Featured in

Fitness Trainer CANADA

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The Equalizer was developed for aerobic classes, the personal trainer and home use. It is simple to use and versatile with over 50 exercises and stretches. It works the triceps, lower abs, chest and back muscles. Participants use body weight as resistance and decide what level is right for them (legs can be used to assist the exercises). It is safe, lightweight, easy to store and will add an exciting dimension to club aerobic classes, personal training and home gym workouts. **For workout routines, exercise illustrations, pricing and testimonials visit www.lebertequalizer.com**