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## Making Strength Training Accessible

### A Clever Way to Fuse Strength Training Into Group Fitness Classes

By: Marc Lebert

**F**itness 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.

A lot of these challenges have been met with the "Equalizer" which is designed to make 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".

#### A User Testimonial

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 a candidate for most 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.

### **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.**

### **Mission Acomplished**

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've gotten positive feedback from our users that strength training is now fun.

### About the Author

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.

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