



Power Isometrics: Isometric Exercises For Muscle Building And Strength Training For Everyone (workout guide, burn fat, conditioning, exercise workout Book 1)

David Nordmark

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Discover How Isometric Exercises Can Give You The Body Of Your Dreams

Building muscle and strength using nothing but self-resistance is possible. Here's how. Isometric exercises use the principle of the isometric contraction in order to build muscle and strength without moving a muscle. This form of self-resistance training has been around for thousands of years and has been utilized in such diverse disciplines as yoga and the martial arts. In the past such figures as legendary strongman Alexander Zass, former President John F Kennedy and the immortal Bruce Lee have all used isometric exercises to build strength and maintain their physiques. *Power Isometrics: Isometric Exercises For Muscle Building And Strength Training* is a modern take on this time proven discipline that will help you attain the body of your dreams in less than ½ hour a day. When you perform this simple yet incredibly effective program you can expect the following:

- Transform your physique without moving a muscle
- Build amazing strength
- You will look and feel great
- Create lean, perfectly sculpted muscle
- Lose unwanted fat
- Look younger than your years
- People will notice the new you and wonder what your secret is
- You can exercise from the comfort of your own home
- No special equipment is required

No matter what your age or present physical condition *Power Isometrics* can put you on the road to a new you that radiates optimal health and vitality. Take your first step down this road by ordering *Power Isometrics: Isometric Exercises For Muscle Building And Strength Training For Everyone* today!

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