



The Lebert Equalizer Total Body Strengthener Group Exercise Programming Samples

Hello Owners, Program Coordinators and Instructors!

Congratulations on purchasing what will become the most versatile piece of fitness equipment in your club, The Lebert **Equalizer**.

The **Equalizer** adds a new dimension to any group fitness environment by providing participants with the ability to perform exercises they have never previously been able to do in a Group Exercise class. Push-ups, dips and assisted one-legged squats can now be complemented with rows and pull-ups.

Please find below a few sample class formats with the **Equalizer**. Of course, the programming is wide open and up to the imagination and expertise of fitness professionals like you!

Have fun and enjoy the **Equalizers**!





Sincerely,

Marc Lebert

Equalizer Athletic Training Class Format

Program Design




This Intermediate Athletic Training Class has been designed to keep participants moving from one strength training exercise to another- working every muscle in the body and getting a great cardio challenge too! Each participant needs one set of Equalizers and a mat. Each "circuit" is completed for 3 sets. (To see pictures of all exercises, please refer to the Equalizer Exercise Gallery at <http://www.lebertequalizer.com/gallery/index.htm>.)

<p>Circuit #1</p>	<ul style="list-style-type: none"> - Jumping Jacks-30 seconds - Push-ups-10 repetitions - Leg Raises (lower bas) - 10 repetitions - Single-leg tricep dips- 5 repetitions each leg - Chin-ups-10 repetitions 	
<p>Circuit #2</p>	<ul style="list-style-type: none"> - Equalizer agility drill- 30 seconds - Single bar chin-ups (with feet on other Equalizer bar- optional)-10 repetitions 	
<p>Circuit #3</p>	<ul style="list-style-type: none"> - Single bar tricep extensions (slowly lower forehead to foam grip- great for lower abs too!)-10 repetitions - Single bar abdominal twist (push-up position)-10 repetitions 	
<p>Stretches</p>	<ul style="list-style-type: none"> - Glute stretch standing with one leg over other and then sitting between bars - Groin stretch on the ground with single bar - Hamstring stretch lying down with one leg in the air and holding foot with a single bar 	

Equalizer Cardio Pump Class Format

Program Design

This Cardio Pump class uses the Equalizer as the barbell eliminating the need for any bars or bands and at the same time allowing new and exciting bodyweight exercises not previously done in Group Exercise classes. Each participant needs one set of Equalizers and a mat. The following Equalizer exercises can be easily worked into any Cardio Pump class. (To see pictures of all exercises, please refer to the Equalizer Exercise Gallery at <http://www.lebertequalizer.com/gallery/index.htm>.)

<h3>Warm-up</h3>	<ul style="list-style-type: none"> - Bicep curls - Shoulder press - Front deltoid raise - Over head tricep extensions 	
<h3>Body weight exercise</h3> <p>(to be combined with cardio component)</p>	<ul style="list-style-type: none"> - Regular and close grip push-ups on the Equalizer - Single-leg push-ups for enhanced core training - Regular and Single leg Chin-ups - Single leg squats- an Equalizer specialty making a great exercise even better - Lunges with better posture and assistance if needed and great for extended sets! - Tricep dips - Lower ab raises 	
<h3>Stretches</h3>	<ul style="list-style-type: none"> - Glute stretch with leg up on Equalizers - Hamstring stretch with leg up on single bar - Quad stretch with leg up on single bar - Front delt stretch on bars 	

Equalizer Boot Camp Class Format

Program Design

This Boot Camp class uses the Equalizer for all sorts of fun new programming. Equalizers are set up to keep participants moving through army like conditioning drills. (To see pictures of all exercises, please refer to the Equalizer Exercise Gallery at <http://www.lebertequalizer.com/gallery/index.htm>.)

Exercises

1. Agility ladders- the Equalizers are lying on their sides in a row making a versatile and adjustable agility ladder
2. Hurdles- the Equalizers are standing in a row and participants lift a single leg over (or for plyometrics)
3. Over-Under- the Equalizers are standing in a row and participants quickly get under one Equalizer and then over the next
4. Double Dips- Two Boot-Camp participants use a single set of Equalizers to do dips
5. Running into Chins- Two Boot-Camp participants use a single set of Equalizers to do both Chin-ups and rock-Climbers
6. Participants finish with Equalizers for stretching and leaning over to keep from falling down after a tough workout!

