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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Making Strength Training Accessible

By Marc Lebert

Fitness professionals know the benefits of strength training and want the best for their clients. The

advent of strength training and "fusion" in aerobics classes has lent itself to better accessibility to these benefits. Still, many of the best "bodybuilding" exercises that I had used for years with excellent results were just not being used in group exercise classes.

One of the major hurdles was to modify these exercises to suit different participant's needs and fitness levels and the equipment itself, which needed to be simple and portable. As a Personal Trainer and group exercise instructor, I saw the usual equipment like bands and dumbbells was just that, usual, I wanted to design an exercise tool that was new, effective (the bands and dumbbells were just not cutting it for working the back, chest and abs) and of course, fun.

All of these challenges have been met with the Equalizer which makes traditional strength training in a group setting easy and accessible. Club Business International Magazine says, "The heart of this exercise tool is two, eight pound steel bars but its simplicity belies its sophistication".

The following email is from a class participant;

Subject: The Equalizer – hope to see more of it in the classes and on the schedule!

Dear Lori,

Thanks for organizing an "Equalizer" session a few weeks ago. I can always count on you to breath life into our workout routines and to be on the cutting edge!!! I have also appreciated using it in your Core Resistance Class on Mondays to target different areas (I don't think my triceps have ever worked that hard, nor do I think I have ever done a chin up before!!).

I hope that we will have more classes that either primarily use the Equalizer or incorporate the equipment into the class, as you have been doing.

Thanks again,
Laila

The trend towards fusing various activities into one class continues and makes the Equalizer fit any

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programming. It is being used in all sorts of cardio pump classes, boot camp, boxing, even pilates. A not so obvious benefits of strength training where you use your bodyweight as resistance is that it engages the CORE, unlike most selectorized machines on the weight room floor where you are sitting and/or the body is stationary.

Getting participants to not only enjoy the benefits of strength training but the workout itself is the key. Tools that helps instructors and trainers do this ultimately improves the health of their clients. We know from feedback and people we have reached with the Equalizer that we have assisted in that. We wanted to make strength training different and fun and I sure think that's what we have done!

PRINT AND POST

START DATE: _____

Toning Program

ONLY 10 MINUTES every second DAY!

1ST EXERCISE– 10 seconds of "Running man"

2nd– 10–25 one leg squats per leg

3rd– Tricep EXTENSIONS Under bar

4th– 10 push–ups with one bar on ground (knees or feet on ground depending on strength)

5th– 10–25 Pull–ups

6th– 10 side laterals per side

REPEAT 1 more time.

For exercise–related enquiries contact Marc Lebert at

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Marc Lebert is a Certified Personal Trainer and fitness club owner. He is an NLP practitioner, a Black Belt in Taekwondo, and inventor. Marc also teaches boxing, sports conditioning and of course Equalizer classes. He has been seen on TV, is a published writer and conducts seminars.

His new fitness product, The Equalizer can be seen at

www.lebertequalizer.com

Top Ten Reasons To Add Strength Training To Your Daily Routine

By Monique Rider

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1. Strength training tones, builds and firms your body.

Using any type of resistance (bands, weights, water, etc.) tones and builds the muscles. For certain exercises, even body weight can accomplish this. The muscle will become firmer and the skin around the muscle will tighten. This produces a more sculpted look.

2. Strength training burns body fat.

The higher your muscle to fat ratio, the more muscle on your body. The more muscle on your body, the more fat you'll burn because it takes more calories to maintain muscle.

3. Strength training builds strong bones.

Bone density can be increased by strength training. Therefore, reducing the risk of Osteoporosis.

4. Strength training can be done with very little equipment.

Most people think they need expensive equipment to begin a strength training program. Not true! All you need is a set of hand held weights or several sets of weights.

5. Strength training is fun and motivating.

You may not feel motivated to begin a program at first, but after a few weeks of strength training, you'll notice a more sculpted body. Then your motivation will build and you'll want more of that same result. When performed in a group setting, strength training is even more fun and motivating.

6. Strength training helps rid us of mental and physical stress.

Due to the level of concentration needed when strength training and the endorphins that are being released during exercise, stress levels are greatly reduced and you'll have a clearer head!

7. Appetite is improved due to strength training.

You learn to listen to your body and feel what it needs. After a session of weight training you may be hungry but it's not usually for "junk food." The body usually begins to crave whatever it needs to replenish energy after a strenuous workout. You'll find yourself heading for fruit, yogurt, or protein.

8. Strength training is for both male and female.

Yes, women should be strength training right along with men. No, a woman won't wake up one morning looking like a man!! Women don't have the hormones to pack on the muscle like men do. Women who strength train will end up with shapely, sculpted bodies that look healthy and toned.

9. Strength training means your scale weight is irrelevant.

Strength training adds muscle and reduces body fat. Muscle is denser than fat. Therefore, you will not need to pay attention to your weight on a scale if you're strength training. The scale may show you're weight increasing but it may be because you're adding muscle. Learn to judge by your appearance, how you feel and how your clothes are fitting.

10. Strength training is a method of self care that will get you many compliments!! Do this for yourself! Take care of your body now – it's never too late. Even senior citizens are strength training with amazing results. If you're shy about accepting compliments – you'll be learning how to accept them because many will come your way once you begin a strength training program.

© By Monique Rider 2001

Monique is a survivor of adversity! She believes there are blessings in our struggles. Monique is also the owner of Trinity Coaching Services, a company that provides personal development coaching services. In addition, Monique is a competitive bodybuilder, wife, mother, and published author. To learn more about Monique and personal coaching visit:

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