

Bruce Lee's Basic Isometric Workout

Do each lift once per workout, tensing from 6 to 12 seconds. You'll get done in 15 to 20 minutes. Just check each exercise off as you get it done. It doesn't seem like much, but it's definitely enough!

Tuesday	Thursday	Saturday
1. Press Lockout	1. Press Lockout	1. Press Lockout
2. Press Start	2. Press Start	2. Press Start
3. Rise on Toes	3. Rise on Toes	3. Rise on Toes
4. Pull	4. Pull	4. Pull
5. Paralell Squat	5. Paralell Squat	5. Paralell Squat
6. Shoulder Shrug	6. Shoulder Shrug	6. Shoulder Shrug
7. Dead-Weight Lift	7. Dead-Weight Lift	7. Dead-Weight Lift
8. Quarter Squat	8. Quarter Squat	8. Quarter Squat