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variety to your workouts. With proper technique, frequency, and progression, beginners can safely explore the advantages of isometric training. Top 20 Isometric ExercisesThe following exercises are being conducted and reveal any areas of weakness. They're simple to try, you can do them anywhere and they'll give you a solid start toward gaining new levels of strength. 1. PlankGet on all fours with your feet together, arms straight, body straight from head to heels, and your hands in line with (but slightly wider than) your shoulders. Clench your glutes, draw your shoulders down, and brace your core to lock your body into position. Hold until fatigued. (Can also be performed on forearms like the above image.) 2. Low Squat Stand tall with your feet hip- to shoulder-width apart and your hands by your sides, toes pointed forward. Keeping your back flat and core braced, push your hips back, bend your knees, extend your arms forward, and lower your body as far as possible. Hold for time. 3. Split Squat If you have weak glutes and quads, then you are running a high risk of runner knee and a plethora of other overuse injuries - Split squats will help off set that risk. Take an athletic stance with back straight and core engaged, then step into a lunge position. Make the pose more challenging by sinking down until your front knee is bent to a 90 degrees and your back knee nearly touches the floor. 4. Wall SitStand with your back against a wall, your feet hip-width apart and your hands by your sides. Slide down the wall until your hips and knees are 90 degrees, with your shoulders and butt touching the wall. Hold until fatigued. 5. Calf Raise HoldStart by using with both legs, raise your heels and lift your body off the ground. Once you get as high as you can go, hold this position for 1 minute, then slowly come back down. As your body gets comfortable with this new stress, you can add another 30 seconds at a time you until you reach 5 minutes. 6. Leg ExtensionsSit on a chair with your tailbone firmly against the back of the chair, hands resting on the chair with both feet flat on the floor. Slowly extend your right leg out in front of you, engage your quads, and reach your toes as much as you can without losing form. Hold the position for 30 seconds to one minute, then lower down to starting position and change sides. 7. Isometric Push-upGet on all fours with your feet together, your body straight from head to heels, and your hands in line with (but slightly wider than) your shoulders. Bend your elbows so that your upper arms flare out diagonally from your torso (you should form an arrow when viewed from above). Lower your body until your elbows form 90-degree angles, and hold until fatigued. 8. Static Lunge Stand tall with your feet hip-width apart and your hands at your sides. Keeping your chest up, shoulders back, back flat, and core engaged, take a large step forward with your right foot. Lower your body until your front thigh is parallel with the ground and your left knee is bent 90 degrees. Hold until fatigued, performing equal reps on both sides. 9. Dumbbell CurlStand holding a pair of dumbbells at arms length by your sides, palms facing forward. Keeping your elbows tucked and your upper arms locked in place, curl the dumbbells until your forearms are parallel to the floor. Hold until fatigued. 10. Bench PressLie on a flat bench holding a pair of dumbbells or barbell directly above your chest with your palms facing forward. Your head, upper back, and butt should touch the bench, and your feet should be flat on the floor. Slowly lower to the sides of your chest, keeping your elbows close to your body. Stop when the weights are a few inches above your chest, and hold until fatigued. 11. Dead HangGrab a pull-up bar with an over or underhand grip, your hands shoulder-width apart. Allow your body to hang with your legs crossed behind you or toes pointed toward the floor. Hold until fatigued. 12. Pull-Up Hold Grasp pull-up bar with hands shoulder-width apart. Pull yourself up until your upper chest is even with the bar. With elbow down, focus on squeezing the shoulder blades together and hold the position for 12 minutes. 13. Scapular RetractionGrab a pull-up bar with an overhand grip, your hands shoulder-width apart, and let your body hang. Draw your shoulders down and back to raise your shoulders just slightly toward the bar. Hold until fatigued. 14. Flexed-Arm HangGrab a pull-up bar with an underhand grip, your hands shoulder-width apart, and let your body hang. Pinch your shoulder blades down, then bend your elbows until your upper arms are parallel to the floor. Hold until fatigued. 15. Hollow-Body Hold Lie supine with the arms and legs in the air and the knees bent. Flatten out the lumbar spine so there's no gap between the floor and the low back. Pinch your shoulder blades down, and position your feet just in front of your body, with your legs straight. Engage your core. Your body should form a gentle C shape. Hold until fatigued. 16. Good MorningsPlace an barbell on your back as if preparing to back squat. Hinge at the hips, and lower your chest until its parallel to the floor. Hold for 10 seconds, then return to standing. Next, hinge again, lowering torso to just 45 degrees. Hold 10 seconds, then return to standing. 17. Goblet SquatHolding a heavy dumbbell or kettlebell in the front racked position with both hands in front of your chest, elbows tight to your sides, lower into a squat. Hold at the bottom of your range of motion (ideally parallel or just below) for 5 seconds, then press through heels and return to standing. 18. Lateral Shoulder RaiseStand with your feet shoulder-width apart, with your knees slightly bent. Hold the weights at your sides with your arms straight but elbows unlocked. Raise the weights equally out to either side until they are shoulder height. 19. Upright RowStand upright with your feet hip-distance apart and your knees slightly bent. Hold the barbell lightly in front of you with your arms straight. Bend your elbows to raise the weight up to shoulder level. 20. BridgeLie down on your back on the floor. Flex your knees, keep your hands on the sides, and feet and palms flat on the ground. Support your body on your feet and palms and gently thrust your hip upwards. Hold this position for 10 seconds before lowering your body back to the starting position. Build Strength That Translates to Real PerformanceTake your isometric training to the next level with VertiMax Training Systemsdesigned to improve power, balance, and control in every movement. Top Isometric Exercises Using VertiMax Equipment Utilizing VertiMax equipment to perform isometric exercises can enhance your static strength training program. Here are a few exercises that would likely benefit from the application of VertiMax's resistance technology. VertiMax Plank Hold: Using the VertiMax resistance bands attached to the waist, perform a plank. The added resistance increases core engagement. Isometric Squat: Stand on the VertiMax platform with the resistance bands attached to your waist. Lower into a squat position and hold. The resistance adds intensity, strengthening the quads, glutes, and core. Static Lunges: With one foot on the VertiMax platform and resistance bands attached at the waist level, step back into a lunge position and hold. This can intensify the work on the glutes and hamstrings. Wall Sit with VertiMax Resistance: While performing a traditional wall sit, use the VertiMax resistance bands attached to the waist to add extra pressure, increasing the challenge to your lower body. Isometric Shoulder Hold: Using the VertiMax hand straps, extend your arms in front of you or to the side and hold them static against the resistance. This exercise can target the deltoids and improve shoulder stability. Bicep Curl Hold: Stand on the VertiMax platform with the resistance bands attached to your hands. Curl your arms up to a 90-degree angle and hold against the resistance, focusing on the biceps. Tricep Extension Hold: Similar to the bicep curl hold but with your arms behind your head. Extend your arms up against the resistance and hold, targeting the triceps. Calf Raise Hold: Stand on the VertiMax platform, lift onto your toes against the resistance, and hold, strengthening the calf muscles. The Takeaway...These exercises are amazing examples of how you can get the most out of isometric exercise. But its important to note that a lot of other workouts can easily become isometric! During an exercise, if you hold your position during its peak contraction, youre good to go. With so many different ways to exercise, it can be hard to choose which path is right for you. Isometric exercises just may be the perfect addition to your workout routine if you: Have a shoulder injury Are looking for a different kind of fitness approach Are recovering from a knee surgery Experience chronic knee pain Are seeking a low-impact exercise

Isometric strength training exercises. Is weight lifting isometric exercise. Is weightlifting isometric. Isometric exercises weight loss. Strength training isometric. Bodyweight isometric exercises.