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## Squat, stretch to work glutes

LISA NEWMAN • SPECIAL TO THE CLARION-LEDGER • SEPTEMBER 30, 2008

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### One-Leg Squat & Extension With Equalizer Bars ...

Preparation: The runner's stretch for the buttocks category is the hip and glute stretch. The StretchRite trainer is an effective stretching tool that anyone can use regardless of age or fitness level. Handgrips are designed so the user can increase the degree of the stretch by changing hand positions.



Lisa Newman demonstrates a one-leg squat and extension with equalizer bars at the Jackson Academy Athletic Field in Jackson. Below: Newman demonstrates a StretchRite Trainer hip/glute stretch. These tools can help you work your upper body muscles.

(Rick Guy/The Clarion-Ledger)

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Purpose: The first exercise in the Spirit of a PERFIT Runner series is a one-leg squat and extension using Lebert equalizer bars. The bars are a great multipurpose fitness tool designed to challenge the total body with your own body weight. These bars allow a fitness enthusiast or athlete to apply specific running or walking movements for muscular isolation. The versatile function of the bars enhances the upper body and core muscles that runners may leave out of their workout programs.



Plan: Place the bars on each side of your body. Stand on one leg with the other leg slightly bent at a 90-degree flexion. Inhale and lower into a squat position by pressing through your heel. Exhale while extending your opposite leg, and hold the extension 2-3 seconds. Inhale while returning back to the standing position. You can then exhale to rest or repeat the squat sequence for one set of 15-25 repetitions to improve stamina and strength for your running and walking performance.

Perfit trainer's tip: Keep your core (torso) upright. Focus on keeping your knees straight throughout the squat and extension.

Variations: There are eight StretchRite trainer stretches and equalizer bar exercises that will enhance a runner's or walker's fitness goals. The equalizer bars are portable and durable and cost around \$95.

**Lisa Newman, a certified personal fitness trainer, consultant and exercise physiologist, owns Perfit Inc. E-mail questions to [perfitlisanewman@aol.com](mailto:perfitlisanewman@aol.com).**



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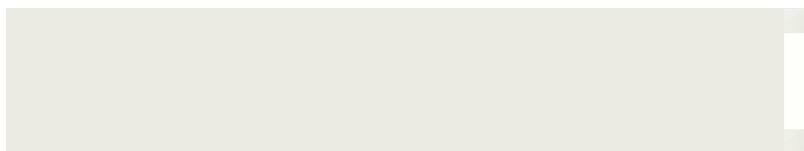
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