



Power Isometrics

**Isometric Exercises For Muscle Building
And Strength Training For Everyone**

David Nordmark

Power Isometrics: Isometric Exercises For Muscle Building And Strength Training

By David Nordmark

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Understanding Isometric Exercises

If you are looking for a way to get in great shape and get stronger while sculpting your body in the least amount of time, then isometric exercises are for you. Why does this exercise system work so well? Let me explain.

Like many words isometrics is derived from the Greek. Iso meaning “equal” and metric meaning “distance”. When we refer to isometric exercise we are talking about an exercise system in which, although force is applied to the muscles, the muscles themselves never contract. Their muscular length remains the same. This is called an *isometric contraction* and it is the key to this entire course. Here’s how it works.

Any muscle in your body is made up of thousands of muscle fibers of varying lengths and abilities. Some are explosively quick, others possess great endurance, while still others are extremely powerful. Any time your body needs to move a muscle your brain commands whatever muscle fibers it needs to start contracting.

Here is the key point when it comes to isometric muscle building - your body is very efficient and it only activates the bare minimum number of muscle fibers required. To demonstrate this, imagine you pick up a paper cup. As it only takes a few muscle fibers to generate the necessary force to contract the muscle to pick up the cup, that is all that is used. If you go to pick up something heavier like, say, a jug of lemonade, your body will use more muscle fibers. Still, it will never use ALL of them if it doesn’t need to.

This is the whole principle behind workout routines like weightlifting. The reason you have to do 3 sets of 12 repetitions when performing a biceps curl is that you are trying to tire out and work ALL of the muscle fibers. So, as you initially start curling, your mind activates only the bare minimum of muscle fibers required. However, as you keep going, those fibers tire and our brain has to activate others to keep going. This process of muscle fibers tiring and being replaced in the task by others continues until (ideally) all of the muscle fibers have been worked. When you reach this point you may find it impossible to perform one more rep. This is called muscle failure in weightlifting and it means you’ve worked every muscle fiber in your biceps.

Now, instead of performing biceps curls with weights, what happens when you work your muscles against each other? Imagine you place your hands together palm-to-palm in front of your chest and you start squeezing as hard as you can. Your brain is getting the message that it is trying to move your right arm

leftward and your left arm rightward. In order to do this it needs to contract muscles in both arms. It starts to do this but because there is no movement, no contraction occurs. How does your brain respond? It keeps recruiting more and more muscle fibers together in an attempt to contract the muscles and move the arms. It has no idea that this is a futile exercise as the arms are acting against themselves! In a way with an isometric contraction you are tricking your brain into using ALL of the available muscle fibers at the same time. This is why it is possible to exhaust ALL of the muscle fibers in 7 to 12 seconds. This is the secret of the isometric contraction and isometric exercises in general.

The Story of Isometric Exercise Legend Alexander Zass



There are many stories I could tell that would demonstrate the amazing results possible when the isometric contraction is properly applied. However, I feel the best story concerns one Alexander Zass. A world famous strongman at the beginning of the last century, he was known by his stage name “The Mighty Samson”. He is also considered by many to be the father of isometric exercises. This is his story.

Young Alexander was born in Poland but raised in Russia. When he was a boy his grandfather took him to the circus. Of all the sights he saw there, it was the circus strongmen that impressed him the most. He vowed to become as strong as they were and join the circus himself one day. He started a muscle building training routine immediately, doing such activities as climbing trees and lifting barbells and dumbbells. It wasn’t long before he was strong enough to join a circus. Once there he learned even more from the strongmen he worked with. He built his physique up and he was widely known for his great strength.

During World War I, however, Alexander Zass was captured and imprisoned by the Austrians. Confined to a cell and bound by shackles, Zass became despondent. How could he train when he could barely move? He feared that without exercise he would rapidly lose the incredible strength that he had worked so hard to acquire. Out of sheer frustration he began straining against the shackles that bound him and the prison bars that confined him. Without knowing it he began exercising using isometric contraction principles. Much to his surprise he found that this method of training allowed him to become stronger than ever before!

How strong did he get? So strong that when the opportunity presented itself he was able to bend and break the shackles that bound him BY HAND! Next he ripped out the prison bars, bent one of them into a J hook for scaling the wall, and was able to make his escape!

After the war, Alexander Zass toured Europe performing amazing feats of strength as the “Mighty Samson”. He was known for bending bars, breaking chains with his chest, lifting 500 pound girders with his teeth and carrying small horses. The only training method he used was isometric exercises - he never lifted weights again. Later he published a training book of isometric exercises that sold well throughout Europe. From reading the above is there any doubt in your mind what can be achieved with isometric muscle building? Whether you

want to get stronger, build an impressive physique, or both, following this program can get you there.

The Isometric Exercise Workout Routine

The Power Isometrics course is divided into several different exercises by body part. For example, there are three exercises for your arms, seven for your back, etc. In general, each isometric muscle building exercise has three different positions (A, B and C) for which it can be performed. The exceptions for this are:

For some exercises, like the trapezius contraction, there is only one position.

There are A,B and C positions for the chest exercise. However, there are four different variations for each position.

There are two ways to perform this isometric workout routine:

Option 1

On Day 1, perform ALL of the exercises in Position A. Day 2, do all of the exercises in Position B. Day 3 - you guessed it - perform all of the exercises in Position C. When you come to an exercise that has only one position perform it on each of the three days. I recommend training for three days, then resting on the fourth. However, if you wish, you can exercise every day.

Option 2

You can divide up your workout by isometric exercises. This means that on Day 1 you would perform all three positions for the abs, neck and back. Day 2 perform all three positions for the shoulders, biceps/triceps and wrist forearms. Day 3 perform all three positions for the chest and legs.

How To Perform An Isometric Contraction

When performing these isometric muscle building exercises you must always focus on two things: 1) Your breath and how you are breathing, and 2) your mind - you must always focus on which muscle you are working. Let me explain further:

Your Breath - There are three distinct breathing phases for each isometric contraction.

Breathe in through your nose for 3 to 4 seconds. As you do start to build tension in the muscles you are working. When you have finished deeply inhaling the muscles you are working should be at maximum tension.

Once your muscles are at peak contraction you will want to perform a controlled exhale through your mouth for 7 to 12 seconds. This is done by making a “ssssssss” sound through your clenched teeth or lips. Done correctly you should sound like a snake a tire losing air. Throughout the exhale you will maintain maximum tension in the isometric contraction you are performing.

To release the tension slowly inhale again through your nose for 3 to 4 seconds. As you do so, relax your muscles slowly. Once you have reached 4 seconds your muscles should be relaxed completely and the isometric contraction is now finished.

Your Mind - Most people find this surprising, but it is the truth. The power and strength to contract your muscles with greater and greater intensity and efficiency does not exist in your muscles, it exists in your mind. Your brain controls your muscles. Because of this it is imperative that you think into your muscles and perform each isometric contraction as powerfully as possible with laser-like intensity. If you are performing an isometric contraction on your biceps imagine in your mind the blood racing into the muscle. Visualize your biceps muscle growing larger, stronger and more defined as you do so. In order to achieve maximum results it is imperative that you do so.

To further illustrate this point I want to take a quote from a work entitled “Muscle Control” by Maxick in 1911. Maxick was a famous strongman and physical culturist at the beginning of the previous century. These are his thoughts on the mind-body connection:

How Mechanical Exercise May Hinder Muscle Development

“One day I was watching a journey-man filing metal. I fell to wondering vaguely why it was that his arm and deltoid development was so small in comparison with that of the rest of his body, knowing, as I did, that the man had worked at the bench for years. Surely, according to accepted theory, it was just these parts which should be the more developed considering the nature of this work!

I was so interested in this case that I began to take careful note of the other workmen; and my observations at length convinced me that *mechanical exercise will not increase bulk of strength beyond a certain degree.*

I found out later by experiment that mechanical exercise will only produce good results if interest is directed to the muscles being used. If the mind is directed only to work being performed, a certain point of muscular resistance is reached; but there it stops. *To secure full benefit from the exercise it is essential that the mind be concentrated on the muscles, and not on the work performed.”*

The Case of the Stonemason

“Instances by way of example may be given by the hundred. Take the case of the stonemason, who has to use a hammer or mallet for many hours daily, during which thousands of blows are struck, and the shoulder and the arm have to bear the weight, as well as use the mallet.

Now, according to the theories enunciated by many teachers of physical culture, the greater the number of repetitions performed of one exercise, the greater the development of the muscles employed. But here is a flat contradiction of these theories, for it will be observed that the majority of stonemasons do not evince anything exceptional in the way of arm and shoulder muscle development.

And the explanation? Perfectly simple! *The stonemason’s mind is necessarily concentrated upon the work before him, and he pays little or no heed to his muscles”*

I’ve heard similar thoughts on the importance of the mind from modern bodybuilders as well. Rachel McIish, who was the first Ms. Olympia, stressed the importance of using her mind and imagination to make her muscles larger and more defined. Arnold Schwarzenegger advocated the same thing when it came to efficient muscle building. If you want to get the most out of performing

these isometric contractions, do not let your mind wander. Always focus on the task at hand and what you are trying to accomplish.

A Secret Isometric Muscle Building Technique

If you perform the isometric exercises as I've outlined above you will get stronger and your muscles will get more defined. However, if you really want to add serious size to your frame you will need to do two things:

Repeat every exercise but for the second set perform them longer and at less intensity. So if you are performing the biceps curl you will perform it once for 7 to 12 seconds at maximum intensity. The second time you perform it though you will want to perform it at 35% intensity for 2 to 3 minutes. When you perform the isometric contraction this way, breathe in through your nose and out through your mouth. Never hold your breath. Holding the contraction for longer and at this lower intensity will allow the blood to rush into the muscle being worked and help it to get bigger.

You must focus on your diet. In order to add size, you must eat healthy food and consume MORE in calories than your body needs. These extra calories will be used by your body to build the muscle you need. If you are looking for a great program that will outline how to build muscle, you can check out the following program:

<http://tinyurl.com/burnfatprogram>

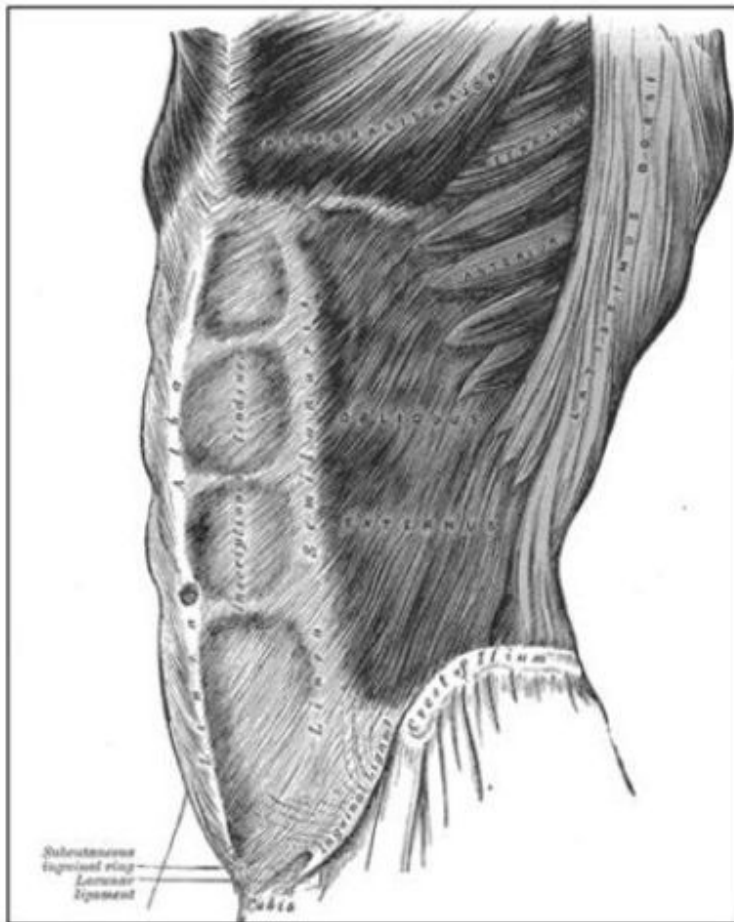
Some Final Points Before Beginning

When I'm performing an isometric contraction I like to combine the act of breathing and counting with my mental visualization. Let's say I'm performing an isometric contraction with my biceps. As I'm breathing in for 3 to 4 seconds, I imagine the numbers appearing before me over my biceps in big, colorful, balloon-like shapes. At the same time I'm imagining the blood flowing into my biceps, and the muscle growing and becoming more defined. This technique of seeing the numbers as well as your muscles I find really helps to focus the mind.

When performing these exercises I like to go from one to the next with minimal rest. However, if you are really out of shape or haven't exercised for a while this is not the best approach. In such cases it is wise to pause for a minute or two between each exercise and take 5 to 10 full deep breaths through your nose. You should never feel faint when performing these exercises. If you do feel faint you will want to ease up, take some deep breaths and maybe even sit down for a moment.

Abdominal Exercises

For aesthetics everyone wants a flat stomach and a six-pack abs look. However, there's more to the abdominal than just looks. Strong abdominal muscles will not only help you maintain youthfulness and vigor but will enhance the functionality of every gland and organ in your trunk. They also aid in digestion and elimination. Note that if you want the 6 pack abs look you will need to watch your body fat level. For men this usually means less than 10% body fat and for women less than 14%.



Isometric Stomach Flattener

This exercise is incredibly effective at working your stomach muscles and trimming your waistline. The reason it is so effective is that it works both your external and internal muscles. When you first try it the isometric contraction might make you feel light-headed or dizzy. This feeling will pass with practice.

1. Stand up tall and straight with your hands by your sides.
2. Take a deep breath by breathing in through your nose for 3 to 4 seconds. Suck your stomach in as you do so.
3. Contract your abdominal muscles in as hard as you can for 7 to 12 seconds as you breathe out through your mouth making a “ssssssss” sound. For this contraction, imagine that your abdominal muscles are like a towel that you’re wringing out.
4. While still keeping your stomach muscles sucked in, relax the tension as you breathe in gently for 3 to 4 seconds.
5. Repeat this process until you have completed 10 reps. Do NOT completely relax your stomach muscles until you have completed all 10 reps.



The Iso-Vacuum

Along with the isometric stomach flattener this isometric contraction will reduce your waistline and improve the functioning of your digestive system. The deep breathing that accompanies this exercise will also energize you. Make sure you only perform it on an empty stomach.

1. Stand straight up with your feet wider than shoulder width apart.
2. Bend over at the waist (try to keep your back straight) while exhaling all of the air from your lungs.
3. Once you have bent over and breathed out the maximum amount of air, then suck your stomach in with as much force as possible.
4. Hold this contraction in your stomach and slowly stand up straight.
5. Hold this position, standing up straight with your stomach sucked in and no air in your lungs, for 7 seconds.
6. Inhale through your nose and slowly relax.
7. Repeat this exercise 10 times.



The External Oblique Side Plank

This exercise works the external oblique muscles which are on both sides of the abdomen and back. Keeping these muscles strong stabilizes your entire upper body structure.

1. Lie on your right side. Make sure that your ankles, hips, and shoulders are in a straight line.
2. Prop yourself up on your right elbow which should be directly below your right shoulder. Your forearm should be flat on the ground and pointing perpendicular to your body. Your left arm should be lying on your side.
3. Breathe in through your nose for 3 to 4 seconds. As you do so lift your hips off the ground. Straighten your whole body like a plank of wood. Keep your abs firm at all times.
4. Breathe out through your mouth making a “ssssss” sound for 7 to 30 seconds. As you do so squeeze the muscles along the side of your body as though you are trying to move your right armpit to your right hip.
5. Breathe in through your nose for 3 to 4 seconds while you relax.
6. Repeat this exercise on the other side.



Exercises For The Neck

The neck muscles are incredibly important to train although most people ignore them. They shouldn't. A strong neck reduces the risk of injury and pain in this area. It can help reduce migraines and headaches as well as improve your posture. It can also improve the flow of blood to the brain, which will help keep you young. The neck development program that follows can help you with all of this..



Reverse Neck Contraction

Position A

This isometric exercise builds up the muscles in the back of the neck. There are three positions for this exercise. You can either do all three on one day or divide them up between three days.

1. Stand straight up with your knees slightly bent and your feet shoulder width apart.
2. Make sure your abs are tucked in tight.
3. Keeping your spine straight, bend your neck forward so that your chin is tucked into your chest.
4. Clasp your hands together and place them behind your head.
5. Use your neck muscles to try and raise your head up as you resist with your clasped hands.
6. Remember to slowly increase the pressure by breathing in through your nose for 3 to 4 seconds.
7. When you've reached maximum tension in your neck, exhale through your mouth for 7 to 12 seconds, making a "ssssss" sound as you do so.
8. Slowly release the tension in your neck while breathing in through your nose for another 3 to 4 seconds.

Position B

Repeat the steps for Position A, except this time, begin with your neck straight so that it's in line with your spine. You should be looking straight ahead.

Position C

Repeat the steps for Position A, except this time, begin with your neck bent backward so that you are looking up at the ceiling.



Forward Neck Contraction

Position A

This exercise builds up the muscles in the front of the neck. There are three positions for this exercise. You can either do all three on one day or divide them up between three days.

1. Stand straight up with your knees slightly bent and your feet shoulder width apart.
2. Make sure your abs are tucked in tight.
3. Keeping your spine straight, bend your neck backward as far as you can.
4. Make your right hand into a fist and place it on your forehead with your thumb touching it. Clasp the top of your fist with your left had.
5. Use your neck muscles to try and raise your head up as you resist with your hands.
6. Remember to slowly increase the pressure by breathing in through your nose for 3 to 4 seconds.
7. When you've reached maximum tension in your neck, exhale through your mouth for 7 to 12 seconds, making a "ssssss" sound as you do so.
8. Slowly release the tension in your neck while breathing in through your nose for another 3 to 4 seconds.

Position B

Repeat the steps for Position A, except this time, begin with your neck straight so that it's in line with your spine. You should be looking straight ahead.

Position C

Repeat the steps for Position A, except this time, begin with your head tilted forward with your chin touching your chest.



Side Neck Contraction (left to right)

Position A

This isometric contraction builds up the muscles along the side of the neck. There are three positions for this exercise. You can either do all three on one day or divide them up between three days.

1. Stand straight up with your knees slightly bent and your feet shoulder width apart.
2. Make sure your abs are tucked in tight.
3. Keeping your spine straight, tilt your head toward your left shoulder.
4. Place your right hand on the right side of your head for resistance.
5. Use your neck muscles to try and raise your head up from your left shoulder as you resist with your right hand.
6. Remember to slowly increase the pressure by breathing in through your nose for 3 to 4 seconds.
7. When you've reached maximum tension in your neck, exhale through your mouth for 7 to 12 seconds, making a "ssssss" sound as you do so.
8. Slowly release the tension in your neck while breathing in through your nose for another 3 to 4 seconds.

Position B

Repeat the steps for Position A, except this time, begin with your neck straight so that it's in line with your spine.

Position C

Repeat the steps for Position A, except this time, begin with your neck tilted toward your right shoulder.



Side Neck Contraction (right to left)

Position A

This exercise builds up the muscles along the opposite side of the neck. There are three positions for this exercise. You can either do all three on one day or divide them up between three days.

1. Stand straight up with your knees slightly bent and your feet shoulder width apart.
2. Make sure your abs are tucked in tight.
3. Keeping your spine straight, tilt your head toward your right shoulder.
4. Place your left hand on the left side of your head for resistance.
5. Use your neck muscles to try and raise your head up from your right shoulder as you resist with your left hand.
6. Remember to slowly increase the pressure by breathing in through your nose for 3 to 4 seconds.
7. When you've reached maximum tension in your neck, exhale through your mouth for 7 to 12 seconds, making a "ssssss" sound as you do so.
8. Slowly release the tension in your neck while breathing in through your nose for another 3 to 4 seconds.

Position B

Repeat the steps for Position A, except this time, begin with your neck straight so that it's in line with your spine.

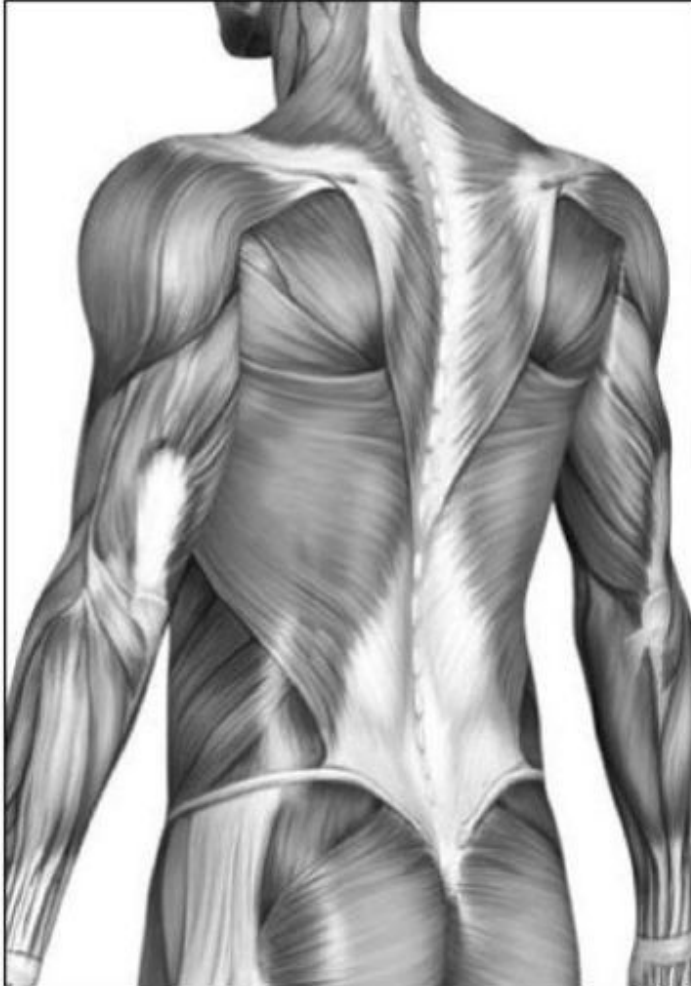
Position C

Repeat the steps for Position A, except this time, begin with your neck tilted toward your right shoulder.



Exercises For The Back

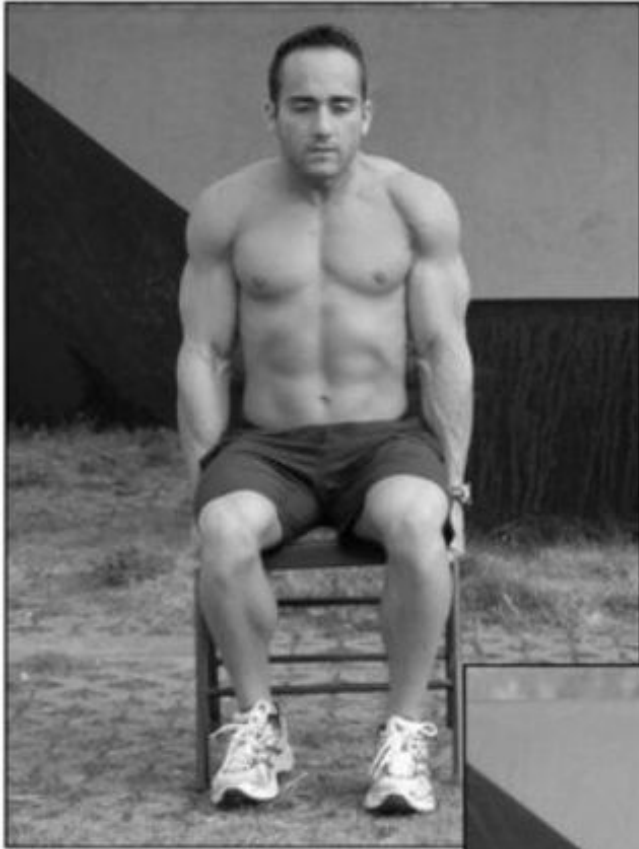
Almost all of us suffer from back pain at one time or another. There are many reasons for, ranging from evolution to lifestyle, but really only one thing you can do about it, exercise and strengthen your back. The following exercises will do this for you, as well as give you a nice esthetic look.



Trapezius Contraction

The trapezius muscles extend from the base of the neck and the top of the shoulders through the middle of the back. Well developed trapezius muscles will keep your neck strong and enhance your posture by preventing your shoulders from slouching.

1. Sit down in a sturdy chair that doesn't have any arm rests while keeping your feet about 12" apart.
2. Sit up straight, grab the bottom of the chair while keeping your abs tight.
3. Slowly begin to raise / shrug your shoulders backward and upward, almost as if you are trying to have them touch behind your ears.
4. Remember to slowly increase the tension in your upper back and neck by breathing in through your nose for 3 to 4 seconds.
5. When you've reached the point of maximum tension exhale through your mouth for 7 to 12 seconds, making a "sssssss" sound as you do so.
6. Slowly release the contraction while breathing in through your nose for another 3 to 4 seconds.



Upper Back Contraction

1. Stand straight up with your feet shoulder width apart and your knees slightly bent.
2. Keeping your abs tight, bring both of your hands in front of you. Clasp the left hand in the right, just below the rib cage.
3. Point your elbows inward, almost as if you are trying to touch them behind your back.
4. Slowly begin to contract your shoulder blades together while keeping your hands locked.
5. Remember to slowly increase the tension in your upper back and neck by breathing in through your nose for 3 to 4 seconds.
6. When you've reached the point of maximum tension, exhale through your mouth for 7 to 12 seconds, making a "ssssss" sound as you do so.
7. Slowly release the contraction while breathing in through your nose for another 3 to 4 seconds.
8. Repeat this exercise but this time reverse the grip of your hands.



The Isolation Row

Position A

1. Stand straight up with your feet shoulder width apart and your knees slightly bent.
2. Bring both arms straight out in front of you. Pretend you are grasping a long bar with your hands. Pull the imaginary bar straight backward as though you are trying to touch your elbows together behind your back.
3. Slowly begin to build the tension as you attempt to squeeze your shoulder blades and elbows together. Remember to breathe in through your nose for 3-4 seconds as you do so.
4. When you've reached the point of maximum tension exhale through your mouth for 7 to 12 seconds, making a "sssssss" sound as you do so.
5. Slowly release the contraction while breathing in through your nose for another 3 to 4 seconds.



Position B

1. Stand straight up with your feet shoulder width apart and your knees slightly bent.
2. Bring both arms straight out in front of you. Pretend you are grasping a long bar with your hands. Pull the imaginary bar straight backward as though you are trying to touch your elbows together behind your back. Now lower your arms so that they are at a 45 degree angle from your trunk.
3. Slowly begin to build the tension as you attempt to squeeze your shoulder blades and elbows together. Remember to breathe in through your nose for 3-4 seconds as you do so.
4. When you've reached the point of maximum tension exhale through your mouth for 7 to 12 seconds, making a "sssssss" sound as you do so.
5. Slowly release the contraction while breathing in through your nose for another 3 to 4 seconds.



The Sitting Latissimus Dorsi Muscle Pull

The latissimus dorsi muscles are the large fanned-shaped muscles of the upper back. They begin at the armpits and extend all the way down to the waistline. Their function is to lower the arms and move them backward. These muscles, when well developed, give the back the “V” tapered appearance that everyone desires. Swimmers and gymnasts usually have well developed latissimus dorsi muscles. In addition to this, I have also found this exercise to be excellent at relieving lower back tension.

Position A

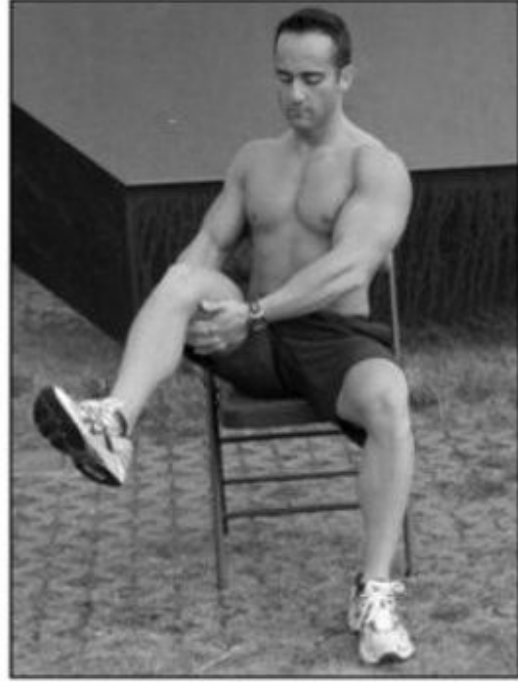
1. Sit erect in a chair with no armrests.
2. Bring your right knee up and clasp it with both of your hands, interlocking them at the fingers while keeping your arms straight.
3. As you breathe in for 3 to 4 seconds through your nose, try to pull back on your knee while resisting this effort with your leg. You should feel the tension build in your latissimus dorsi muscle on your right side.
4. When you’ve reached the point of maximum tension, hold the contraction while you exhale through your mouth for 7 to 12 seconds, making a “ssssss” sound as you do so.
5. Slowly release the tension while breathing in through your nose for another 3 to 4 seconds.
6. Repeat this procedure with your left knee.

Position B

Repeat the steps for Position A, except this time, bring your right knee up about 4 to 6 inches higher than you had in position A.

Position C

Repeat the steps for Position A, except this time, raise your right knee up close to your chest.



The Standing Latissimus Dorsi Pull

This is an isometric version of the deadlift that also works the latissimus dorsi muscles. It also helps teach intramuscular coordination and balance (particularly B and C).

Position A

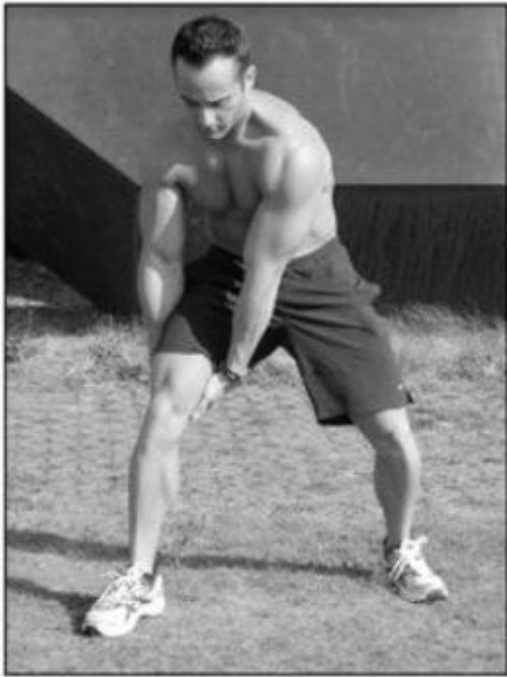
1. Beginning from a standing position bend your knees and stagger your stance so that your right leg is in front.
2. Bend at the waist and interlock your fingers just above the backside of your right knee. Keep your back straight.
3. Slowly begin to build tension in your lat by trying to raise your right leg off the ground while resisting with the same leg. Focus on using your lat muscle to do this.
4. When you've reached the point of maximum tension in your latissimus dorsi muscle hold the contraction and exhale through your mouth for 7 to 12 seconds, making a "sssssss" sound as you do so.
5. Slowly release the contraction while breathing in through your nose for another 3 to 4 seconds.
6. Repeat with the left leg.

Position B

1. From a standing position raise your right foot off the ground so that you are able to interlock your fingers just below your knee.
2. Keeping your back straight slowly begin to build tension in your lat by trying to force your leg to the ground while resisting with your hands. Focus on using your lat muscle to do this.
3. When you've reached the point of maximum tension in your latissimus dorsi muscle, hold the contraction and exhale through your mouth for 7 to 12 seconds, making a "sssssss" sound as you do so.
4. Slowly release the contraction while breathing in through your nose for another 3 to 4 seconds.
5. Repeat with the left leg.

Position C

Repeat the steps for Position B, except this time, raise your right foot off the ground to a point higher than you had in position B.



Erector Spinal Back Extension

The erector spinal muscles are like two large cables that run along both sides of the spinal column. They vary in size as they travel along the spine and are inserted into the vertebrae and ribs. Their sole function is to help you stand up straight or lean backward. Weakness in these muscles is often a major cause of lower back pain. If you wish to avoid or cure lower back pain, performing the next two exercises will help you.

Position A

1. Lie facedown on a comfortable surface like a mat, carpet or even a firm bed.
2. Keep your feet close together, toes pointed and your head slightly raised.
3. Place your hands behind your head, interlocking your fingers as you do so.
4. Slowly inhale for 3 to 4 seconds as you push upward with your head and shoulders. Build tension by resisting with your hands at the same time.
5. As you reach the point of maximum tension, slowly begin to exhale through your teeth making a sssssss sound for 7 to 12 seconds.
6. Release the tension as you inhale through your nose for 3 to 4 seconds.
7. When performing this exercise, take care not to raise your head backward as this can strain the neck.



Position B

1. Lie facedown on a comfortable surface like a mat, carpet or even a firm bed.
2. Keep your feet close together, toes pointed and your head slightly raised.
3. Place your hands behind your head, interlocking your fingers as you do so.
4. Slowly inhale for 3 to 4 seconds as you push upward with your head and shoulders. This time, however, lean to your left by having your right elbow slightly higher than your left one. Tense in this position.
5. As you reach the point of maximum tension, slowly begin to exhale through your teeth making a sssssss sound for 7 to 12 seconds.
6. Release the tension as you inhale through your nose for 3 to 4 seconds.
7. When performing this exercise, take care not to raise your head backward as this can strain the neck.



Position C

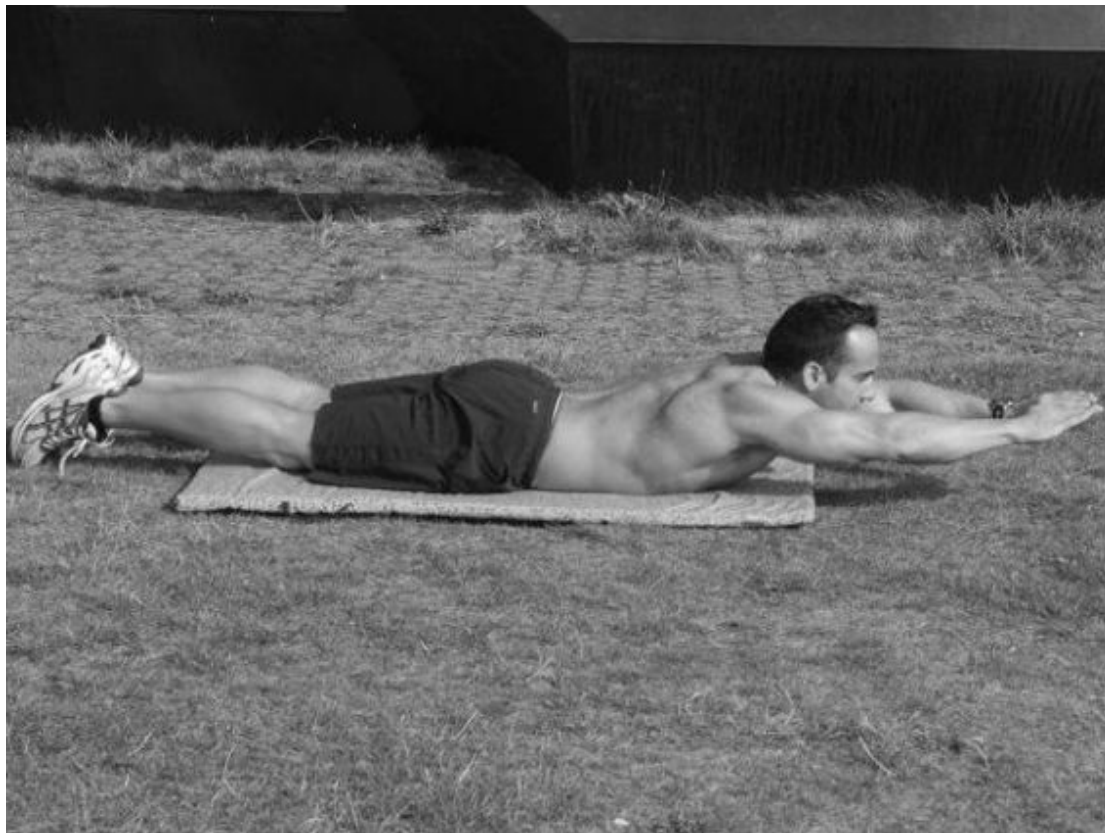
1. Lie facedown on a comfortable surface like a mat, carpet or even a firm bed.
2. Keep your feet close together, toes pointed and your head slightly raised.
3. Place your hands behind your head, interlocking your fingers as you do so.
4. Slowly inhale for 3 to 4 seconds as you push upward with your head and shoulders. This time lean to your right by having your left elbow slightly higher than your right one. Tense in this position.
5. As you reach the point of maximum tension, slowly begin to exhale through your teeth making a ssssssss sound for 7 to 12 seconds.
6. Release the tension as you inhale through your nose for 3 to 4 seconds.
7. When performing this exercise, take care not to raise your head backward as this can strain the neck.



Erector Spinal Back Extension#2 - The Superman

Similar to the preceding exercise but more advanced. The outstretched arms create more tension in the erector spinal muscles.

1. Lie face down on a firm but comfortable surface like a mat or carpet.
2. Hold both arms out in front of you like Superman.
3. Raise your chest off the ground using your back muscles, keeping your head in a neutral position with your feet on the ground while you breathe in through your nose for 3 to 4 seconds.
4. Tense your back muscles as you hold this upright position for 7 to 12 seconds while you breathe out through your mouth making a “sssssss” sound.
5. Slowly lower your chest to the ground as you breathe in gently for 3 to 4 seconds.



Shoulder Exercises

Strong, broad shoulders are considered desirable by both men and women. They can not only enhance your appearance but can also help you in any sport you play. The following exercises will help you build and sculpt your shoulders.



One Arm Shoulder Press

Named because of its triangular shape (The Greek symbol for delta is a triangle) the deltoid is the large muscle of the shoulder. It is divided into three major sections. The front aspect is called the *Anterior Deltoid*, the middle the *Lateral Deltoid*, and the rear the *Posterior Deltoid*. The one arm shoulder press works the entire Deltoid, although the anterior gets most of the work.

Position A

1. Stand tall with your feet shoulder width apart and your knees slightly bent.
2. Clench your right fist as tightly as possible and bend your elbow so that your right fist is in line with your right shoulder.
3. Place your left hand over your right fist.
4. As you breathe in through your nose for 3 to 4 seconds, slowly begin pushing up with your right fist while resisting with your left hand.
5. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “ssssssss” sound.
6. Slowly relax the tension while breathing in for another 3 to 4 seconds.
7. Repeat this procedure for the left arm.

Position B

Repeat the steps for Position A, except this time, bend your elbow so that your fist is in line with your forehead.

Position C

Repeat the steps for Position A, except this time, bring your right fist to a position just above your head.



Front Deltoid Raise

This exercise really focuses on the anterior deltoid.

Position A

1. Stand tall with your feet shoulder width apart and your knees slightly bent.
2. Clench your right fist as tightly as possible while positioning it 6 inches above your right thigh.
3. Grab the back of your right wrist with your left hand.
4. As you breathe in through your nose for 3 to 4 seconds, slowly begin using your anterior deltoid muscle to raise your arm. Resist this motion with your left hand.
5. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
6. Slowly relax the tension while breathing in for another 3 to 4 seconds.
7. Repeat this procedure for the left arm.

Position B

Repeat the steps for Position A, except this time, begin by positioning your right arm at a 45 degree angle from your body.

Position C

Repeat the steps for Position A, except this time, begin by positioning your right arm at a 90 degree angle from your body. Your fist should be at or slightly above your shoulders.



Side Deltoid Raise

This isometric exercise focuses on the lateral deltoid.

Position A

1. Stand tall with your feet shoulder width apart and your knees slightly bent.
2. Clench your right fist as tightly as possible while positioning your slightly bent elbow in line with your torso.
3. Grab the back of your right wrist with your left hand.
4. As you breathe in through your nose for 3 to 4 seconds, slowly begin using your lateral deltoid muscle to raise your arm to the side. Resist this motion with your left hand.
5. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
6. Slowly relax the tension while breathing in for another 3 to 4 seconds.
7. Repeat this procedure for the left arm.

Position B

Repeat the steps for Position A, except this time, begin by positioning your right arm at a 45-degree angle from your body.

Position C

Repeat the steps for Position A, except this time, begin by positioning your right arm at a 90-degree angle from your body.



Rear Deltoid Lift

This isometric muscle building exercise focuses on the posterior deltoid.

Position A

1. Stand tall with your feet shoulder width apart and your knees slightly bent.
2. Clench your right fist as tightly as possible while positioning it in the centerline of your body. Your right fist should be 6 inches from your body.
3. Grab the back of your right wrist with your left hand.
4. As you breathe in through your nose for 3 to 4 seconds, slowly begin using your posterior deltoid muscle to bring your arm backward (into your body) and to the side. Resist this motion by pulling with your left hand.
5. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
6. Slowly relax the tension while breathing in for another 3 to 4 seconds.
7. Repeat this procedure for the left arm.

Position B

Repeat the steps for Position A except this time begin by positioning your right arm at a 45-degree angle from your body.

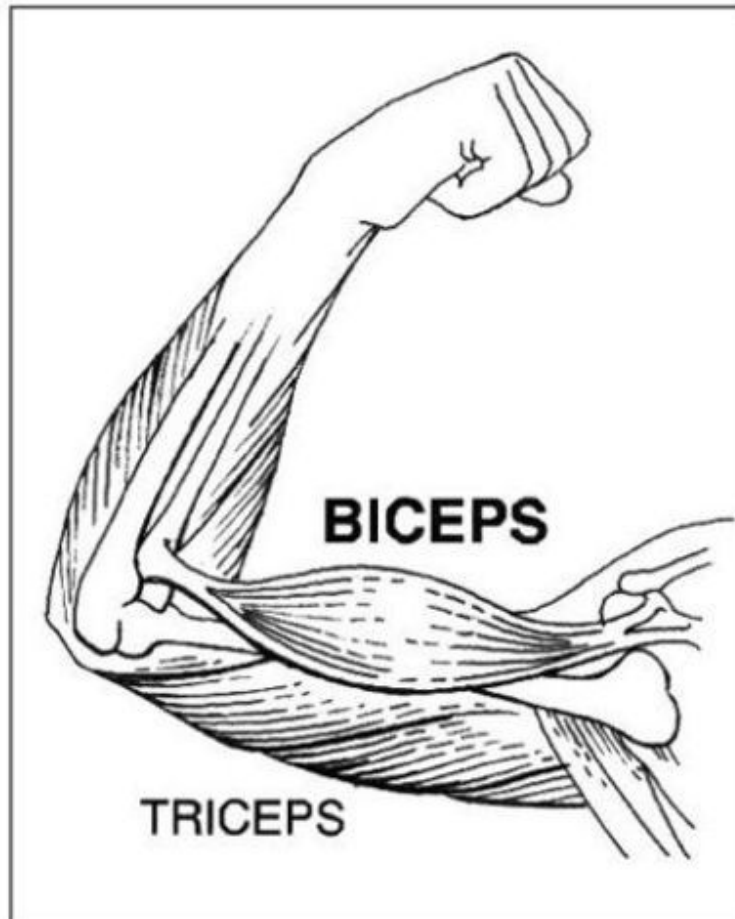
Position C

Repeat the steps for Position A except this time begin by positioning your right arm at a 90-degree angle from your body.



Biceps/Triceps Exercises

Other than flat abdominals nothing quite says "I'm healthy" than well developed triceps and biceps. Aside from appearance, strong arms can also enhance your athletic performance in any sport your play. Although most people focus on the biceps, developing the triceps is equally important. The following exercises do both.



Biceps Curl

The biceps are made up of two bundles of muscles whose primary purpose is to rotate the forearm and flex the elbow. The triceps are made up of three bundles of muscles whose primary purpose is to straighten the arm. The biceps and triceps work together. Whether you want a functional athlete's strength or just a great look, it's important to work both at the same time. This is what the following isometric muscle building exercises do.

Position A

1. Stand tall with your feet shoulder width apart and your knees slightly bent.
2. With your right arm by your right side, bend the elbow and clench your right fist tightly. Your fist should almost be parallel with your shoulder.
3. Place your left hand over your right fist.
4. As you breathe in through your nose for 3 to 4 seconds, slowly begin to use your biceps in an attempt to curl your arm. Resist this motion with your left hand.
5. At the point of maximum tension, breathe out for 7 to 12 seconds while making a "sssssss" sound.
6. Slowly relax the tension while breathing in for another 3 to 4 seconds.
7. Repeat this procedure for the left arm.

Position B

Repeat the steps for Position A, except this time, bend the elbow at a 90 degree angle from your body.

Position C

Repeat the steps for Position A, except this time, bend your right elbow only slightly.



Single Arm Triceps Press Down

Position A

1. Stand tall with your feet shoulder width apart and your knees slightly bent.
2. With your right arm by your right side, bend your elbow so that your right fist is in front of your right shoulder.
3. Clench your right fist tightly and grasp it from below with your left hand.
4. As you breathe in through your nose for 3 to 4 seconds, slowly begin to use your triceps in an attempt to press your arm down. Resist this motion with your left hand.
5. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “ssssssss” sound.
6. Slowly relax the tension while breathing in for another 3 to 4 seconds.
7. Repeat this procedure for the left arm.

Position B

Repeat the steps for Position A, except this time, bend the elbow at a 90 degree angle from your body.

Position C

Repeat the steps for Position A, except this time, bend your right elbow only slightly.



Biceps / Triceps Cross Arm Contraction

Position A

1. Stand tall with your feet shoulder width apart and your knees slightly bent.
2. Clench both fists as tightly as possible, then place your left fist over your right fist in the center of your body. Your arms should only be slightly flexed at the elbows, so your fists should be at waist level.
3. As you breathe in through your nose for 3 to 4 seconds, slowly begin to use your left triceps to press your left arm down while resisting with your right fist (which is using your right biceps).
4. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
5. Slowly relax the tension in your arms while breathing in for another 3 to 4 seconds.
6. Repeat this procedure with the right fist over your left fist.

Position B

Repeat the steps for Position A, except this time, bend your arms at the elbows at a roughly 90 degree angle. Your fists should be at stomach level.

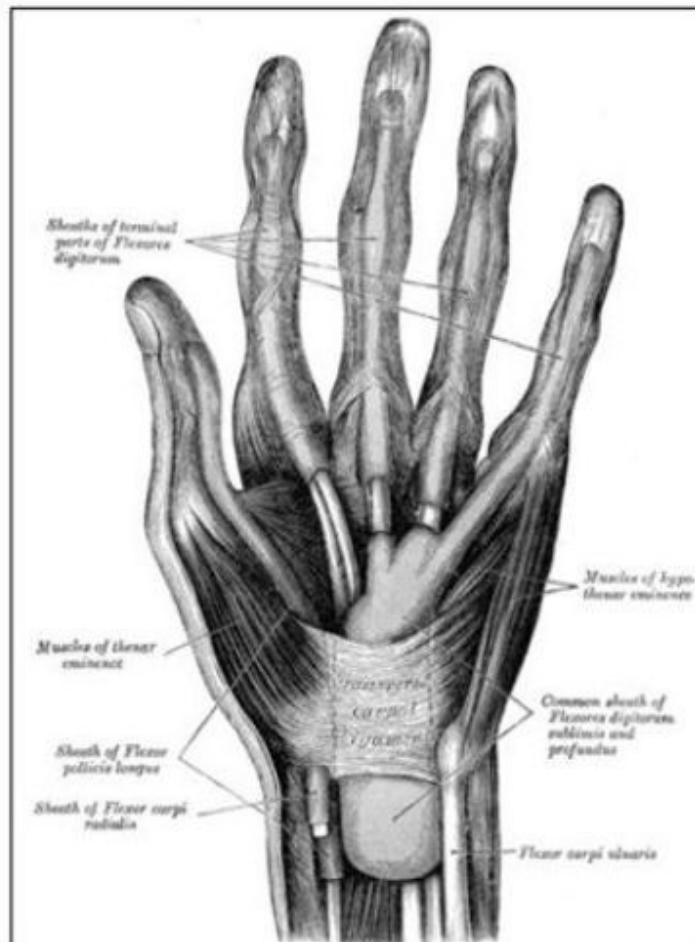
Position C

Repeat the steps for Position A except this time bend your arms at the elbows so that your fists are almost parallel with your shoulders.



Fingers, Wrists and Forearms

Developing a strong grip is vital in many sports such as gymnastics, golf and racquet sports. However, it is just as important in everyday life when it comes to tasks such as raking leaves or opening a jar lid. Isometrics will strengthen and develop the tendons, ligaments and muscles in these appendages faster than any other method.



Fingertip Contraction Exercise

Position A

1. Stand tall with your feet shoulder width apart and your knees slightly bent.
2. Bring the fingertips of your hands together in the center of your chest.
3. Bend your wrists slightly upward from the plane of your forearms.
4. As you breathe in through your nose for 3 to 4 seconds, slowly begin to press your hands together. You should feel the tension increasing in your fingers. Concentrate on your fingers to ensure that they don't slip off.
5. At the point of maximum tension, breathe out for 7 to 12 seconds while making a "sssssss" sound.
6. Slowly relax the tension in your arms and fingers while breathing in for another 3 to 4 seconds.

Position B

Repeat the steps for Position A, except this time, keep your wrists in line with your forearms.

Position C

Repeat the steps for Position A, except this time, bend your wrists downward.



Single Arm Forearm Curls

Position A

1. Sit in an armless chair.
2. Lean forward and place your right forearm flat across your right leg. Your wrist should be past your knee and your palm should be facing upward.
3. Clench your right fist tightly and let it bend downward at the wrist.
4. Place your left hand over your right fist.
5. As you breathe in through your nose for 3 to 4 seconds, slowly begin to try and raise your right wrist while resisting with your left hand.
6. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
7. Slowly relax the tension in your arms and fingers while breathing in for another 3 to 4 seconds.

Position B

Repeat the steps for Position A, except this time, keep your wrists straight.

Position C

Repeat the steps for Position A, except this time, bend your wrist upward.



Single Arm Reverse Forearm Curls

Position A

1. Sit in an armless chair.
2. Lean forward and place your right forearm flat across your right leg. Your wrist should be past your knee and your palm should be facing downward.
3. Clench your right fist tightly and let it bend downward at the wrist.
4. Place your left hand over your right fist.
5. As you breathe in through your nose for 3 to 4 seconds, slowly begin to try and raise your right wrist while resisting with your left hand.
6. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
7. Slowly relax the tension in your arms and fingers while breathing in for another 3 to 4 seconds.

Position B

Repeat the steps for Position A, except this time, keep your wrists straight.

Position C

Repeat the steps for Position A, except this time, bend your wrist upward.



Single Side Wrist Curls

Position A

1. Sit in an armless chair.
2. Lean forward and place your right forearm sideways across your right leg. Your wrist should be past your knee.
3. Clench your right fist tightly and let it bend downward at the wrist.
4. Place your left hand over your right fist.
5. As you breathe in through your nose for 3 to 4 seconds, slowly begin to try and raise your right wrist while resisting with your left hand.
6. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
7. Slowly relax the tension in your arms and fingers while breathing in for another 3 to 4 seconds.

Position B

Repeat the steps for Position A, except this time, keep your wrists straight.

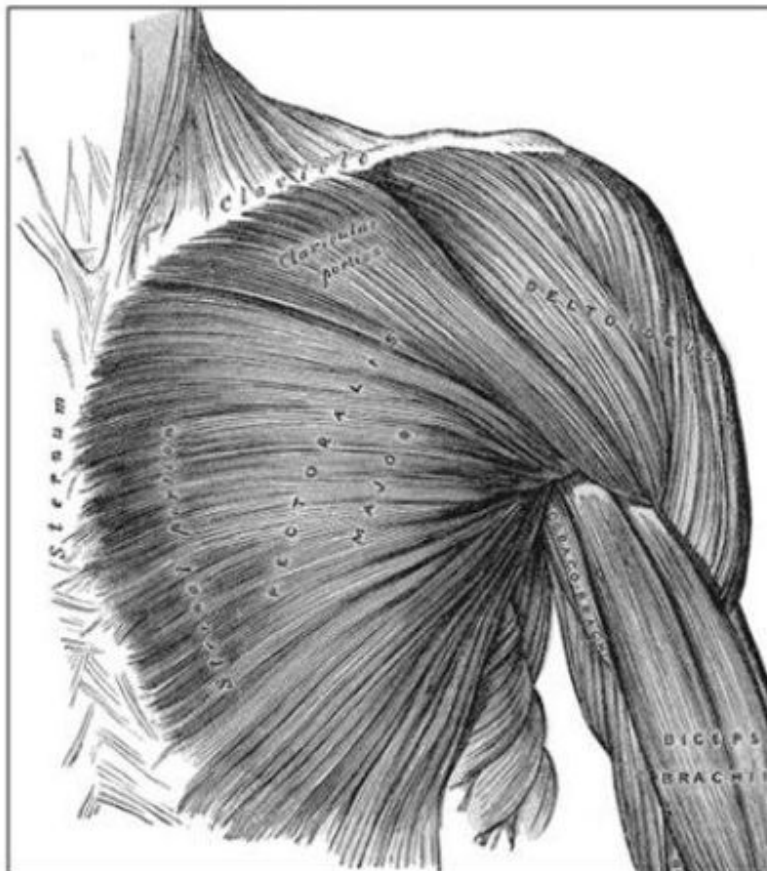
Position C

Repeat the steps for Position A, except this time, bend your wrist upward.



Chest Exercises

The purpose of the pectoral muscles is to move the arms downwards, forwards, and across the chest. These muscles greatly enhance one's physique and can greatly aide one's ability in all racquet and combat sports.



The Pec Builder

The different hand positions that this isometric exercise uses make it a little more complicated. Just follow the instructions and you'll do fine.

Position A-1

1. Stand erect with your feet shoulder width apart, your knees slightly bent and your abs tucked in tight.
2. Clasp your hands together with your right hand over your left hand. Your arms should be bent at the elbow at approximately 90 degrees.
3. As you breathe in through your nose for 3 to 4 seconds, slowly begin to press your hands together.
4. At the point of maximum tension breathe out for 7 to 12 seconds while making a "sssssss" sound.
5. Slowly relax the tension in your arms and chest while breathing in for another 3 to 4 seconds.
6. Repeat these steps with your left hand over your right hand.

Position A-2

Repeat the steps as outlined in Position A-1 except this time clench your right fist and place it into the palm of your left hand. When you're done, repeat these steps with the hand position reversed.



Position B-1

1. Stand erect with your feet shoulder width apart, your knees slightly bent and your abs tucked in tight.
2. Clasp your hands together with your right hand over your left hand. Your hands should come together at the level of your chest.
3. As you breathe in through your nose for 3 to 4 seconds, slowly begin to press your hands together.
4. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
5. Slowly relax the tension in your arms and chest while breathing in for another 3 to 4 seconds.
6. Repeat these steps with your left hand over your right hand.

Position B-2

Repeat the steps as outlined in Position B-1 except this time clench your right fist and place it into the palm of your left hand. When you're done, repeat these steps with the hand position reversed.



Position C-1

1. Stand erect with your feet shoulder width apart, your knees slightly bent and your abs tucked in tight.
2. Clasp your hands together with your right hand over your left hand. Your hands should be level with your forehead.
3. As you breathe in through your nose for 3 to 4 seconds, slowly begin to press your hands together.
4. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
5. Slowly relax the tension in your arms and chest while breathing in for another 3 to 4 seconds.
6. Repeat these steps with your left hand over your right hand.

Position C-2

Repeat the steps as outlined in Position C-1 except this time clench your right fist and place it into the palm of your left hand. When you're done, repeat these steps with the hand position reversed.



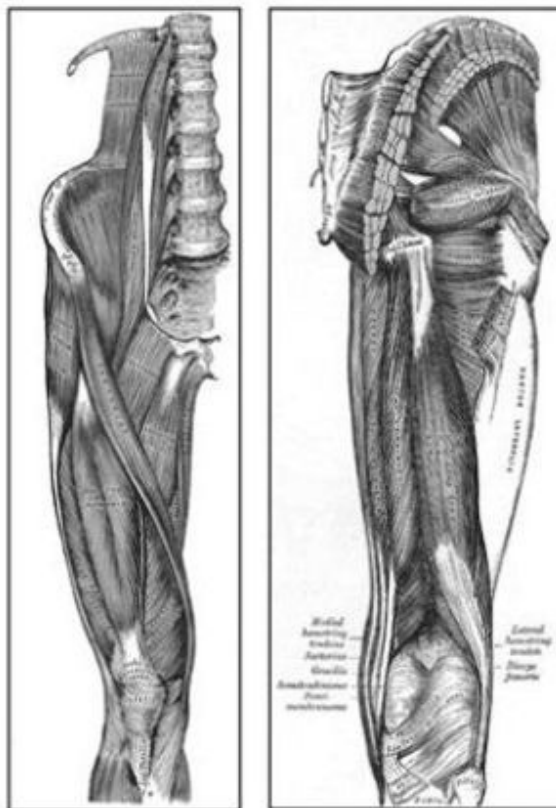
The Chest Twist

1. Stand tall and straight with your feet shoulder width apart and your knees slightly bent.
2. Bring your arms straight down in front of you. Rotate them inward so that the back of your hands are facing each other. Clench your fists tightly.
3. As you breathe in through your nose for 3 to 4 seconds, slowly build up the tension in your chest by flexing your arms inward and downward with the shoulder. It's almost as if you are trying to roll your shoulders forward so that they come together in front of your body.
4. Hold the point of maximum tension in your chest, shoulders and arms as you breathe out for 7 to 12 seconds while making a "sssssss" sound.
5. Slowly relax the tension in your arms and fingers while breathing in for another 3 to 4 seconds.



Leg Exercises

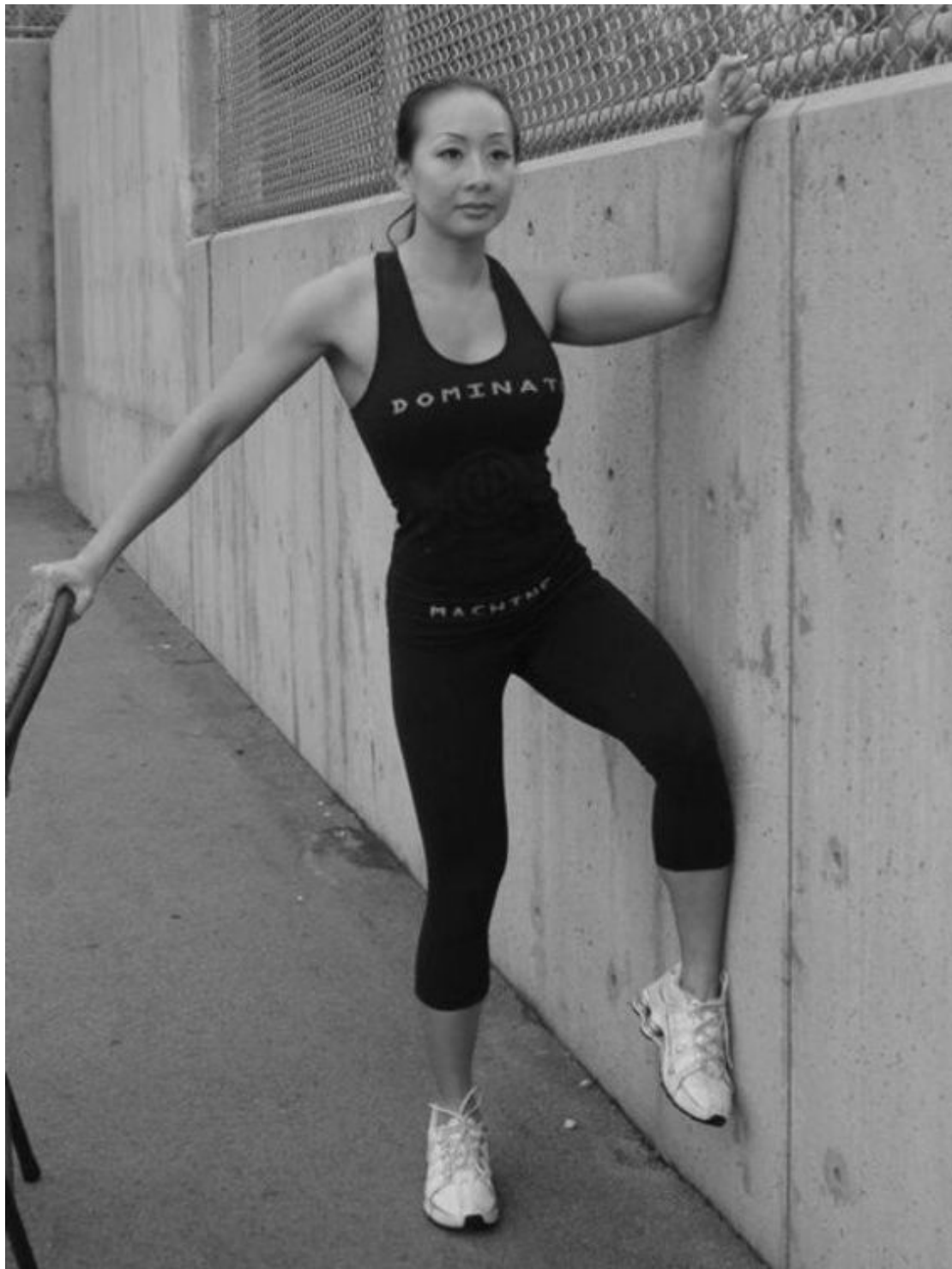
The hip and thigh muscles are the largest in the body. Athletic, muscular legs are not only attractive and vital to playing sports, but they are also one of the keys to staying young. "Healthy legs act like a heart for the lower body", someone once said, and they're right. If you want to stay young, you need to keep that blood pumping. Healthy legs will keep you young, strong and vital for life.



The Kick Contraction

Position A

1. Stand straight up with your right side facing the wall. Your feet should be shoulder width apart with your knees slightly bent. Your right foot should be 12 inches from the wall.
2. Place a chair on your left side. Grab it with your left hand for balance.
3. With a straight leg, raise your right leg toward the wall until the side of your foot touches it.
4. Breathe in through your nose for 3 to 4 seconds as you slowly begin to increase the pressure of your foot against the wall using your leg muscles.
5. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
6. Slowly relax the tension in your legs while breathing in for another 3 to 4 seconds.
7. Repeat the exercise with your left leg.



Position B

1. Stand straight up with your back to the wall. Your heels should be 12 inches from the wall.
2. Place a chair in front of you and grab it for balance.
3. Place your right heel against the wall.
4. Breathe in through your nose for 3 to 4 seconds as you slowly begin to increase the pressure of your heel against the wall using your leg muscles.
5. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
6. Slowly relax the tension in your legs while breathing in for another 3 to 4 seconds.
7. Repeat the exercise with your left leg.



Position C

1. Stand facing the wall with your feet about 12 inches from it.
2. Place a chair either behind you or on your right side for balance.
3. Lift your right foot off the ground and place your toes against the wall.
4. Breathe in through your nose for 3 to 4 seconds as you slowly begin to increase the pressure of your toes against the wall using your leg muscles.
5. At the point of maximum tension, breathe out for 7 to 12 seconds while making a “sssssss” sound.
6. Slowly relax the tension in your legs while breathing in for another 3 to 4 seconds.
7. Repeat the exercise with your left leg.



The Wall Squat

Position A

1. Perform a half squat with your back against a solid wall. You will want your knees at a 90-degree angle.
2. Breathe in through your nose for 3 to 4 seconds as you begin to press your butt and back against the wall. It's almost like you're trying to push the wall over with your back.
3. Hold the point of maximum tension in your legs for 7 to 12 seconds while breathing out, making a "ssssssss" sound.
4. Slowly relax the tension in your legs while breathing in through your nose for another 3 to 4 seconds.



Position B

1. Perform a half squat with your back against a solid wall. You will want your knees at a 90-degree angle while you lift your toes off the ground.
2. Breathe in through your nose for 3 to 4 seconds as you begin to press your butt and back against the wall. It's almost like you're trying to push the wall over with your back.
3. Hold the point of maximum tension in your legs for 7 to 12 seconds while breathing out, making a "sssssss" sound.
4. Slowly relax the tension in your legs while breathing in through your nose for another 3 to 4 seconds.



Position C

1. Perform a half squat with your back against a solid wall. You will want your knees at a 90-degree angle while performing the squat on your tip toes. Rise up as far as you can on your toes in order to contract the calf muscles as much as possible.
2. Breathe in through your nose for 3 to 4 seconds as you begin to press your butt and back against the wall. It's almost like you're trying to push the wall over with your back.
3. Hold the point of maximum tension in your legs for 7 to 12 seconds while breathing out, making a "ssssssss" sound.
4. Slowly relax the tension in your legs while breathing in through your nose for another 3 to 4 seconds.



Leg Curl

Position A

1. Lie face down on a soft surface like a mat or carpet. Have your head slightly raised. You can rest your head on your hands and elbows if you wish.
2. Place your left foot over your right ankle. Your feet should be 3 inches off the ground.
3. Breathe in through your nose for 3 to 4 seconds as you begin to increase the tension by raising your right foot while resisting with your left.
4. Hold the point of maximum tension in your legs for 7 to 12 seconds while breathing out, making a “sssssss” sound.
5. Slowly relax the tension in your legs while breathing in through your nose for another 3 to 4 seconds.
6. Repeat with your right foot over your left ankle.

Position B

Repeat the steps for Position A, except this time, your feet should be 6 inches off the ground.

Position C

Repeat the steps for Position A except this time bend your knees should be bent at a 90-degree angle.



Front Thigh Exercise

Position A

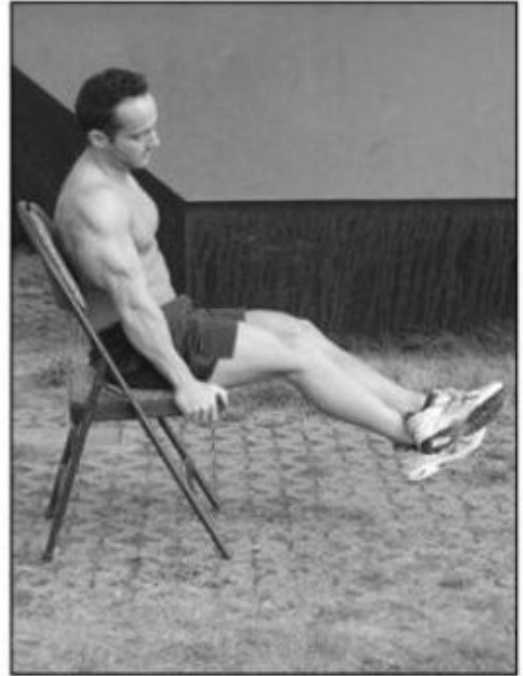
1. Sit in an armless chair and grasp the side of the seat with your hands.
2. With your legs close together place your left ankle over the front of your right foot.
3. Raise your feet a few inches off the ground.
4. Breathe in through your nose for 3 to 4 seconds as you begin to increase the tension by raising your right foot while resisting with your left.
5. Hold the point of maximum tension for 7 to 12 seconds while breathing out, making a “sssssss” sound.
6. Slowly relax the tension in your legs while breathing in through your nose for another 3 to 4 seconds.
7. Repeat with your right ankle over your left foot.

Position B

Repeat the steps for Position A, except this time, your feet should be 6 inches off the ground.

Position C

Repeat the steps for Position A, except this time, your feet should be 10 inches above the ground with your leg barely bent at the knee.



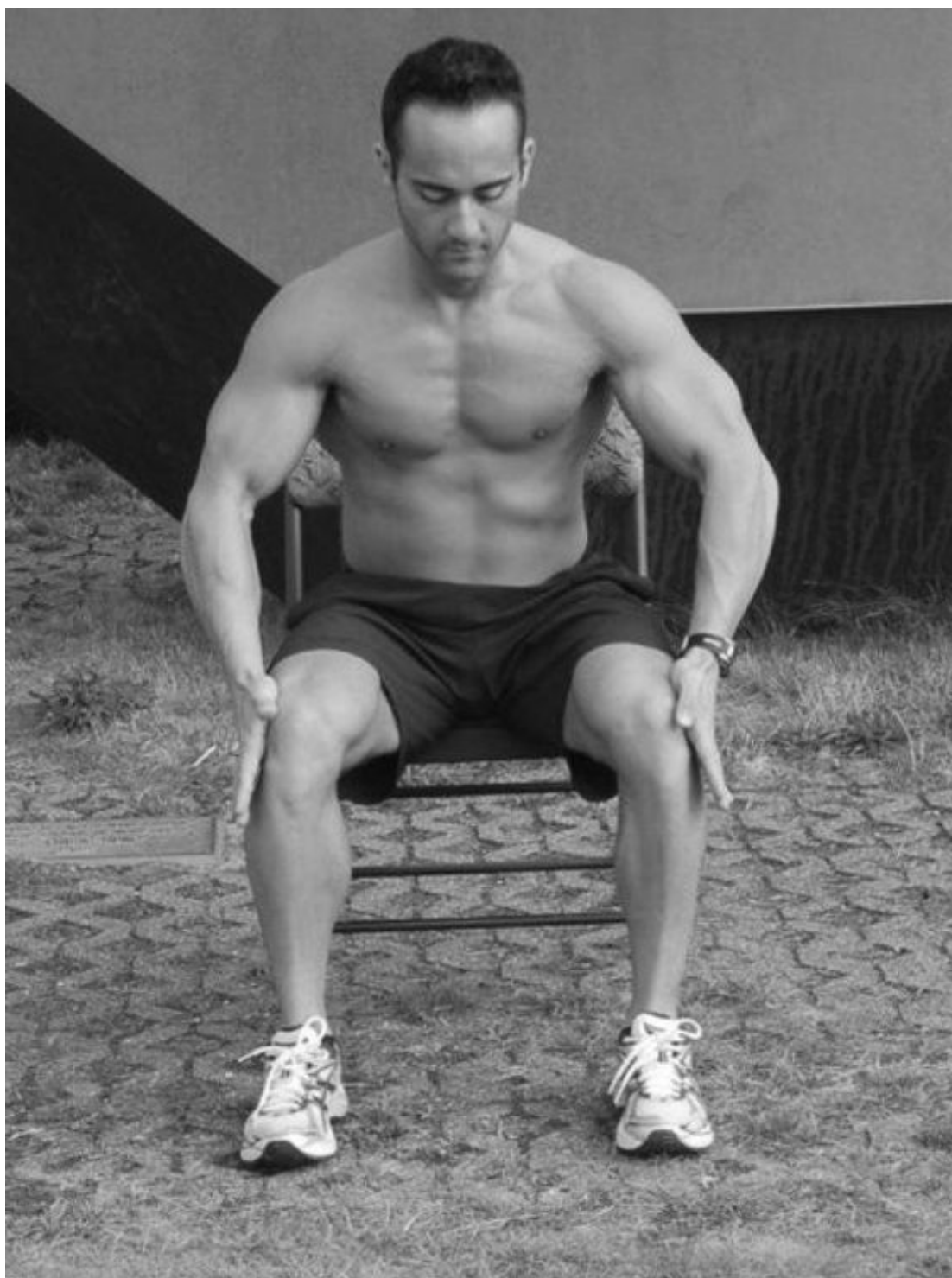
Inner Thigh Exercise

1. Sit in an armless chair with your feet about 12 inches apart.
2. Place the palms of each hand on the knee opposite to it (right to left and left to right).
3. Breathe in through your nose for 3 to 4 seconds as you begin to try and close your thighs, resisting this motion with your hands.
4. Hold the point of maximum tension for 7 to 12 seconds while breathing out, making a “sssssss” sound.
5. Slowly relax the tension in your legs while breathing in through your nose for another 3 to 4 seconds.



Outer Thigh Exercise

1. Sit in an armless chair with your feet about 12 inches apart.
2. Place the palms of your hands on the outside of each knee.
3. Breathe in through your nose for 3 to 4 seconds as you begin to try and widen your thighs, resisting this motion with your hands.
4. Hold the point of maximum tension for 7 to 12 seconds while breathing out, making a “sssssss” sound.
5. Slowly relax the tension in your legs while breathing in through your nose for another 3 to 4 seconds.



The Atlas

The Greek God Atlas was strong enough to support the entire world on his shoulders. With this exercise you will be imitating him. The Atlas is a fantastic isometric exercise that will work your entire body at once. It can either be done on its own or as the final exercise you do to finish off an isometric workout.



The Atlas

You will need to stand in an area which contains a solid low ceiling as it needs to be low enough that you can place your hands on it with your arms at least slightly bent. A doorway works well for most people (or you can use a jungle gym, as Karen is doing here).

1. Keeping your abs tight and your back straight, place your palms on the surface above your head. Ideally, both your legs and arms should be slightly bent.
2. Breathe in through your nose for 3 to 4 seconds as you begin to simultaneously press down with your legs and upward with your arms.
3. Hold the point of maximum tension for 7 to 12 seconds while breathing out, making a “sssssss” sound. Visualize that you are actually moving whatever object you are pressing against.
4. Slowly relax the tension in your legs while breathing in through your nose for another 3 to 4 seconds.



Frequently Asked Questions (FAQ)

Can isometric exercises cause a dangerous elevation in blood pressure?

The truth is, ALL strenuous physical activity from shoveling snow to raking leaves will increase your blood pressure. Performing an isometric exercise is no different. The question is, is it dangerous? The answer is definitely not, *so long as you follow the breathing procedures that I have already outlined*. Performing a sudden and extremely intense isometric contraction without following the breathing procedure would be the same as jerking a heavy weight in an uncontrolled fashion. You would get a sudden rise in your blood pressure, not to mention, you would be running the risks of tearing your muscles and ligaments. Such an action would be ill-advised. If you keep your focus, however, and follow the proper breathing protocols, the answer is no. The responsible implementation of isometric contractions can only benefit you.

How often should I exercise?

How often do you brush your teeth? I recommend exercising in some form every day. With isometric exercises, as they can be performed quite quickly, there's no reason you can't perform them every day. However, for most people, following a 3-day-on/1-day-off schedule is more than enough. It is okay to rest once in a while.

I travel a lot. Is this program something I can do in my hotel room?

Absolutely. The great thing about the isometric exercises as presented in this course is that they need no equipment at all, save for a chair. You can get more benefits following this program than going to a fancy health club with thousands of dollars of equipment, and it will take less time, too!

Do you do any kind of stretching before performing these exercises?

I don't. When performing natural, body weight exercises such as those in this course or in my two other ebooks (Natural Fitness and Animal Workouts) - there is no need. I usually only find it necessary to stretch when I'm playing a sport like tennis or soccer.

What improvements do you think I can expect after following this program for a month?

Your entire body will be stronger, firmer and more defined. You'll have more endurance, and mentally, you'll be more focused and alert than ever before. You'll feel more alive and your confidence will soar, as well.

Do you recommend exercising during the day or at night?

Either will work, however, I do recommend exercising first thing in the morning. Not only are you fresh, but getting your workout done first thing will give you a feeling of accomplishment that will carry on with you throughout the day. Plus, when you exercise at night there is always the risk that you'll be "too tired" to work out. It's a lot harder to make excuses in the morning.

Should I eat before I exercise?

I wouldn't recommend it. I usually exercise on an empty stomach and then eat breakfast afterwards. Plus it is really a bad idea to perform an exercise like the isometric vacuum on a full stomach.

About the Author

David Nordmark has a life long interest in health and fitness. In the past he has participated in such sports as soccer, basketball and hockey. He also was once an avid runner and weightlifter, but has since come to his senses. Today he mainly does natural exercises like Yoga and the Body Weight exercises found on his website, www.animal-kingdom-workouts.com.

He currently lives in beautiful Vancouver, British Columbia Canada, although he really wouldn't mind living somewhere else during the winter. He's currently working on making that dream a reality.

If you have any questions for him, feel free to contact him using the contact form which can be found on this website. Here's the link:

<http://www.animal-kingdom-workouts.com/contactme.html>

About the Models

Karen Pang is a Vancouver-based fitness model and competitor. She also travels frequently to Los Angeles and Toronto. She is available for fitness modeling, glamour and bikini shoots. She can be reached at karen@misskarenpang.com or through her website at www.misskarenpang.com. To view her portfolio, visit <http://www.modelmayhem.com/558190>

Sean Stewart is a specialized personal fitness trainer and fitness consultant. Sean also does coaching, acting, fitness modeling and online marketing. You may contact him by email at fitmanfrombc@gmail.com

One Last Thing

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