

Craig Ballantyne claims he's taken the latest in proven scientific research to create Turbulence Training 2.0, a training program that includes a strange trick that can boost fat loss by up to 450%. This has caught attention of HealthAvenger.com's Stan Stevenson, prompting an investigative review.

"Our Turbulence Training review of version 2.0 shows it is based on proven research from French Canadian scientists that show that long slow cardio workouts actually prevent your body from burning fat. This workout program changes the way your body gets its energy to actually boost your metabolic rate," reports Stevenson. "The methods used in the Turbulence Training 2.0 program are scientifically researched and proven to work fast. It will make you feel 10-15 years younger in just a few days and also provide you with more energy as the metabolism of your body change back to the way it should be."

The <http://healthavenger.com/turbulence-training-review> Turbulence Training 2.0 review shows it includes 24 follow along home workouts, a Turbulence Training program guide, an exercise guide, nutrition plan, and further bonus workout program. People discover the EPOC secret or the 'afterburn effect'; the scientific term for fat burning after one finishes exercising. A single workout boosts the production of the Human Growth Hormone, which causes the body to burn up to 4 times more fat. These short burst workouts create an immediate change in the ability of the body to burn fat.

"We also know that cardio is a necessity for fat loss. In fact, what it does is cause your body to cling onto the fat, and burn muscle for energy instead. In other words, you end up instructing your body to store fat, instead of using it as an energy source," says Stevenson. "Turbulence Training 2.0 is a workout program that not only includes zero cardio, but provides shocking new research that it's actively detrimental for your health. There are several benefits that this program offers; from reducing the stresses that are put on your joints and spine during running and other high impact work, down to better sleeping patterns and, of course, that body you've always dreamed of."

"Turbulence Training 2.0 can be followed successfully at home, without the need to purchase any expensive equipment at all. You neither have to join a gym nor pay a personal trainer. Your workout times are very much reduced as you also do away with the time wasted on boring cardio machines. This offers the added advantage of giving you plenty of much-needed time to get on with the other important things in your life. The program not only does exactly as it promises, but it comes along with a whole load of other health benefits as well. From day one of starting Turbulence Training 2.0 workouts, your body literally turns into a fat burning machine. The effect is virtually instant!"

Those wishing to purchase Turbulence Training 2.0, or for more information, click here:

<http://healthavenger.com/go/TT2/>

To access a comprehensive Turbulence Training 2.0 review, visit <http://healthavenger.com/turbulence-training-review>