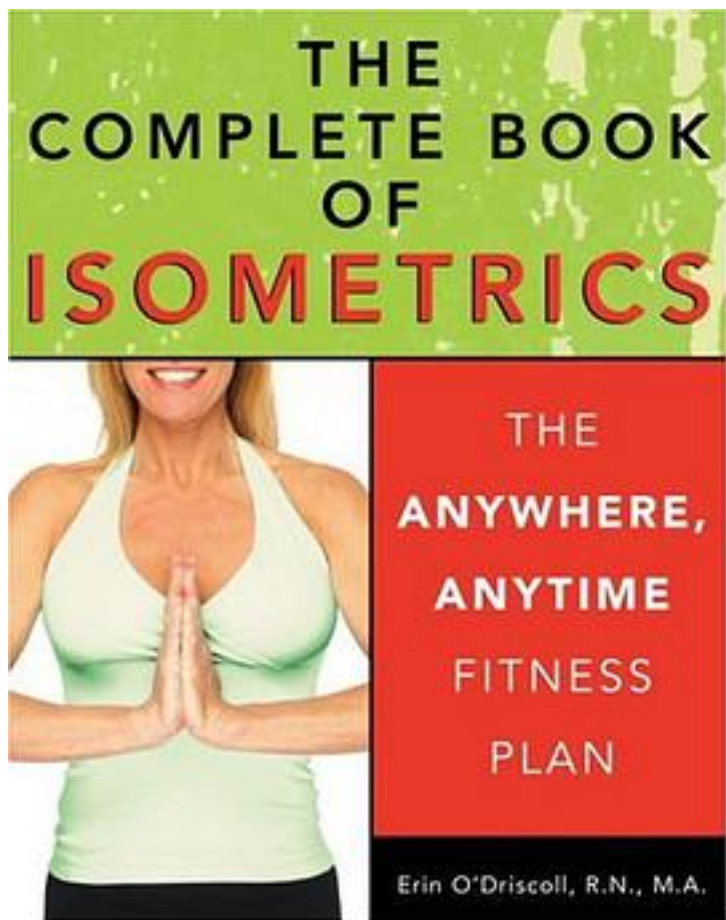


COMP BOOK OF ISOMETRICS



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Don't have time to exercise? Don't belong to a gym? It doesn't matter.

Now you can get a complete workout, anytime, anywhere, with the secrets of isometrics. Millions of people can't seem to find the time to exercise. Now they can

with The Complete Book of Isometrics. Fitness expert Erin O'Driscoll has compiled the best isometric exercises that can be done in the office, at home watching TV, flying in an airplane, or even driving a car—no equipment required.

Rather than using expensive machines or lugging around a set of dumbbells, you use common objects and your own body's resistance to work out the muscles. Isometric exercises are especially helpful to people recovering from injuries that limit range of motion. A special chapter shows how even people with disabilities can use isometrics to build muscle tone and strength.

Using the secret of resistance, isometrics are the basis for yoga, Pilates, and all the core stabilization techniques that are so popular today. Now, learn the original, simple, and effective way to a complete workout without moving a muscle!

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