

## Buddy Up! - Workout #1

By Marc Lebert



*You may have heard the words “CORE Conditioning” a lot lately. The core basically means your torso (abdominals, obliques and the spinal erectors) and these muscles are some of the most important muscles in your body. Having a strong core will help stabilize and protect your back. The **Buddy Up Workout** challenges the upper and lower body together so you are using your torso or core with every exercise (unlike most machines where you are sitting and/or the body is stationary). The **Buddy System and the Equalizer** make strength training efficient, cardiovascular demanding and very functional. After you do the following workout, you will know what I mean!*

So what happens when you take 2 very different and extremely effective tools and design a program? - sore muscles and many really neat exercise combinations! I have to tell you that I almost could not write this program with so many ideas swimming in my head!

My goal is to have two people really feed off each other with both **The Equalizer** and **Buddy System**. The other goal is to keep the exercises flowing and as most people now know, the key to reducing body fat is INTERVALS, not long, steady state cardio, not traditional strength training with 4 minutes rest between sets. We are talking interval training at its best here! We are also talking about using our body as the weight, engaging the core and legs in every exercise and a little friendly competition as well.

- **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 and the Buddy System**, consult with 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.** 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.

For additional programming ideas, please check out the videos at [www.youtube.com](http://www.youtube.com) and search for Lebert Equalizer and Lebert Buddy System.

So let's get started!

<p><b>1</b></p>	<p><b>Standing Unilateral Rowing with the Buddy System</b></p>	<p>I love this one because you can go a bit easy on the first set to warm-up the muscles and get a nice big range of motion. And the partner is doing squats to warm-up the ankle, knee and hip joints as well as getting the big muscles of the hip, glutes and quads ready for some real fat burning! Perform 1 minute of both before moving right into the next exercise with the Equalizer.</p>	
<p><b>2</b></p>	<p><b>Vertical rows with the Equalizer</b></p>	<p>Both partners are lying down between a single Equalizer. Any hand grip is fine and have the knees bent with the feet flat on the floor about one foot out from the butt. Get the hips up so that you row with your head and hips in the same line and do not crane the neck forward- rather just look straight up. Perform as many reps as you can in 30 seconds.</p>	
<p><b>3</b></p>	<p><b>Straight-arm Unilateral Swimming with the Buddy System</b></p>	<p>Grip the yellow handles and bring them, one at a time, to the side of the body. Remember, you are in charge of the tension. Keep swimming for 1 minute while your partner is doing Reverse Lunges and then switch.</p>	

<p><b>4</b></p>	<p><b>Kneeling Tricep Extensions with the Equalizer-</b></p>	<p>Grasp the bar slightly less than shoulder width apart and lower slowly bringing your forehead to the foam pad. Keep hips down and elbows pointed at the floor. Go 30 seconds.</p>	
<p><b>5</b></p>	<p><b>Standing Abdominal Rotation</b></p>	<p>This one has quickly become my least favourite because it works so darn well! The key is to go slow and controlled and not lean into it. Grasp the yellow handles with arms straight put in front of you at shoulder height. Both partners are going to be facing the same way (but not facing each other). The partners work with each other to provide resistance for each other. There is no rest- you are either contracting your core musculature eccentrically and concentrically the whole time and through a wide range of motion. Go 1 minute (if you can)!</p>	
<p><b>6</b></p>	<p><b>Side Bend and Leg Lift</b></p>	<p>Ok. This one looks a little innocuous but always gets me good! It works the obliques, triceps and hips with the leg raise. The leg raise is optional and a good idea to just do the side bends first. When you get used to that, add the leg lift. Start by both partners gripping the Equalizer on the edge with a straight arm. Have your feet about 2 feet from the Equalizer and on top of each other. You can move your feet further if you find it too easy. Lower your hips towards the floor and bend the elbow slightly. Hold and contract your obliques and tricep to come back up to the start. A small movement but it digs down deep into the sides and gives a good stretch. Any side work is a great addition to help protect your back. Perform 10 to 25 reps</p>	

		on each side. Now get back to the Buddy System	
<b>7</b>	<b>Single leg Squats</b>	Saving the best for last, this exercise works balance, strength and a lot of muscle at once. Do not perform low until you are comfortable with smaller movements. Grasp the yellow handles and, like any squat, get your hips turned back and slowly lower. Breathe out to come up. The Buddy System is a great assist and will help you get a bit lower than you are used to. Get 10 reps- If 10 reps are easy, start to challenge yourself by going lower. This is my favourite exercise right now! The other partner is simply holding an isometric squat and focused on being a good partner for you.	
<b>8</b>	<b>Water break!</b>	Time for a quick water break and go through <b>one more time!</b> ENJOY	