

EQUALIZER TRAINING – There is nothing equal to it!



“This was the highlight of our conference” ... “You guys take this to a whole new level!” Can-Fit-Pro Conference, Montreal, Feb, 2010

Versatile, portable and unique, are ways to describe the Lebert Equalizer. For strength, agility, sport-specific training or cross training this is a system no trainer should be without! The “EQ” is appropriate for almost any fitness setting, group training, studio, boot camp or rehabilitation centre, and for the first time in a group exercise setting, allows participants to perform a body weight pull up! This system is simple to learn and easy to implement as a stand-alone program or to complement existing programming.

This interactive day will ensure that participants have ample opportunity to experience and practice their skill and exit the day with confidence to integrate the EQ into daily use right away.

CECs:	ACE
Course Date:	Sunday, April 25, 2010 - 12:00 pm to 5:00 pm
Location:	Edward Health and Fitness Center at Seven Bridges, 6600 Route 53, Woodridge, IL 60517
Course Fee:	- \$169.00 (USD) Early Bird Rate - \$189.00 (USD) Regular rate less than 2 weeks prior to course date. - \$244.00(USD) Regular rate + Equipment: Includes 2 Equalizer bars, Beginner/Intermediate Workout DVD and Laminated Exercise Poster (Save \$43.00 - Regularly \$99.00 less \$25.00 discount less \$18.00 shipping cost).
Cancellation:	\$25.00 cancellation fee
Register:	Register online at http://www.lebertfitness.com/lf_courses.htm
Contact:	Chris Roche, chris@lebertfitness.com 905-785-0626

Chris Roche



Chris has spent 15 years showing people how to move while focusing on the belief that if you focus on the fun the fitness will follow. With eleven years under his belt as the program manager for the Richmond Hill Country Club, he has also been teaching the Schwinn-based cycling program as a master trainer since 2000 and was invited to join the national presenter team for EFI Sports Medicine in 2005.

Chris has presented for Can-Fit-Pro, SCW and IDEA and has now joined Lebert Fitness in the education department for the development of the Equalizer.

Marc Lebert



Marc Lebert is a Certified Personal Trainer and fitness club owner. His clients include professional athletes and he has a Black Belt in Taekwondo. Marc teaches boxing, sports conditioning and of course, Equalizer classes.

Marc is the inventor of the Lebert Equalizer and the Lebert Buddy System used by Personal Trainers, fitness clubs, community centers, schools and sports centres all over the world. His latest product, the Lebert Stretch Strap, was developed with the assistance of international and world class athlete and Master Yoga Instructor, Ann Green.

He currently appears on the local TV show, Daytime, has done fitness videos with Mindy Mylrea, is a published writer, Can-Fit-Pro and CPTN presenter and travels throughout the US as an international IDEA presenter.

