

Turbulence Training, Quick Workouts and Six Pack Abs – An Interrogation with CRAIG BALLANTYNE

FountainofYouthWorldSummit.com Interview with Craig Ballantyne

Kevin Gianni: Hi, this is Kevin Gianni from the fountainofyouthworldsummit.com. And today I am here with a special guest to the Fountain of Youth. We've added a kind of special interview to this program to let you know that we are here to deliver as much content and information as humanly possible during this event. So let's get right into it. I am here today with Craig Ballantyne, he is the author of Turbulence Training and Founder of turbulencetraining.com and www.ttmembers.com. He is also a regular contributor to Men's Health Magazine. So grab a pen and piece of paper, you won't want to miss the info that Craig's going to be giving out in just a few seconds.

So Craig how are you doing today?

Craig Ballantyne: Great Kevin thank you for having me.

Kevin: Great, so lets get right into fitness, you know the program hasn't covered a lot of fitness at all yet in the fountain of youth world summit so I really want you to touch on some of the things that are extremely effective for people to get into shape and really get the mental and the physical shape that they want to be in. So tell a little about your story, we will just start with that and then we'll move forward.

Craig: Sure. Kevin, I have a bit of a training program called Turbulence Training and it's a very time constrictive approach. It's based on people that are busy with work and commutes and family but still want to get obviously results from the training itself. It is a strength and interval training done three times per week. OK. I kind of came across this as a university graduate student back in 1999, we were doing a study on the supplement that Mark McGwire actually took in his home run chase the androstenedione, so we took some blood measurements from some young guys, so I was in the lab 16 hours a day measuring this stuff.

Kevin: Wow!

Craig: Yeah. And it was really exciting stuff, radio isotopes and all this stuff [laughter]. So I was on this machine, its running and I would get like maybe 45 minute breaks once or twice a day and you know, as a university guy you are pretty active already and then to go from like five or six days of training per week to almost nothing for couple of weeks. It was a little rough, so I realized I had to get a lot of results in a short amount of time. I had 45 minutes to get across campus to the gym and fortunately I had been studying a lot on strength training and interval training because I was also working with athletes and teams as a part time strengthening conditioning program.

Craig: So I knew what interval training could do, you know -- from my years of experience of lifting and body rolling and strength training and stuff, I knew what the best exercises were and I remember finishing up the intervals from that very first time I put together this strength training super sets and intervals to finish off per 35 minute workout. I remember that this is the intensity that I was looking for and over the years I have refined that training program with men, women, very overweight people, beginners, very advance people, all types of different goals and programs and basically that is what we come up with is that you can get a lot of results in a short amount of time with quality training. It's a bit of a mind set shift for people especially -- I always refer to the 1980s, like a lot of people are stuck in the 1980s mind sets of 5 or 6 cardio sessions per week for an hour a day, join an aerobics classes, light weights, high wraps and you know, that's just -- it's not fitting into today's lifestyle that's for sure and it doesn't have to be that way. You can put a shorter time commitment on actual structured training and I like to separate -- I mean -- you should be active everyday, but I like to separate what you should be doing into what I call structured training days which only need to be 3 times per week and then exercise days. The other days of the week you do stuff that you like, you don't have to force yourself to drive to the gyms, you know that wastes half an hour of your day driving there and driving back. You can just do 30 or 40 minutes of your favorite activity at home with your kids, your family, your dog or whatever sport. You only really have to train hard and structured 3 days per week, to loose body fat and gain muscle mass.

Kevin: I think everyone wants to loose [laughs] a bit of body fat. Right!

Craig: Yeah. And I mean this intense exercise I think is associated with greater increases in growth hormone and that might be a significant effect on maintaining a youthful appearance in terms of fat loss and muscle gain and so that is why I think the high intensity training program is the way to go.

Kevin: We talk about quality, we talk about intensity let's cover both of those. Let's start with quality and tell me what quality means -- is it a 30 minute real focus -- is it 15 minutes -- what does that mean.

Craig: Well the quality training is, you can figure it this way. Everybody knows that body builders go into the gym and train for hours, 6 days a week but I mean, you have to understand that the quality of the training by the end of the session is not as great as the quality of the training at the start of the session.

Kevin: Sure.

Craig: Clearly you are not able, you are not as strong, you are fatiguing more quickly, so its diminishing returns, that law of diminishing returns -- the more you do is not necessarily, like if you do 2 hours of exercise is not going to be twice as good as 1 hour of exercise. Three sets is not three times as great as 1set. So it's really about -- it's kind of tied in with that intensity. If you want to train quality you have to train a little more intense than usual and you know your quality training is done early in the session.

Kevin: OK.

Craig: So if you train too long your quality of training is going to drop over time and same with multiple workouts for a week. Like 3 times per week, you get a day of recovery and there we do something that doesn't stress your recovery ability and it doesn't interfere with tomorrow's workout and I know this for sure. Like if I train and lift weights five days per week versus trying to do the same exercises over three days next week, I'm stronger in that 3 day protocol where I have a little bit more time to recover. And so you actually get more quality sessions in per week in addition to more quality in your workouts when you keep it intense and shorter.

Kevin: Right. And it doesn't take a lot of time which is the most fantastic thing. A lot of people do spend a lot of time in the gym either doing cardio or doing strength training with weights, without weights. This doesn't take time if you are focused, correct?

Craig: Well, one of the other things is that you are choosing quality exercises because we can all spend 3 hours in the gym doing an exercise [unintelligible] and for your super-spinadas, [laughter] I mean if we choose the quality exercises, the multi muscle exercises then we don't have to do as much.

Kevin: Right.

Craig: And so we stick to the quality exercises that way and also we choose the quality higher intensity interval training, so we work hard for a short period of time and then recover and I think that's a better approach than doing -- you know, you sit on the cardio machine and you see people doing this and they are reading People Magazine, that is not quality training [laughter] unless that's the recovery day and I don't know, right. That's fine but I mean they really expect that to be quality training to make a difference in their fitness and in their life, you know it's really not.

Kevin: Yeah. And so what are the results we are looking for, I mean, when someone goes through maybe one of your programs, just any sort of intense quality type program, what are the benefits of that and let us get into some of the actual routines and things that someone can do.

Craig: Sure. So what the benefits are is that what we are looking at the big picture. One of the problems I find with traditional exercises approach is that they are looking at the details, they are looking at the fat burning zone, how many calories are burned at the machine and I want people to forget about that stuff because first of all, those machines are often highly inaccurate, but also what's done in that short 30 or 45 minute workout on the cardio machine doesn't really make a huge difference in the grand scheme of things in 24 hours of where your metabolism can be increased by higher intensity training so that overall of the entire 24hours, if you do an intense training session, you burn more calories over 24 hours than you do if you do a wider intensity workout. So you might burn more calories in the workout than you do with cardio for 60

minutes and count the calories on the machine. But that is not looking at the big picture of how that affects your total daily and future expenditure. So that is what is focused on with our training programs with the strength training and interval training because that intense training causes an increase in your post exercise metabolism that's gonna be greater than if you just did a moderate intensity exercise.

Kevin: OK. So what you are doing differently is your jarring your metabolism to function at a higher rate diminishing over a period of 24 hours.

Craig: Yeah. And that's why I call it turbulence training cause I like to use this analogy of an aeroplane in turbulence. It has to extend a lot of energy to ride itself and to fight its way through the turbulence. So what you are doing in intense training session compared to a moderate training session is you put more turbulence on the muscle, greater stimulus on the muscle and then after the training session there is more energy consumed by your body to repair the muscles and to replenish the energy consumed during that training session. So that is where I am trying to look at in that after the training session, its just like a body builder knows that when he goes in to the gym and he lifts weight, he doesn't leave the gym stronger and bigger, he gets stronger and bigger during the recovery time, during the 24 - 36 - 48 hours after and that is the same with the fat loss mentality is we have to look at not the actual training session, we have to look at the bigger picture of what we can do to our metabolism with more intense methods.

Kevin: Right. You're talking about these efficient exercises. What are some of the efficient exercises. Do these include weight lifting or is this body weight exercises -- include body weight exercises too.

Craig: I have had the privilege of working with a lot of beginners and overweight individuals, very overweight individuals so obviously going into a body weight squat for these individuals would be a difficult exercise.

Kevin: Absolutely.

Craig: So even during these exercises, there is a lot of lying body weight exercises that can give a beginner pretty intense workout, you know -- lying double like hip extensions where you are on your back and your are bridging your hips up so we are working the muscles of the back to the leg to prepare ourselves, so they are preparing themselves for the future or they are trying to, would they be able to do body weight squatting. We start on the ground with body weight exercise with absolute beginners with planks and side planks and kneeling pushups and those such movements because again for beginners, a lot of these people haven't moved these muscles in a long time.

Kevin: Yeah.

Craig: Everybody has heard somebody say "Oh I just worked out muscles I didn't know I had" and you know that is true to advanced individuals, but it is especially true for

beginners because they are so far removed from the lifestyle that you and I might live. So those are efficient exercises there for the beginner. Now with the advanced individuals and the intermediate individuals and yeah, we are looking at multi muscle exercises generally done in a standing position. So we are just thinking about the basics, rolling, pushing, pulling, squatting, any single leg type exercise, lunges and split squatting, stationary lunge, that's the type of stuff we are looking at because the more muscles you train with one exercise the fewer exercises you have to do.

Kevin: That sounds good, doesn't it [laughs]

Craig: Yeah.

Kevin: Say, if someone wants to put together their own little high intensity workout, must you take us through the sequence that you go through to put together one of these workouts.

Craig: Sure. Well some of the beginner one and all the programs follow the same structure. There is going to be a 5 minute body weight warm up at the start, so we use that instead of walking on the treadmill because it's a more efficient warm up. Because with body weight exercises we can warm up more parts of the body, more specifically the tasks we are going to do. So we start with, you know, beginner might start with a circuit of two or three exercises just to warm up the lower body and upper body, maybe some two lay hip bridges on the ground like those lying bridges that I mentioned before and then maybe some type of modified kneeling push up using a plank that would just warm up your body. So we do that a couple of times each and then we get into the strength training portion where we are going to do about 20 minutes of super sets. So super sets help us get more work done in a short amount of time. It's an efficient way of training especially if we choose what I call a non-competing super set and a superset basically you do one exercise and do another exercise, back to back. And what I like to choose are non competing exercises, so that means that if I do the first exercise it's not going to fatigue me for the second one and vice versa. So if I was going to do say the stability leg curl for my first exercise my first super set, then I would do maybe a modified body weight row as my second one so my legs rest while my upper body works and then there is no competition for resources -- for energy resources, I guess you would say that.

Kevin: Umhh

Craig: So we would do something like that for a beginner super set there and then we probably do two or three other ones total body training and in an advanced situation we would pick something like dumbbells split squat and then a dumbbell press that would be a good non competing super set because while the legs rested the upper body does some pressing.

Kevin: OK.

Craig: And so we won't rest between those two exercises but then after we finish the second one we rest for a minute and then repeat that super set about three times.

Kevin: OK.

Craig: And then like I said we move on to another super set. For beginners we might do something like a one leg hip bridge, slightly more advanced hip bridge still one of those that you are lying down on your back but your other leg is lifted off the ground and you just using, one glute, the hamstring glutes of one leg to bridge yourself up and it's a powerful contraction for that area and it really helps a beginner learn to use those muscles so that they use them better in squatting when they get around to that. First also as they strengthen that area and it helps to protect the knee and absorb some of the force that the knee usually absorbs all day long. So, we might pair that with, like I said, some of these abdominal exercises like planks and side planks. So for beginners we are getting to build on dumbbells on the abdominals. I don't do a lot of traditional abdominal work because it's rough on the lower back.

Kevin: Yeah, what do you think of the whole core training movement I guess.

Craig: Umm, it depends on where an individual is but I try and avoid. A great book for any trainers or anybody really interested in avoiding lower back pain is Ultimate Low Back Fitness and Performance by Dr. Steward Miguel, and he shows you the risks and the benefits to a lot of abdominal exercises, traditional abdominal exercises. Therefore, any time you flex your spine in a crunch or sit up it is in practice it is a damaging movement to your spine.

Kevin: OK!

Craig: Because, you know, you are compressing the spine, you are compressing the discs between the spine. So, I mean, that's why people hurt their back when they bend over because that's the spinal turn that the disc between the spine is compressed and you get your herniation. I like to tell people that it's like having a really over stuffed hamburger and you squeeze one side,

Kevin: [laughs]

Craig: and off come the herniation on the other

Kevin: [laughs].

Craig: So that's what's happening there. You are compressing a disc on one side and it bolts up the other. I mean, obviously people are doing sit up and crunches and some people are not having any back pain. But some people are. And some people even get back pains trying bending over and tying their shoes. And that's one of the one of the reasons why. Anyway, so I avoid, for most people there's not a whole lot of reason to do

weights and sit ups because even if they are after a six pack they are probably a long way from a six pack because they have too much body fat.

Kevin: [laughs].

Craig: So we are much better off spending our time doing interval training and working on your nutrition.

Kevin: Sure.

Craig: For a competitive body builder we are going to have to do some more risky activities like weighted cable crunches, that type of stuff. But only, I mean you really have to be as a professional trainer, you really have to be judicious in your years of when to use these types of exercises. So with beginners, I mean a plank and a side plank, they have to learn how to activate these muscles and build endurance in that area at first because what Dr. Miguel has found is that abdominal endurance in these plank and side planks are a good predictor of whether or not you are going to have some low back pain.

Kevin: OK!

Craig: So, now we have a long story here but it's a very good book, very helpful book. It's obviously very scientific but it has some very important messages for trainers.

Kevin: It can be anybody that has experience of low back pain and wants to learn more about it.

Craig: Yeah, I would say if you are trainer and you haven't read that book that should be, that's a shoot up at the top of your list pretty quickly.

Kevin: Sure. When you are doing those abs exercises, you know I know a lot of people heard that maybe they should counter that with back exercises. Is that true or do you think that the kind of the plank handles all that?

Craig: Well, there are some back extension exercises that Dr. Miguel has in there as well, and it's also some static holds for your back. You don't want to round your spine forward, but you don't want to hyper extend your back backwards either. It's harder to hyper extend you back and you just flex forward, so there's a less of a chance of you injuring yourself that way, but for example one exercise that's commonly done that he says is contra-indicated and that it shouldn't necessarily be used a lot is the surperman exercise a lot of people do.

Kevin: Really?

Craig: Yeah, because you are doing the exact same thing as you are on a sit up in reverse you are compressing the spine with extension. So, you know, the exercise for those people who don't know is one when you are on your stomach and you lift both

arms and both legs up at the same time. So you try and look like superman flying with the extension in you back.

Kevin: Uhmm.

Craig: And that's simply, I mean, you know, you take a look at the spine and what would happen there is you will compress one side of the spine. So, in his book he mentioned that's probably not a great exercise.

Kevin: Wow, do you see that all around in physical therapy exercise and, I mean I have even used it.

Craig: Yeah, I mean a better exercise, I'll see the bad dog or you know the four point horse stand with the abs arms, abs legs its recommended there.

Kevin: Gotcha.

Craig: And again, I mean some people are going to be doing this for 20 years and don't have a problem.

Kevin: Yeah.

Craig: But you know if some people do have back problems and that exercise is in the program then taking that out will be all they need to do.

Kevin: Yeah, you may not want six pack ups. So, I want to kind of talk about that.
[laughter]

Craig: Yeah, sure I mean, I feel some of the best abdominals on people that have never ever done a crunch in their life as far as I know. I mean, athletes have incredible abs for a couple of reasons; one because of the movements that they do in their sport and two because they have low body fat.

Kevin: Ok!

Craig: I mean, if you have more muscular abs then you can sear abs with higher body fat. But how do we get muscular abs were it not from doing thousands of crunches than from doing the same way we grow in the other muscle tissues by doing weighted exercises. So, when people are, you know a lot of people are wasting their time with high reputation abdominal work.

Kevin: That's great news, I think! [laughs]

Craig: Yeah it's heightened with the efficiency of the training program that I do. So some of the exercises that are used are stability bolt japonised because there is very

reduced manner of spinal flexing. That's where we might have your elbows on the bench and your feet on the ball and you tap your knees up to your chest.

Kevin: Sure.

Craig: You trying to maintain a pretty straight back there, you will have to do with your hands on the floor. You don't use a lot of stability belt crunches where people are on the ball and crunching because, you know, I have actually gone up to see Dr. Miguel and talked to some of the students and you know it's an exercise that has some benefits but it has some risks too, so again. I'm a conservative guy when I put my training programs together, so you know, trainers out there want to continue using it, it's really up to them, but I just get recommend they get educated on whether or not you know, it should be used with every client and that sort of thing.

Kevin: So when do you decide to use weights and when not to use weights. I mean, did anyone really need weights at all?

Craig: It all depends on what you want to do. Working with women has really increased my interest body weight training and yes I would say my body weight vocabulary. I mean, I have over 200 versions of body weight exercises now because working with women, obviously there's not a lot of difference physiologically between men and women when it comes to building a body part, but there is obviously psychologically and a lot of women don't want to use weights for the reasons that they think they will gain a lot of extra mass.

Kevin: OK!

Craig: I mean certainly you can take a look at examples of women that are very strong and use weights and art, excessively muscular but on the converse, I mean obviously there are actually women that do use weights are more muscular than most women want to be. So, in order to do that trade off what I did was I just looked and found as many body weight exercises as I could. And so I used a lot of body weight exercises with women to help them build, you know, the arms they want, the part that they want, you know, the abs they want. So, like any resistance training, you can also use these exercises to build mass, I mean, it's a lot easier to build mass with body weight exercises in man for the upper body obviously chin-ups and dips.

Kevin: Ummm!

Craig: For most guys are pretty difficult and so you will be able to gain size in your arms, and in your back and in your chest by doing chin-ups and dips. But as for whether everyone needs to use weights or not? I would say most people would probably benefit from using weight training. Obviously a bone density alone is one of the main benefits for the general population.

Kevin: Ummm!

Craig: And you can obviously, I mean weight carrying exercise fills bone but clearly adding more weight to a weight carrying exercise is going to build more bone.

Kevin: Right. So, does everybody need to use weights or?

Craig: No, I think people can have a very long life and be very fit practically without weights but if you want to build mass and muscle maybe mass and bone density, then adding weight training is definitely helpful.

Kevin: So you say 3 times a week. Right!

Craig: Yep.

Kevin: And then how much time outside of that are you saving for activities you would like to do?

Craig: Well, I just go with the general recommendations that everyone should be active everyday for at least 30 minutes. And one of the big things with my program is, you know, it was built for guys to read men's health and women that read women's health or shape or oxygen or all fitness models per say but, you know whether they are mums and dads with kids or they have to train at like 5.30 in the morning or at lunch time at work or at 9 O'clock at night, you know that's the type of person that I am dealing with. You know, age ranges from 19, we've had a woman who is 82 years in our program.

Kevin: [Laughs]

Craig: So that's the type of mind set that I am trying and lifestyle that I'm trying to help people train around and so that's why I made a workout to be only 3 structured workouts for a week in a program. So you do you strength training and then you move on interval training and you do that all within 1 workout and it should really only take you 45 minutes if you choose the right activities.

Kevin: Uhhh!

Craig: So that you then have 4 days to live your life in order to be. I mean, even if you drove to a gym and it took you 15 minutes to get there and back, that's an hour and 15 minutes, 3 times per week. So you are working out almost 4 hours which is about, you know, 3 percent or 4 percent of the total hours in a week.

Kevin: Yeah.

Craig: And I just wanted to free up time for these people to live their life on the off day. So they might spend 30 minutes walking around the neighborhood running errands and that might be their activity on their off day, but by opening that up by only having training

in the structured program 3 times per week it's a easier approach to follow on your lifestyle.

Kevin: Right.

Craig: So, I mean they could be more active on their off days when they want, but I just tell people, "Be active but don't interfere with your recovery from yesterdays workout or interfere with the quality of tomorrow's workout". That's how I like to, so don't go and do more interval training on your off day so that you are tired when it comes to tomorrow's training session.

Kevin: Got you. In these fitness magazines and you see the cover models and you see the people on the magazine, how easy is it to get into that shape. I think a lot of people see that and I mean is that is it hard for people to get into that shape. What's the kind of commitment that it takes?

Craig: Well, I put it this way, it's easy once you realize how hard it is and by that I mean these people from all walks of life are better doing it. Everybody has potential to pull that off. You know, maybe not become a cover model but be 90 percent of what that cover model looks like. I truly believe that because otherwise we wouldn't see all these performing actors in magazines. I mean, some of the performing artors are not as truly as they should be but I mean, if you look at those.....lifestyle, generally that is just full of people average, everyday people making incredible changes to their body. And so when I say it's easy, I mean, I just mean that everyone can do it. But you have to understand that it is very difficult. And once that is put in your head and you say, "Ok it's very hard but I know I can do it if I just do what I am supposed to do". You know, I get committed, I get consistent, I plan ahead. Planning ahead is huge here. Plan your meals so you might have to spend 2 hours on Sunday, you know 1 hour at the grocery store, 1 hour cooking...

Kevin: Uhhh!

Craig: And chopping up your vegetables. But if you just make that easy switch in your head and you go, "Ok, it's surely hard but am going to do it and here's how am going to do it", and you plan ahead, then people can probably become 90 percent of the probable model. I mean some people are going to become cover models.

Kevin: That's fantastic. I mean that's inspiring really

Craig: That's just a can do attitude, I mean, you know that's what North America was build on you know. So, I just think that a lot of people sell themselves short in what they think they can do fitness wise.

Kevin: Uhhh!

Craig: But one of the things that people will realize now is that with all the knowledge that is out there and the information expressly with guys like David Wolfe, they are giving out that information on how people can live incredibly, you know, strong and fit lives for decades. And we are going to see people doing things at age 90 that we never thought were possible. We are going to see more and more people living to be 100 and 110. So, I mean, I'm just very positive that as to what people can accomplish. It's just that, in my take it's 2 or 3 tries. Don't be upset if you get 3 months into this then you kind of fall off and you maintain your stuff and then you try again then you make a little more improvement. And maybe on the third time finally everything is going to click. I mean this isn't going to happen overnight.

Kevin: Ummm!

Craig: And you're going to have to be prepared for some ups and downs but if you look at it as an enjoyable challenge, that, "Hey, you know I'm 60, I've got under 40 years on this planet. I'm going to look incredible at 63". I mean if people wanted and are always thinking about in terms of weeks, but I mean if you look at -- we are here for a long time, so plan accordingly and don't be upset if things don't work out this year, you know, if you don't get in shape or somebody's wedding this summer, there's going to be a lot more weddings next summer too. So don't take it too hard if you don't meet your expectations. Just get right back on the horse and keep going.

Kevin: I think that's an incredible distinction. What else do you tell people when they feel like they are not getting the results that they want or they are just kinda floundering at one place?

Craig: Well, I believe that nutrition is more important than the training. Certainly its agreed to by John Brady who is a great nutritionist. He recommends you do a simple analysis of your compliance so we are using a traditional six meals a day seven days a week and if you really want to make improvements you wanna be at ninety percent compliance.

Kevin: OK

Craig: Most people fail at meeting the grade I don't know why I'm not making improvements but I am eating really well. They haven't gone through the check list, just do a simple box, agreed, seven days, six meals, check every time you do it right, X every time you do it wrong and you could be finding that you are probably more about seventy five, eighty percent or sometimes worse and then [laugh]it's like a bucket of cold water on to your face. You are not eating as well you think you are. You have to make improvements and then you start improving in your body. People -- I mean everybody lies to himself and some people lie about the nutrition to themselves. They really think they are doing better than they are and they are not so we've reviewed their nutrition that's one of the big things to do.

Kevin: Umm. Is it some sort of food log?

Craig: Just a personal chart but also there's a lot of great free resources out there like fitday.com, you just put in everything that you eat and it tells you what you are eating and you can share that with your trainer or you can share that with your nutritionist and they can go through. There's a lot of myths out there on nutrition too and people are eating things that they think are good for them, for the fat loss, I mean they might be good for them but they might not be helping the fat loss sort of thing so,

Kevin: Any things to consider?

Craig: Umm, I have always found that people love the rice cakes but I think that there's somebody eating a lot of rice cakes and I see this in a lot of body builders, they just don't want to get with the new information. You know something like the rice cake is from that low fat year of the 1980's and if you are eating a whole packages of the rice cakes your blood sugar is going up pretty quick. You might be hungry pretty quick and you are eating a lot of calories more than you think so stuff like that and my nutritional process is very basic, it's whole natural foods, we are fine with meats and good protein sources and fish and nuts and fruits and vegetables. Most people are not eating fruits and vegetables and are searching for a place to go for nutrition just getting them eating more of those and once they have eaten more we tell them to eat more.

Kevin: [laughs]

Craig: You know, it's basic stuff like that. So that's where we generally find the holes in the eating program.

Kevin: You personally, what are you doing on a regular basis to stay in shape, I mean what's your schedule look like?

Craig: So, I was on a four day week lifting iron, now I've dropped down to three days per week. My everything is getting stronger so I use a little bit different programs than what I give most of the people I work with so and also most of the programs that I put together on the sites, in my manuals and stuff, they are all meant to be done at home, dumbbells and your body weight and exercise bags and exercise balls. But for me I go to the gym and I do traditional body lifts and some of the Olympic lifting and just, you know -- I'm not the strongest guy in the world but that's kind of my enjoyment so we train like that and then we also draw some of the training stuff and then we do some super sets coz we want to get all our work done in a shorter amount of time and then I do a lot of body weight training coz I'm always trying out new things and so on off days I will do some body weight training as well.

Kevin: OK. What are some of the things that have given you great results from the past that you might not be using now? [laugh] I love this question.

Craig: Well, in the past certainly to build your muscle, the muscle mass that I was after, well I'm not the biggest guy in the world but I did a lot of body building stuff when I was

in high school and I would say that kind of set the foundation for the mass that I have now, the strength that I have now but I don't do a lot of that stuff now. One of the problems with that body building approach is that if you trained so often you do run the risk of more injuries pretty quick and its generally in the shoulder joint because if you are training five days per week and even if you only technically trained shoulders one day as body builders do, you are training your shoulders every time you bend, every time you pull ups even when you squat you're training your shoulders because it's supporting your weight, so you end up training your shoulders too much and that's one of the biggest downfalls of a body building type approach. If you are body building you have the time commitment and that's your goal, you just have to be creative to avoid the stress on the shoulder joint. Obviously body building works and you know, sometimes the higher volume stuff is beneficial. So that's one of the things I used to do that I don't do now.

Kevin: What do you do on a regular basis to stay mentally fit and to keep focused on working out?

Craig: That's a good question. So what I do is I read a lot, online and offline. I got to get more space where I live coz I've just been ordering books like a mad man.

Kevin: [laughs]

Craig: Like my entire coffee table is covered with books, business books and health books and nutrition books and see, the latest book I've bought is called "The Flip, Turn Your World Around".

Kevin: OK

Craig: I don't know if you have heard of that, you've heard about newstarget.com from the health ranger Mike Adams,

Kevin: Sure.

Craig: So I have got that lying around, I don't know when I'll get to it but I read a lot. I also read a lot of stuff -- off oh sorry -- online as well like a lot of health newsletters, anything that is motivational and that type of stuff and then I should read more fiction but I'm not craving reading about that and then I like to hear a good discussion or debate especially on whatever membership web site with a forum and people are always asking questions there and are always trying to come up with the answers to the fitness problems so that's good problem solving for me and they are always asking about new things so I have to go on research stuff and I play with numbers so for me most because most of the stuff I'm doing is reading and creative so the number side of my mental performance doesn't get a lot of work but I'm trying playing around with google library to just kind of help with that tracking numbers and stuff.

Kevin: OK. Keeping sharp [laugh].

Craig: Yeah. I'm trying to keep sharp everywhere, you're right. Just with, I mean with nutrition and exercise it's going to keep you so mentally sharp because I think what it comes down to a lot of, when people's brains slow down coz of age even some of these diseases like Alzheimer's are showing that it's affected by not only brain inactivity but also by your lifestyle coz information from western diet and inactivity and it simply reduced blood flow closing those arteries. When people think of closed arteries they only think of the heart but it also obviously affects the brain because if you have coronary arteries are narrowing then you have less blood flow to the brain less oxygen and that's probably one of the things that lead to dementia. Along with the information that factors that are running through your blood all the time as well. So nutrition and exercise are going to keep people mentally sound for a long long time if they stick to it.

Kevin: If someone took something away from this call, just one thing or two things, what would that be?

Craig: I think that just knowing that you don't have to be married to the gym to have an excellent physique, an excellent fitness level, that you don't have to be in the gym 6 hours a week, quality is more important than quantity so, but I talk about this higher intensity training and when I say that I mean most people think well I do 60 minutes of cardio natural intense, it takes a lot of effort but on a scale of intensity -- when I say intensity it means sprinting is more intense than running for 60 minutes. You can't do something that's really intense you can't do it for 60 minutes.

Kevin: [laugh] I imagine doing something for 60 minutes.

Craig: You won't be able to do that, I mean and same with difficult intense body exercises. You are only be able to do those with for eight repetitions that sort of stuff, so I again, the more quality you have the less quantity you need in terms of fitness and that would just open up more time in your life for you to take care of so many other things that will contribute to your well being.

Kevin: That's great. So we have run out of time here but I want to thank you coming on board. This is then awesome and insightful and why don't you tell us a little bit about where someone can go and find more information about you?

Craig: Great. So to learn more about the intense exercise programs that we use and the body weight exercises we use and the discussion forum where you can reach me with questions about your nutrition help and exercise, that would be at ttmembers.com and also if people are looking for a home based fat loss workout they can pick that up at turbulencetraining.com and then also just look for my stuff and rent out and then use it.

Kevin: Awesome. What I'll do is I'll put up a link where someone can go and get both of those links so that would be www.fountainofyouthworldsummit.com/tt, so that's it as in

turbulence training so you can go there. So Craig I want to thank you for coming on board.

Craig: Thanks Kevin. This is great.

Kevin: Awesome and everyone have an awesome day and we will see you next time , from the www.fountainofyouthworldsummit.com.