



Marc's 10-Minute Workout for Healthy Weight Loss

One of the biggest mistakes I see as a trainer is that people do not do their strength training from Day #1. That's a **big** mistake. They say things like, *"I'll do cardio first and when I start to lose weight I will do some strength training to tone up"*. Well, let me tell you, it does not work like that!

STRENGTH TRAINING IS CRITICAL IN WEIGHT MANAGEMENT- Think of it this way: **MUSCLE = METABOLISM!** And we are not talking about the kind of muscles that Arnold has. The **REALITY** is that when women and men do the **RIGHT** strength training exercises and the harder they work at strength training, the **TIGHTER** and **TRIMMER** their muscles become!

So what are the RIGHT exercises and how hard should I be working? Well, I'm a big believer in training at the right intensity. Sure, when you first start exercising you need to take your time, get comfortable with the exercises and allow your body to adapt **BUT** many people take it easy for months and months, never really doing the **KEY** exercises and/or bumping up the intensity of their workouts.

All the **RIGHT** exercises that you need to do can be done with the **Equalizer**, and -this is a big one-, it does not take much time- just a bit of effort for amazing muscle transformation! Of course, always consult your doctor before starting any exercise program.

- 1 **LEGS: You have to work your legs!** They are the biggest muscle in your body and squats are the #1 exercise you need to start doing. The major mistake people make with squats is pushing their knees forward and not sitting down low enough. Of course, if you have any limitations, you should hire a trainer to help you get started right.

Squats are a very natural and safe movement though, and done right, can really work the legs- with no weights- just add reps. It will **really** get the heart pumping. When you are getting ready to increase the intensity, you can use the **Equalizers** for SINGLE leg squats (very effective and hit inner and outer thigh as well as butt a lot more) and lunges.



Single Leg Squat



Leg Assisted Lunge

- ② **PUSH and a PULL.** For the upper body you need only do two major exercises, a push and a pull. These two exercises will ensure that you hit all the major groups up there. These two exercises are the push-up and the vertical row- both are best done with the **Equalizer**- with lots of options for strength levels of the participant and exercise variety (because of the scope of this article, it is best to consult your trainer for proper body positioning and exercise intensity, etc).

Because you are using your own body weight, you engage the CORE, working more muscle than if you used a bench or lat pull down, and you get it done with less equipment, which means less cost and very little room taken up- and **Equalizers** are portable to store after workouts.



Push up



Vertical Row

- 3** **And you thought that was it!** Just because you could get away with the last 4 exercises (single leg squats, lunges, push-ups and vertical rows) does not mean I am going to let you stop there. I am a trainer after all! I highly recommend my favourite **Equalizer** exercise for the triceps and lower abs. You basically kneel down and slowly lower yourself forward under one of the bars- it's got a good STRETCH built in and really great for the core!



Single Bar Tricep Extension

That's it! Get this routine done every second day- do the exercises slow and controlled and find a way to always make it harder - at your level, of course- but have a trainer help you determine what that is. **As an added bonus, I've attached your workout schedule in an easy-to-print format.**

These exercises will guarantee a revved up metabolism and tighter leaner muscles- **remember?**

STAY TUNED for my next article on how to vaporize body fat with proper diet and cardio training to go along with these basic but MOST EFFECTIVE **Equalizer** exercises.

Marc

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Exercise Recommendations

Warm up before you work out - walking on the spot, jumping jacks or “self-spot” to make the first set of each exercise easier. These will warm up the muscles and joints.

Be sure you are in correct position for each exercise. Protect your back by maintaining good alignment (neutral spine) at all times. When using the **Equalizer**, consult the chart or your trainer for exercise description and proper equipment adjustment.

Start at a fairly easy level. In general, perform 3 sets of 10 repetitions for each exercise.

Move your body through the entire range of motion. Lift and lower your body **slowly** and **smoothly**. If an exercise is performed quickly, you are likely to get injured. Do not “**lock**” your knees or elbows when extending your arms or legs.

Exhale as you lift your body, inhale as you lower it.

Stop if you feel pain during your workout. A “**burning**” sensation in the working muscles is O.K., but joint pain is not. Some muscle soreness for a day or two after your workout is normal.

Cool down after you work out. Stretching at this time is particularly effective, since the muscles are very warm. Increased flexibility is an essential component of muscular fitness.

Myths

Strength training is not good for kids: *Strength training is fine for kids, they are strength training all the time by running, jumping and climbing. Done correctly strength training is associated with better function, more independence and higher satisfaction with personal abilities.*

Strength training leads to weight gain: *Strength training has a desirable effect on body composition. Any weight gain is more than compensated for with a corresponding, and in many cases, a much greater reduction in body fat because muscle is where body fat is burned!*

My 10-Minute Equalizer Workout Program For Healthy Weight Loss

START DATE: _____

**KEEP AT IT EVERY 2ND DAY AND YOU WILL NOTICE A
DIFFERENCE IN 3 MONTHS!**

MOVE quickly from one exercise into the next. Don't stop- keep it going and feel your muscles work (remember, that is where fat is burned) as well as your heart rate go up! Always start with a minimum 5 or 10-minute cardio warm up and finish with a 10-minute stretch.

- ① 10 Lunges**
- ② 10 Squats**
- ③ 10 Push-ups**
- ④ 10 Vertical Rows**
- ⑤ 10 Tricep Extensions**

REPEAT 2 more times. That's it! Add 10 repetitions per exercise per month.

Variation: Add jumping jacks or jogging on the spot for 30 seconds between each exercise.
