

Your Body-weight Isomeric Workout

Using the exercises on the isometric workouts page you can fill in any workout that you want. Have a minimum of 6 exercises, and a maximum of 10. As always, start slow and careful.

Exercises	<i>Monday</i>	<i>Wednesday</i>	<i>Friday</i>
1.	/ / / / /	/ / / / /	/ / / / /
2.	/ / / / /	/ / / / /	/ / / / /
3.	/ / / / /	/ / / / /	/ / / / /
4.	/ / / / /	/ / / / /	/ / / / /
5.	/ / / / /	/ / / / /	/ / / / /
6.	/ / / / /	/ / / / /	/ / / / /
7.	/ / / / /	/ / / / /	/ / / / /
8.	/ / / / /	/ / / / /	/ / / / /
9.	/ / / / /	/ / / / /	/ / / / /
10.	/ / / / /	/ / / / /	/ / / / /