



# Lebert Equalizer™ Back to Basics Workout!

By Marc Lebert

The **Lebert Equalizer™ Back to Basics Workout** was designed to be a full body strength training session combining traditional compound strength training moves, with some agility and by virtue of the bodyweight movements (and the Running Man!) - lot 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*

## 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.



## Equalizer™ Pull Up



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.

### Equalizer™ 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.



### 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.

**REPEAT: Pull-Ups and Equalizer™ Agility Drills**

## 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”.



### REPEAT: Pull-Ups and Equalizer™ Agility Drills

### Kneeling Tricep Extensions



Kneel down with a single **Lebert Equalizer™** 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.

### REPEAT: Pull-Ups and Equalizer™ Agility Drills

### Single Bar Equalizer™ Push-Up

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, 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.



### Single Bar Equalizer™ Pull Up



Lie down between a single **Lebert Equalizer™** 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.

**REPEAT: Pull-Ups and Equalizer™ Agility Drills**  
**Change out Squats with Burpees for the Last Time**