



ISOMETRIC WORKOUT

An isometric exercise is a form of exercise involving the static contraction of a muscle without any visible movement in the angle of the joint. The term "isometric" combines the Greek words "Isos" (equal) and "metria" (measuring), meaning that in these exercises the length of the muscle and the angle of the joint do not change, though contraction strength may be varied. Dan Gable and Bruce Lee are big proponents of isometric workouts.

Watch the short video provided. Record yourself doing this workout and upload to social media. Make sure to tag us in it. Share your thoughts with us at myrmidontraining@gmail.com