

**LEBERT
FITNESS**
PARALLETTES **BEGINNER
WORKOUT**

LEBERT®
FITNESS

WWW.LEBERTFITNESS.COM

Blank Page



The **Lebert Parallette Beginner Workout** was designed by bodyweight and calisthenics expert Frank Medrano as a full body bodyweight strength training workout. By moving quickly between exercises you will also get a great cardiovascular workout and challenge your core as well!

Make sure and thoroughly warm-up first, practice strict form and enjoy moving your body.

For more on Frank Medrano please visit

www.frankmedrano.com

Good luck!

Marc Lebert

Marc Lebert



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.

Warm-up

The Warm up is your opportunity to prepare your body for the workout you are about to do. A proper warmup should increase your core temperature, slowly elevate your heart rate, lubricate the joints and introduce movements (at lower intensities) that are similar to the workout you will be experiencing. Our bodies can respond negatively to physical exertion when done too quickly (i.e.: going from an easy walk to plyo jumps) so be sure to start slow and increase the intensity gradually.

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

Program Design

- Perform each of the 11 exercises for 30 seconds for 1- 3 rounds. It is recommended to do this workout 3 times per week
- Perform each exercise with slow and controlled reps
- Perform each exercises with the best form and range of motion possible
- Stop when your form is compromised and rest (or move into a regression of that move)
- To increase the intensity you can simply add volume (longer sets) or and increase your speed (intensity) with the Toe Taps and Burpees
- Always remember to be mindful of your movements, breathe and focus on your goal (I prefer to focus on getting stronger with performance based measurable like # of reps and quality of movement rather than weight loss). And of course, play some music (I like heavy metal!) and have fun!



Now we are ready to start the workout!

Exercise 1

Plank Get Ups

- Start in a push-up position on the **parallettes** with the hands under the shoulders and the legs stretched out directly behind.
- Squeeze the thigh and glute muscles to keep body and legs in a straight line, and lower down to the floor one hand at a time.
- From this position on the floor, press the hands back onto the **parallettes** one at a time to return to the push-up position.

Look slightly out in front of you and keep your core tight throughout the movement.



Exercise 2

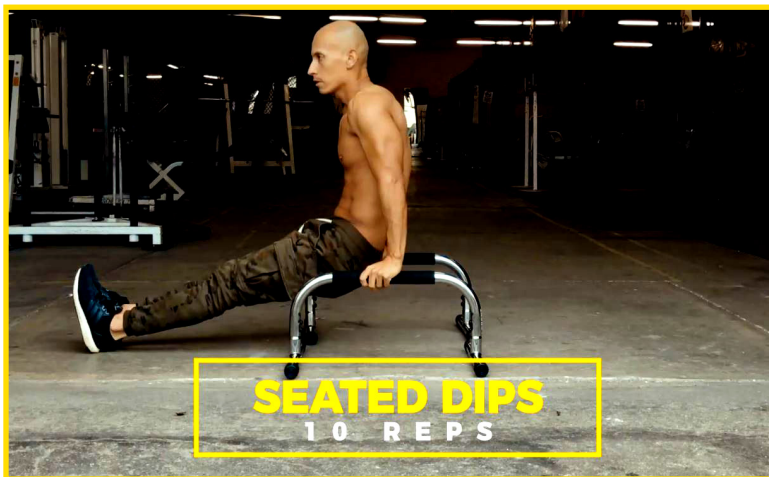
Seated Dips

- Begin seated on the floor with your hands placed on the **parallettes** next to your hips. Keep grip on the **parallettes** planted firmly.
- Be sure to keep your shoulders back and down. Avoid shrugging them up towards your ears.
- Slowly push yourself off the floor by straightening your arms squeezing your tricep muscles at the top of the movement.

Keep in mind that the movement should not come from your hips, only your arms. Concentrate on keeping your hips still and avoid dropping them towards the floor. (You should feel most of the tension in your triceps.)

Also focus on keeping your elbows in so they shoot straight back. Avoid letting them flare out.

- Slowly lower yourself back down to the starting position.



Exercise 3

Over And Unders

- Grab a single **parallette** and start in a tuck hold position Keeping your chest lifted, feet off the ground shoulders pressed down and back extend the **parallette** out in front of you to skip your legs over
- Bring your knees in and pause then extend out to skip under
- Repeat



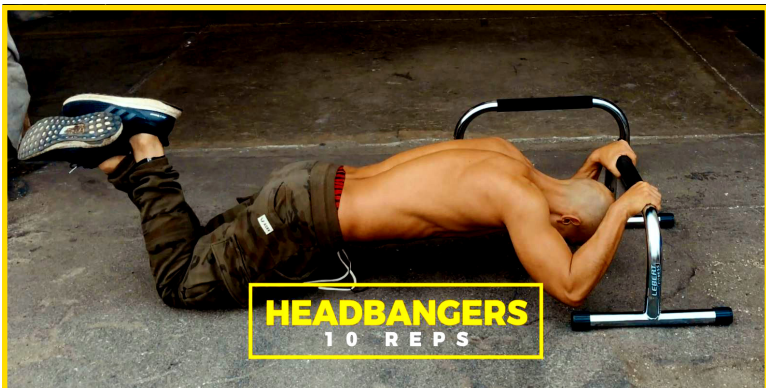
Exercise 4

Headbangers

- Form a plank on your knees as you grasp the bar from the upright position keeping your hips down, abs tight and lats on
- Lower your body, bending at the elbows until your forehead is about to touch the bar.

Focus on keeping your elbows tucked into your sides as much as possible.

- Pause.
- Return back to the starting position



Exercise 5

Russian Twists

- Grab a single Lebert **Parallette** and sit on the floor with your hips and knees bent 90 degrees.
- Hold the weight straight out in front of you and keep your back straight (your torso should be at about 45 degrees to the floor).
- Twist your torso as far as you can to one side and then reverse the motion, twisting as far as you can to the other side



Exercise 6

Neutral Push-Ups

- Place Lebert **Parallettes** on the floor in the same spot that you put your hands during a push-up.
- Ground your toes into the floor to stabilize your lower body.

Brace your core (tighten your abs as if preparing to take a punch), engage glutes and hamstrings, and flatten your back so your entire body is neutral and straight.

- Begin to lower your body—keeping your back flat and eyes focused about three feet in front of you to keep a

neutral neck—until your chest reaches the bars height. Don't let your butt dip or stick out at any point during the move; your body should remain in a straight line from head to toe. Draw shoulder blades back and down, keeping elbows tucked close to your body (don't "T" your arms).

- Push back up.

Keeping your core engaged, exhale as you push back to the starting position.

If you can't do regular push-ups, you can simply drop your knees to the ground and do push-ups from that position.



Exercise 7

Single Leg Kick Outs

- Start in the tucked position

Make sure your shoulders are pulled back and down
Keep your chest up and out

- Extend one leg at a time. Think about keeping your body completely tight while each leg is extended, and don't let yourself tip one way or the other.



Exercise 8

Shoot Throughs

- Begin in an elevated plank position with hands grasping a set of **parallettes**.
- Swing your feet through the **parallettes** to the opposite side until you achieve a reverse plank position.
- Return back to the original plank position by swinging your legs back through.

The hips must be open in both plank positions before initiating any movement.

Your elbows should stay extended during the duration of the movement.



Exercise 7

Pike Push-Ups

- Assume a pushup position on the Lebert **parallettes**.

Your arms should be straight and your hands should be shoulder-width apart.

- Now lift up your hips so that your body forms an upside down V.

Your legs and arms should stay as straight as possible.

- Bend your elbows and lower your upper body until the top of your head nearly touches the floor.

- Pause, and then push yourself back up until your arms are straight.



Exercise 8

Toe Taps

- Stand directly in front of the Lebert **parallette**
- Tap the ball of your foot on the top of the **parallette** then change on to the other foot, as you bring the first foot back down before repeating.

Work as fast as possible, pumping with your arms to achieve maximum speed. Remember to work within your own limits.



Exercise 8

Burpees

- Begin in a push-up plank position
- Kick your feet inward to a squat position
- Immediately stand on your feet to the squat position and bring the Lebert **parallettes** up with you
- Leap up as high as possible from the squat position
- Return back to the starting position and repeat



Blank Page

LEBERT[®] FITNESS Lebert Fitness[®] is a developer of innovative high performance work out tools that work!

All Lebert Fitness products - the Lebert EQualizer[®], Lebert Buddy System[™], Lebert SRT Barbell[™] and Lebert Stretch Strap[™] - are versatile, portable and effective tools that can be used by anyone- from the beginner to the elite athlete. Once you get your hands on a Lebert Fitness product, you'll be amazed with what you can do, how your body moves and the gains you will make. And with the hundreds of exercises you can perform – your workouts will never be the same!

Creator of Lebert Fitness Products, Marc Lebert



Marc has excelled at sports all his life but his passion for weight training began at college where he first stepped foot in the weight room. He has been working out religiously ever since! Along the way Marc also became very enthused about Taekwondo, earning his Black Belt, fighting competitively on a National Level and instructing. As the Strength and Conditioning coach for Billy "The Kid" Irwin, Marc also began learning

the "sweet science" and boxing is a real passion for him teaching high energy, dynamic classes every week.

Marc is a Certified Personal Trainer and a fitness club owner. If you are in the Toronto, Canada come visit him at Fitness NATION in Mississauga! Marc has his BA in Psychology and is a Certified Neuro-Linguistic Practitioner, published writer and international presenter- running educational courses around the world.

Awards

- 2011** - Top 100 Fitness Entrepreneurs in the Industry by FitnessBusinessInterviews.com
- 2011** - Silver Lining Top 10 Entrepreneurs Award
- 2012** - Finalist canfitpro Fitness Professional of the Year
- 2015** - NEOS International Personal Trainer of the Year
- 2017** - Named as one of Canada's #Top100 Health Influencers by OptiMYz Magazine
- 2017** - Canfitpro Fitness Advisory Panel

Marc's creations



The **Lebert EQualizers®** were born out of a need for Marc to train his in-home clients. One of his clients wanted to do pull-ups but she was not strong enough and she did not want the expense or space for a lat pull-down machine so he welded

a prototype with a friend (beers provided of course!). It was heavy and unattractive to say the least but after months of practicing on the bars and building different configurations we launched the signature bring yellow steel "EQ" bars that you see today. Since then, the EQ's have become a staple for Personal Trainers, fitness clubs, military, schools, bootcamps and in clients homes around the globe.



\$20 OFF Coupon LFI20

The **Lebert BUDDY SYSTEM™** was inspired by finishing his “back days” with partner towels rows. This is when you and a partner hold the opposite ends of towel and row against each other

(constant tension on both the eccentric and concentric phase) until you are completely fatigued. Marc wanted to build on that exercise by adding unilateral rowing with a pulley type system and he came up with a simple tweak that gives the BUDDY SYSTEM™ the unique ability to change tension simply by how hard you are pulling. How does this help you? Our signature BUDDY SYSTEM™ exercise, the Uni-lateral Row can be used for warm-up; light tension to increase T-spine mobility, for the workout; row as hard as you can for a 2 min set, and/or as a finisher; long sets of muscle endurance!



\$20 OFF Coupon LFI20

The **SRT Barbell™** was invented by one of our awesome Master Trainers from Greece, Nikos Daflidis. Marc loved the concept and Lebert Fitness® brought it to market. This

unique barbell has springs built in to it so that you can add adduction/abduction to basic barbell moves like bicep curls and shoulder press therefore adding multiple planes of motion and making them more challenging for both the nervous and muscular system. Two spring levels allow for various levels of resistance. How does this help you? Barbells have already been a staple for trainers and small operators and we have just made them sexier, dynamic and more effective!

NOTES

LEBERT[®]
FITNESS

WWW.LEBERTFITNESS.COM