

## **Turbulence Training: Review Examining Craig Ballantyne's Fitness Program Released By DietsAndFitnessGuides.com**

*Summary: DietsAndFitnessGuides.com releases a review of Craig Ballantyne's Turbulence Training system which promises users a proven method for burning fat and gaining muscle with time efficient home workouts.*

Turbulence Training has become one of the most popular fitness programs for busy men and women looking to lose fat quickly, provoking a review by DietsAndFitnessGuides.com's Vince Delmonico.

"Turbulence Training creator Craig Ballantyne is a thought leader in the fitness world known for developing cutting edge fitness strategies," reports Delmonico. "It's not a stretch to say that his research has revolutionized fitness training for fat loss, and based on this reputation we thought it was important to review his Turbulence Training program for our website visitors."

Ballantyne is often credited for exposing the fitness world to the superior fat burning benefits of interval training and strength training with low reps as opposed to slow steady state cardio.

Delmonico offers this explanation for the continued popularity of Ballantyne's Turbulence Training system:

"Turbulence Training offers an approach to fitness that just wasn't publicly available a few short years ago," says Delmonico. "Ballantyne's system emphasizes the value of short intense workouts that can be done in the privacy of one's own home, and this is undoubtedly a major selling point for folks who just don't have the time to go to the gym for hours and hours each week. In fact, with Turbulence Training you can get the full benefit of the program working out just three days a week."

The Turbulence Training system is available digitally online allowing customers instant access to all training materials. In addition to the 76 page Turbulence Training PDF ebook, the program also includes a one hour audio training MP3, a four-week bodyweight workout, an advanced fat loss workout, a thirty-day fat loss workout guide, and a collection of nutrition guidelines for both women and men.

"Obviously this isn't one of those fitness guides that is all about diet and claims that you can get in shape sitting on your butt," says Delmonico. "That said, for those people who are willing to work out three days a week this may be just the thing to help them reach their fitness goals."

**[Those wishing to purchase Turbulence Training, or for more information, click here.](#)**

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Turbulence Training review is available at the following web address: <http://www.dietsandfitnessguides.com/craig-ballantynes-turbulence-training-review/>

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