

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

M Tight



Isometric Exercises Guide:

Isometric Exercises Guide Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Isometric Exercises Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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