

# Download Isometric Exercises Guide

Isometric training: Isometric training is mainly strength boosting training that involves the constant length of the muscles while workout. As opposed to dynamic strength training, where the muscles are contracted using a range of motion, in isometric training, there is more use of static holds and contractions to put pressure on the muscles. Check with your doctor before beginning isometric exercises if you have high blood pressure or any heart problems. Avoid holding your breath and straining during any weight training exercise, as this may cause a dangerous rise in blood pressure. A Guide to Isometric And Calisthenic Exercises. Keeping your back and legs in a straight line (like a plank board), hold this position for 30 seconds. Relax and repeat three times. A variation of this one is the side bridge plank. Same starting position as the bridge, but turn to one side and support your body with one arm and elbow. Be sure to switch sides when done. Isometric exercises do not involve a bunch of equipment or a trip to the gym. They can be done anywhere at just about anytime. Research has already shown that Isometric exercise is the perfect exercise for patients recovering from surgery. It has also shown that Isometrics are a good choice for exercise for seniors.