

# Top 12 Isometric Exercises and Muscles Targeted



## The Plank

targets the abdominals, lower back and shoulders.



## Push That Wall

targets the biceps, chest, lats, shoulders and triceps.



## Wall Sit

targets the calves, glutes and quadriceps.



## Medicine Ball Squeeze

targets the chest and the abdominals.



## Squat Hold

targets the core, glutes and quadriceps.



## The Non-Pushup Pushup

targets the abdominals, biceps and shoulders.



## Side Plank

targets the abdominals, posterior abdominal muscles and quadratus lumborum.



## Static Lunge

targets the abdominals, glutes, calves and thighs.



## Tree Pose

targets the abdominals, ankles, calves, groin, thighs and shoulders.



## Hip Lifts

targets the abdominals, obliques, hip abductors, glutes, back muscles and hamstrings.



## Warrior Two

targets the abdomen, ankles, buttocks and thighs.



## Superman

targets the shoulders, lower back, hips, glutes and lower abdominals.

# Isometric Exercises Guide

**Eric Jason**



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