

Alexander Zass Isometric Workout Pdf

Erin O'Driscoll, RN, MA

Power Isometrics David Nordmark, 2009-10-26 Discover How Isometric Exercises Can Give You The Body Of Your Dreams Building muscle and strength using nothing but self-resistance is possible. Here's how. Isometric exercises use the principle of the isometric contraction in order to build muscle and strength without moving a muscle. This form of self-resistance training has been around for thousands of years and has been utilized in such diverse disciplines as yoga and the martial arts. In the past such figures as legendary strongman Alexander Zass, former President John F Kennedy and the immortal Bruce Lee have all used isometric exercises to build strength and maintain their physiques. *Power Isometrics: Isometric Exercises For Muscle Building And Strength Training* is a modern take on this time proven discipline that will help you attain the body of your dreams in less than ½ hour a day. When you perform this simple yet incredibly effective program you can expect the following: • Transform your physique without moving a muscle • Build amazing strength • You will look and feel great • Create lean, perfectly sculpted muscle • Lose unwanted fat • Look younger than your years • People will notice the new you and wonder what your secret is • You can exercise from the comfort of your own home • No special equipment is required No matter what your age or present physical condition *Power Isometrics* can put you on the road to a new you that radiates optimal health and vitality. Take your first step down this road by ordering *Power Isometrics: Isometric Exercises For Muscle Building And Strength Training For Everyone* today!

Isometric Power Revolution John E. Peterson, 2006-10 Isometrics, when done correctly, can reshape a person's physique and add strength beyond imagination without the person ever moving a muscle. By powerfully contracting the muscle in an isolation hold, a person can create lean, perfectly sculpted muscles, shed fat, and achieve the unmistakable glow of perpetual youthfulness without ever having to go to a gym or lift weights or invest in expensive equipment. But the power of Isometrics lies in being taught how to do them correctly.

ISOMETRIC and FLEXIBILITY TRAINING Rahul Mookerjee, 2020-11-27 Dear Reader, The Great Gama of India needs no introduction, does he? Or Bruce Lee, perhaps. He needs no introduction either, does he? I don't think so my friend. But what is not known, or so widely known, is that Lee was an active advocate of the way the Gama trained, and an active advocate of the exercises I have put out in my books and courses. Hindu pushups. Fingertip pushups (which he is pretty much the only person that I've read of that came close to truly mastering this great, great exercise). Pull-ups. And so forth.

But what is NOT known is that all these three men mentioned above, and ALL the strongmen of yore, or most - used a little known secret in their training that allowed them to catapult their already scary strength and fitness (and flexibility) levels through the roof. This secret has been known throughout the ages by those that did it. In fact, it's sheer efficacy is quite literally - the stuff of LEGEND (is it any wonder that the legends all practiced it?) It not only built freakish levels of strength, but strengthened one's bones, muscles and tendons BEYOND belief. And above all, it ... ah, but we'll get to the REAL benefit and the reason YOU want this course the MOST soon enough! For now, suffice it to say that (much like a lot of the other training methods I advocate that are the best EVER when it comes to strength, health, fitness and conditioning from the INSIDE OUT (not the other way around! - it doesn't work that way!)) these methods have all been cast by the wayside in favor of modern day "machine sheen" and boobysbuilding. And the pumping and toning, and irrational "trying to outdo the other" in lifts that by their very nature are not just harmful to the body, but add little, if any, functional strength and fitness and benefit to YOU! Big mistake, my friend, and one I aim to rectify HERE, and RIGHT NOW. What is it, you might ask now. What are these methods? Well, I'll tell you ... but first, a bit of a blast from the past. This was known to me before, but a reader of my books and courses let me know what I already did in a manner way better than I could ever say it! I have to admit that I'm no "expert" when it comes to how Gama or any other Hindu wrestlers train/trained but I remember reading a book about Joseph Greenstein "the mighty atom" which details the conversation Gama had with Greenstein when they met in America when Greenstein was a young boy. Greenstein asked Gama how he got so strong and Gama replied that he wrestled a tree every day (isometric strength/endurance) and that he tried with all his might to throw that tree to the ground, to which Greenstein asked did you ever succeed in throwing that tree to the ground? Gama laughed and said "no" little one but, after you have wrestled a tree human beings are not a problem, which is probably a big contributor to why Gama retired undefeated. And it's true, my friend! And what's more, the "Atom" himself did a lot of isometric training. For those not familiar with the Mighty Atom, here are a few of his feats - Pulling an airplane with his HAIR once Bending horseshoes for fun and at strongman events with his bare hands Driving spikes through ... METAL with the PALM of his hand! Biting through NAILS Bending steel bars with his hand ... He was also 5'4", weighed in at 150 lbs soaking wet, and therefore got the name the "Mighty Atom" - and was pound for pound one of the STRONGEST men alive at the time, if not THE STRONGEST MAN! He was also a huge, huge advocate of isometric training. Alexander Zass, the "Amazing" Samson strongman of yore ... and in case you haven't heard of him? Zass was born in 1888. While still a young man, Zass' strength training included "bending green branches" i.e. Tree branches! During World War One, he's taken as a prisoner of war four times, but ended up escaping EACH AND EVERY TIME! How? Certainly not by wining any pardons! As a prisoner, he quite literally worked out on a daily (and then some) basis by pushing and pulling against the STEEL bars of his cell (and they made 'em REAL back then to say the least!). And if you were to conclude that his escapes involved him 'breaking chains and

bending bars’ – well, you’d be SPOT ON, bro! If it worked for the Gama, the Atom, Charles Atlas (him of the famous isometric training course), Bruce Lee, Alexander Zass and the Gama, will it work for you? Hell yes it will! You will not just build strength through these and get better at your existing exercises, rep counts etc. You will FEEL LIKE A BILLION BUCKS while doing it, and that alone is worth the price of admission! Not only that, you’ll feel more spiritually “connected” to the universe as you BREATHE right and “melt” into the stretches. Problems will fade away. You will become “at peace with yourself” and “at One with the Universe”. And just in case you think that was IT, here is a more exhaustive list of the BENEFITS you can expect from this course – Massive increase in brute STRENGTH over a period of time, and better performance in all your exercises. Increased FLEXIBILITY throughout your entire body, and vastly improved health and digestion as a result. Insomnia will be a thing of the past. Get on a regular program involving stretching, isometrics and LOOSENING the joints and you’ll sleep as well as you did when you were a BABY! (no, I’m not kidding!) Increased fat loss around the core and midsection. There is great truth to the saying “stretch and burn FAT!” Increased muscular definition all over the body. Improved bone strength. You’ll never have to worry about osteoporosis or bone decay, for one, once you get on programs such as these! As stated above so many times, you’ll not only look good – great, actually – but you’ll FEEL GREAT – and you’ll radiate happiness all around you, but most importantly, YOU will be happy internally and relaxed! Your muscles will become loose and limber – and STRONGER than ever at the same time, “coiled and ready”, “ready to pounce at a moment’s notice”, much like a tiger or other wild animals! Increased tendon and connective tissue strength and flexibility. It’s well known that this is a weak area for most, and is also the reason why there are so many injuries out there in many regards. Strengthen ALL weak areas. You’re only as strong as your WEAKEST link, my friend, and my programs/routines here will DO that, and then some. A sense of “sang froid” and “calmness” that attracts SUCCESS in all its shapes, forms and guises to you when you follow a regular stretching/loosening program such as I’ve laid out for you. It’s well known that excess stress in the muscles, joints etc affects not only the body, but the most important muscle the MIND as well, and when you get on this program – you can FORGET about stress, period. A few minutes of doing these movement will leave you feeling “loose and limber”, “light as a feather” and “cracking with energy” – and those are but a few of the descriptors I’ve used for myself after these exercises/routines! And much, much more my friend. You’ll find out for yourself soon enough! So, now it’s time to say what I should have at the start. Congratulations on your upcoming purchase, my friend. It truly is one of the best purchases you’ll ever make! Best, Rahul Mookerjee

Advanced, PROFOUND Isometric and Flexibility Training Rahul Mookerjee, 2022-01-29 Dear Reader, Everything seems so much more ... PROFOUND! Everything, my friend. Everything. I was going to make this one about pushups (although I KNEW it was going to be the opening part in the sales letter for this product), but that would be doing a very gross disservice indeed to the rest of it. Meditation. Mental visualizations. Women. (yes, hehe). LUST (ties into the above). ATTRACTION (ties

into it all). Back to the physical, PUSHUPS. They just feel – each rep feels DIFFERENT internally, as I feel my heart and cardio system not even getting out of breath, but when it does, oh boy. I can literally FEEL the fat burning, and new muscle forming. I can literally FEEL myself sliding into advanced stretches I have never done for years. (not in the initial book Isometric and Flexibility Training, but in THIS ONE). I can feel my joints moving in a natural manner and getting LUBRICATED with not just each stretch, but each movement. Life – everything – just seems much more profound when you remove the “attachments”, and just BE – just DO. Ive always done that. Now, I’m taking it to the very next level. I highly suggest YOU too follow my lead if you so choose, and truly feel what it feels like to be an ANIMAL, free and UNFETTERED, and so forth. Speaking of which ... My ELASTICITY has improved, and I was already pretty flexible so thats saying a lot. It ain’t even been 48 hours into the fast, 40 and 15 minutes thus far. I’m going to tell you one damn thing. People say the effects start to kick in after 24 hours, so do the hunger pangs, and all the negative so called side effects. For me, a whole new world is opening up, both mentally, spiritually, and PHYSICALLY. That isn’t to way I plan on, as my “wife” likes to say “Hawa Pani pe Jeena” i.e. live on air and water. Hehe. Though certain saints meditating on one leg in the Himalayas seem to do it ... I’ll stick with the saintly (truly – crack the book open, you will see what I mean) – “meditation” pull-ups I describe in Pull-ups – from STUD to Super STUD – within WEEKS! It’s an exercise that has not been put out by anyone out there, period. It’s a style of pull-up that will CHANGE your life – if you just DO it. And it’ll give you flexibility in the groin and lower back that you can only dream of now, not to mention “build control” down there. Anyway I highly, highly suggest YOU to do – if you so choose – what I am – occasionally. You dont have to go for as long as I like, even a few hours without stuffing your gourd, and if youre in tune with your body, you’ll see and feel the results (provided you exercise normally otherwise). Well, my friend, thats it for now. The only other exercise combo I can think of that gives you this PROFOUND feeling – without any change in diet whatsoever – are the combos mentioned in “Profound 70% Gorilla 30% Human Handstands”. Get this book NOW if you have not already. Oh and, Pushup Central is a must grab, if just for the sheer plethora of movements in it. You’ll never ever get bored with exercise again! Combine with Kiddie Fitness if you have kids. YES! And, remember one thing; if you haven’t got my initial book on Isometrics i.e. “Isometric and Flexibility Training”, then get that NOW. That book is a must and pre-requisite to master before you jump into these stretches here. Lets dive into it now! PRE-REQUISISTES Well, my friend, just what the heck was the above about? Well, for those in the know, it was about a fast I was on – completely unplanned – and it was DURING that fast that I literally made quantum leaps in my flexibility, endurance, muscle strength and much more , not to mention feeling like a billion bucks all over again. People think fasting is supposed to be a period where you “lose”, feel deprived, “feel weak”, have no energy ... and so forth Well, I’m here to tell you the REVERSE is true. I should be fatigued, exhausted, “have nothing left”, and so forth. Yet, it’s the polar opposite. So I thought 36.5 hours into the fast (at the time of writing this bit, it’s almost 44). I’m truly FEELING It. Not what the neighsayers kept telling me for years about complete fasts

i.e. NOTHING at all eaten for > 24 hours, the only thing I did make an allowance for was black tea - with no milk, obviously - but that's only because the idea for the fast never came to me until about 14 hours into it anyway. Which is usually when I break most of my fasts, which in itself sends the purists into a tizzy given my extreme workout routines. As I wrote about earlier today though, and as several old time strongmen have gone on record saying. "If you cannot go for 24 hours eating nothing and NOT feeling exhausted, run down, or anything like that - there is something wrong". Naturally, this doesn't need to be taken to extremes. (and I paraphrased this, obviously, but the sum and substance of it remains the same). In fact, you don't need to do it at all if you don't want i.e. fasting - the body obviously has its own systems to cleanse, etc. But I'll tell you this much. Almost 26 hours into the impromptu fast - NOT planned - if there is one thing I can tell you about now - it is MENTAL clarity - my mind has never ever felt clearer. Not that it doesn't normally anyway, which is key, but now? It's like mind x 100 - on steroids, and I'm only 26 hours into it! I thought of food, tried thinking of all different types of FOOD, which by now, if you go by what people say "I'm supposed to be starving to death". Oddly enough, if you put a plate of most of it in front of me NOW? I'd probably inhale it at most. Hehe. Do I feel cravings? Do I feel "starved"? Do I feel deprived? Any of that nonsense? A huge fucking NO. I DO however, as I write this, feel my body starting to CLEANSE internally - more so than it does with the isometrics and everything else I do. Which in and of itself is just HUGE, my friend ... you have to feel it to believe it. Now, the one thing I didn't mention before is I didn't (not by design) do this fast "cold turkey". (ie I didn't gorge for weeks, and then suddenly drop it all cold turkey) You (at least those on the list) will remember me ending the last email on a note of "the subconscious mind works in wonderful ways!". So I did. Over the last couple of days (but NOT before that) - either by design or not - I've been eating fruits for one. Oranges it was the day before yesterday, plenty of potatoes too - and a bit of wheat. Yesterday was "Bulgarian oats" (not as fancy as it sounds!) - and the infamous, by now, Ramen noodles adventure. Ugh. Today, ZERO. And while I wrote to you earlier after lots of workouts till this evening, I'll have you know I just got through more club swinging - pull-ups - and 100 solid Hindu squats - which the last one felt like I literally FLEW through them. So much for loss of strength, or conditioning, or "I have nothing left!". I remember my friend Rueben once getting antsy while moving. "Gotta eat, Rahul!", he just paused in the middle of it all. "Can't keep going like this!" Admittedly we then ate a hearty meal at "Albertson's" I believe, or brought the chicken back home or something. But just like my fitness routines, both my eating habits - and it seems, now, my fasting habits - throw the rule book outta the window, and then some. I'll keep you posted on it tomorrow, of course - probably a good 35 or so hours post start fast. But I've got a feeling I'll be feeling AWESOME - and exercise wise too, it will show. And if you haven't yet gotten the 0 Excuses Fitness System as yet, the only fitness system out there that builds WARHORSES - with all the strength of an ox - and the flexibility and agility (and power) of a jungle cat, along with the sixth sense too - well, you're missing out. If you choose to rectify that, I'm HERE for ya. Now, after reading all this, I have one more thing to do, or - tell you, actually. Fasting - in any of its guises, shapes and

forms is NOT a pre-requisite for this course. The goal of this course is to give you extreme and advanced flexibility - with all the benefits of the previous course x 10 - without necessarily changing your daily routine one damn bit. Sure, you COULD change up if you wanted to, and watch the quantum leaps you make, and how quickly you do so. You COULD follow what I do to the letter, and watch your fitness abilities EXPLODE through the roof - and your agility and strength, conditioning, all of it. But following my lead diet wise ain't a pre-requisite here. Neither is fasting. Do it if you want, or must, or so choose, I recommend it, but you'll still get all the benefits of what I got by getting on the exercises and programs herein - and not lose a lick of strength while you're at it - while on your REGULAR diet and other routines. Sound incredible? It won't. Not once you get on these exercises, my friend, and not if you've read "Eat More - Weigh Less", my books literally give you results - by the hour, as it were, with proof attached. Onward, to the benefits. But first, a bit about what makes this book "that much different" from the rest of the books I've written (well, not different, I emphasize those principles in all the books, but it really stands out in this one). 500 slow steps, easy peasy ... Back in the day, for shits and grins, I'd often wear this dinky little "wristband" put out by Xiaomi (a girl next to where I worked then, I'd often show up to flirt with her, gave it to me) - when I went for my walks. It tracked the total number of steps you took, not more, not less. No heart rate monitors or anything, just steps. On an average, and I have got the results to prove this, it was "30,000" odd steps DAILY - simply during the workout - that isn't considering all else I did throughout the day, because I wouldn't wear it after the workout. I was just curious, but I must admit the number stunned me, the hell, for one, I think it was 1000 non steps steps ... Of course, this was counting the entire workout, the walking when I did the pushups, pull-ups, the walks DOWN, to and fro the hill, all of it. But anyway 500, the magic number. Yesterday, I did 500 SLOW AND EASY reps - well, i should say SLOW - of an exercise in an animal like manner that we often did in Taekwondo class back in the day (except there not for that many reps). Its the frog walk, my friend, a great, great exercise, and I mixed in stretches for the entire lower part of the body and CORE in while I was doing 'em, and also advanced animal like plyometrics after every 100. Let me tell you, after my squats, it got me breathing like nothing else can. More importantly, it got me WORKING my body - my entire midsection for one - in a way very few exercises can. MOST importantly? I didnt time myself. That is right, I keep telling you about quick workouts, but for this one, I didnt time myself, I just did it. If you're just starting out, I dont care if you time yourself or not, probably about ONE of these is all you'll be able to do. That is one of the great, yet unsung benefits of animal like training. You can move FAST, or you could choose to move SLOW. Either way, the workout is hellacious, and you not only burn fat, but develop springy, stellar, superior, animal like strength throughout the entire body - especially the legs - and you build your tendons and ligaments in a manner you couldn't even with regular bodyweight exercises. Choose to walk the way the animal does, my friend, part of that is focusing on the BACK of the body. When you lift your leg up, for one, how many of you focus on the back of the leg when doing so? I'll bet not very many people at all ... An animal moves on it's TOES - or the equivalent

thereof. An animal pays attention to both slow - and QUICK, explosive movements. An animal, the tiger being one example, can go from 0 to 60 with very little warming up at all. THAT is the sort of fitness you want, my friend, and while you'll never become a tiger, gorilla or bear when training the way these animals move in the wild, you will certainly turn into a human beast - or as close to it as it gets. Move the way an animal does, my friend, it is well worth it. I realize much like with isometrics, there'll be idiots complaining it's too simple. If you're part of that group, please don't bother. But if you're part of the group that truly gets it, then pick up my book on Animal Kingdom Workouts NOW my friend. This book will not only change you - it will TRANSFORM you in a manner you've never seen before. Get it now (if you have not already). And back to "backing it up", which I should title this post. There is good reason the saying is there in English i.e. "Can you back it up". Your body derives its power from the BACK of the body (and the core). If you're a boxer, your punches and sleek, cat like jabs come from the core - back - and TRICEPS. If you're a martial artist, those stupendous kicks come only with hamstring and groin power and flexibility (sure, thigh strength counts, but not as much as you think). If you're not a combat athlete, but just an "ironman" in general into doing thousands of Hindu squats daily, guess what. You'll never get to that level if you think it's all about quads. It's not, it's about the BACK of the body. Your BUTT. Your hamstrings, and the entire BACK of the body. While this course focuses on the whole body, you'll notice the movements are meant to be done through the BACK of the body - specifically. Your hamstrings and butt in particular will feel sore, sore, sore once you get on these routines. And funnily enough, you don't need to POWER into any of the stretches mentioned. The goal is to SLIDE into them. And you will, if you pay attention to your breathing, stay in tune with your body, and so forth. "Oh so simple" isometrics to build AMAZING LEVELS OF "unheard of" strongman strength! The great Gama of India, UNDEFEATED in over 50 years - used ISOMETRICS, the oh so simple kind as one of the tools in his toolkit to build his PRODIGIOUS STRENGTH. One fine day, there I was in the park around 330 PM or so, watching the "Evenings" sink in. Or, I should say, watching afternoon turn into evening. 'twas a peaceful afternoon, very much so, and I kept remembering another park - the one I CLIMB the mountain in - the one where I have spent some of the best and more pleasurable hours of my life thus far - and no doubt will keep doing. In all my travels, I don't know, that park stands out! Maybe it's because it's near where I lived, it's near where I lived when I FIRST went to China in 2003, maybe, I don't know, the workout is so solid, so severe, yet, it's not that huge a hill to completely wipe you out for days (although most first time climbers like yours truly with Ann Lee in 2004 - yes, you'll feel like a Mack truck ran over you the next day). Anyway ... So I was so relaxed, at peace with the world and so forth. Suddenly, my eye chanced upon a STICK. Hiding in the grass, it was one of those "rattan cane sticks x 10" i.e. a short, stout, bamboo stick you could say. Or, an "extra thick" twig - almost a branch. Instantly, I picked it up. I knew this was going to be good! I looked around for its owner. There was none. No Glyn Bozo around either to shove it in his rear end. Ugh. The movie I saw yesterday, Statham literally puts the end of a gun into a lard ass's back side while wanting info from him, and "rams it in" - big time! (ya'll on the list

know who Glyn Bozo is, hehe) Crank 2 is truly one of “those” movies. Ugh. Before doing that, Statham even dips the gun barrel in some icky black construction sludge ... The look on his face when he sees Bozo’s ass (I mean, the Bozo in the movie who had man tits flapping down to his ankles like Glyn does) – just priceless! Anyway I started doing isometrics with it. I tried to bend it as hard as I could. Couldn’t! Then I tried doing it behind my back. Couldn’t! Then, I employed different gripping techniques. Same thing! The stick fighting scenes from Rambo III came to mind – I did some imaginary moves (believe me, stick fighting is very real, very deadly too if you do it right). Then, I took it home with me. My wife and daughter were at the time in another park, so I ended up going to that other park to “find em”. First thing my wife said? “We’re not cows to herd home!” Hehe. But of course, as I knew, my little girl, who loves collecting stuff from parks would LOVE it, and she DID. She appropriated it almost instantly. Much to my surprise, so did my wife! She instantly did stretching exercises with it. My wife grew up in an area where grown men pound the heck out of each other and where “honor killings” etc occur regularly – and they don’t use these sticks – they use massive thick BAMBOO sticks – oiled too. So she knows a thing or two about Nature in that regard. But anyway ... You, or some of you reading this might be inclined to yawn and say “so what”. “So simple”. Indeed, idiots, Bozos and morons globally will say that – some who have bought Isometric and Flexibility Training and complain about it being too simple. And I didn’t even put “trying to bend a stick ” in the book – the Bozos would have coronaries instantly. Yet, the smarties? Ever hear of Alexander Zass, who performed feats of strength like breaking thick iron chains with his bare hands, or bending steel prison bars to literally escape from prison during the War? The great Alexander Zass, performing one of his world famous STUNTS - guess how HE built that prodigious strength? Yes, oh so simple isometrics! Or, maybe the Mighty Atom Joseph Greenstein who once pulled a plane by his HAIR? You might think the above two instances are heresay, but they ain’t either. There’s videos out there on it, and I just watched a couple of them before writing this to you I’ve got a video out there on training like this too, if you go to my Youtube Channel . . . Now, a lot of you – even those of you that pooh poohed the style of training above as being “too easy” might love the video above. I know I did. (as much as I did creating it) But – back to Zass and the greats did you know how these guys all trained? Did you know the Great Gama did isometrics to build his nigh prodigious pushing strength – and what he did was this – he simply pushed against a massive oak tree for a while daily. That is all. If I put that in the book, idiots have coronaries, yet, here we have one of the world’s best wrestlers period, swearing by this, and several other training methods I teach. “When I can push that tree down, a man will be easy!” The Gama often said. Now, he never did push the tree down as far as I know. Neither did I manage to break that branch. But my grip was singed, my shoulders, triceps, chest, all were worked in a way they were NEVER worked before when I Did this, my friend. In China, there is a tool which you can actually bend in this way behind your back in various positions – a rubber springy kinda thing, its great. But doing it with a stick you cannot break – far better! Anyway, so how did the great Zass train? I commenced now to think a lot about developing great strength in my fingers.

Many things I tried, all helping, some of which I will tell you. I bent thick, green twigs with my hands, these being better than dry wood, which would not bend much before it would snap. I practised this a good deal until my hands became so strong that I could bend even small boughs of trees till they broke. Also I tried lifting stones off the ground with my thumb and fingers, carrying them in my grip for some distance. Or, this – The Russian Training Secret Alexander Zass was very innovative and started bending green branches and twigs to develop his grip strength. Perhaps this was the start of his great belief in the application of isometrics and “maximum tension” (a concept that is present in Russian training methods to this day) for the development of strength. He believed such an approach superior to the use of weights in developing strength. While a POW he continued to develop his strength with the use of isometrics by pulling on the bars and chains that imprisoned him. This episode and the knowledge that he obtained from it later became the basis of his mail order course which featured isometrics in the form of pulling on chains of various lengths. Alexander Zass lived a very full and exciting life on many fronts. In addition to being a strongman, he was also an accomplished animal trainer. as well as a superspy. Again, Bozos globally complaining the book on isometrics is too simple would be well served by reading the above. And to these Bozos, I wonder – have they even DONE the thing before commenting? Have you FELT the soreness in your hamstrings with some of the stretches I teach in the book – have you GOTTEN in the patented Rahul Mookerjee squat – have you TRIED pushing against a wall till the back of your arms literally feel swollen and the triceps are screaming out loud? In most cases, the answer is NO. A resounding NO at that! Here is one of those silly rants from an idiot in Italy who was apparently ticked off that Sylvester Stallone’s photographer didnt do the photos... Awful! Honestly, one of the worst fitness ebooks I’ve ever read (and I’ve read quite a few); it’s a simple bunch of static stretches and bodyweight exercises. A shallow recommended programming, and the photos quality is simply unwatchable. And never, never all of this for € 46! Not recommended ‘nuff said on the bozos. (I do not know where he got the 46 Euro figure from – maybe I was offering the book at a discount then – and this is also precisely I price my books high, period to ensure Bozos in general dont get at them). My friend, this book goes ABOVE and BEYOND what a lot of the greats did. And I’m just getting started – there is far more to isometrics than what is in this book, i.e. the 51 exercises and then the workouts I give you, but for most people, it is also MORE than plenty to get you in great shape – loose, limber, and improve your strength by leaps and bounds. Obviously, isometrics are not the ONLY workout you should do – but you’d be amazed at how getting better at isometrics improves rep counts and performance on other seemingly unrelated exercises – like pushups, for one. Combine isometrics with the workouts in the 0 Excuses Fitness System, or any of my other books – and you simply cannot go wrong, period. And below, you’ll see just why in the “stick isometrics section”. BENEFITS (manifold and PROFOUND!) Extreme animal like flexibility and Trance like, cat like grace, agility and fluidity in all your movements, exercises, and in general. These stretches improve overall well being and flexibility beyond any sort of BELIEF! 2 minutes to improving your flexibility by leaps and bounds. YES, you CAN

dramatically increase your flexibility within the space of TWO minutes - or less - even on stretches you've NEVER been able to do before. This course will show you HOW! If my previous course on isometrics gave you a feeling of sang froid and being on cloud nine all day, then this one gives you that x 10 and SPIRITUAL benefits like you've never imagined. Let me tell you, some of the groin, hip and hamstring stretches do more than open the muscles and body up. They literally open your LIFE up. Watch results in EVERY area of your life flow effortlessly to you once you get on the routines herein, and watch your performance in every physical activity SKYROCKET. Achieve extreme, elastic, animal like martial arts style flexibility in your entire lower body - and open up the back and traps like never before. You may have trained the back of your body before, but anything you've done before will PALE in comparison to the profound exercises and workouts listed herein. Ever wondered how some people can do extreme stretches with little to no effort? While others STRAIN - and FAIL? In this course, you'll learn it's about RELAXING, and BREATHING, and you'll learn how to harness the power of your BREATHING, and the GROUND to achieve things you previously thought impossible to do you dont want to stretch like that, you might want to have kids one day! - dangerous - painful - or simply not doable. Not only THAT, you'll be kicking, moving, and sliding into these positions with EASE, and PEACE. Your extreme flexibility combined with the increase in strength (lets face it, no-one wants a wet noodle - or sock) will make you not just the star of the party - but will also result in dramatically, and drastically improved physical health and appearance on the outside - and the inside. The pounds will fly off you at record warp speed once you stretch the fat away; literally. Your conditioning will improve like NEVER before once you combine these movements with other workouts I teach (and even if you just follow the workouts section in this book). You'll build a core of super rebar - strong, tough, durable - yet CAT LIKE FLEXIBLE to the extreme! Your toes, fingers, neck and other extremities will stretch and strengthen beyond BELIEF. Improved sleep, superior digestion, and a massive boost to your lungs and cardio system. And thats just off the top of my head, I'm sure I could think of a 1000 more to write here! Get this book NOW, my friend.

The Complete Book of Isometrics Erin O'Driscoll, RN, MA, 2005-08-04 Get a complete workout, anytime, anywhere, with the secrets of isometrics Millions of people can't seem to find the time to exercise. Now they can with *The Complete Book of Isometrics*. Fitness expert Erin O'Driscoll has compiled the best isometric exercises that can be done in the office, at home watching TV, flying in an airplane, or even driving a car—no equipment required. Rather than using expensive machines or lugging around a set of dumbbells, you use common objects and your own body's resistance to work out the muscles. Isometric exercises are especially helpful to people recovering from injuries that limit range of motion. A special chapter shows how people with disabilities can use isometrics to build muscle tone and strength. Using the secret of resistance, isometrics are the basis for yoga, Pilates, and all the core stabilization techniques that are so popular today. Now, learn the original, simple, and effective way to a complete workout without moving a muscle!

Isometric and Flexibility Training - The COMPILATION! Rahul Mookerjee, 2022-02-01 Dear Reader, I'm excited, so I'll keep this short and "brief"! My first book on isometrics "Isometric and Flexibility Training" was VERY well received in many quarters. It is truly, as a reader commented "the missing link in your training", and if you're looking to learn how the old time strongmen built their incredible strength and flexibility - then you'll want to get this book NOW. Lots did (the DOERS). And the reviews kept pouring in, but yet, as I myself kept training, testing new techniques, taking my own flexibility to NEW levels - I always wanted to put out MORE. Remember, you're never a master at anything until you are, which usually doesn't happen to most people, and Masters like the Great Bruce Lee - or the Great Gama of India - would be the first to tell you that. You keep learning, improving, simple. And it is in that spirit that I then put out "ADVANCED, PROFOUND Isometric and Flexibility Training", another very well received book indeed! And NOW? I'm putting out BOTH books - in one, as it were! That's right, you don't need to buy "two" books to learn the secrets of real, superior strength and flexibility that have been KEPT from you by the mainstream - so the modern day gyms can prosper, while you LANGUISH. These exercises require no gym, but they give you results better than any gym ever could. These are the exercises, all 102 of them - that the oldtimers ALL used to build their extreme strength, flexibility - and most importantly, ROBUST overall health. We didn't see the old timers complaining about aches and pains, constantly being sick and so forth - did we? I don't think so. If you're interested in going deep - and learning - the secrets the old time strongmen used - the secrets I use - the secrets that have been used by the centuries, but KEPT from you by the mainstream (so the gyms can prosper, while you shell out big bucks for memberships usually unused, and even when they are - you never really benefit like you want to, eh - sound familiar??) - then you'll want to get this book NOW. Some of the secrets modern day gyms have kept from you - note, this is by NO MEANS exhaustive ... And that they will NEVER tell you, so they can keep FATTENING THEIR OWN WALLETS at YOUR EXPENSE. You're all well aware, or should be, at any rate - that pull-ups are far superior to the monkey (uh, lat) pulldown machine - but did you know that pushing and pulling against an IMMOBILE object builds far more strength than yanking the cords on some moronic machine in the gym? In this book, you'll see why - and how. You'll see how isometrics builds the tendons and ligaments of the upper body far more than the PROFOUNDLY idiotic bench press does - and how. The gyms will never tell you that though, they'd rather show you pictures of so called monsters benching up a ton to get you to "buy". You'll find out how to train the core isometrically - and train the muscles that really make up the core, as opposed to the "for show" six pack that most gym goers target. The gym, of course, would rather sell you the gadgets you see on late night TV and claim "you can easily spot reduce" and other utter B.S. (hint - you can't). (And the proof is in the pudding) You'll find out why Hindu wrestlers for one are a huge proponent of isometrics and why the Great Gama for one did isometrics the way he did. The Gym-Bozos will, on the other hand tell you that the tricks and secrets that the man who went UNDEFEATED in real wrestling, not WWE pantomimes in FIFTY YEARS - are "too simple". And perhaps most importantly, the #1 secret the Gyms

want to keep from you – is this – you don't need to be “strong naturally” – or do “Extreme” stuff to build the sort of strength the old timers did. That's right, I'll say that again. Nigh anyone, even if you're a beached whale that cannot do a single pushup now – or a person with the grip of a limp fish and four year old rolled into one – or someone that cannot climb a flight of stairs without collapsing (I've been there) – can DO these – and benefit IMMENSELY. Of course, that would mean the gym's revenues go down, eh! The gyms will never tell you to use your fingers to build the grip. Instead, they'll sell you fancy shmancy so called equipment to do it. They'll never, for one, tell you that towels – or thick grips – can be used to build the grip ISOMETRICALLY in a manner that anyone, even if you've got the grip of a limp fish – can do – and build solid, superior strength throughout the arms to boot. The gyms will always try and separate isometric and flexibility training – saying both are separate. Yet, they aren't. The gyms do it so they can sell you expensive training “packages” for each of them – yet, what they don't tell you (but know deep down inside) that both go together, and both can be done IN the privacy of your living room – with NO Trainers required whatsoever (this ain't lifting heavy weights where you can injure yourself, this ain't Jassy, a girl I know who likes her trainer to “massage” her after every repetition, and so forth).. The gyms will never ... Ah, but we have covered enough of that already. Skip the modern day nonsense that doesn't work, period. If you're at this page, you want to learn about the secrets of the oldtimers – how they bent iron bars – how they pulled aeroplanes by their hair (no kidding) – how they routinely broke tree branches – and how they literally turned their upper bodies into “indestructible iron” as it were ... And the secrets ain't what are taught by the gym i.e. bench a ton, lat pull a monkey, and deadlift an elephant. It's about training your own body, the way it was MEANT to be trained. With your own body. If that sounds “contradictory”, well, read the book, and you'll see what I mean. Your body is not only all you need to get a great workout in, it's also all you need to build strength, flexibility, inhuman “pulling power” – or pressing power – conditioning – animal like ligament/tendon strength ... Without further ado – The Benefits you can expect to achieve from following the routines, tips, exercises and WORKOUTS in this compilation! Extreme “animal like” flexibility and “Trance like”, “cat like” grace, agility and fluidity in all your movements, exercises, and “in general”. These stretches improve overall well being and flexibility beyond any sort of BELIEF! Massive increase in brute STRENGTH over a period of time, and better performance in all your exercises. Increased FLEXIBILITY throughout your entire body, and vastly improved health and digestion as a result. Insomnia will be a thing of the past. Get on a regular program involving stretching, isometrics and LOOSENING the joints and you'll sleep as well as you did when you were a BABY! (no, I'm not kidding!) Increased fat loss around the core and midsection. There is great truth to the saying “stretch and burn FAT!” Increased muscular definition all over the body. Improved bone strength. You'll never have to worry about osteoporosis or bone decay, for one, once you get on programs such as these! As stated above so many times, you'll not only look good – great, actually – but you'll FEEL GREAT – and you'll radiate happiness all around you, but most importantly, YOU will be happy internally and relaxed! Yours muscles will become loose and limber –

and STRONGER than ever at the same time, “coiled and ready”, “ready to pounce at a moment’s notice”, much like a tiger or other wild animals! Increased tendon and connective tissue strength and flexibility. It’s well known that this is a weak area for most, and is also the reason why there are so many injuries out there in many regards. Strengthen ALL weak areas. You’re only as strong as your WEAKEST link, my friend, and my programs/routines here will DO that, and then some. A sense of “sang froid” and “calmness” that attracts SUCCESS in all its shapes, forms and guises to you when you follow a regular stretching/loosening program such as I’ve laid out for you. It’s well known that excess stress in the muscles, joints etc affects not only the body, but the most important muscle the MIND as well, and when you get on this program – you can FORGET about stress, period. A few minutes of doing these movement will leave you feeling “loose and limber”, “light as a feather” and “cracking with energy” – and those are but a few of the descriptors I’ve used for myself after these exercises/routines! “2 minutes to improving your flexibility by leaps and bounds”. YES, you CAN dramatically increase your flexibility within the space of TWO minutes – or less – even on stretches you’ve NEVER been able to do before. This course will show you HOW! If my previous course on isometrics gave you a feeling of “sang froid” and being “on cloud nine” all day, then this one gives you that x 10 and SPIRITUAL benefits like you’ve never imagined. Let me tell you, some of the groin, hip and hamstring stretches do more than open the muscles and body up. They literally open your LIFE up. Watch results in EVERY area of your life flow effortlessly to you once you get on the routines herein, and watch your performance in every physical activity SKYROCKET. Achieve extreme, elastic, animal like “martial arts style” flexibility in your entire lower body – and open up the back and traps like never before. You may have trained the back of your body before, but anything you’ve done before will PALE in comparison to the profound exercises and workouts listed herein Ever wondered how some people can do extreme stretches with little to no effort? While others STRAIN – and FAIL? In this course, you’ll learn it’s about RELAXING, and BREATHING, and you’ll learn how to harness the power of your BREATHING, and the GROUND to achieve things you previously thought impossible to do “you dont want to stretch like that, you might want to have kids one day!” – dangerous – painful – or simply “not doable”. Not only THAT, you’ll be kicking, moving, and sliding into these positions with EASE, and PEACE. Your extreme flexibility combined with the increase in strength (lets face it, no-one wants a wet noodle – or sock) will make you not just the “star of the party” – but will also result in dramatically, and drastically improved physical health and appearance on the outside – and the inside. The pounds will fly off you at record “warp” speed once you stretch the fat away; literally. Your conditioning will improve like NEVER before once you combine these movements with other workouts I teach (and even if you just follow the “workouts” section in this book). You’ll build a core of super rebar – strong, tough, durable – yet CAT LIKE FLEXIBLE to the extreme! Your toes, fingers, neck and other extremities will stretch and strengthen beyond BELIEF. Improved sleep, superior digestion, and a massive boost to your lungs and cardio system. And thats just off the top of my head, I’m sure I could think of a 1000 more to write here! Get this NOW, my friend. You owe it to yourself to do so. Best,

Rahul Mookerjee

Isometric Exercises for Men and Women Caleb Smith,1966

Isometric Exercises: Isometric Exercise for Quick Strength Training and Conditioning (A Guide on the Use of Isometric Exercises Effectively for Building Muscle and Limiting Muscle Loss) Paul Valencia,101-01-01 Discover the hidden power within you and unleash your true strength with isometric mastery, the definitive guidebook that will revolutionize your fitness journey. This ground-breaking manual, meticulously crafted by renowned strength and conditioning expert, is your key to unlocking unparalleled physical prowess through the power of isometric training. Inside this must-have guide, you'll embark on an extraordinary journey that will unveil the untapped strength residing within you. The authors, recognized authorities in the field, have expertly compiled cutting-edge research, proven methodologies, and years of practical experience to create a comprehensive resource unlike any other. In this book, you'll learn: • Why isometrics can lower blood pressure even more effectively than cardio, according to scientific studies • Step-by-step instructions for safe, joint-friendly isometric routines • How to integrate quick, 5-10 minute workouts into your daily life • Strategies to track progress and adjust intensity over time • How these exercises benefit both your cardiovascular system and overall strength

Isometric exercises involve contracting your muscles without moving your joints, making them an incredibly effective way to build strength and muscle mass. With this comprehensive guide, you'll learn how to perform a variety of isometric exercises, from planks and wall sits to push-ups and squats. In addition to detailed instructions for each exercise, this guide also includes information on how isometric exercises can benefit your overall health and fitness, as well as tips for designing your own isometric workout routine.

Isometric for Beginners Dr Bode White,2020-12-02 Don't have time to exercise? Don't belong to a gym? It doesn't matter.Now you can get a complete workout, anytime, anywhere, with the secrets of isometrics. Millions of people can't seem to find the time to exercise. Now they can with this book. The author has compiled the best isometric exercises that can be done in the office, at home watching TV, flying in an airplane, or even driving a car-no equipment required.Rather than using expensive machines or lugging around a set of dumbbells, you use common objects and your own body's resistance to work out the muscles. Isometric exercises are especially helpful to people recovering from injuries that limit range of motion. A special chapter shows how even people with disabilities can use isometrics to build muscle tone and strength.Using the secret of resistance, isometrics are the basis for yoga, Pilates, and all the core stabilization techniques that are so popular today. Now, learn the original, simple, and effective way to a complete workout without moving a muscle!

Isometric Exercises Jack Brown,2024-02-23 Are you looking for a way to build muscle without having to lift weights or use complicated exercise equipment? Look no further than isometric exercises! This ultimate guide will teach you everything you need to know about performing isometric exercises for muscle building. Isometric exercises involve contracting your

muscles without moving your joints, making them an incredibly effective way to build strength and muscle mass. With this comprehensive guide, you'll learn how to perform a variety of isometric exercises, from planks and wall sits to push-ups and squats. In addition to detailed instructions for each exercise, this guide also includes information on how isometric exercises can benefit your overall health and fitness, as well as tips for designing your own isometric workout routine. This book is for you if you want to: Have laser-sharp focus every single day. Get through stress and overwhelm with ease. Align your Principles, Passion & Purpose (3 Ps). 10X your productivity, 10X your wealth, and 10X your life. Improve your health, your wealth, and your overall success. Achieve your Big Effing Goals even amidst the most uncertain times. This book is addressed to those who work in a sitting position for more than an hour a day, who already have problems with the spine and the joints, but do not have enough time to fully engage in gymnastics, for those patients, who have had surgery in the musculoskeletal area and with age feel the need for gymnastics, but does not know where to start.

Isometrics Konrad Obidoski, 2015-04-19 Discover New Ways To Achieve A Strong and Lean Body! □ □ This Book is FREE - For Kindle Unlimited Users □ □ The only bad workout is the one you didn't do. There are quite a number of workout routines and other forms of exercise that fitness fanatics would get themselves into. If you are one of those who haven't found what works best for you yet, or maybe you have, but looking to change things up a little bit - then Isometrics exercise might just be the thing for you! Isometric exercise might be right just for you. It focuses more on strength training done in static positions. With this type of exercise, you'd get to contract different muscle areas without changing its length! Plus, it allows you to perform exercises in less time, giving you more enhanced muscle tone, size, and strength. *Isometrics: Isometric Exercise For Quick Strength Training and Conditioning* will help you jumpstart your way to fitness! Here Are the Top 7 Things You'll Learn In this Book: The Science of strength Resistance training What are isometrics? How to use isometrics to achieve maximum benefits Other uses of isometrics Isometric exercises for the whole body Strength eating And many more! So what are you waiting for? Grab your own copy TODAY! Just scroll up and hit the Buy Button. Have Fun!

Isometrics Exercises Made Simple Douglas Wind, 2020-02-28 Discover how isometric exercises can help build your Muscles without Moving a Muscle Irrespective of what your current fitness or you age, isometric exercises can help you build the body you desire, this exercises makes use of the principle of isometric contraction so as to build your muscles efficiently and fast, Traditional exercise like weight lifting forces you to perform monotonous repetition for you to break down and stimulate growth, when done well, the isometric contraction allows to do achieve the same thing in less than 10 seconds enabling you to achieve a more muscular side and also make you get back into the shape you always desired and the most amazing thing is that it can be done anywhere, extremely safe and effective and builds strength and tone muscles the same time Purchase your copy Today! Begin by taking action today and download this wonderful manual!

Guides to Isometrics Dr Frank Jason, 2020-11-17 Guides to Isometrics is the ultimate exercise cheat code for helping you

build more strength and muscle. These ultra-efficient and easy-to-learn exercises quickly upgrade your neuromuscular system to make any strength workout safer, more effective, and much more satisfying. These techniques consistently deliver fast, proven results through simultaneously enhancing all 4 levels of your neuromuscular proficiency. This approach automatically addresses your neuromuscular weaknesses and smooths out muscle imbalances while also instantly adjusting to your personal fitness level. Your best workouts are still out there, waiting for you to discover them and the techniques in this book will lead you straight to them along the quickest route possible.

Isometric Power Exercises Bruce Tegner, 1965

Isometric Workout for Beginners Lambert Fetterman, 2023-12-12 Unveil a transformative journey with *Isometric Workout*, your gateway to unlocking unprecedented fitness potential and sculpting the strongest version of yourself! Dive into the art and science behind isometric exercises, backed by an empowering table of contents that'll revolutionize your fitness approach: Discover the Foundations Unravel the secrets of effective isometric workouts, understanding their unique benefits and how they stand apart from conventional routines. Targeted Muscle Mastery Master the art of targeting major muscle groups, customizing workouts to meet specific goals, and achieving optimal muscle engagement for remarkable results. Essential Exercises and Techniques Explore a comprehensive array of essential isometric exercises, accompanied by beginner-friendly instructions, progression techniques, and variations to elevate your routine. Integration into Daily Life Craft your personalized workout plan, seamlessly incorporating isometrics into your existing fitness regimen, and amplifying results by combining these exercises with cardio and flexibility training. Tools and Props for Amplified Performance Discover the array of tools and household items that enhance your isometric training, alongside insights into specialized equipment to take your workouts to new heights. Overcoming Challenges and Plateaus Conquer obstacles and plateaus with expert strategies, avoid common mistakes, and harness techniques to push your limits for consistent progress. Isometrics for Rehabilitation and Well-being Harness the healing power of isometrics in physical therapy, injury prevention, and modified exercises for rehabilitation. Nutrition's Role in Maximizing Results Understand the critical link between nutrition and isometric training, leveraging diet tips, supplements, and pre/post-workout nutrition for optimal performance. Mental Health and Fitness Harmony Explore the profound impact of isometrics on mental well-being, stress reduction, and mindfulness techniques to elevate your training experience. Long-Term Goals and Progress Tracking Set and achieve long-term fitness goals, monitor progress, and tap into the enduring advantages of isometric training for a stronger, injury-resistant you! Don't miss out on this comprehensive guide that's not just about workouts, but a lifestyle transformation waiting to unfold! Take charge of your fitness journey today with *Isometric Workout*. Are you ready to sculpt your strength and redefine your limits? GRAB YOUR COPY NOW and unleash the power within.

Power Isometric Isotonic Method: The Best Isometric Isotonic Exercises to Build Muscle and Get Ripped Marlon

Birch,2019-01-17 THE BEST ISOMETRIC/SELF RESISTANCE WORKOUTS TO BUILD MUSCLE, BURN FAT AND SCULPT A LEAN BODY LIFELONG! Transform your physique fast. Do it anywhere, any time, it is the perfect exercise plan. All you use is your hands to build the body of your dreams. The unique Power Isometric exercises in this book will get you powerful muscles because they push your muscles with scientifically designed to develop your physique fast with-40 seconds of tension, which muscles need to increase muscle and strength. In this comprehensive book, you will see illustrations that explain each program--and you will finally see why everyone is doing isometrics wrong and why their they are not improving. Marlon Birch knows the secrets on getting amazing RIPPED muscles and strength in record time. He is the ONLY real Isometric trainer to take Isometric type exercises, enhance them in a muscle-enhancing fashion and became the first ever Professional Bodybuilder using these exercises to accomplish that goal. Build muscle without weights, and learn the proven techniques and methods that will get you RIPPED in record breaking time! You will build muscle, burn fat, and sculpt the body you want, any time, anywhere, whenever you want all without weights or equipment-let the world's respected fitness trainer and 3-time natural pro bodybuilder be your personal trainer today.

Isometrics: the Static Way to Physical Fitness Victor F. Obeck,Isadore Rossman,1966

The Ultimate Isometrics Beginner's Manual Peter Richard,2020-08-15 In case you are confused or you have questions to ask about the isometrics, or you simply just want to learn some isometric exercises, then there is no need to worry because we are going to cover everything you need to know about isometrics in this guide.This includes: What exactly are isometrics?Joint angles relating to isometricsIsometric exercise benefitsTypes of isometric exercisesTips when performing isometric exercisesIsometric exercises examples (such as the resistance band, bodyweight and steel mace isometric exercises)Isometric workout examplesWays to include isometric exercises into your training program

The Iso90 Course Brian Sterling-Vete,2017-04-15 ISO90(TM) is a comprehensive and complete step by step 90-day/12-week body shaping, bodybuilding and functional strength building course based on the ISOfitness(TM) system of isometric exercises. Since the ISO90(TM) course engages your body's natural Adaptive Response(TM) mechanism, it is ideal for beginners, advanced athletes, and even for professional-level athletes. This is because at whatever level you're at the more intensity you apply to each exercise, the faster and more efficiently your body will respond. The ISO90(TM) course focusses the appliance of science in practical exercise and functional strength building, and in doing so, it makes the ISO90(TM) 90-day/12-week course, one of the fastest, and most efficient ways to get into shape, build muscle, and get strong which has ever been devised. The ISO90(TM) course is also designed with time, ease of use, and flexibility in mind. This means that you benefit from a professional-level workout literally anywhere, and on almost any location. Each week will build upon the gains and improvements made in previous weeks, with clear instruction and pictures to demonstrate how each exercise should be performed. The ISO90(TM) course can be used as a stand-alone body shaping, bodybuilding, and functional strength building

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Overcoming Isometrics Berta Debelak, 2021-04-23 Isometric exercises are contractions of a particular muscle or group of muscles. During isometric exercises, the muscle doesn't noticeably change the length and the affected joint doesn't move. Isometric exercises help maintain strength. They can also build strength, but not effectively. In this book, the author will be showing you all you need to know about isometrics and also list 18 amazing isometric exercises to tone your muscles and build strength. Read it now, to master how to build your strength, Muscles and also tone your muscle to live healthily.

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