



BACK TO BASICS

BY **MARC LEBERT** *WORKOUT*



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The **Lebert Equalizer® Back to Basics Workout** was designed to be a full body strength training session combining traditional compound strength training moves, some agility and by virtue of the bodyweight movements (and the Running Man!) - lots of core too! Since the transitions are so easy you can keep the rest periods minimal to really get your heart rate up!

This program goes from push to pull (opposing muscle groups) and then a cardio/athletic movement in between for 30-second sprints. Take each strength move to muscle failure! Be sure to thoroughly warm-up first. Good luck!



Own Your Workout®,

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.

Why Bodyweight Training?

When it comes to better physical conditioning many trainers would agree that it is a great idea to make bodyweight training a priority. In my training, I often get young athletes that want to bench 215lbs but can't perform 10 perfect bodyweight pushups! 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.

Why bodyweight?

- Because 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

What about Pull-ups?

We can do push-ups anywhere and without equipment but for inverted rows (pullups) it's great to have the EQualizers® (EQ's)! And the EQ's also provide many other compound bodyweight moves that will provide a foundation of strength and neuromuscular control, imperative for a revved up metabolism.

Program Design

I would like you to take each EQ strength move to muscle failure with slow and controlled reps. This may be a difficult concept for the beginner though so perform the exercises with the best form you can and with the best range of motion possible and stop when your form is compromised or move into a regression of that move (regressions will be noted in the program). Even if you get 3-5 good reps and rest that is better than 10 with poor form. Rome was not built in a day so it's also important to make sure and modify movements when necessary and stop when your form breaks down.

For this program you can also go by time (rather than to muscle failure). Perform the EQ strength moves for 30 seconds and do as many good reps as you can. Again, stop when necessary, shake it off and try to get a few more repetitions before the 30 seconds expires.

For intermediate to advanced it's important to fight hard for quality reps to improve but you may also need breaks from time to time (especially if you repeat the workout for another round or two).

To increase the intensity you can simply add volume (longer sets) or progressions for the strength moves (also noted in this program) and increase your speed (intensity) on the cardio portion.

This workout can be done everyday with a minimum of 3 times per week as a base for starting to experience results. The program time can be anywhere from one round through all the exercises (about 15min) or up to 3 times!

Remember to always 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!

Some notes on the Agility exercises

The EQ agility movement we chose involves moving laterally which is not something we do very often and may need some time to get used to. Make sure and lift your knees and drive your arms (legs only move well when the arms are moving). Simplicity is the key when first starting out- walk through first and then a light jog. Keep in mind that in many cases "less is more". Remember that agility involves of **balance, coordination, speed, reflexes, strength, endurance,** and **stamina!**

Coaching

Because I am not there to coach you, you will be responsible for your preparedness. This means you know the exercises well (always good to have an expert show you in person and correct form, etc), know the goal behind each exercise (which muscle groups are being recruited and why the exercise is important), maintain your focus throughout the workout, when to break and when to challenge yourself. Remember, the main goal is to feel successful, enjoy the activity and want to do the workout again soon!

Warm-up

The Warm up is a an opportunity to prepare the body at lower intensities for 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 should take between 5 and 7 min to get the body warm, joints lubricated and the heart rate elevated.

1 Jog on the spot for 2 minutes

Stay on toes, keep shoulders relaxed (move arms) and lift knees.

2 EQualizer® Shoulder press

⋮ In an athletic stance and with **Lebert EQualizer®** in both hands press overhead until arms are straight, lower slowly
⋮ to shoulder height and repeat for 30 seconds
Ⓞ

2 EQualizer® Shoulder press with squat



In an athletic stance and with **Lebert EQualizer®** in both hands squat down and at the same time press overhead until arms are straight. Come up from your squat and lower EQ slowly to shoulder height and repeat for 30 seconds.

Complete two rounds of **1** + **2**



Now we are ready to start the workout!

Exercise 1

Incline Chest Press

With the **Lebert EQualizers**® parallel to each other place your hands on outside curve of the bars. On your toes and keeping back straight, slowly lower until arms are bent to 90 degrees, pause and press up. Do not look down. Keep your neck straight by looking out slightly in front of you.

Regression- Place one foot forward

Progression- Single-leg or spider man (knee come to elbow at the bottom of the push up)



YouTube Video

youtu.be/1qrTTwlcqI?list=PLDBF51B0DFAF65576

Exercise 2

EQ Inverted Rows

Place the **Lebert EQualizers**® close to each other with one set of feet touching and open about one foot on the other end. Lie down between them with your head just past the feet that are touching. With feet flat, knees bent and hips up reach up and grip the foam handles. Pull yourself up as high as you can keeping your head and hips in the same line. Pause at the top and slowly lower.

Regression- Rest when necessary/continue to work on driving elbows into the floor, retracting the scapula and getting up as high as you can

Progression- Single-leg or windshield wiper (side to side inverted rows)



YouTube Video

youtu.be/kEXYZyWdAGs?list=PLDBF51B0DFAF65576

Exercise 3

Equalizers® Agility Drill

Place a single **Lebert Equalizer®** on its side and with an athletic stance start to bring one foot and then the other into the Equalizer. Continue through to the other side and tap the trail leg on the floor once through. Head back the other way working on high knees, good arm movement, deceleration and change of direction. Add a squat on each end to increase the intensity.

Regression- Walk it out with high knees

Progression- Increase speed and drive arms



YouTube Video

youtu.be/Htivp754FUw?list=PLDBF51B0DFAF65576

Exercise 4 Full Bodyweight Dip With Leg Assisted Option

With the **Lebert EQualizers**® parallel to each other and standing between them, place your hands on the foam grips. Bring your heels towards your butt (off the floor) and make sure your shoulders are down and back. Slowly lower until arms are bent to 90 degrees, pause and press up.

Regression- Leg assisted (shown)

Progression- Pause at bottom or add leg raise at the top



YouTube Video

youtu.be/PpxAitTbKLQ?list=PLDBF51B0DFAF65576

REPEAT: EQualizers® Agility Drills

Exercise 5

Running Man

With the **Lebert EQualizers**® parallel to each other, stand between them, and place your hands on the foam grips. Bring one knee up in front of you as high as you can and slowly reach out (like you are going over a hurdle). Make sure to keep your shoulders down and back, and your chin down as you slowly work into the other leg with a slow, controlled “run”.

Regression-Knee ups

Progression- lift knees higher and reach out further



YouTube Video

youtu.be/KAbjHelJhk4?list=PLDBF51B0DFAF65576

REPEAT: EQualizers® Agility Drills

Exercise 6

Kneeling Tricep Extensions

Kneel down with a single **Lebert Equalizers®** bar in front of you. Place your hands (palms down) just outside the foam grips and drop your hips. Slowly lower your forehead to the foam grip, pause and press back up- keeping weight forward so core continues to be engaged and weight is on the triceps.

Regression- Break at the hips

Progression- Pause at the bottom and simply add volume



YouTube Video

youtu.be/SvCwujl3Dvc?list=PLDBF51B0DFAF65576

REPEAT: Equalizers® Agility Drills

Exercise 7

Single Bar Equalizers® Push-Up

Place a single **Lebert Equalizers®** 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, slowly lower until your arms are bent to 90 degrees. Instead of just pushing up, squeeze the bars towards center so that the prime mover (chest) pulls the arms towards center making this a very effective chest flye/ pushup combo.

Regression- Perform exercise from your knees (keep hips down and core engaged)

Progression- Single leg, Spiderman or plyo pushups



YouTube Video

youtu.be/JbZiTG0zl30?list=PLDBF51B0DFAF65576

REPEAT: Equalizers® Agility Drills

Exercise 8

Single Bar EQ Inverted Rows

Lie down between a single **Lebert Equalizers**® bar with it over your upper chest. With feet flat, bent knees 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 keeping your head and hips in the same line. Pause at the top and slowly lower.

Regression- Rest when necessary/continue to work on driving elbows into the floor, retracting the scapula and getting up as high as you can.

Progression- Single leg, holds at the top.



YouTube Video

youtu.be/3D89jdKGJqI?list=PLDBF51B0DFAF65576

Change out **Equalizers**® Agility Drills for EQ Burpees

YouTube Video

youtu.be/ql3Wru6pTOc?list=PLYDdD96mRf2Yj4f8UNEpl_1aKIWA5b8w1

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.

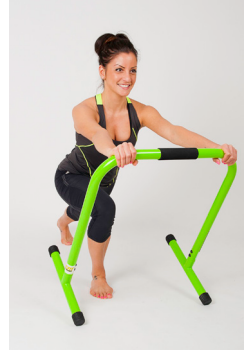
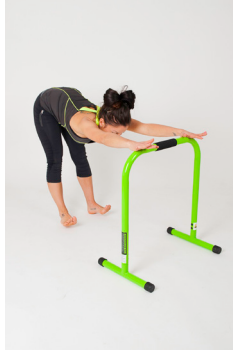


YouTube Video

youtu.be/G5Eu2E8AeRw?list=PLDBF51B0DFAF65576

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

Stretch - continued





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

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