

LEBERT
FITNESS® FOR ALL

FRANK MEDRANO
EQUALIZER®
BLAST!



BEST BODYWEIGHT TRAINING TOOL



lebertfitness.com



Hi guys,
I designed this calisthenics inspired workout just for you with my favourite training tool, the Lebert EQualizer! This NON-STOP circuit can be performed 3 - 4 times for an intense upper body and core workout. Aim for 30 seconds per exercise and rest 2 minutes between rounds. Remember, there is no magic number of reps here.

It's all about doing what is intense FOR YOU!
Congrats and enjoy your new EQ's!

All the best!

For more on Frank Medrano please visit:
frankmedrano.com



A handwritten signature of Frank Medrano in black ink, written in a cursive style.

Frank Medrano



**BEFORE
YOU START**

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional before starting any exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

Why Bodyweight Training?

When it comes to better physical conditioning, many trainers would agree that it is a great idea to make bodyweight a priority. In my training, I often get young athletes that want to bench 215lbs but can't perform 10 perfect bodyweight push-ups! The kind of push-up where you are flat as a table top, your nose touches the ground first and the core is engaged throughout the set. I like the bench press as much as the next guy, but for function I would definitely look at a variety of bodyweight options and how they can help you.



- *Bodyweight exercises are functional*
- *They enhance athletic performance and everyday movements*
- *They teach you to be aware of the body as an entire unit*
- *They can be done anywhere, easily modified, and require minimal equipment*



The Warm-up is an opportunity to prepare the body at lower intensities for the workout you will be experiencing. Be sure to start slow and increase the intensity gradually. One thing which the body resists most and responds negatively to is an uncomfortable level of change (i.e. going from an easy walk to plyometric movements). Warm-up should take between 5 and 7 minutes to get the body warm, joints lubricated and the heart rate slightly elevated.

Warm-Up: 12 Minutes

1. Light jog on the spot - 1 minute
2. Jumping Jacks - 1 minute
3. Shoulder circles both directions - start small and move into larger circles - 1 minute each direction
4. Plank hold - 1 minute (take breaks where needed)
5. Bodyweight squats - 1 minute
6. Frankenstein walk or stretch kicks - alternate legs - 1 minute
7. Repeat 1-6 and then begin workout

LET'S START THE WORKOUT!

Exercise 1

MOUNTAIN WIPERS

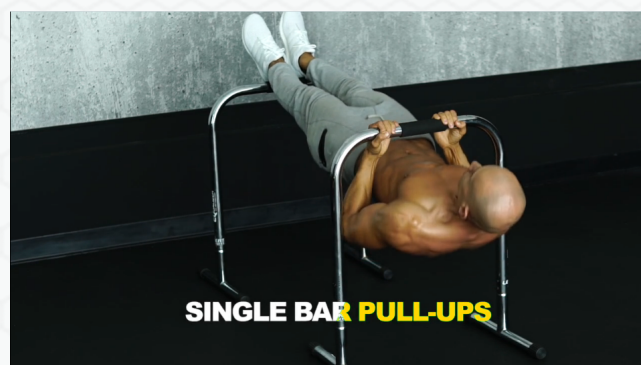
Place a single Lebert EQUALIZER® on its side with hands on the bar in push-up position. Make sure your shoulders are directly over your hands, with your back straight and your abs tight. Drive a single knee forward and twist towards the opposite elbow. Perform slow and controlled and squeeze at the top. Return to start position and alternate to the other leg.



Exercise 2

SINGLE-BAR PULL-UPS

Lie down on your back underneath a single Lebert EQUALIZER® bar with the EQ in line with your upper chest. Place feet over the other EQ (best to have back of shoe on the foam pad) with your body straight (keep knees soft) and your hips up. Reach up and grip the EQUALIZER® with an underhand, overhand or staggered grip. Pull yourself up as high as you can and look at the ceiling. Pause at the top and slowly lower.



Exercise 3

EXPLOSIVE PUSH-UPS

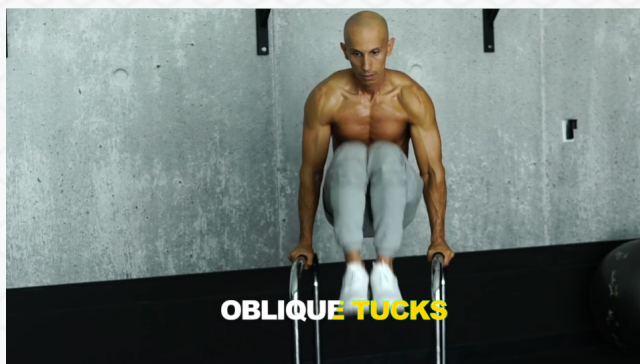
Place a single Lebert EQualizer® on its side with hands on the bar in push-up position. Make sure your shoulders are directly over your hands, with your back straight and your abs tight. Lower your body slowly and push-up forcefully, let go of the EQ and on the way down bring hands to the inside of the EQ and decelerate. Begin next push-up with enough power (strength X speed) to get both hands back onto the EQ. Continue for desired number of reps or until failure.



Exercise 4

OBLIQUE TUCKS

With the Lebert EQualizers® parallel to each other, stand between them, and place your hands on the foam grips. Bring your knees up in front of you as high as you can and slowly extend both feet out to one side and under the EQ. Make sure to keep your shoulders down and back, and your chin down. Keep the reps slow and controlled and feel the burn!



Exercise 5

SPIDER TOUCHES

From a push-up (or high plank) position with hands directly under shoulders, place both feet on 2 Lebert EQualizers® (nestled together and standing upright). Drive one knee in and the opposite elbow together, touching in the middle. After each touch, re-form a decline push-up and then repeat to other side. Make sure to keep core tight.



Exercise 6

WINDSHIELD WIPERS

Lie down on your back underneath a single Lebert EQualizer® bar with the EQ in line with your upper chest. Reach up and grip the EQualizer® with an overhand grip and have your legs straight up. Hold yourself up off the floor (head, shoulders and hips) and slowly swing legs to one side (lead with head) and pause and alternate to the other side.



Exercise 7

PUSH-UP TO KNEE TUCKS

From a push-up (or high plank) position on a single Lebert Equalizer® placed on its side, place hands directly under shoulders and place both feet on an EQ bar behind you. Perform a decline push-up (squeeze the EQ bars towards the center for greater chest activation) and then bring both knees and the EQ bar towards you, performing a knee tuck. Keep the core tight and repeat.



Exercise 8

SUSPENDED ROWS

Lie down between two Lebert Equalizer® bars parallel to each other. Reach up and grip the EQ's (neutral grip) and bring legs into chest. Get your balance in this position and then pull yourself up as high as you can. Pause at the top, lower slowly and repeat.



Exercise 9 **PLANK SIDE KNEE TUCK & STAR POSITION EQ SIDE PLANK**

It is recommended that you start with this regression:

Star Position EQ Side Plank:

From a side plank position (elbow under shoulder) bring one leg onto a single Lebert Equalizer® placing inside of shoe on the foam pad. The other leg is firmly on ground (outside of shoe) and pressing into the floor with equal weight on the top leg adductor and bottom leg outside hip. Extend top arm straight up and hold this Star Position for 15-30 seconds.

Plank Side Knee Tuck:

Go into side plank on your hand (keep under shoulder) and place top leg (inside of shoe) on the foam pad and top arm extended out. Slowly bring knee to the opposite elbow in front of you and touch, hold this crunch briefly and return to start position.

Repeat.

CAUTION:

This exercise is not for everyone and can be very hard on the knee. If you feel any knee pain STOP immediately.



Exercise 10

PIKE PUSH-UPS

Lay a single Lebert Equalizer® on its side on the floor with legs facing away from you. Place hands high on the EQ bars (under shoulders but slightly towards feet) and place both feet on an EQ bar behind you (shoelaces on foam pad). Perform a slow pike push-up bringing head between the EQ bars for a full range of motion, pause and then press out. Keep hips up in the pike position throughout the entire movement.



Exercise 11

NEUTRAL GRIP CYCLING

Set up the same as you did for the suspended rows by lying down between two Lebert Equalizer® bars parallel to each other. Reach up and grip the EQ's (neutral grip) and bring legs into chest. Get your balance in this position and then slowly bring one leg out and begin your cycling. Keep a bend in the elbow, head up and upper body still as you fry those abs!



**WATCH THE
WORKOUT NOW!**

STRETCH

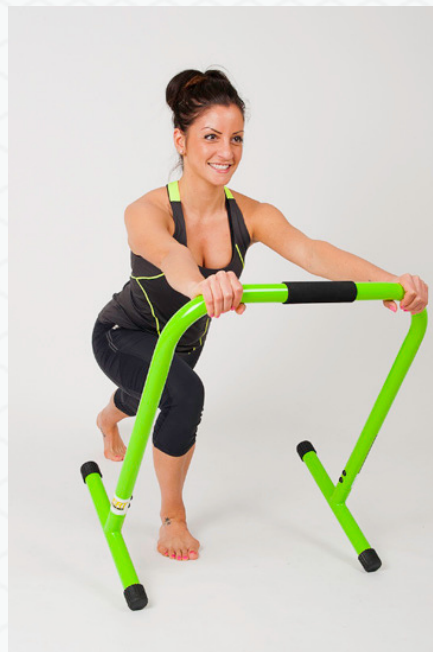
Now that you have completed your full body workout it's important to stretch. Better flexibility may improve your performance in physical activities or decrease your risk of injuries by helping your joints move through their full range of motion and enabling your muscles to work most effectively. Stretching also increases blood flow to the muscle.



Follow this video (How To Stretch Your Muscles Using The Lebert Equalizer®) for Hamstring, Adductors, Quad, Hip and Glute, Lat/Upper Chest and Side stretch - Hold each stretch for 45 seconds.



STRETCH



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