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By Anthony Anholt

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A system of exercise to strengthen specific muscles of the body by pushing parts of the body (such as the two hands) strongly against each other, or against a fixed

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Isometric exercise pits your muscles either against themselves or an unmovable object in order to get to the LAST rep FIRST. Imagine you are pressing your palms

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Isometric exercise or isometrics are a type of strength training in which the joint angle and muscle length do not change during contraction (compared to concentric http://en.wikipedia.org/wiki/Isometric_exercise

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<http://www.livestrong.com/article/236739-isometric-exercises/>

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Anthony Anholt is the author of The Isometric Exercise Bible (3.19 avg rating, 16 ratings, 0 reviews, published 2013), Tapping Scripts for Beginners - EF

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