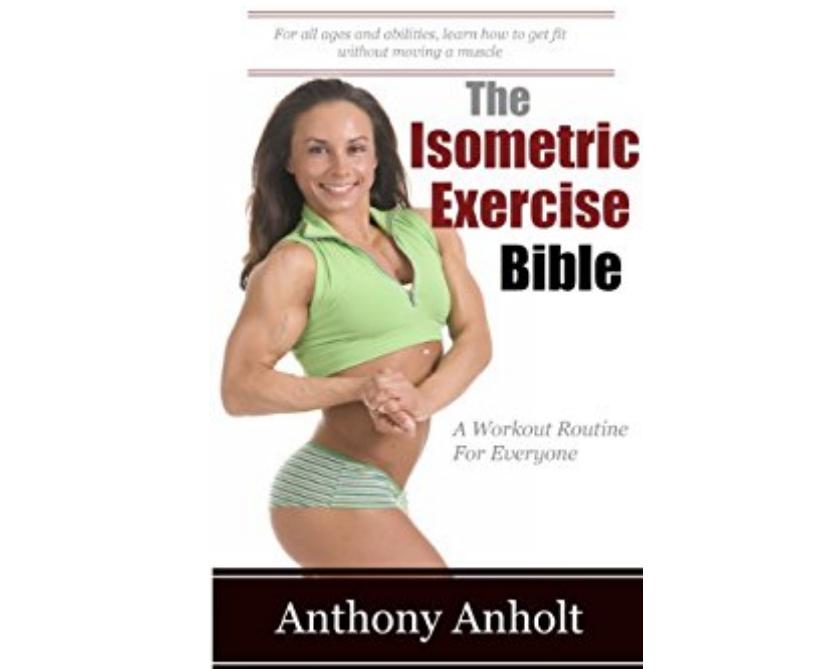


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# The Isometric Exercise Bible: A Workout Routine For Everyone (abs, Building Muscle, Anti Aging, Exercise Workout, Home Workout Book 1)



## **Synopsis**

For a LIMITED TIME, get this book for \$3.97 (regular price 6.97)Learn How Isometric Exercises Can Help You Build Your Physique -Without Moving A MuscleNo matter what your age or current fitness level, isometric exercisescan help you build the body of your dreams. This exercise system usesthe principle of the isometric contraction in order to build yourmuscles quickly and efficiently. Traditional exercises such asweightlifting force you to perform boring repetitions in order to breakyour muscles down and stimulate growth. Done properly, the isometriccontraction allows you to accomplish the same thing in 7 seconds.If you are a man isometrics can help you build greater muscle size anddefinition. If you are a lady isometrics can help you build thathealthy, feminine "Fit N Sexy" look that so many women desire. If youare an older man or women isometrics can help you get back in shapewhile turning back the clock. The benefits of this exercise systeminclude: They can be done anywhere with no special equipment (say goodbye to gym fees) They can be done at anytime (this makes them easy to fit into busy schedules) Takes less than 1 hour to perform Gives you a full body workout Builds muscle as well as muscular definition Builds strength and muscle tone at the same time Are incredibly safe Are extremely effectivelf you are interested in getting in the best shape of your life, order The Isometrics Bible today.

## **Book Information**

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## Customer Reviews

I tried "The Isometric Exercise Bible" as a download to my Kindle. After one week of daily exercising, I saw noticeable results. After two weeks I had dropped an inch off my waist, and could see more definition in my shoulders, biceps, and chest. My wife, kids, and teenaged grandkids could also tell I was making remarkable physical improvements. After three weeks, I ordered four hardcopies to pass around to the rest of the family. I'm still questioning how quickly and how well the program works, but it does. I have tried one of those super-duper, expensive "get in shape" programs from TV advertisements, and actually made it through its 90-day program one time (it actually took me closer to 120 days). Unfortunately I experienced injuries from overtraining and really got burnt out on subsequent attempts. With isometrics, you can't overtrain, because you are pushing and pulling against your own body. If this secret gets out, there are going to be a lot of gyms, trainers, and TV exercise hucksters that are going to go out of business. By the way, I'm 63 years old and I'm loving the way I'm feeling. I am recommending this exercise program to all my family and friends, regardless of age.

As a life-long exercise fan I am always looking for a competitive edge. I used isometric training when I was involved in high school and collegiate wrestling and not sure why I got away from it but plan to now mix isometrics in with other workouts; especially when I am travelling. The book is a great guide and several of the exercises will involve muscles not always used when lifting weights, etc.

I would definitely recommend this book. The exercises are practical, and they make the body more solid if practiced regularly.

I like this very much. It accomplishes what I want - muscle and bone strengthening without moving the joints so much. However, now that I have read the book and done the exercises a few times, I would much appreciate a chart with the diagrams I can put up to refer to while I am watching tv or whatever instead of having to go back to my ipad and flip to the next page.

I find this program helps to shape and strengthen when combined with aerobics and animal poses. I

feel stronger and more mobile. A another format of strength training such as rubber bands rounds it out. oses it can't be beat. I would recommend machine (nautilus type training to boot twice a wee

Must have been written by a third grader. Better off going to you tube and geter much better information for free.

Still working on this one, too, but I've already been using one of the exercises every time I think of it (one for the abs) and find that you can indeed do them pretty much anywhere, anytime, inconspicuously, and get some results. Comes with helpful schematic illustrations as well.

This book contained teachings of isometric exercises. It stated the facts and benefits to isometric exercises and how to perform them correctly and safely. I will recommend this book to my adult children and friends as well.

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