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Craig Ballantyne's
Simple Nutrition
to FAT LOSS
 Plus the 7-Step Detox Diet Meal Plan

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MANUAL NECK ISOHOLD

Execution

1. Sit in a seated position with the elbows flexed on the thighs, place the hands on the front of the head and apply manual self-produced resistance for 30 seconds.
2. Place the hands on the back of the head and hold for another 30 seconds while applying manual resistance. If you are an advanced athlete you may hold for 60 seconds keeping the elbows flexed on the thighs.
3. Repeat with manual isohold on each side (right and left) by placing the hand on the side of the head and applying manual resistance for 30 seconds.

Muscles Involved

Triceps, neck extensors (splenius, semispinalis, cervical extensors such as the semispinalis capitis and splenius capitis), levator scapulae, rhomboids, trapezius, and external obliques, erector spinae (spinalis, longissimus, iliocostalis)

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Turbulence Training Bodyweight Workout
 4-Week Program

Craig Ballantyne, CSCS, MS, presents...

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I am more productive and find it easier than ever to be and remain positive. The final warm-up I use with customers is: Y-SquatClose-grip PushupInverted Bodyweight Row 8-12 repetitions each, 2 times through the loop. Then you do it all over again. That keeps things interesting. You do not have to live in the gym to get great results. Instead of going to the gym or running away I can do a 45-minute workout here in my apartment. Click here to learn more and attend Shake Training 2.0 What I Eat and 3 Simple Dietary Tips Craig says, like many other fitness experts, that your diet is the bulk of what determines your fat loss. Buff Dudes and Hot Chicks Program. Here is an example of turbulence

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