

The great equalizer

Equipment completes home gym

PETE ESTABROOKS FOR THE CALGARYHERALD

- Homo erectus left Africa about two million years ago, making her way across Asia to China and Indonesia.
- Anthropologists have several theories regarding the migration, but give little credence to my hypothesis: She was just hunting for that last piece of fitness equipment to round out the perfect home gym.
- Sure, with their own body weight and in the comfort of their own caves, early people could do push-ups, situps, squats and lunges until the dinosaurs came home, but the answer for a convenient at-home pull-up venue was, until now, elusive.

Well, we can all sit tight now, because exercise has evolved.

What is it?

- It's the Lebert Equalizer, a pair of stable inverted U-shaped bars that make for a surprisingly affordable and space saving way to a complete home fitness program. The bars, placed side by side, can be used for all manner of motion body weight exercises. Push-ups and dips and assisted and one-legged squats can now be complemented with rows and pull-ups.

Who would this appeal to?

- The Lebert Equalizer is made to measure for the home gym. If you have the tenacity to train on your own, this is your quick fix or missing link to back strength. You will love it.
- Fitness directors and aerobics instructors will love the Equalizer for its ability to provide a lower cost and practical answer for strength and endurance training in group resistance classes. Seeing as personal trainers are really just fitness geeks, they too will see beauty in the Equalizer and, yes, they will love it as well.



Who would hate it?

- If you hate exercise already, a pair of bright yellow bars sitting around your house is just going to remind you of what it is you are not doing. You'll hate it.

The klutz factor

- There is a balance or tipping potential when getting acclimatized to the Equalizer, so take your time to understand the mechanics of the bars and their effect on your body. If you do, the klutz factor is minimal. Remember as well that just because we can get our body weight from place to place on a daily basis is no reason to think we can lift it in any position or direction at will. Straining your body and its range of motion beyond your current capacity is an invitation to injury.

What do you need?

- You need a little space for storage (this may be a disadvantage as you might find a good hiding spot and not see them for months) and about 10 square feet and a good mat when you work out.
- It is essential you know how and why each exercise is chosen and what modifications are necessary for you to make healthy and productive progress.
- Read the instructions and hire a fitness professional to help you sort out the details and set you up on a program that will have you looking killer on the beach this summer while reducing your potential for injury.

Where do I find it?

- The site is www.lebertequalizer.com and PayPal is the way to go. If you are an Internet/banking conspiracy theorist, you can contact Marc Lebert through the site and arrange for a courier, mail or express delivery.

What are the costs?

- You get the two-bar set of Lebert Equalizers and a poster/workout program for \$99.99 Cdn.

PETE ESTABROOKS IS A PERSONAL TRAINER PLYING HIS TRADE AT PROBODIES GYM AND WWW.PETESCLASS.COM. FITGUY@SHAW.CA

Lorraine Hjalte, Calgary Herald Fitness trainer Pete Estabrooks recommends the Lebert Equalizer.