

LTS LeBOOT!

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This EPIC bootcamp style workout combines old school strength training moves, agility drills, muscle endurance work and 100 exercises (on handout) with the amazing portable Equalizer™ and Buddy System™! We will be combining compound movements with intense isolation and blurring the lines between aerobic and anaerobic. Add in some “Giant” and “Super” sets with the Equalizer™ and Buddy System™ combos and you are going to write home about this one! (If you can hold a pen or type with your elbows! lol)!

Equalizer™ Exercises

Vertical Rows	Cueing hips up and head back starting position. Basic row with many modifications to suit any level
Incline Push ups	Foot positioning and variations
Dips	Leg Assisted
Leg Raise and “Running Person”	Progressions
Kneeling Tricep Extensions	Personal fave!
Hip Raise	Working with the posterior chain
Split Squats	Balance, strength and stretch all in one
Cardio Ideas	Using the Equalizers™ for various cardio movements
Stretch	Hip/glute, hamstring, adductor, quads

Equalizer Programming

The EQUALIZER™ was originally designed to perform a body weight pull up but we will cover much more with this programming, including agility ladder drills, body weight training and boot camp conditioning.

NOTES

Buddy System Exercises

Unilateral Rows	Wide base of support, head and chest up, long smooth pulling
Bilateral Rows	You can really “feel” if your client is working here!
Swimming	Feet close and upper body slightly hinged forward. Pull behind you
Cross-Bow	Rear delts, chest fly, and core all in one exercise!
Legs	Why the Buddy System makes for a great assist when squatting

Buddy System Programming

Once you try the BUDDY SYSTEM™ you won't want to put it down! And for 10 minutes we won't!

- highly efficient sets of muscle endurance
- multi-planar/multi-directional
- manual resistance
- resisted running

NOTES:



The LeBEAST 100!

EQUALIZER™

1.	Incline chest press wide grip
2.	Incline chest press staggered
3.	Incline tricep press
4.	Incline chest press with knee drive, spiderman, back kick or single leg extension
5.	Knee ups (various progressions)
6.	Leg raises
7.	Running man
8.	Dips (full bodyweight and leg assisted)
9.	Kneeling tricep extensions
10.	Standing tricep extensions
11.	Chest press single EQ bar (with fly)
12.	Reverse lunges with rotation and chest fly
13.	Reverse lunges with overhead stretch
14.	Travelling burpees
15.	Rock climbers
16.	Triple jumps from rock climber position
17.	Agility drills
18.	Hip openers
19.	Over/unders
20.	Vertical rows two bars (single leg, windshield washers, etc)
21.	Vertical rows single bar (various grips, feet on other bar, etc)
22.	Hip extension (single leg, with stretch)
23.	Standing straight arm ab extension (kneeling too)
24.	Side lateral, front delt raises, shoulder press (one and two bar options)
25.	Tricep jump press
26.	Side plank
27.	Adductors (star plank and more)
28.	Side kicks, crescent kicks, etc
29.	Lunge/tricep dip combo
30.	High knees (cardio)
31.	Box abs
32.	Single bar single arm pull-up (EQ beside you)
33.	Sledgehammer (deceleration, posterior chain)
34.	Squats with heels up on EQ
35.	Squats pressing out/in on EQ
36.	Plyo push-ups
37.	Upside down EQ push-ups
38.	Upside down EQ dips
39.	Single leg deadlifts (as a guide)
40.	Split squats with back leg up
41.	Reverse plank (hands on single EQ)
42.	Plyometric (bar up, side or down)
43.	Pistols (as a guide with single bar and progressions)
44.	Hamstring stretch
45.	Adductor stretch (bar up or seated in front of you)
46.	Hip/glute stretch (my fav!)
47.	Quad stretch
48.	Front delt/hip flexor stretch
49.	Lat/oblique stretch
50.	Drape your worked and tired body over the EQ! ☺

BUDDY SYSTEM™

51.	2x2 rule
52.	Unilateral rowing. NOTE: for all unilateral exercises, the person on the floating handle is planking, squats, kneeling lunges, etc.
53.	Unilateral rowing with anchor position constantly changing
54.	Unilateral rowing with deep squats or lunges
55.	Unilateral rowing walking backwards (pulling) and forward (resisting the pull while still maintaining perfect rowing form)
56.	Unilateral rowing from a side position
57.	Unilateral rowing MMA drills
58.	Bilateral rowing (short). NOTE: Constant tension against each other in concentric and eccentric!
59.	Unilateral swimming
60.	Bilateral swimming
61.	Cross Bow
62.	Abdominal rotations
63.	Abdominal rotations full circle
64.	Bailing the hay
65.	Sawing the log (long)
66.	Resisted running
67.	Resisted side step/shuffle
68.	Resisted bear crawl (LeBear crawl;)
69.	Tug-of-war
70.	Unilateral shoulder press (punching)
71.	Bilateral shoulder press
72.	Unilateral tricep extension
73.	Bilateral tricep extension
74.	Partner squats (hack squat)
75.	Power jumps (right into resisted running drills)
76.	Resisted pulling
77.	TRAVELLING rows, presses, rotations, cross bows, etc)
78.	Push-up assist
79.	Kneeling tricep/bicep partner work (close handles)
80.	Kneeling straight arm lat pull/upright row partner work (close handles)
81.	One arm rows partner work (close handles)
82.	Unilateral lat pull-over from lying position (add leg raises)
83.	Bilateral lat pullover/other person providing resistance (harder on the NEGATIVE)
84.	Unilateral bicep curl (elbows up)
85.	Unilateral chest flies
86.	Bilateral chest flies/abdominal rotations (hybrid)
87.	The Matrix
88.	Pistols (assist)
89.	Unilateral front delt raise
90.	Bilateral front delt raise to side or through legs
91.	3 person abdominal rotations
92.	David Kittner's ring of fire!
93.	Resisted bilateral bicep curl with kneeling (lunge position) low row or rotation
94.	Bent over bilateral lat pull
95.	Travelling ab flutters (arms locked out over head)
96.	Single arm chest press/other person providing resistance (harder on the NEGATIVE)
97.	Seated hamstring feet together (short handles)
98.	Seated adductor feet together (short handles)
99.	Standing lat stretch
100.	Standing chest/shoulder stretch (I'm on top of the world!)