possible									
A1) Front Squat (3x6) 2-0-1									
A2) Inverted Towel Row (3xMax)									
B1) 1-Leg Deadlift (3x10) 2-0-1									
B2) GHR on Ball (3x20) 3-0-X									
C1) Y-Squat (25) 1-0-1									
C2) Siff Lunge (10) 2-1-1									
C3) Elevated Pushup (15) 1-1-1									
C4) Side Step (8) 1-0-1									
C5) Rotate Lunge (12) 2-1-1									
C6) Spiderman Climb (12) 1-0-1									
Day 2									
Interval Workout A									
Day 3									
A1) Pull-up (3xMax Reps) 2-0-1									
A2) Shoulder Press Pushup (3xMax Reps) 2-0-1									
B1) Cross Crawl (30) 1-0-1									
B2) Mountain Climber (20) 1-0-1									
B3) Elbow-to-Instep Lunge (10) 2-1-1									
B4) Ab Wheel (10) 2-0-1									
B5) 1-Leg Ball Jacknife (10) 2-0-1									
B6) Burpees (15) 1-0-1									

Turbulence Training Bodyweight Workout for Athletes

Turbulence Training Bodyweight Athlete Training: Weeks 5-8

- If you do not have access to weights, skip A1 & A2 from Day 5.
- If you can't do full chin-ups or pull-ups, do the lowering portion of the exercise only, taking 5 seconds to lower yourself from the top position to the bottom position.

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Day 4 (Optional, if you do Day 6)									
Interval Workout B									
Day 5									
Speed Training if Possible									
A1) Push Press (3x6) 2-0-X									
A2) RDL (3x8) 3-0-1									
B1) Pistol (8) 2-0-1									
B2) Chin-up (8) 2-0-1									
B3) Bulgarian Split Squat (15) 2-1-1									
B4) Single-Leg Reaching Lunge (8) 2-0-1									
B5) Pushup Feet on Ball, Hands on Bench (15) 2-1-1									
B6) Plank Rotate (3) 1-1-1									
Day 6 (Optional, if you do Day 4)									
Interval Workout C									

Turbulence Training Bodyweight Workout for Athletes

Turbulence Training Bodyweight Athlete Interval Training: Weeks 5-8

Day 2: Interval Workout A

- Warm-up for 5 minutes.
- Perform an interval by exercising for 45 seconds at a harder than normal cardio pace (at a subjective 9/10 level of intensity).
- Follow that with “active rest” for 45 seconds by exercising at a slow pace (at a subjective 3/10 level of intensity).
- Repeat for 6-8 intervals.
- Finish with 5 minutes of a cool-down at a 4/10 level of intensity.
- This workout should be movement specific to your sport.
- Perform this interval session outside and use multiple movement patterns and changes in direction.
- Do this in “Spikes” on grass or running shoes on a non-slip surface (just be really careful when you make your cuts & changes in direction).

Day 4: Interval Workout B

- Warm-up for 5 minutes.
- Work for 20 seconds at a hard pace (at a subjective 9.5/10 level of intensity).
- Repeat for 6 intervals.
- For the first 3 intervals, follow each sprint with 3 Pikes and then 30 seconds of rest before performing the next interval.
- For the last 3 intervals, follow each sprint with a Side Plank Leg Lift for 5 reps per side and then 40 seconds of rest before performing the next interval.
- Finish with 5 minutes of a cool-down at a 4/10 level of intensity.
- This workout should be movement specific to your sport.

Day 6: Interval Workout C

- Warm-up for 5 minutes.
- Perform an interval by exercising for 2 minutes at a harder than normal cardio pace (at a subjective 8/10 level of intensity). You should reach >90% max heart rate at end of interval.
- Follow that with “active rest” for 2 minutes by exercising at a slow pace (at a subjective 3/10 level of intensity).
- Repeat for 6-8 intervals.
- Finish with 5 minutes of a cool-down at a 4/10 level of intensity.
- This workout does not have to be sport-specific, but that will give better results.

Turbulence Training Bodyweight Workout for Athletes

Optional Weight Training Exercise Descriptions

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.

Deadlift

- Be very conservative with this exercise. Do not perform any deadlift if your lower back is injured, weak, or compromised in any manner.
- Place the bar on the floor. Stand behind the bar with your feet slightly greater than shoulder-width apart.
- Bend down and grasp the bar with your hands just outside your legs. Keep your lower back flat and your shoulders back.
- Grip the bar with an overhand grip (palms down) or an “alternate” grip (one palm down and one palm up). The alternate grip allows for heavier loads to be lifted.
- Begin the movement by extending at your knees and hips and pulling with your arms and upper back. Keep your back “neutral” (flat). Erect your torso and stand up.
- Keep the bar very close to your body and keep your heels on the floor as you lift.
- Exhale as you near the top of the movement.
- Pause briefly at the top of the movement and then lower the weight. Keep your back flat and flex the hips and knees. Keep the bar under control and close to the body.
- Do NOT round your lower back. I am not letting my back round in the photo.
- Perform each rep with 100% concentration.



Turbulence Training Bodyweight Workout for Athletes

Optional Weight Training Exercise Descriptions

Wide Squat

- Set the bar at chest level in the squat rack.
- Step under the bar and rest the barbell low on the traps.
- Your grip on the bar should be narrow, yet comfortable.
- Position your feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be spaced 4-6 inches wider than shoulder-width apart. Point your toes forward.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Lower until your thighs are parallel to the floor, but keep your low back arched.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- You can also do this exercise by holding one dumbbell in both hands in front of you.
- Do NOT round your lower back. I am not letting my back round in the photo.



Turbulence Training Bodyweight Workout for Athletes

Optional Weight Training Exercise Descriptions

Front Squat

- Set the bar up at chest level in the squat rack.
- Step under the bar and rest the barbell the anterior deltoids (shoulders).
- Support the bar in that position by bending your elbows and extending your wrists back. Your elbows should point directly ahead. If you have flexibility issues, use less weight until you can achieve proper form.
- Your grip on the bar should be narrow, yet comfortable.
- Position the feet and hips under bar, take it off the rack and take 2 small steps back.
- Your feet should be just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your butt backward and “sit back into a chair”. Make your butt go back as far as possible and keep your knees out.
- Squat as deep as possible, but keep your low back in an arched position.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.



Turbulence Training Bodyweight Workout for Athletes

Optional Weight Training Exercise Descriptions

DB or BB Romanian Deadlift (RDL)

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



Turbulence Training Bodyweight Workout for Athletes

Optional Weight Training Exercise Descriptions

DB Flat Bench Press

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



DB Row

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



Turbulence Training Bodyweight Workout for Athletes

Optional Weight Training Exercise Descriptions

DB Push Press

- Hold dumbbells at shoulder level and stand with a slight bend in your knees.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement with a rapid, yet small, dip at the hips & knees.
- Explode up and press the dumbbells overhead until your arms are fully extended.
- Slowly lower the dumbbells back to shoulder level.



Turbulence Training Bodyweight Workout for Athletes

Bodyweight Exercise Descriptions

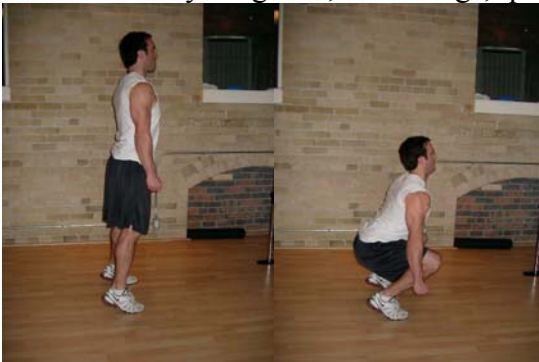
Prisoner Squat

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



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.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

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.



T-Squat

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



Turbulence Training Bodyweight Workout for Athletes

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.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

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.



Walking Lunge

- Perform a forward lunge and walk forward with each step, rather than returning back to the starting position.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Prisoner Forward Lunge

- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Perform regular forward lunges.



Single Leg Reaching Lunge

- Stand with your feet shoulder-width apart in front of a small object that you have placed 3 feet in front of you.
- Now stand on your right leg, balance yourself, and then bend your knee and reach forward to touch the object with your right hand.
- Touch the object and return to the starting position without losing your balance.
- Without switching legs, perform the same exercise but use your left hand to reach forward and touch the cone.
- Perform all repetitions on the right leg and then switch.
- As you get better, you can place 3 cones in a line (one to the left, one in the center, and one to the right). This will require greater balance.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Siff Lunge

- Siff exercises are regular exercises performed while standing on the balls of your feet.
- Do a regular forward lunge, staying on the balls of your feet at all times.



Rotate 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 and rotate your right leg around so it is facing diagonally back.
- At that point, push your hips down and back. Lower yourself until your thigh is parallel to the floor.
- Return to the start position by pushing with the muscles of the lead leg. Focus on pushing with glutes and hamstrings.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

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.



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.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Step-out

- 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.



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.

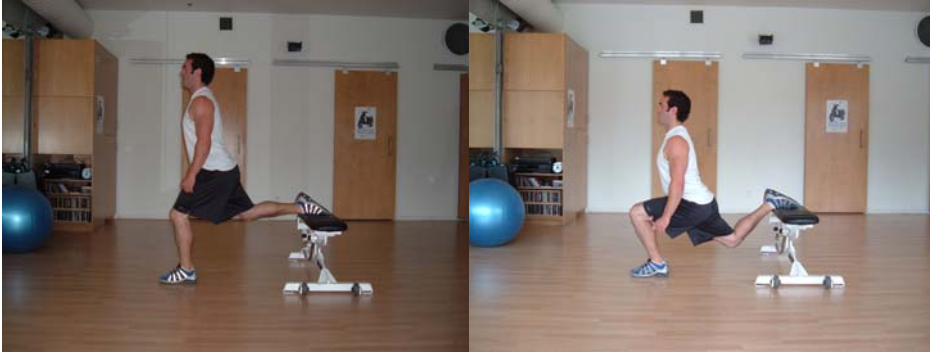


Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Bulgarian Split Squat

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



1-Leg RDL

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

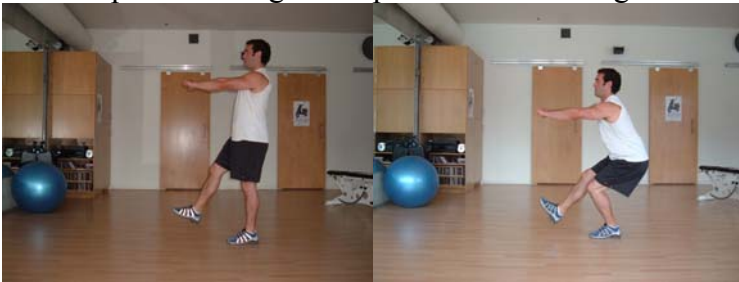


Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

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.



Pistol

- If you are advanced, you may be able to squat all the way to the floor.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

GHR

- Sorry about the quality of this photo.
- Support yourself on your knees on a ball and plant your feet flat against a wall.
- Make sure the ball is not on a slippery surface.
- Start with your body in a straight line.
- Contract your glutes and hamstrings and slowly lower yourself down until your body is flat over the ball.
- Contract your glutes and hamstrings to raise back up...and use your hands if you need balance or an extra push.



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.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Jumping Jacks

- Perform the traditional, old-school Jumping Jack exercise.



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 from the bottom position.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Plank

- Lie on your stomach on a mat.
- 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.
- Hold this position for the recommended amount of time or 10 seconds if you are doing multiple repetitions.



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 or 8-10 seconds if you are doing multiple repetitions.



Side Plank Leg Lift

- In a normal side plank position, raise your leg up to an extended position.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Plank Rotate

- This is an advanced exercise, and you must focus on keeping your hips in a straight line at all times. It is tempting to rotate your hips, but that is bad form.
- Start in a side plank position. Hold for the recommended amount of time and then slowly rotate your entire body into the middle position. Hold, then rotate your body to the other side plank.



Bicycle Crunch

- Lie on your back with your knees bent 90 degrees & hands behind your head.
- Lift your feet off the ground and bring your knees back towards your chest.
- Curl your body off the ground and bring your right elbow to your left knee.
- In the process, you should be able to bring your right shoulder blade off the ground. You don't need to curl up any higher.
- Return to the start position. Then repeat the movement for the left side.
- Continue to alternate sides for the desired number of reps with each movement counting as a single repetition.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

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. I am not letting my back round in the photo.



1-Leg Jackknife

- Same as the regular Jackknife, but use only 1-leg on the ball.
- The other leg does the opposition action (i.e. it goes out when the leg on the ball comes in).



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

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.



Spiderman Climb

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



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Ab Wheel

- Kneel on a mat with your hands on the ab wheel.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.



Pike

- Hang from a chin-up bar. Brace your abs.
- Slowly bring your ankles to the bar and then slowly return to the start position.
- This is a very difficult exercise.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Chin-ups

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum



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.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Inverted Towel Row

- Same as the regular row, but grip towels instead.
- This is more advanced and works the grip.



Back Extension on Ball

- Lie over a ball with your feet placed against the wall.
- Contract your glutes and tense your low back, and raise yourself up to the upright position.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Close-grip Pushups

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



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.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

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.



Spiderman Push-up

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



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Shoulder Press Pushup

- Put your feet on a bench.
- Put your hands on the floor, and bring them as close to the bench as you can.
- This allows your upper body to be upright and allows you to work your shoulders.
- Bend your elbows and lower your body to the floor.
- Push up with your shoulders, triceps, and chest.



Push-up with Hands on Bench & Feet on Ball

- Place your hands on a bench and feet on a ball. Keep your body in a straight line.
- Perform normal pushups. Your abs will have to work harder in this exercise.



Turbulence Training Bodyweight Workout for Athletes

Exercise Descriptions

Dips

- Hold onto the dip bars and keep your body in a straight line with your abs braced.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm.
- Press back up using chest, triceps and shoulders.



Turbulence Training Bodyweight Workout for Athletes

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.



Turbulence Training Bodyweight Workout for Athletes

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.

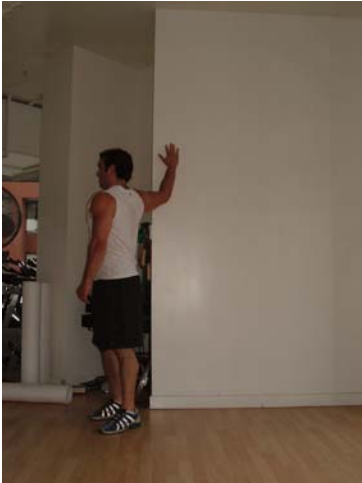


Turbulence Training Bodyweight Workout for Athletes

Static Stretching

Chest Stretch

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



Shoulder Stretch

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

