

Checklist of Isometric Exercises

Do one or more exercises from each group daily. You will note that some exercises can be combined with others, so that one part of the body will furnish resistance to another part. In such cases you can do two or more exercises at once.

All-Over Exercise

Standing

- Push against wall, using muscles from fingers to toes.

Sitting

- Place hands on knees. Push down with hands, arms, shoulders. Push up from toes, using thigh and abdominal muscles.

Face

- Stretch.
- Squeeze.

Head and Neck

- Push against unyielding resistance forward, back and to sides.

Shoulders

- Push out in doorway.
- Push up in doorway or against roof of car.
- Pull down against wall.
- Clasp hands in front of you, and try to pull them apart. (Also use telephone, steering wheel, etc.)
- Stand sideways against wall, arm at side. Try to raise arm through wall.
- Grip sides of chair, pull up.

Chest

- Face wall, arms at shoulder level, try to pull them through wall to front.
- Place fist in hand in front of you, push against own resistance. (Or use post, corner of wall, doorway, telephone, etc.)
- Place palms on inside of knees (arms crossed) and push out

against own resistance.

Upper Arms

- Try to curl forearms up against immovable object, or resist one hand with other.
- Try to push forearms down against immovable object, or resist one hand with other. (Note that by offering your own resistance, this exercise and the one above can be done simultaneously.)

Forearms

- When performing any pushing exercise, if you make claws of your fingers and push with your fingertips, this will strengthen muscles of the forearm.
- Stretch fingers apart.
- Grip object and squeeze.
- Bend hands up at wrist, try to extend against resistance. By placing the fingers of one hand on the back of the fingers of the other, you can furnish your own resistance.

Abdomen and Waist

- Pull in stomach as hard as you can. Can be done standing, sitting or lying down.
- Lying on back, raise head and shoulders as far as you can, and hold against resistance of gravity.
- In sitting position, bend forward, hands on legs below knees, push down with hands, up with legs. (Gets arms and shoulders, too.)

Lower Back

- Lie face down, heels under resistance, bend legs up from hips.

Side and Hips

- In doorway, or against wall, place right hand over head, palm against left side of doorway, and push.

Thighs and Calves

- In doorway, arms locked overhead, knees bent, try to stand erect.
- As above, but with knees straight, try to rise on toes.
- Face wall, place toe against it, and attempt to kick out.
- With back to wall, put heel against it, and try to pull leg back.
- Standing sideways to wall, try to raise leg to side.
- As above, try to turn ankles to side.
- Sitting, place object like wastepaper basket between ankles and squeeze.
- Sitting, place ankles on inside of chair rungs and attempt to push out.

NOTE: In all the exercises involving the thighs and calves you can, if you prefer, furnish your own resistance. In one of the

chest exercises you attempted to push your knees apart with your arms. This, of course, exercised the muscles on the inside of the thigh. Likewise, you can place your hands on the outside of your knees, and attempt to spread them apart against this resistance. Crossing feet at the ankles, you can try to pull them apart, thus exercising the muscles on the sides of the legs, or attempt to raise the bottom one up against the resistance of the other, thus exercising the muscles on the top and bottom of the thighs. By placing the ball of one foot against the back of the toes of the other, you can firm and strengthen the muscles used in running and walking. By attempting to turn the feet sideways, in and out, against either an outside resistance or your own, you will further develop the muscles of the calves.