Early to Rise Customer Support

Advanced - Turbulence Training 2.0

Honey - 2020-02-06 - Differences between Programs

Advanced Fat Burning: Turbulence Training 2.0

Turbulence Training has helped over 200,000 people lose fat since 2003. The unique combination of non-competing, no-gym exercises boosts your metabolism for over 38 hours after each workout. This is the final nail in the cardio coffin, allowing you to stop doing slow, boring workouts forever. Turbulence Training not only burns fat, but will help you build muscle so that you get that cover model beach body look. You'll walk away with a slim, ripped body, and will look better than movie stars that spend hours in the gym with their $500 per hour personal trainers (that won't even go to their homes).

In one study, Australian researchers tested TT-style workouts against long, slow and boring cardio. The TT group exercised 3 days a week for just 20 minutes. The long, slow and boring cardio group exercised TWICE as long (40 minutes per workout). After 15 weeks, the TT-style group lost 6 pounds more weight than the long, slow and boring cardio group. In fact, the cardio group actually GAINED a pound of fat over the 15 weeks, slaving away in boring cardio on the treadmill for more than 30 total hours…only to gain one pound for all their pain. Think about that for a second, the TT group worked out for HALF the time and lost a lot of belly fat compared to the cardio crowd.

And best news of all is that TT takes only 30 minutes of exercise 3 times a week – and that's for advanced beach-body fat loss and muscle-building results. That's it, only 90 minutes per week (that's almost an hour less than the length of an Avengers movie!). Compare that to similar programs, like P90X, that require you to workout 60 minutes a day, 6 days per week, and you'll see why that programs sucks your energy and time and leaves you with overuse injuries.