

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

Christian Drosten



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