ISOMETRIC EXERCISES

The following basic isometric exercises work your major muscle groups.

HAND PUSH

1. Sit in a sturdy chair, on a bench, or on the floor with your back straight. You may cross your legs if you prefer. Place the palms of your hands together.
2. Raise your hands and elbows to shoulder-height. Push your hands against each other as hard as you can. Hold the position for 7 seconds; rest for 30 seconds.
3. Do 2 or 3 reps as time allows.

BACK FLATTENER

1. Lie on your back with your knees bent.
2. Pull in your abdomen by contracting your abdominal muscles as tightly as possible. Flatten your lower back against the floor. Hold the position for 7 seconds; rest for 30 seconds.
3. Do 2 or 3 reps as time allows.
KNEE EXTENDER

1. Hold onto something for support and stand on your left foot. Lift your right foot behind you, bending your knee to a 90-degree angle.
2. Loop a towel under your right ankle; hold the ends of the towel in your right hand.
3. Push downward with your foot, trying to straighten your leg against the resistance of the towel.
4. Repeat the exercise 2 or 3 times with each leg as time allows.

This exercise uses the muscles on the front of your thighs (quadriceps). The fourth quadriceps muscle, the vastus intermedius, lies beneath the rectus femoris and therefore is not shown in the illustration.

WALL PUSH

1. Stand with your back against a wall.
2. Move your feet out as you lower yourself into a half squat. Keep your thighs parallel to the floor.
3. Push your back against the wall by pushing with your legs as hard as you can. Hold the position for 7 seconds; rest for 30 seconds.
4. Do 2 or 3 reps as time allows.

This exercise uses the muscles of your legs and abdomen.
BICEPS CURL WITH TOWEL

1. Stand with your back straight and your knees slightly bent.
2. Loop a towel under the back of your thighs.
3. Grasp the towel ends with your palms up. Keep your elbows against your sides.
4. Pull up on the towel as hard as possible. Hold the position for 7 seconds; rest for 30 seconds.
5. Do 2 or 3 reps as time allows.

TOE PUSH

1. Sit on the floor using good posture.
2. Hold the end of a jump rope or towel in each hand. Loop it over the balls of your feet so that it is tight against your soles.
3. Push with the balls of your feet as you pull on the rope or towel. Keep your back straight. Hold the position for 7 seconds; rest for 30 seconds.
4. Do 2 or 3 reps as time allows.
**LEG CURL**

1. Stand on your left leg. Hold on to a chair or wall for balance.
2. Loop a towel behind your right ankle and stand on the ends of the towel with your left foot.
3. Keeping your posture erect and your back straight, try to bend your knee against the resistance of the towel. Hold the position for 7 seconds; rest for 30 seconds.
4. Do 2 or 3 reps with each leg as time allows.

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**BOW EXERCISE**

1. Stand in a position that an archer would take when shooting a bow.
2. Hold a towel with your right arm as if you were holding a bow.
3. Hold the other end of the towel with your left hand near your chin as if you are holding the string of the bow.
4. Push with your right hand and pull with your left hand. Hold the position for 7 seconds; rest for 30 seconds.
5. Do 2 to 3 reps with each arm forward as time allows.

Safety tip: Breathe normally while doing these exercises. Do not hold your breath. Holding your breath can cause dizziness and possibly a blackout.