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133 photographs with easy-to-follow directions

# ISOMETRIC POWER EXERCISES

**ONLY  
10 SECONDS  
AN EXERCISE!**

*4 simple and complete programs for men and women.*

- A plan for people with no time to exercise
- Exercises to fit into your daily routine
- Exercises to do with your family and friends

**BRUCE TEGNER** *leading authority on  
health and physical fitness*



# **ISOMETRIC POWER EXERCISES**

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**BRUCE  
TEGNER**

A Dell Original

DEDICATION: *This book is dedicated to little Marlene, with love*

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Bruce Tegnér, Dorothy Bales, and Richard Windishar appear in the photos demonstrating the exercises.

This manuscript was prepared under the supervision of Alice McGrath.

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## Index to Exercises

As you do each exercise, you will *feel* which muscles are being used and strengthened. Medical terms have not been used because it is not necessary for you to know the technical name of the muscles to do the exercises properly.

Generally speaking, though one set of muscles will be emphasized in each exercise, the entire body benefits. The listing here in the index catalogs the exercises according to *main* importance.

**Arms:** 9, 10, 12, 14, 18, 19, 20, 21, 24, 25, 28, 33, 35, 36, 37, 43, 44, 46, 51, 52, 57, 62, 64, 65, 66, 76, 77, 89, 90, 91, 92, 98, 99, 100, 110, 119

**Back:** 19, 39, 44, 55, 56, 73, 80, 83, 90, 93, 97, 109, 124, 126

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**Chest (Bust):** 18, 32, 33, 41, 42, 44, 45, 72, 74, 75, 82, 84, 87, 89, 91, 96, 108, 121, 125

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**Legs:** 8, 11, 13, 22, 26, 40, 53, 54, 58, 59, 60, 63, 70, 71, 79, 81, 94, 95, 101, 102, 103, 104, 107, 114, 115, 128, 131

**Neck:** 15, 16, 17, 31, 33, 38, 67, 68, 69, 105, 106

**Shoulders:** 44, 51, 52, 72, 73, 78, 79, 88, 105, 111, 112, 113

**Stomach (Abdomen\*):** 7, 8, 9, 10, 11, 12, 23, 27, 29, 30, 33, 92, 100, 114, 115, 116, 117, 118, 120, 121, 122, 123, 124, 127, 128, 129, 130

**Stretching:** 5, 6, 132

\*All exercises, if done properly, will strengthen the stomach and abdominal muscles. These listed are of special value.

### **How Much Time and How Many Exercises**

It is much better to do exercises for a short period each day than to exercise only once a week for a longer period. What you need to accomplish will determine how much time you should spend and which exercises are best for you. Read the index of exercises to note which ones benefit the various areas of your body. You are not required to do all the exercises simply because they are in the book; rather, choose the ones that suit your needs.

When you begin, avoid overtiring and overstraining yourself. If you cannot hold any particular exercise for the full count of ten seconds, hold it for less and work up to the ten-second period by adding one second each day. Start by doing half a dozen exercises and add one or two each day until you have reached the number you want to do. If you are working too far beyond your capacity, you will know it by the stiffness or soreness of those muscles which are being overworked. Slow down, and allow your muscles to work up to the endurance needed.

## **A Balanced Program**

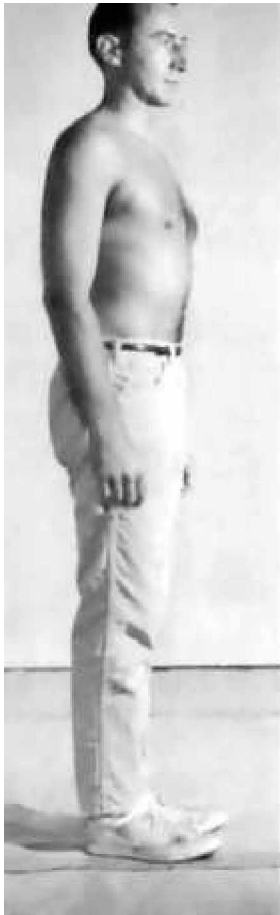
Isometric exercises are unequalled for their stated purpose: muscular strength and power, and muscle tone. The other requirements of your body that are not fulfilled with the use of isometric exercises are: coordination, reaction time, suppleness, reflex action, and agility. The ideal program to keep you in top physical condition is one that includes daily isometric exercises plus an activity such as walking, swimming, judo, playing tennis, handball or a similar game. The activity exercise need be done only once or twice a week. If you do one or the other—*isometrics* or *activity*—it is much better than doing no exercise at all. To do both will give your body all it needs for glowing good health and the knowledge that you look your best and work your best and that your body is able to function at its highest peak.

## **Breath Control**

Breath control is required for the best practice of isometric exercise. Efficient breathing puts extra oxygen into the bloodstream when it is needed to give the body extra power to tense. The breathing cycle is exactly the same for all exercises:

1. Assume the position for doing the exercise.
2. Relax.
3. Take a full, deep breath through your nose, expanding your chest. Force the air pressure down toward the abdomen and tense the abdomen.
4. At this point, tense for the specific exercise and hold for the count of ten seconds.
5. Exhale through your mouth and relax completely. Breathe normally for ten seconds before going on to the next exercise.

The abdomen is the center of physical power. Without thinking, you always tighten your abdomen when pushing or lifting a heavy object. You get more power for the exercises by deliberately tightening your abdomen with a full breath. Abdominal tensing concentrates muscle strengthening in that area so that your appearance will improve considerably. The man who has a flat stomach appears many pounds lighter than his actual weight.



1



2



3



4

1. Stand in a natural, relaxed position, breathing normally.

2. Take a full, deep breath through your nose, expanding your chest and throwing back your shoulders.

3. Force air pressure down so that you feel it in your lower abdomen. It is at this point in the breath cycle that you tense for the exercise. Hold for ten seconds.

When you first start the exercises, you may not be able to hold for more than 4 or 5 seconds. Add one second each day until you are able to hold for a count of ten.

4. After ten seconds, exhale slowly through your mouth as you relax completely. Before going to the next exercise, remain relaxed and breathe normally for ten seconds or more.

## **Isometrics in Your Daily Life**

Many of us do not have the time, opportunity or determination to set aside a special time each day for exercise. Without interfering with the normal, busy schedule of your daily lives, you can achieve the same results as though you had exercised every day if you follow the program in this section.

In the beginning, you will have to remind yourself each day that you must exercise. As you continue, you will acquire the *habit* of isometrics and you will do them as automatically as brushing your teeth.



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10

**5.** Upon waking, stretch your arms and legs to farthest extent you can. Tighten abdomen; hold position; relax.

**6.** Roll over to your left side, extend right arm and leg as much as possible. Tighten abdomen; hold position; relax. Repeat on right side, extending left arm and leg.

**7.** Keeping your legs extended, sit up part way. Tighten your abdomen; hold position; relax.

**8.** Raise your legs and head, keeping your shoulders down. Tighten legs and stomach muscles; hold position; relax.

**9.** Reach out as though grasping a bar and start to sit up, tense your abdomen and continue to . . . (10)

**10.** . . . tighten your arms and pull back as you raise your body to sitting position. When you reach position shown in photo, hold for ten seconds; relax.





11

**11.** Sitting in bed, raise your knees to your chest and tighten your entire body, forcing your arms in and forcing your knees up. When you feel that you have pulled your whole body into a very tight ball, hold position; relax.



12

**12.** Sitting in bed with your knees raised, brace yourself against your heels, force your body forward and reach out with your arms. Hold position; relax.



13

**13.** Sitting up in bed, lock your arms around your raised knees. Pull back with your arms as you push forward with your knees. Hold position; relax.



14

**14.** In the shower, reach around toward your back as far as possible, and before actually washing, hold the position for ten seconds, relax. Repeat to other side.

**15.** Thrust your head forward, push chin out. Hold position; relax.

**16.** Stand straight, pull chin down and back against your neck as hard as you can. Hold position; relax.

**17.** As you force your head toward your right shoulder, pull down with your left shoulder. Hold position; relax. Repeat to other side.



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19



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21

**18.** Drying yourself, grasp towel and pull out as hard as you can as you expand your chest to the fullest extent. Hold position; relax.

**19.** Grasp towel behind your head and pull out as hard as you can, tensing your upper back. Hold position; relax.

**20.** Twist the towel in a wringing motion as hard as you can. Hold position; relax. Repeat in opposite direction, tensing forearms as well as hands.

**21.** Ball up the towel as small as you can. Push in hard. Hold position; relax.



**22.** Getting dressed, stiffen your leg as you put it through your trouser leg. Do this in a slow motion, making each movement feel strong and deliberate. When you are at the point shown in the photo, tighten your abdomen, keep your leg firmly stretched; hold position; relax. Repeat with other leg. This is an excellent balancing exercise as well as a leg-muscle strengthener.

**23.** As you fasten your trousers, pull in your stomach as hard as possible. Hold position; relax.

**24.** While combing your hair, pull the comb through as though against a strong resistance, tightening up your neck as well as your arm muscles. Midway through combing action, tighten abdomen; hold position; relax.

**25.** While brushing your teeth, tighten arm muscles as though pushing against a strong resistance. Midway through the brushing action, tighten your abdomen; hold position; relax.



23



24



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**26.** While putting on your socks, point your toes, tighten your calf muscle and abdomen and pull on your sock as though against resistance. At the point shown in photo, tighten your abdomen; hold position; relax.

**27.** Before bending over to put on your shoe, pull in your stomach as hard as possible and hold it tense as you reach forward with your arms to fasten or pull on your shoe.



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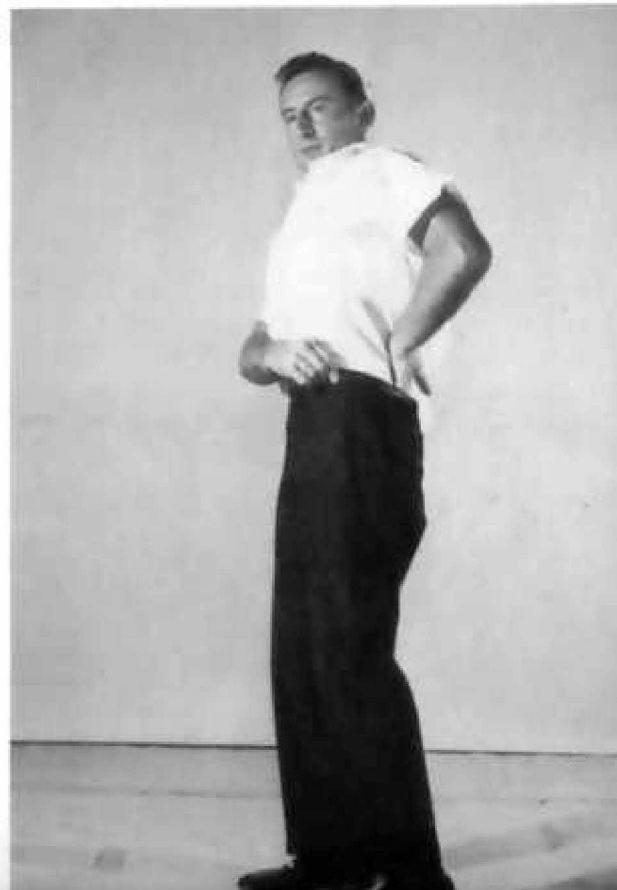
**28.** As you put on your shirt, slide your arms into the sleeves with slow, strong, deliberate movements. At the point shown in photo, extend your arm as much as you can, tighten your abdomen; hold position; relax.

**29.** As you tuck your shirt into the front of your trousers, draw in your stomach and push your shoulders forward slightly. Hold position; relax.

**30.** This is a different action from 29. As you tuck your shirt into the back of your trousers, tighten your stomach, pull your shoulders back and push your hips forward slightly. Hold position; relax.

19

30





**31.** While tying your tie, make the movements in slow motion. Hold your neck stretched out as far as you can throughout.

**32.** When fully dressed, stand up straight, head and shoulders back, chest up, arms and abdomen tight. Hold position; relax.

31



32

**33 & 34.** Walking (though it may only be from the bus stop or parking lot to the office) can afford you the opportunity to exercise many different muscles. (a) Each time you swing your arms, tense and relax your fists with every step; (b) tense and relax your stomach with every other step; (c) tense and relax your chest with every other step; (d) tense and relax your neck with every other step.

33



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36

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**35.** Waiting for (or in) the bus, grasp pole (or handle) and force down as hard as you can. Hold position; relax.

**36.** Grasp pole at about your waist height. Force up as hard as you can, tighten your abdomen. Hold position; relax.

**37.** Grasp pole and twist as hard as you can, putting your body into the action. Hold position; relax. Repeat using your other hand.



38. *When your car is stopped only (not when driving), grasp steering wheel with both hands, twist your head as far as possible. Tightening neck and abdomen, hold position; relax. Repeat to other side.*

39. *When car is stopped only (not when driving), push against steering wheel with both hands, forcing your body back. Tighten abdomen; hold position; relax.*

40. *When car is stopped (not when driving), push your heels against the front of the seat and push back with your heels as you tighten calf and stomach muscles. Hold position; relax.*



38



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41. *When car is stopped only* (not when driving), force your elbows into your sides, tighten your abdomen; take a breath; hold position; relax.



42

42. *When car is stopped* (not when driving), pull out against the steering wheel with both hands; tighten arms, chest and stomach; hold position; relax.



43

43. *When car is stopped* (not when driving), twist your hands on the wheel in opposite directions. Tighten your arms and shoulders; hold position; relax. Repeat, twisting to opposite directions.

**44.** Many of these "at the desk" exercises can be done at the breakfast or dinner table.

Place both hands flat on the desk, pushing down with both arms. Tighten your abdomen; hold position; relax.

**45.** Grip edges of the desk (or place your hands underneath the desk) and pull (or push) upward with both arms. Tighten your abdomen; hold position, relax.

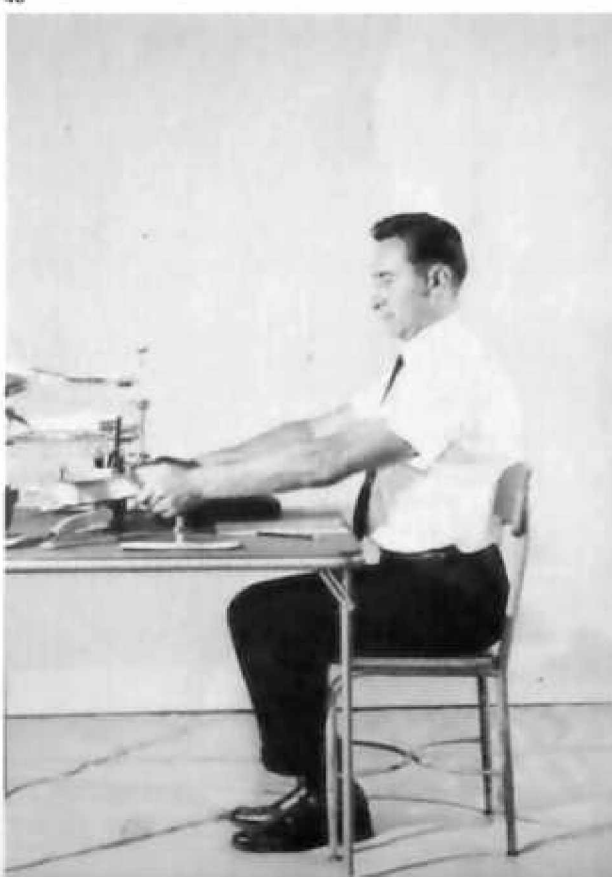
**46.** With both hands, reach for an object on your desk that you will lift as though it were very heavy. Hold the object in front of you; tighten your abdomen; hold position; relax.



44

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47. With your fingers, grip a pencil and press your hands toward each other. Tighten abdomen; hold position; relax. Repeat, pulling apart.

48. Reach for the telephone with a strong slow movement. Lift the receiver as though against resistance.

49. Dial the phone using the entire arm behind the motion. Tense from your shoulder down to your fingers. As you make the circular movements of dialing, you will feel the change of muscular involvement.



50

**50.** Relaxing completely at your desk for very short periods several times a day is an excellent way of relieving tension and allows you to continue your work refreshed.

**51.** Grip edges of your chair, force your body back against the seat and pull up. Keep your shoulders back; tense your abdomen; hold position; relax.

**52.** Grip the edges of your chair and press down. Tighten your abdomen; hold position; relax.



51



52





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**53.** While watching TV, grip the edges of your chair and pull up as you push onto the floor with your feet. Tighten your abdomen; hold position; relax.

**54.** Grip the edges of your chair and push down with your arms and legs. Tighten your abdomen; hold position; relax.

**55.** Place your hand and shoulders against the back of your chair. Tighten your abdomen; tense your neck and shoulders; hold position; relax.







56



57

**56.** Arch your body forward slightly, place the small of your back against the chair back. Pull in your stomach; force yourself back; hold position; relax.

**57.** Reach forward to the TV knobs using slow, strong motion. As you grip the knob, twist as though against resistance.

**58.** Raise your feet slightly off the floor. Push with your heels against the chair, tightening calves and thighs; hold position; relax.

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58







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60

**59.** Raise your legs and place the bottoms of your feet together. Push your feet together hard; hold position; relax.

**60.** Extend your legs, dig your heels into the floor. Tense your abdomen; push with your heels; hold position; relax.

## **15-Minute Program**

The daily program of planned exercise that follows will give you maximum results in the shortest possible time. The ideal arrangement is to exercise ten minutes in the morning (you will feel better at work as an immediate result) and five minutes before going to bed (you will sleep better as an immediate result). If you much prefer to do all 15 minutes either in the morning or evening, you may choose to do so.

Decide what you want to accomplish, which parts of your body do you need particularly to develop.

Using the Index as a guide, select a few exercises that meet your needs. Start with a five-minute program each day, doing the exercises of your choice. Add several exercises each day until you are doing a 15-minute daily total.

Do not neglect the relaxation period between exercises. They are as vital to the success of your program as the 10-second tension period. Practice breath control with every exercise.

Vary the exercises you do each day so that you get the benefit of all of them.



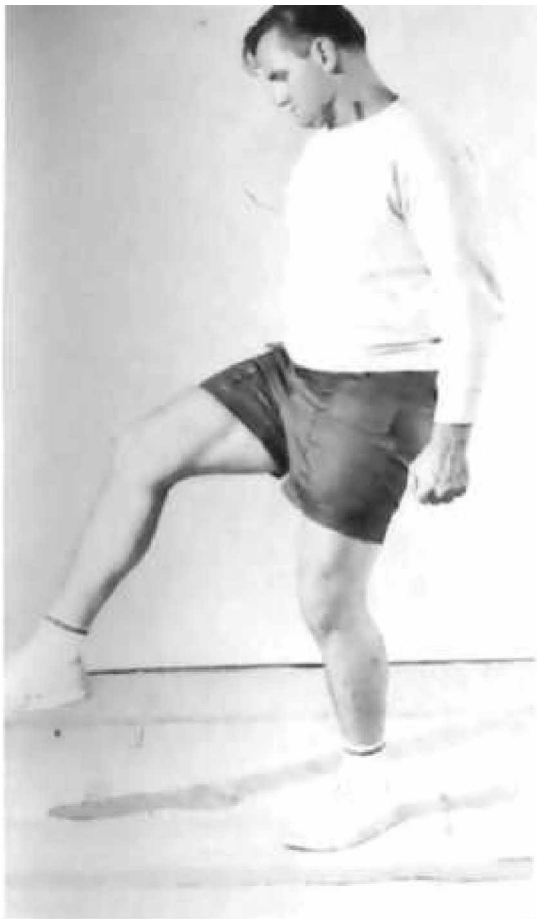
61

**61.** Place your legs shoulder-width apart, place your fists at your sides. Tense your entire body; hold position; relax.



62

**62.** Keeping your body as relaxed as possible, make a fist. Tense your arm *only* for the count of ten; relax. Repeat, using other arm.



63



64

**63.** Raise your leg, keeping the rest of your body as relaxed as possible. Tense your leg *only* for ten seconds; relax. Repeat, using other leg.

**64.** Keeping your body as relaxed as possible, make a fist with one hand and place the other hand over the fist. Push down with your hand and up with your fist as hard as possible for ten seconds; relax. Repeat, alternating hands.



65



66

**65.** Keeping your body as relaxed as possible, make a fist with one hand, and place the other hand under the fist. Push down as hard as you can with the fist as you push up with the hand. Hold position; relax.

**66.** Keeping your body as relaxed as possible, make a fist with one hand and grip the fist with the other. Twist in one direction with the fist while you twist in the opposite direction with your hand for ten seconds; relax. Repeat, using alternate hands and reversing twisting direction.



67



68

**67.** Keeping your body as relaxed as possible, place the palm of your hand against your forehead. Push back with your hand while you push forward with your head as hard as possible; hold position; relax.

**68.** Keeping your body as relaxed as possible, place your hand at the back of your head. Pull forward with your hand as you push back with your head; hold position; relax.

**69.** Keeping your body as relaxed as possible, place the palm of your hand against the side of your head. Push against your hand as hard as you can; hold position; relax. Repeat on the other side.





70

**70.** Raise your leg and place the palm of your hand on your knee. Keeping the rest of your body as relaxed as you can; press down with your hand while you push up with your knee as hard as you can; hold position; relax. Repeat using other leg and hand.



71

**71.** Raise your leg, place both your hands under the knee. Keeping the rest of your body as relaxed as possible, pull up with your hands and push down with your knee as hard as you can; hold position; relax. Repeat, using other leg.

72

**72.** Make a fist with one hand and place it in the palm of the other hand. Take a breath, force your fist against your palm as hard as you can; hold position; relax. Repeat, reversing hands.



**73.** Grip your wrists with your hands as shown. Tighten your abdomen; pull as hard as you can; hold position; relax.

73







74



75

**74.** Place your hands flat against the doorway at about your shoulder height. Tense your abdomen; push with your hands as hard as you can; hold position; relax.

**75.** Place your hands outside the doorway as shown, at a height between your waist and shoulders. Tense your abdomen; pull back with your hands as hard as you can; hold position; relax.



76



77

**76.** Place the palms of your hands inside the doorway, as shown in the photo, at about your waist height. Tense your abdomen; push out with your palms as hard as you can; hold position; relax.

**77.** Place the backs of your hands in the doorway as shown. Tense your abdomen; push out with your hands; hold position; relax.



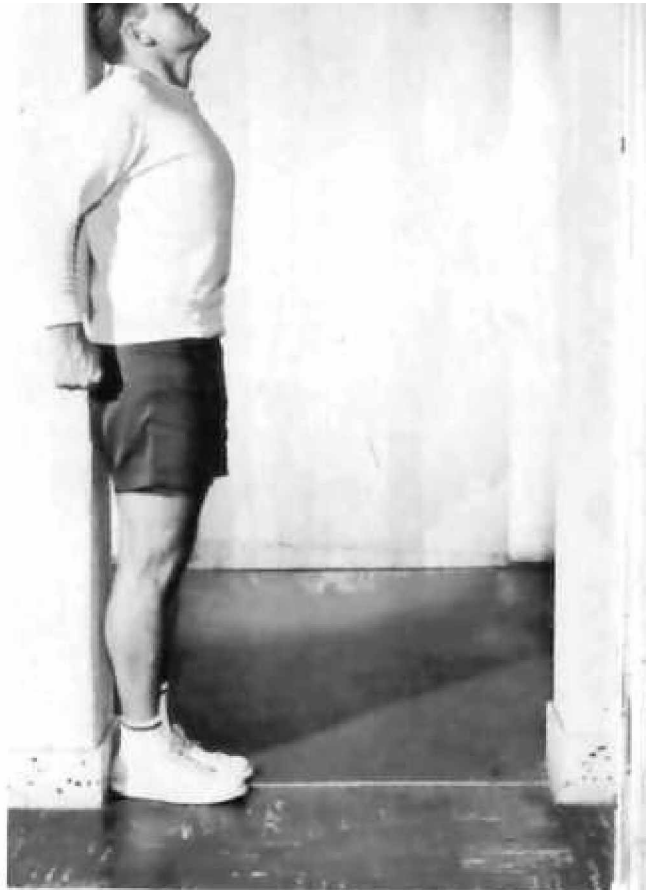
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79

**78.** Place both hands flat on the doorway (or against a wall) at your shoulder height. Tense your abdomen; push as hard as you can with your hands and arms; hold position; relax.

**79.** Place your shoulder against a wall (or doorway) and brace yourself with your opposite leg. Tighten your abdomen; tighten your legs and push against your shoulder; hold position; relax. Repeat, using other shoulder.



80

**80.** Stand flat against a wall, heels close in. Tighten your abdomen; press with your back against the wall; hold position; relax.

81

**81.** Place your back against the doorway and put your foot up at height shown in photo. Push your back against the wall and push with your foot and leg; hold position; relax. Repeat, using other leg.





82



83

84

**82.** Use a pole, dowel or broom handle as an aid. Place pole at chest height as shown in photo. Tighten your abdomen; push forward; hold position; relax.

**83.** Place pole in front of the doorway as shown. Tighten your abdomen; pull back on the pole; hold position; relax.

**84.** Place the pole behind you in the doorway as shown in the photo. Tighten your abdomen; pull forward; hold position; relax.





85



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**85.** Brace yourself in the doorway with one foot forward as shown and the pole placed at the opposite side. Tighten your abdomen; push down and back on the pole with both hands; hold position; relax. Repeat, alternating sides.

**86.** Bracing yourself with one foot forward as shown, place the tip of the pole in the upper corner of the doorway. Tighten your abdomen; push up with both your hands; hold position; relax.



87

**87.** Clothesline or similar rope may be used for the following exercises.

Grip rope firmly, keeping your hands about shoulder width apart and shoulder height. Tighten your abdomen; pull out as hard as you can; hold position; relax.



88

**88.** Tie a loop of rope. Adjust the size so that you can step on the bottom of the loop and hold the top of it just above shoulder height. Tighten your abdomen; pull up on the rope as hard as you can; hold position; relax. Repeat with other arm.

89

**89.** Using clothesline or similar rope, make a loop that allows you to put two poles in the loop as shown in the photo. When rope loop is pulled taut, the upper pole should be at your shoulder height.



Stand on the lower pole and grip the upper pole as shown. Tighten your abdomen; push up against the pole with your hands and arms; hold position; relax.

**90.** Stand on lower pole and hold upper pole behind you, as shown. Tighten your abdomen; push up on the pole; hold position; relax.

90







**91.** Double the rope loop so that you hold the upper pole at your thigh height when standing on the lower pole. Grip the pole with your palms as shown. Tighten your abdomen; pull up; hold position; relax.

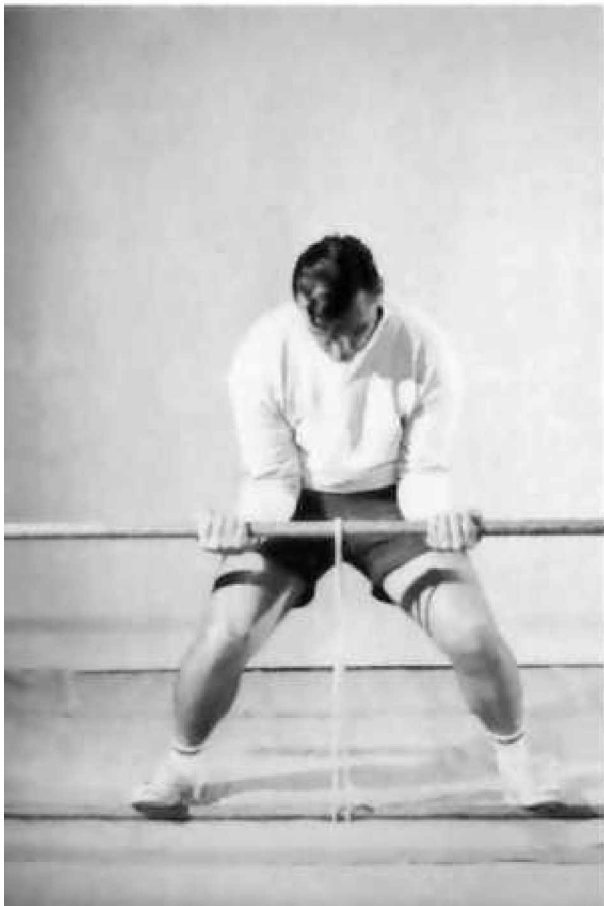
**92.** Grip pole with your palms up, as shown. Tighten your abdomen; pull up; hold position; relax.

**93.** Standing on lower pole, hold upper pole behind you, as shown. Tighten your abdomen; pull up; hold position; relax.

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95



**94.** Lying on the floor, brace lower pole with your feet and hold upper pole at your thighs, as shown. Tighten your abdomen; pull back on the upper pole as you push at the lower pole; hold position; relax.

**95.** Lying on the floor, brace the lower pole with your feet in the air, as shown, while you lock the upper pole in the bend of your elbows. Tighten your abdomen; push up with your feet as you pull back with your arms; hold position; relax.

## **Team Exercises**

A splendid way of practicing isometric exercises is with a partner. You may have a team of two men, husband and wife, or father and son. Team training has the advantage of mutual benefit from the exercises coupled with the pleasure of a social occasion. It is always easier to carry out a program of exercise activity if you have the company of a companion or group. When practicing team exercises, try to pair off with partners of similar size and weight. When a larger and smaller partner work together, the larger person should not try to overpower the smaller person, but equalize the tension.



96



97

98

**96.** Use a pole, dowel or broom handle. Both men grip the pole at the center so that pressure is equalized. In unison, both men take a breath; push toward each other creating an equal tension. (The point of these exercises is *not* to overpower, but to help each other so that both benefit.) Hold position; relax.

**97.** Both men grip pole with equal tension; take a breath in unison; pull against the pole; hold position; relax.

**98.** Both men hold pole so that their hands are close together. Take a breath in unison; tighten abdomens; twist in opposite directions; hold position; relax. Repeat, twisting in opposite directions.





100

**99.** Brace the pole between your feet, as shown, grip the top of the pole with one hand. Take a breath in unison; pull at the pole; hold position; relax. Repeat, using other hand. Do the same exercise using a pushing motion.



99  
101

**100.** Keeping the pole off the floor, one man grips the pole at the top end while the other man grips it in the center, as shown. Take a breath in unison; tighten abdomens; top man pushes down as bottom man pushes up; hold position; relax. Repeat, switching positions.

**101.** One man holds the pole at about waist height as shown; the other man places his foot at about the center of the pole. Take a breath in unison; tighten abdomens; both men push toward each other, equalizing tension; hold position; relax. Repeat, using other foot. Repeat, switching positions.



102

**102.** One man holds pole as shown, his legs slightly bent; the other man hooks his instep under the pole. Take a breath in unison; tighten abdomen; man holding pole pushes down as other man pulls up with equal tension; hold position; relax. Repeat using other foot. Repeat, switching positions.



103

**103.** Man holding pole keeps his legs slightly bent, other man hooks his heel over the pole. Take a breath in unison; man holding pole pulls back with his hands as other man pulls back with his foot; hold position; relax. Repeat, using other foot. Repeat, switching positions.

**104.** Man holds pole braced at his foot and held at the top; other man places the side of his foot at the pole. Take a breath in unison; both men push against each other with equal tension; hold position; relax. Repeat, using other foot. Repeat, switching positions.





105 106



**105.** One man is seated, keeping the lower part of his body as relaxed as possible. He places the palms of his hands under his chin. The other man stands behind his chair and places his palms under the seated man's elbows. Take a breath in unison; standing man tightens his abdomen; seated man pushes down with his chin and back with his shoulders; standing man equalizes tension by pulling up; hold position; relax. Repeat, switching positions.

**106.** Seated man relaxes his body as much as possible. Standing man places his hands at the back of other man's head. Take a breath in unison; men push toward each other with equal tension; hold position; relax.

**107.** Seated man holds his legs straight out and braces himself with his hands at the edge of the chair. Take a breath in unison; standing man pushes down with his hands as seated man forces up with his legs to create equal tension; hold position; relax. Repeat, with standing man pulling up on seated man's legs as seated man forces down. Repeat, switching positions.

107



**108.** Men stand facing each other, palms placed together, one foot somewhat forward to brace. Take a breath in unison; tighten abdomens; push with equal tension; hold position; relax.

**109.** Men stand facing, grip each other's wrists. Take a breath in unison; pull with equal tension; hold position; relax.

**110.** One man makes fists and the other man grips his wrists, as shown. Take a breath in unison; tighten abdomens; left man pulls up as right man pushes down with equal tension; hold position; relax. Repeat, switching positions.



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111 113



112



**111.** One man holds his arms outstretched. The other man stands to his side, as shown, and places his hands at both forearms. Left man pushes to the side as right man opposes the push with equal tension. Repeat, from other side. Repeat, switch positions.

**112.** Left man holds his arms outstretched while right man grips his wrists, as shown. Left man pulls to the side as right man pulls away to create equal tension; hold position; relax. Repeat from other side. Repeat, switching positions.

**113.** Left man places his hands at his hips, elbows out. Right man pushes forward on left man's elbows, while left man forces back with his elbows to create equal tension. Hold position; re-



114

lax. Repeat this exercise reversing the direction of restraint, pulling, rather than pushing.

**114.** One man lies on the floor with the other man holding his legs down. Man on floor rises up to half-sitting position and forces up with his legs while the other man pushes to create equal tension; hold position shown; relax.

**115.** One man lies on the floor with his legs raised as shown while the other man holds his ankles. Man on the floor forces up with his outstretched legs while the other man pushes forward with equal tension; hold position shown; relax.

115





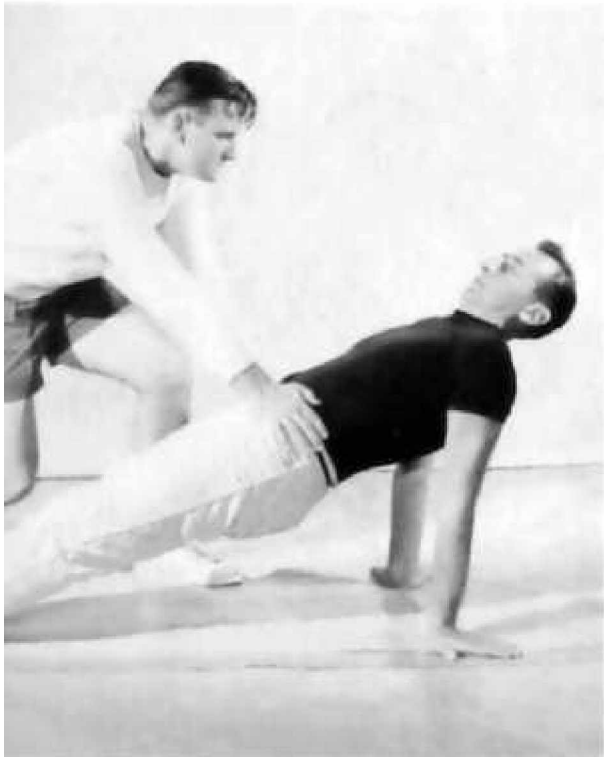
116



117

**116.** One man is seated upright on the floor; the other man places his palms against seated man's chest. Seated man pushes forward with his upper body while the other man pushes with equal tension; hold position; relax.

**117.** One man is seated upright on the floor; the other man kneels behind him and places his hands at his shoulders as shown. Seated man forces back with his shoulders while rear man moves forward to create equal tension; hold position; relax.



118

**118.** One man places his hands on the floor behind himself and braces his outstretched body on his heels; the other man places his hands at hips, as shown; right man pushes up with his hips as left man pushes down to create equal tension; hold position; relax.

## **Exercises for Women**

Women should not follow the same program as men. Isometrics develop the muscles. Women should have good, strong stomach muscles, well-toned back muscles, and firm thigh muscles to look and feel attractive and healthy. However, you do not require (or want) bulging arm muscles, heavy neck and shoulder muscles or overdeveloped leg muscles.

The exercises that have been selected for you in this book are those which will help you achieve an attractive figure and make you feel vigorous and lively.

If you have very weak or underdeveloped legs, arms or buttocks, practice appropriate exercises in the men's section.



119 120



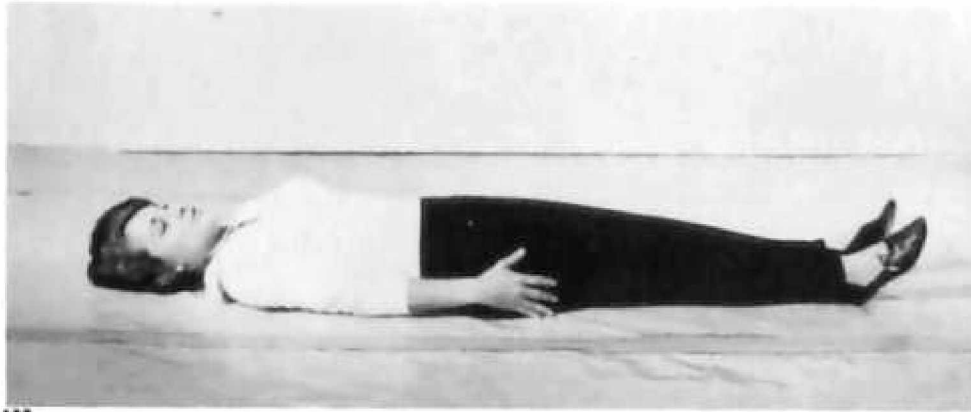
121



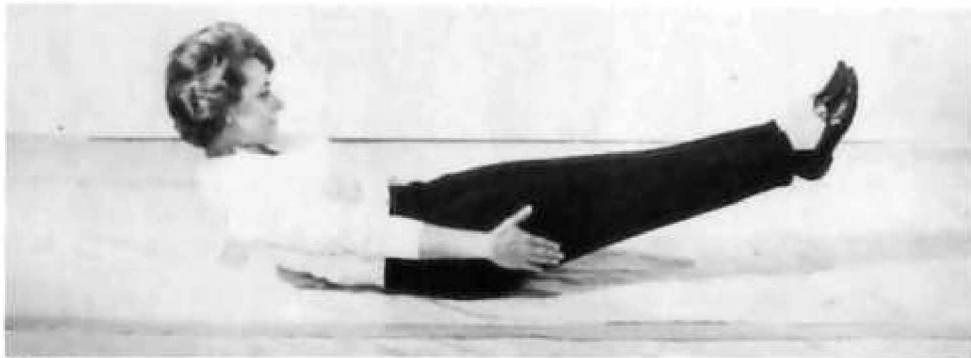
**119.** Seated at table or desk, pause in the middle of a routine movement such as writing or cutting, tighten abdomen and continue the action as though against strong resistance for a count of ten; relax.

**120.** While bending, keep legs straight, stomach tucked in; tighten your entire body for a count of ten; relax.

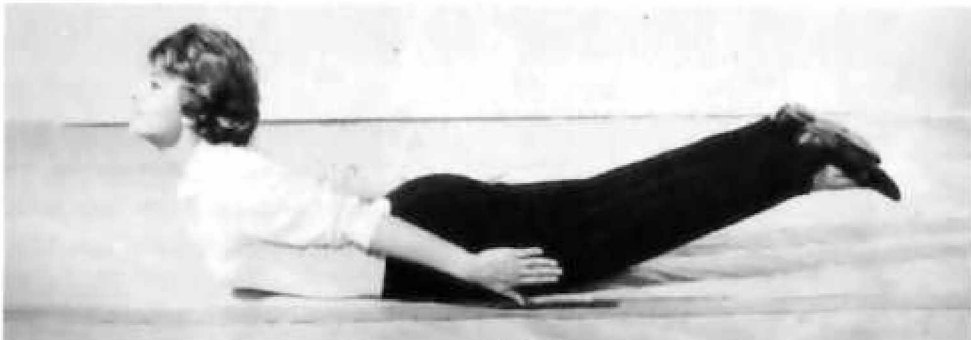
**121.** Using broom handle as a brace, grip as shown, bend your legs slightly; tense your abdomen as hard as you can and force down with your hands for the count of ten; relax.



122



123



124

**122.** Lying on the floor; take a deep breath, expand your chest and tighten your entire body as hard as you can for the count of ten; relax.

**123.** Lying on the floor; bring your feet and head up as shown; tighten your abdomen and hold position for a count of ten; relax.

**124.** Lying on your stomach on the floor, raise your outstretched legs and your head as shown. Hold tightly for a count of ten; relax.



125



126



127

**125.** Stand straight with your chest expanded, raise your arms and place your palms together as shown. Take a good breath; tighten your abdomen; push your hands together as hard as you can for a count of ten; relax.

**126.** Stand straight, chest expanded, hooking your fingers together as shown. Take a breath; tighten your abdomen; pull as hard as you can with your hands for a count of ten; relax.

**127.** Stand straight with your chest expanded, placing your hands flat against your stomach. Take a good breath and pull in your stomach as hard as you can while you press with your hands for the count of ten; relax.



128

**128.** Place your hands behind you on a chair and brace yourself on your toes, as shown. Your body from knees to shoulders should be straight and rigid. Take a deep breath; push up with your hips for the count of ten; relax.



129 130

**129.** Keeping your body straight, place your hands on a chair back for balance. Take a breath; tighten your abdomen; rise on your toes as high as you can and press down with your hands; hold for a count of ten; relax.

**130.** Place your hands on a chair back and place one foot lightly in front of the other. Take a breath; tighten your abdomen; push down with your hands as you force forward with your rear leg and hold for the count of ten; relax. Repeat, using other leg forward.







131

**131.** Sit at the edge of a chair with your hands behind you as shown. Take a breath, extend one leg as high and as far as you can for the count of ten; relax. Repeat, using other leg.

**132.** Place your leg on chair back as shown. Take a breath; tighten your abdomen and reach forward as far as you can; hold position for the count of ten; relax. Repeat, using other leg.

**133.** Place your heel at the edge of a chair. Take a breath; tighten your abdomen; push back with your arms as though against resistance as you contract your buttocks as hard as you can for the count of ten; relax. Repeat, using other leg on the chair.

132 133



## Progress Chart

*Enter Dates and Measurements*

	Weight	Arms	Neck	Chest (Bust)	Waist	Hips
Starting Date						
First Week						
Third Week						
Fifth Week						
Seventh Week						
Tenth Week						

**Thereafter,  
keep monthly  
record**

### **WHAT ARE ISOMETRIC EXERCISES?**

Simple, easy exercises designed for body-building, figure control, improving muscle tone, posture correction and developing power and strength.

### **ADVANTAGES OF ISOMETRICS OVER OTHER EXERCISES**

Only ten seconds of your time is required for each exercise. They are easy to do and can be performed anywhere, anytime and need no special equipment. They are safe and simple. They are not exhausting. Scientific findings have proven their efficiency in conditioning the human body.

### **WHY THIS BOOK IS UNIQUE AND HOW IT CAN HELP YOU**

It offers four complete programs designed for your particular needs and schedule:

- For busy people: Exercises to fit into your daily routine (at work, commuting, showering, etc.).
- Fifteen minute plan: Regular exercises for those who have fifteen minutes a day. Puts you in condition and maintains a high level of stress.
- For women: Designed for women's special figure problems and hectic schedules.
- For groups: Exercises to do with your wife, husband, children or friends.