

LEBERT EQUALIZER BARS

I'll admit, I love getting new fitness equipment – to use personally or with my Personal Training clients – the way some women love buying shoes. Maybe it's weird, but new and innovative ways to exercise are very exciting to me! That being said, some fitness equipment designed for home use are downright ridiculous – I won't list them, but let's just say *cough* Shopping Channel *cough* has some products that make me laugh; I sometimes watch the sales pitches late at night for pure amusement.

The good news is, my latest addition, the [Lebert Equalizer Bars](#) is a serious piece of fitness equipment that can get you real results. Actually, it's 2 pieces, as the product comes with 2 bars that you can work in a variety of ways. I put off purchasing this particular item for a while because I thought, really, what can this do that free weights/TRX Suspension/Rip Trainer/Resistance Bands, etc., can't?

I was pleasantly surprised that you can do an **entire body workout** using this product. Depending on the positioning of the bars and/or your body placement, you can make the exercises easy if you're a beginner or more advanced if you are looking for a real challenge. But what I really love about them is they weigh about 8 lb. each and can easily be taken to the park for a fun outdoor workout, or stored out of sight when you are done using them. The weight of the bars also makes them useful for some traditional weight training exercises – initially I thought it was a little strange to be using them for bicep curls or shoulder press, but I realized it worked the muscles in a unique way that I think people will find enjoyable

Check out this cool video showing several different ways you can use the bars:

Some of the exercises shown in the video can obviously only be done if you have more than one set of bars or in a group setting, but even when working out alone there is a tremendous variety in the movements you can do. If you've been looking for a simple, inexpensive piece of home fitness equipment that won't take up a lot of space, then this one is definitely for you.

Here are the Product Specifications:

As I mentioned Each Equalizer bar weighs about 8 pounds. The bars come in 3 colors – yellow, pink or lime. While I have a hard time using fitness equipment that is pink (shiny silver or black are my go-to fitness equipment colors), the yellow was the least girly of the 3 so I went with that. But hey, if you want to go pink and matchy-matchy with your workout outfit, please be my guest – if you feel good, you will use it, right?

The dimensions are 28-1/2 inches high by 25 inches wide, although you can purchase the “Lebert Big Boy T-Legs” separately to make the bars a few inches taller if you are over 6 feet tall. I am 5'10 and do not have an issue with

them as is, but I can see if I was any taller I'd want that extra height. It has been tested to support up to 400 pounds of body weight so this isn't some flimsy piece of garbage that will break, even if you have a lot of weight to lose! The Equalizers can easily be stacked together, taking up little storage space.



Package includes 2 Equalizer Bars, a Beginner/Intermediate Workout DVD with Marc Lebert (the creator of the Lebert Bars, among other useful fitness products) and a laminated poster depicting proper form for some of the more popular exercises.

Click [HERE](#) to purchase or if you just want to learn more about what the Lebert Equalizer Bars can do for you.

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