

ISOMETRICS FIT

MAIN GUIDE

ALBY GONZALEZ

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HISTORY OF ISOMETRICS

Isometric exercises have been dated so far back that it's considered Time immemorial. There is documented evidence of isometric exercises having been used throughout history by various cultures. Throughout other countries such as Asia, isometric exercises have been practiced within martial arts and yoga.

In the twelfth century, Bodhidharma who was a well-known Buddhist monk that developed a system called Yi Jin Jing that focused of twelve basic tensing exercises. Bodhidharma is credited for bringing the Yi Jin Jing to the monks of the Shaolin Temple in China. Variations of these isometric exercises were also then adopted by other martial arts such as Kung Fu, Tai Chi, and Ki Gong. These isometric exercises and variations of them are still used by athletes and trainers all around the world.

WHAT ARE ISOMETRICS?

An isometric exercise involves the static contraction of a muscle without any visible movement in the angle of the joint...

The term "isometric" combines the Greek words "isos" (equal) and "metria" (measuring). With isometric exercises, the length of the muscle and the angle of the joint do not change, though contraction strength may vary.

This is in contrast to isotonic contractions, in which the contraction strength does not change, though the muscle length and joint angle do.

OVERCOMING ISOMETRICS TRAINING IN ISO-FIT

In overcoming isometrics, subjects can safely do 100 percent effort and continue with 100 percent available effort as strength is depleted. This allows for longer time under (maximum volitional) tension.

HOW ISOMETRICS WORK

Isometric training is great for building strength and muscle mass. It does this by recruiting the largest motor units and increasing time under tension. In addition, isometrics helps with the increase of the mind and muscle connection. You might be wondering what the mind has to do with gaining muscle mass and strength. Improving your mind muscle connection increases the number of muscle fibers recruited during lifting.

When combined with increasing the time the muscle is under stress, it leads to increased strength and muscle mass. Other "hardcore" training methods will put massive amounts of wear and tear on the joints.

Isometrics can trigger hypertrophy without any wear and tear.

BENEFITS OF ISOMETRIC TRAINING

BETTER MUSCLE FIBER RECRUITMENT: Isometric training teaches your body to recruit more muscle fiber for each movement, thus your increased strength comes not just from more muscle, but more efficient muscle. Safer Than Conventional Training: Because it doesn't involve movement or weights, isometrics are far safer than any other form of exercise and often used in rehabilitation.

INCREASED STRENGTH: Isometrics has been proven to increase the strength in lifts, such as the bench press, by as much as 40% up to an average increase of over 84%, as seen in the Nautilus North Study.

INJURY REHAB: Isometric exercise is intense and contributes to burning fat and building muscle. When you are nursing an injury back to health, isometrics are great for rebuilding strength in that area just by holding for 10 seconds at a time. An example of this would be performing a shoulder shrug after a rotator cuff surgery.

Take a short break and repeat the hold at least four more times. You can perform isometrics for whenever your schedule will allow. In addition, compared to conventional methods, isometrics works the muscles more intensity and in a shorter space of time.

TIME: Most routines using isometrics can be done in 30 minute or less. Since isometric exercises are so powerful, you won't need as much volume as you would with traditional training methods, thus reducing the amount of time spent in the gym.

MOBILITY: Performing isometric exercises routinely helps with improving the flexibility of the joints. Isometric exercises can help improve the performance of damaged joints, due to injuries, age, etc. Isometrics are highly recommended to those who look to rehabilitate major damage done to the ball-and-socket joints such as the knee, hip or shoulder; it does this by improving bone density, and helps minimize the risk of arthritis and osteoporosis.

ISOMETRICS FIT WORKOUT PROTOCOL

YOU WILL PERFORM YOUR SETS AS FOLLOWED.

THERE WILL BE 3 SETS PER EXERCISE: THE INTERCONNECTION, ISO-MASS, AND BREAKDOWN SET.

Each set plays a crucial role in the training program. It is recommended that you take notes with you to the gym to maintain consistency.

SET 1 IS CALLED THE INTERCONNECTION SET.

The purpose of this set is not only to warm up the muscles, but to focus on the mind and muscle connection. The rep range for the interconnection set is 15-20.

Rest 30-45 secs before starting set 2.

SET 2 IS THE ISO-MASS SET.

The purpose of this set is to recruit more motor units and increase time under tension. This leads to growth and strength in the muscle. The rep range is 15-30 with the same principals as the interconnection set.

Remember, controlled movement at all times. Right after the last rep you will hold an isometric contraction at the mid-point of the range for 15-30 seconds. When doing the isometric hold focus on the mind and muscle connection while flexing the muscle as hard as possible.

Rest 30-45 secs before starting set 3.

SET 3 IS THE BREAKDOWN SET.

The purpose of this set is to finish breaking down the muscle tissue, which leads to the muscle growing back bigger and stronger. For this set you'll perform as many reps as possible. breakdown (a.k.a performance failure). This is where you leave it all. Keeping your form tight on this set is crucial. Stay focused on the mind and muscle connection. Right after the last rep you will hold an isometric contraction at the mid-point of the range for 15-30 seconds.

Rest 3-5 mins before starting next exercise.

HOW TO PROGRESS

THE INTERCONNECTION SET:

In the Isometric Fit Workout program you'll notice that the Interconnection Set prescribes a rep range (i.e. 15-20).

Once you're able to complete the maximum number of reps, then and only then will you will hold an isometric contraction at the mid-point of the range for 10-30 seconds after the last rep. if you fail to reach the maximum number of reps (20). Do not add the isometrics hold at last rep.

Try again next week

For Example:
Week 1: 20 Reps + 15 Second Iso
Week 2: 20 Reps + 15 Second Iso
Week 3: 20 Reps + 20 Second Iso
Week 4: 20 Reps + 25 Second Iso
And so forth.

ISO-MASS SETS:

The iso-mass set prescribes a rep range (i.e. 15-30) and 15-30 second isometric hold after last rep. Once you're able to complete the maximum number of reps (30), while still being able to complete a 15 second isometric hold, then and only then will you increase the isometric hold by 5 secs. However, you fail to reach the maximum number of reps (30) or fail to complete to 15 second hold—keep the isometric hold the same next week and try again.

For Example:
Week 1: 30 Reps + 15 Second Iso
Week 2: 30 Reps + 20 Second Iso
Week 3: 30 Reps + 25 Second Iso
Week 4: 30 Reps + 30 Second Iso
And so forth.

BREAKDOWN SETS:

During this set you will use the same exact rep range as the iso-mass sets as a guide to progress. If that results in using the same exact reps and isometrics hold as the previews week, then your goal is simply to increase the number of reps you are able to perform. For example, if you where able to perform 15 reps, then your goal would be to do 16 reps or more the following week.

On the other hand, if you had to increase the rep range due to achieving the rep goal during the iso-mass set the previous week, then your goal with the breakdown set is simply to perform as many reps as possible and increasing the isometrics hold time.

For Example:
Week 1: 20 Reps + 15 Second Iso
Week 2: 25 Reps + 15 Second Iso
Week 3: 30 Reps + 15 Second Iso
Week 4: 30 Reps + 20 Second Iso
And so forth.

BREAKDOWN SETS:

During this set you will use the same exact rep range as the iso-mass sets as a guide to progress. If that results in using the same exact reps and isometrics hold as the previews week, then your goal is simply to increase the number of reps you are able to perform. For example, if you where able to perform 15 reps, then your goal would be to do 16 reps or more the following week.

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For Example:
Week 1: 20 Reps + 15 Second Iso
Week 2: 25 Reps + 15 Second Iso
Week 3: 30 Reps + 15 Second Iso
Week 4: 30 Reps + 20 Second Iso
And so forth.

BREAKING DOWN THE 4 DAY TRAINING SPLIT

DAY 1

WORKOUT 1



PUSH-UPS



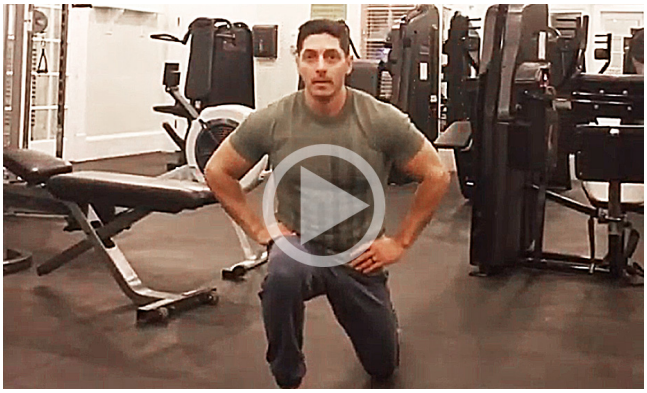
PULL-UPS



SQUATS



LUNGES



LEG LIFTS



BICYCLE CHURCHES



DAY 2

WORKOUT 2



DIAMOND PUSH-UPS



CLOSE GRIP PULL-UPS



SQUATS



JUMPING SQUATS



FLUTTER KICKS



FOREARM PLANK | 3X 30 SEC HOLD



DAY 3

OFF

DAY 4

WORKOUT 3



RAISED LEG PUSH-UPS



REVERSE PULL-UPS



SUMO SQUATS



WALL SQUATS 3X 30 SEC HOLD



SIDE PLANKS



AB TWIST



DAY 5

OFF

DAY 6

WORKOUT 4



WIDE GRIP PULL-UPS



WIDE GRIP PUSH-UPS



SQUATS



SUMO SQUATS



LEG LIFTS



FOREARM PLANK 3X30 SECS



DAY 7

OFF

WHY GUT WRENCHING P90X-LIKE WORKOUTS ARE THE WORST FOR GETTING IN SHAPE AND BUILDING LEAN, TONED MUSCLE

Not getting sore after a workout does not always mean you did not make progress.



Olympic and professional athletes rarely train so hard daily that they are so sore that they can barely move or have to take the day off. That is because consistency is king. Going as hard as you can daily will only lead to being extremely sore and not being able to train optimally for the rest of the week. In addition, being too sore also can increase chances of injury and wear and tear. All these lead to missing training days as well. This kills your consistency of training. Less times your training, less progress and also hinders you from perfecting your form. That is why these exercise routines that burn you out are not optimal for gaining muscle and burning fat. Not saying you should take it easy, but going about 80% of your max is ideal.

ISOMETRICS, PROTECTING JOINTS, BUILDING STRENGTH & SIZE

Performing heavy weight exercises is not the best way to build muscle...

If you're looking to build muscle, I'm just going to tell you off the bat:

You've been doing it wrong.

You've been cranking out endless amounts of repetitions, loading on plates of weight, crafting out super-sets and drop-sets and failure-sets and every other kind of set.

But I'm here to tell you that there's a better way...

Despite what you've been told, optimum muscle growth doesn't take place in the "down-ups", "down-ups" but in the "hold-its."

A recent study revealed that isometric training increases muscle growth by just over 12% after a 10-week training period.

The gains were attributed to the focus placed more towards stress on the muscle rather than shared stress between muscle and joints during the movements. Now, don't get me wrong. You need to put some plates on the barbell, and you need to perform repetitions if you want to see gains. But if you want to see better muscle gains, supplement your sets with isometrics sets instead of more repetition sets.

7 DEADLY WORKOUT MISTAKES THAT MAKE YOU LESS FIT... WHILE BANGING-UP YOUR JOINTS TO THE POINT OF NO RETURN.

1 EXCESSIVE CARDIO

Stop running long distances. Period. Long distance running places excessive strain on both your muscles and your joints. The most beneficial way to perform cardio is through interval training, which relieves your joints from excessively pounding the pavement and also increases muscle growth rather than depleting it.

2 MAX OUT

Sure, we all want to know what our 1-rep max is on the bench press... Probably a little more than we want to know what our 1-rep max is for squats, and definitely a lot more than we want to know what our 1-rep max is on deadlift. I'll help you with that... Don't max out. Performing a 1-rep max can do some serious damage to your joint if you aren't careful... Instead shoot for a 5-rep max (which will do better for muscle growth anyways) and plug your numbers into this equation:

Upper Body: (5RM weight x 1.1307) + 0.6998
Lower Body: (5RM weight x 1.09703) + 14.2546

3 ALWAYS DOING THE SAME THING

I understand why you do it... You like to perform the exercises that you… well, like. No one can blame you for that. But doing the same exercises day in and day out can cause you to tax the joints involved in the movement. It'll also cause an overload of stress on the particular muscle groups that you're always training. When you were a child, you needed rest in order to grow. Your muscles need rest the same way or else you can train them all you want, but they won't grow.

4 BAD TECHNIQUE

In order to prevent joint injury and keep yourself going for the long haul, you need to have good technique when you workout. Whether you're lifting weights, sprinting, or stretching, it's imperative that your technique is sound. If lose prop up your back when you perform a heavy bench press, lower the weight. If you start swinging your shoulders when you're doing bicep curls, you need to quit trying to show off and head a few spaces to the left of the rack. In order to avoid this bad technique, I recommend isometric exercise, which we'll discuss further into this ebook.



5 SKIPPING WARM UP

If you skip warm up, you put your sets in danger as well as your joints in danger. Warming up a muscle prepares it to lift heavier weight... That's why if you're looking to build muscle, you never want to go into a movement cold. Warm ups also get your mind focused on form and get your joints ready for your gym session.

6 NO STRETCHING

Dude, stretch more. Stretching isn't (just) for noobs. Stretching is for smart people. When you don't stretch, you put yourself under all sorts of risk, that can lead to injury and extreme soreness... Remember your muscles are like a rubber band The more you use the rubber band the more flexible and stronger the band remains. But it doesn't just stop there, stretching your muscles can make the most of your body and make everyday living more efficient.

7 WORKING OUT WHEN YOU'RE TIRED

This is a disaster waiting to happen. If your mind isn't sharp and your body feels sluggish you need to stay home and get some rest. Your muscles need it. Also, if you workout while you're sluggish, you'll put your joints at risk of injury. The lazier you lift, the more likely you suffer in the long run.

HOW TO USE "POWER BREATHING" DURING YOUR SUPER ISOMETRICS TRAINING TO FORCE OXYGEN INTO YOUR MUSCLES FOR ACCELERATED RESULTS

Isometric power breathing is the most important practice you can bring into your day-to-day life. Breathing into your muscles increases blood and oxygen supply to your muscles, which in turn helps with growth and endurance. In fact, famous martial artist, Bruce Lee used these same techniques to prepare his body for the big screen.

1 SIPPING BREATH

To start, stand in a fighter's pose. Exhale air out of your lungs until they feel empty. Then, tense up your whole body with a static contraction, or in other words, flexing in place. At this point start your sipping breath, which consist of short, quick inhaled breaths. When you exhale, relax your muscles.

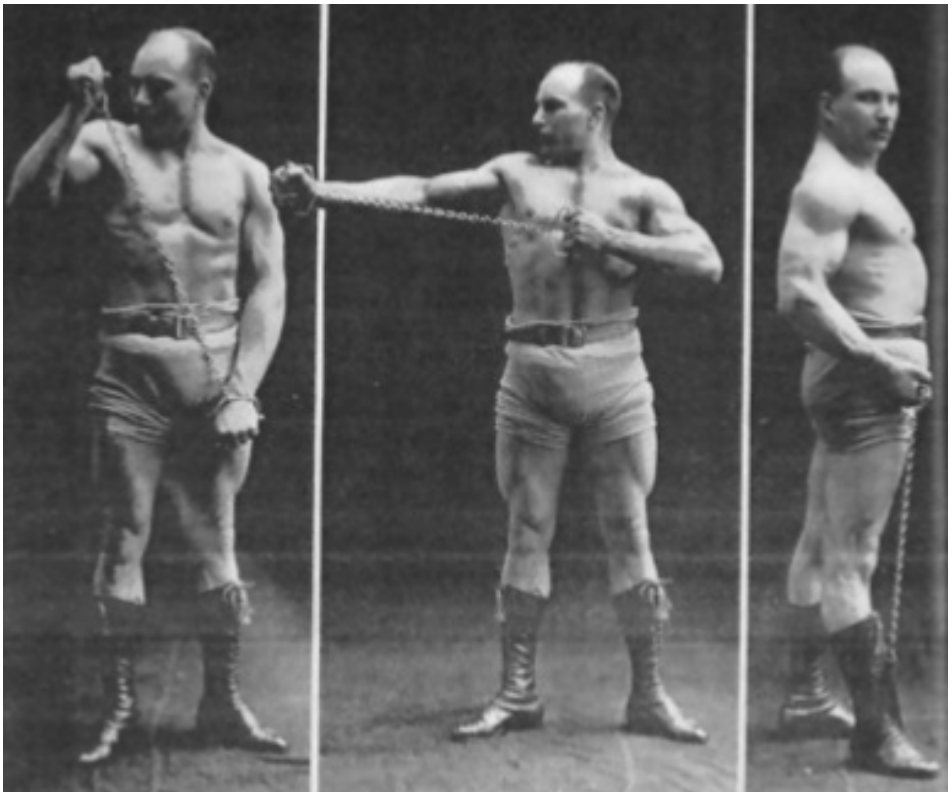
2 LONG BREATH

For the Long Breath technique, start in a sun pose (legs slightly bent and shoulder width apart. Arms raised to the side as if flexing your bicep). Exhale air out of your lungs until they feel empty. Then, tense up your whole body, and breath in long breaths while tensing up your body. When you exhale, relax your muscles.

3 LONG SIPPING BREATH

This is a combination of the first two breathing techniques. Long Sipping Breath is taking a smooth breath without relaxing in between breaths. For this technique, start in the sun pose as mentioned above. Exhale air out of your lungs until they feel empty. Then, tense up your whole body, and breath in long breaths while remaining tensed. With this technique, you don't relax your muscles when you exhale.

THE SINGLE MOST POWERFUL ISOMETRICS TRAINING TECHNIQUE... ALSO KNOWN AS THE "LOST EXERCISE"



The history of isometrics is pretty fascinating...

In fact, legend has it that Alexander Zass, a former Russian spy (I mean, c'mon. How cool is that?) turned strong man used isometrics to break out of heavy prison shackles and bend thick jail bars.

Zass created his own type of isometric exercises and practiced them even while in prison after being captured by Austrian forces during WWI. He escaped three times and left the country on his third attempt.

So you want to know his secret?

Push or pull (with all of your strength) against immovable objects. This technique is called Overcoming Isometrics and the premise is simple... Because the objects are immovable, you can force your muscles to full exertion. It beats the crud out of doing 20-reps to failure for half the results.

Maximum voluntary contraction routine

One of the many benefits of isometric workouts is that you don't need equipment to get superhuman muscle growth and strength gains. In fact 1920's bodybuilder and magazine cover model, Charles Atlas used a specific isometric training routine to build his awe-inspiring physique. In fact, Atlas' methods were inspired by watching a lion at the zoo… A lion. Not sure how much manlier it gets than that.

Here's a simple routine, which Atlas called the ***Maximum Voluntary Contraction*** routine:

EXERCISE #1: HAND PRESS

1. Place your hands together in a "praying" formation with your elbow up and hands across from your chest...

2. Press your hands tightly together. Pushing one against the other with maximal effort until to tired to continue.

EXERCISE #2: ABDOMEN PUNCHES

Tense your abdomen and then strike it repeatedly with your fists (gently). Do this for 45 seconds to 60 seconds.

EXERCISE #3: BACK HYPEREXTENSION

Lay your body flat across a sturdy chair, resting on your stomach. Bend head and feet upward while clasping your hands around the back of your head or straight out in front of you. Do not strain. Hold this position until you can no longer.

EXERCISE #4: SHOULDER FLEX

Standing straight up, with one foot positioned in from of the other. Hold wrist (palm facing down) of one hand and force arms toward the shoulder. Be sure to repeat once per side. Hold each side until you can no longer continue.

EXERCISE #5: BICEPS FLEX

Standing straight up, with one foot positioned in from of the other. Hold wrist (palm facing up) of one hand and force arms toward the shoulder. Be sure to repeat once per side. Hold each side until you can no longer continue.

EXERCISE #6: CALF RAISE & HOLD

Rise on your toes as high as possible. Make a few efforts to stretch as high as you can and tense your calves vigorously. Hold for 45 - 60 seconds.

HOW ISOMETRICS TRAINING AWAKENS MORE MUSCLE FIBERS FOR GREATER STRENGTH GAINS COMPARED TO ANY "MOVING" EXERCISE

When it comes to training, you want to invite as many muscle fibers to the gym as you can.

How do you do this?

It's simple. You engage the muscle fibers through specific movements during their contractions. What's unique about isometric training is that your muscles are engaged for a longer period of time throughout the movement, which makes it necessary for your muscles to recruit more muscle fibers.

Consider holding a leg extension for 45 seconds compared to "repping out" with 12-repetitions. There is a big difference between your quadriceps being contracted for 45-seconds straight, rather than 2 seconds per rep, with a second 1 second of relaxation when you get to the end of the movement.

The longer the muscle is contracted, the more muscle fibers it'll recruit. The more muscle fibers recruited, the better the growth of the entire muscle will be.

WHY ISOMETRIC STRENGTH IS ONE OF THE DEADLIEST WEAPONS USED BY UFC FIGHTERS

"WITH GREAT POWER COMES GREAT RESPONSIBILITY."

I think Spiderman's grandpa said that or something. But the motto is true as we talk about isometric strength. Isometric strength is used in the Octagon during pretty much every fight It's a deadly weapon.

And I'm sharing this with you because I trust that you're an ethical man, who'll use your knowledge on the topic for good and not for evil. I repeat… USE THIS FOR SELF-DEFENSE REASONS ONLY.

Have you ever watched a UFC fighter coerce their opponent into a submission?

Picture it. Whenever a fighter is has their opponent in a submission (choke hold, knee lock, triangle choke) hold, they're squeezing with all of their might to get the other guy to tap. They're using isometric strength to force their opponent to submit.

So, how do you train for this same isometric strength without ever having to set foot in the octagon? The isometric training that you do should mimic the movements of the octagon. For instance, if you want to improve isometric strength to be prepared if you were in a dangerous situation and needed to use a choke hold, you could work on your isometric strength by squeezing a punching bag against your body as tight as you can. Mimic the movement.

This same principle applies to any octagon-inspired movement…

And remember, FOR SELF- DEFENSE ONLY!



EVER WONDER HOW OLYMPIC GYMNASTS GET BIG ARMS...



Have you ever watched an Olympic gymnast compete? If you have, I'm sure you've noticed how ripped they are.

Every Olympic gymnast has big arms, broad shoulders and a massive vtapered back. What's the secret? Isometric fit advanced bodyweight workouts.

Think about an Olympic gymnast who competes on the rings. Their entire routine is composed of isometric movements. It's the key to their size, strength and lean physique.

Check out the Isometrics fit advanced Bodyweight training routine to begin using the same techniques Olympic Gymnasts utilize to grow rock-hard muscle and jaw-dropping strength. However, here are a few key movements to get you started...

3 BEST GYMNAST EXERCISES TO GET YOU RIPPED IN THE SHORTEST AMOUNT OF TIME

Let's face it. We all have a little bit of envy when we see male gymnasts head onto the mat to do their thing. If we aren't impressed at that point, we're definitely impressed when we see their ripped physiques come to life in the middle of their routine.

Lucky for you I've listed out the 3 best gymnast exercises to get you ripped in the shortest amount of time possible.

1) L-SITS

The L-Sit is foundational to any Olympic gymnasts workout.

This is easily one of the most challenging abdominal exercises on the planet. An L-Sit starts with your palms flat on the floor, butt on the ground and legs sitting straight out in front of you. The goal is to lift up on your palms, lifting your butt off the ground, and keeping your legs straight out in front of you and keeping your abs tight. A good way to practice if you can't quite nail the L-Sit from the floor is to start using two bench presses of chairs to hold yourself up with, and keep your legs tucked near your stomach. As you improve, continue to use the benches or chairs while extending your legs straight out in front of you. When that gets easier, perform the movement from the floor.

2) FRONT LEVER

The Front Lever is the big dog when it comes to body strength development...

It requires upper body pulling power, core control, and the ability to keep your body in a wizard-like, horizontal position in which you appear to be floating off of the floor. Holding yourself on a pull-up bar of a cable tower, the end result of this isometric exercise is that you're arms are straight and your body is parallel with the floor below... A good way to build up to the Front Lever is first by hanging from the bar for extended period of time. Afterwards, add a hanging L-sit, with your arms on the pull up bar and your legs straight out in front of you. Finally, allow your lower back to lean backwards until your body is parallel to the ground. I know it seems daunting now. But I'm sure all of the Olympians thought the same at first.

3) TUCK LEVER

Finally, we have the Tuck Lever...

Again you want to be in a hanging position on the pull-up bar of a cable tower of power rack. Then, slowly lower your body until your back is parallel to the floor. Then, pull your legs in and hold this position. To make this optimally effective, slowly extend one leg, pull it in and extend the other leg as if you're performing a calculated bicycle movement. It takes a lot of control so be patient with it.

WHY POPULAR FITNESS WEBSITES HAVE CALLED THE METHODS IN ISOMETRICS FIT "A POTENTIALLY MORE EFFECTIVE MEANS OF DEVELOPING OVERALL STRENGTH, POWER, AND BODY CONTROL THAN TRADITIONAL WEIGHT-BASED MOVEMENTS.



Isometric exercises are mass-builders.

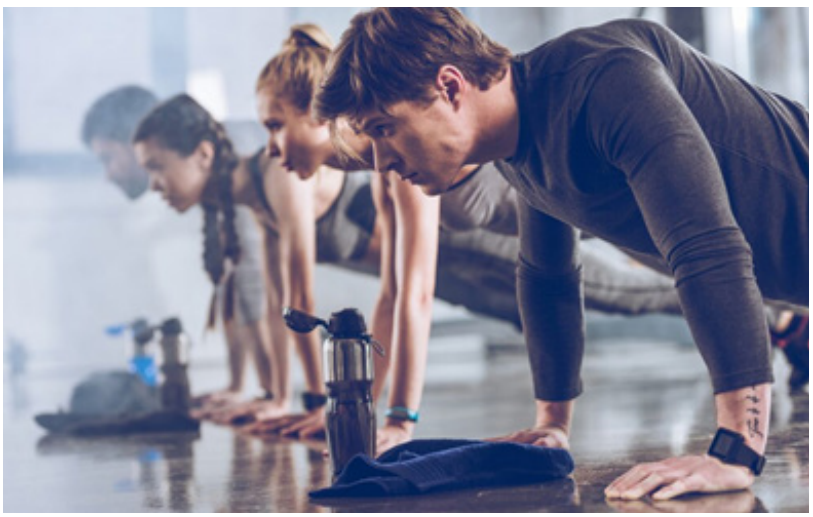
Not only that, but they're time savers, too. Think about it...

When you give your all-out effort during isometric exercise, you're for sure going to pack on some muscle. Also, because you're exerting more energy during your sets, you can cut your workout time in half. Trust me. I know from experience. Here are the exact mass-building secrets I've personally used to add inches of rock-solid muscle to my physique while gaining freaky-lean vascularity. If you're a man looking to build muscle well into your 40's, 50's, 60's, and beyond, look no further.

WHY MEN AND WOMEN AS YOUNG AS 20 AND AS OLD AS 85 CAN USE THESE EXACT METHODS TO BOOST STRENGTH AND STAMINA REGARDLESS OF YOUR CURRENT AGE OR PHYSICAL SHAPE...

The studies are in!

Isometrics is an optimal workout for anyone from age 20-85. So yeah, that includes you. Anyone can use these exact isometric training techniques to boost strength and stamina regardless of your current age and physical shape.



Isometrics are not only effective for building muscle mass and strength but they're also the safest type of exercise you can do because they put less stress on your joints than traditional exercises do.

ABOUT ALBY

Whether you're training for your next powerlifting competition or you're trying to overcome arthritis, isometrics training has something for you.

If you have any questions about the program, feel free to email me and I'll get back to you ASAP. Enjoy the isometrics mass program! Time to build some freaky muscle with jaw-dropping strength!



Sincerely,
Alby Gonzalez

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