

TRAINING WHILE TRAVELLING

THE LEBERT BUDDY SYSTEM –
THE ULTIMATE TRAINING COMPANION

The Lebert Buddy System™ provides the ability to do bi-lateral training. The middle strap moves smoothly through a centre ring (with handle) allowing for one arm to provide resistance for the other. Tension can be dialled up or down instantly making for a quick and extremely effective workout.

WHEN YOU'RE AWAY ON HOLIDAYS, it's easy to fall out of your healthy eating and exercise routine. But travelling doesn't have to mean letting your healthy habits fall by the wayside. If you find yourself on the road with a travel companion, in a destination where you cannot get to the gym, there is another solution.

The Lebert Buddy System (LBS) is your portable, lightweight travel companion. At just 1kg in weight, it's barely noticeable when packed away in your suitcase. It's versatile, effective and allows you to train anywhere, anytime – even if bad weather forces you into seclusion in your hotel room.

The innovative design of the LBS allows you to increase strength, endurance, cardiovascular fitness and core strength with a dynamic partner workout that's challenging and fun. The tension can be easily dialled up or down at any stage, as the system allows you to create your own resistance.

Benefits of exercising while you're on holidays:

- Exercise helps the body deal with jet lag. Ideally, exercise in the early morning for best results, as the sunshine helps get your circadian rhythm back on track.
- Exercise will keep your energy levels up.
- It keeps your body craving the good endorphins it releases during exercise, which increases your motivation.
- Staying healthy helps avoid getting sick and run down.

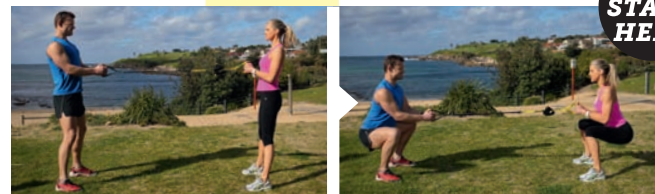
Planning and preparation is the key to success:

- Pack climate appropriate exercise gear.
- Bring light weight equipment – such as the Lebert Buddy System (LBS).
 - Plan your routine in advance.
 - Test run your routine before you leave.
- Bring protein sachets – if you're travelling somewhere that may not have good protein choices on the menu.
 - Pack your own healthy snacks.

THE PROGRAM

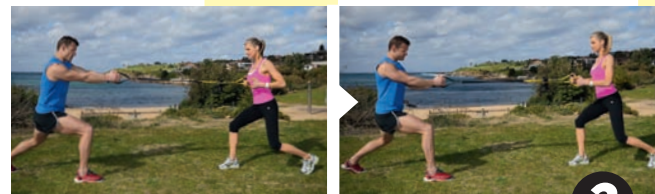
There are many exercises you can do using the Buddy system; but the following program provides exercises that specifically work on thoracic mobility, upper body, lower body and core activation. The program will not only keep you and your travel partner feeling fit while travelling, but it will also help you both recover from any long flights. For the purpose of explaining this program we will refer to buddy 1 (the female in the images provided) and buddy 2 (the male in the images provided).

**1
START
HERE**



EXERCISE 01. SQUATS

Facing each other with feet slightly turned out and with feet hip to shoulder width apart, buddy 1 holds the long yellow handles and buddy 2 holds the floating handle. Both keep their elbows flexed at right angles and feet flat. Squat in time with each other and while doing so, both buddies should keep their spine in neutral and their shoulders over the hips and relaxed. Ensure the Buddy system is kept taut at all times. Repeat for 20 reps and 2 to 3 sets.



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EXERCISE 2. BILATERAL ROW

Buddy 1 holds the yellow handles, and stands with one foot forward and one foot back. Keeping the shoulders stabilised and over the hips, buddy 1 performs a wide-arm row, focusing on retracting the shoulders at the end of the movement. To create the resistance buddy 2 holds the floating handle (with 1 or 2 hands depending on the strength required). To allow full range of motion, buddy 2 can shift their weight forwards and backwards. Keep the rowing motion constant so that you are working both the concentric and eccentric phases of the movement. Repeat for 20 reps and 2 to 3 sets.

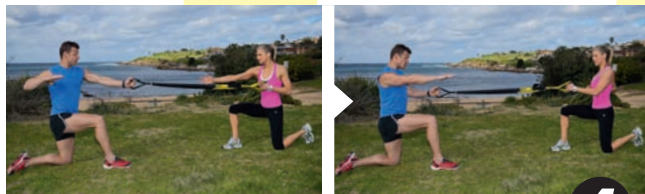


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EXERCISE 3. UNILATERAL CHEST PRESS

Buddy 1 kneels down and faces away from buddy 2. Leaning slightly forward to help to engage the core muscles and protect the back, buddy 1 places their elbows out to the side at a 90-degree angle, and with their hands above the shoulders with palms facing down presses one hand forwards on a 45-degree angle. Buddy 1 continues to alternate forward punches so as to create resistance as they switch hands. Meanwhile, buddy 2 kneels behind buddy 1, holding the floating handle steady. Repeat for 20 reps and 2 to 3 sets.

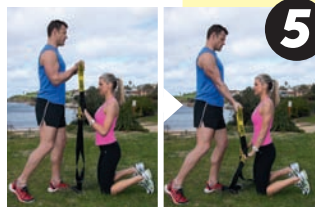
Now it's time to swap over so that buddy 1 becomes buddy 2, then repeat exercises 2 and 3.



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EXERCISE 4. KNEELING BILATERAL ROW

Facing each other, both buddies kneel on their left knee with right foot forward. Buddy 1 holds onto both yellow handles with their left hand and buddy 2 holds the floating handle with their left hand. Buddy 1 performs a one-arm row with their left hand, allowing the torso to rotate to the left while reaching the right hand along the Buddy System, with palm facing inwards. Buddy 2 reaches left arm forwards creating a cooperative resistance, simultaneously rowing right arm back and allowing their torso to rotate to the right. The thoracic spine will rotate while the hips remain square. Keep the rowing motion constant so that you are both working during the concentric and eccentric phase of the movement. To add intensity, lift the back knee off the ground, and hold the lunge position while rowing. Repeat for 20 reps each side (2 to 3 sets).



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EXERCISE 5. BICEP/TRICEPS COMBO

Standing upright, buddy 2 holds onto the yellow handles with palms facing upward. Buddy 1 assumes an upright kneeling position and performs triceps extensions, while buddy 2 provides the resistance by holding the LBS taut. Then, retaining the same positions, buddy 2 performs a bilateral bicep curl, while buddy 1 creates the resistance. Switch positions (note: super-setting will save time and avoid monotony, so you can switch positions

rather than do 3 sets as buddy 1, then 3 sets as buddy 2). Repeat for 20 reps (2 to 3 sets).

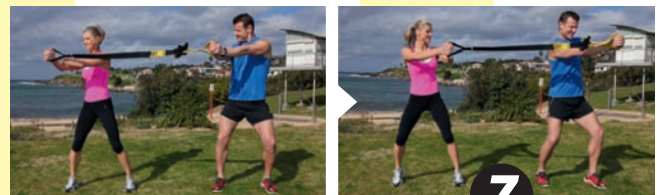


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EXERCISE 6. RESISTED RUNS

Note: for safety, ensure this movement is only ever performed on dry ground.

Wrap the middle of the LBS around the hips (not around the waist) of buddy 1, ensuring the floating handle is behind them. Buddy 2 holds the yellow handles and provides resistance as buddy 1 tries to travel forwards. To add intensity, buddy 1 can turn around to face buddy 2, and try to run backwards. Complete each run for 30 seconds on the spot and 10 seconds travelling.



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EXERCISE 7. OBLIQUES ROTATION

Both buddy 1 and buddy 2 face the same direction, with feet hip-width apart, knees soft and the LBS taut between you both. Buddy 1 holds the floating handle in both hands while buddy 2 holds the yellow handles. The inside hand should hold the handle while the outside hand should hold on by interlinking the fingers (see image). Both buddies start with their hands outstretched at chest height, and then rotate right and left simultaneously providing cooperative resistance at all times. To decrease intensity, you can place your feet in a wider stance, or for even more of a challenge, stand with your feet together. Turn around to face the other direction so you can repeat the movement on the other side. Repeat for 20 reps (2 to 3 sets).

Remember, a good diet is fundamental, to stay in shape while travelling. Try and eat fresh, unprocessed, low GI foods, including vegetables, salads and protein. Ideally, avoid saturated fats, processed foods, salt and sugar, limit your alcohol intake, drink plenty of water and try and include protein with every meal. When you find yourself in holiday mode, enjoying different foods and sampling local cuisines, you may find it difficult to stick to a healthy eating plan. That's okay, just don't stray too far for too long!

TRAINING PROGRAM



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EXERCISE 8. PLANK/REVERSE CURLS

Buddy 1 lies in a supine position, facing away from buddy 2, with legs at 90 degrees and holding the yellow handles. Stabilising the shoulders, and with wrists remaining directly over shoulders, buddy 1 performs a reverse curl by taking the legs straight up in the air, curling the tailbone off the ground, then lowering the back and legs in a slow and controlled manner. Meanwhile, buddy 2 holds the floating handle and faces buddy 1 while assuming a plank position during buddy 1's entire movement. Buddy 2 keeps forearms in contact with the ground at all times. The LBS should be kept taut throughout the entire movement. Then switch positions. Repeat for 20 reps (2 to 3 sets).

Keeping training fun, convenient and effective while travelling has now just been made easier. Your Buddy System workout combined with some outdoor activities such as beach volleyball, bike riding or water skiing should have you feeling and looking fitter, healthier and more relaxed than when you left.

SAFETY/CAUTION:

The Buddy system is not a suspension tool. While the system is designed for a partner workout, there are a number of exercises you can do on your own, such as the back row, chest press, bicep curls, squats, lunges, side lunges, and obliques (static hold). You just need a post or something equally sturdy to place the floating handle around.

**WIN
it
FIRST**

To enter to win 1 of 3 Lebert Buddy Systems, valued at \$169 each, simply email 50 words or less to editor@fitnessfirst.com.au before 10 December 2012 and tell us why you need this prize. The best three entries will win. Remember to include your delivery address.

JODIE LOW

Jodie has over 15 years' fitness industry experience and is the Australian distributor of the Lebert Buddy System. Jodie is a former Miss Fitness Australia, and a host and co-host a numerous TV shows including Crunch, Aerobics Oz Style, Inside Sport and Gymvision. For more information or to purchase the Lebert Buddy System visit www.jodielow.com.au

OTHER TRAINING AIDS TO HELP YOU STAY FIT WHEN AWAY FROM HOME:

THE FITHOOP

The fithoop (\$59) is a collapsible, weighted hula hoop (1m x 1m in diameter), which is available in 1.2kg and 1.5kg sizes. The fithoop enables you to burn up to 100 calories in 10 minutes, making it ideal as part of a circuit workout (by alternating fithooping with other core and cardio exercises), or for use in your hotel room or in the park. For full details or to purchase online visit www.fithoop.com.au

POWERTUBE PRO TOTAL RESISTANCE GYM

The PowerTube Pro Total Resistance Gym (TRG) is an adjustable system of five light-weight elasticised resistance bands that can be anchored individually, or in combination to a door or any fixed object, allowing you to perform more than 70 common gym exercises. Developed by an all-Australian team including former Wallabies Captain, George Gregan, each PowerTube resistance tubes are colour-coded to indicate a different 'weight', and can be combined to create anywhere from 2kg to 62kg of resistance, in more than 30 different combinations. Ideal for men or women of any fitness level or age, each PowerTube Pro TRG comes with a comprehensive training manual and instructional DVD detailing more than 70 exercises that you can do wherever you are – making it the ideal holiday training companion. The PowerTube Pro TRG is available from Rebel Sport and other leading sporting retailers for \$129.95 or go to www.powertubepro.com.au

