

# Isometric

Rahul Mookerjee

Isometric Drawing Alpha Pierce Jamison,1911

Isometric Exercise Bible Anthony Anholt,2015-01-19 Discover How Isometric Exercises Can Help You Build Your Physique - Without Moving A Muscle No matter what your age or current fitness level, isometric exercises can help you build the body of your dreams. This exercise system uses the principle of the isometric contraction in order to build your muscles quickly and efficiently. Traditional exercises such as weightlifting force you to perform boring repetitions in order to break your muscles down and stimulate growth. Done properly, the isometric contraction allows you to accomplish the same thing in 7 seconds. If you are a man isometrics can help you build greater muscle size and definition. If you are a lady isometrics can help you build that healthy, feminine Fit N Sexy look that so many women desire. If you are an older man or women isometrics can help you get back in shape while turning back the clock. The benefits of this exercise system include: They can be done anywhere with no special equipment (say goodbye to gym fees) They can be done at anytime (this makes them easy to fit into busy schedules) Takes less than ½ an hour to perform Gives you a full body workout Builds muscle as well as muscular definition Builds strength and muscle tone at the same time Are incredibly safe Are extremely effective If you are interested in getting in the best shape of your life, order The Isometrics Bible today.

Lie Groups and Geometric Aspects of Isometric Actions Marcos M. Alexandrino,Renato G. Bettiol,2015-05-22 This book provides quick access to the theory of Lie groups and isometric actions on smooth manifolds, using a concise geometric approach. After a gentle introduction to the subject, some of its recent applications to active research areas are explored, keeping a constant connection with the basic material. The topics discussed include polar actions, singular Riemannian foliations, cohomogeneity one actions, and positively curved manifolds with many symmetries. This book stems from the experience gathered by the authors in several lectures along the years and was designed to be as self-contained as possible. It is intended for advanced undergraduates, graduate students and young researchers in geometry and can be used for a one-semester course or independent study.

**Power Isometrics** David Nordmark,2009-10-26 Discover How Isometric Exercises Can Give You The Body Of Your Dreams Building muscle and strength using nothing but self-resistance is possible. Here's how. Isometric exercises use the principle of the isometric contraction in order to build muscle and strength without moving a muscle. This form of self-resistance training has been around for thousands of years and has been utilized in such diverse disciplines as yoga and the martial arts. In the past such figures as legendary strongman Alexander Zass, former President John F Kennedy and the immortal Bruce Lee have all used isometric exercises to build strength and maintain their physiques. Power Isometrics: Isometric Exercises For Muscle Building And Strength Training is a modern take on this time proven discipline that will help you attain the body of your dreams in less than ½ hour a day. When you perform this simple yet incredibly effective program you can expect the following: • Transform your physique without moving a muscle • Build amazing strength • You will look and feel great • Create lean, perfectly sculpted muscle • Lose unwanted fat • Look younger than your years • People will notice the new you and wonder what your secret is • You can exercise from the comfort of your own home • No special equipment is required No matter what your age or present physical condition Power Isometrics can put you on the road to a new you that radiates optimal health and vitality. Take your first step down this road by ordering Power Isometrics: Isometric Exercises For Muscle Building And Strength Training For Everyone today!

Isometric Power Exercises Bruce Tegner,2013-05-01 Find more similar books at [www.StrongmanBooks.com](http://www.StrongmanBooks.com) Bruce Tegner was a famous judo champion. Literally born into the martial arts he taught for many years including the U.S. armed forces. He also work in Hollywood as a movie fight choreographer. Many marital artists didn't like him because of his message of stripping away what was traditional yet impractical. In this book Bruce

Tegner shows you a total of 133 different isometric exercises you can use with no equipment all of which are shown in photographs. It only takes 10 seconds an exercise. 4 Simple and Complete Programs for Men and Women A plan for people with no time to exercise Exercise to fit into your daily routine Exercises to do with your family and friends

*Isometric Embeddings of Riemannian and Pseudo-Riemannian Manifolds* Robert Everist Greene,1970

**Isometric Power Revolution** John E. Peterson,2006-10 Isometrics, when done correctly, can reshape a person's physique and add strength beyond imagination without the person ever moving a muscle. By powerfully contracting the muscle in an isolation hold, a person can create lean, perfectly sculpted muscles, shed fat, and achieve the unmistakable glow of perpetual youthfulness without ever having to go to a gym or lift weights or invest in expensive equipment. But the power of Isometrics lies in being taught how to do them correctly.

*The Isometric Theory of Classical Banach Spaces* H.E. Lacey,2012-12-06 The purpose of this book is to present the main structure theorems in the isometric theory of classical Banach spaces. Elements of general topology, measure theory, and Banach spaces are assumed to be familiar to the reader. A classical Banach space is a Banach space  $X$  whose dual space is linearly isometric to  $L_p(j_1, \mathbb{R})$  (or  $L_p(j_1, \mathbb{C})$  in the complex case) for some measure  $j_1$  and some  $1 \leq p \leq \infty$ . If 1

**Isometric Drawing Notebook** Zhen Isometric,2019-09-03 The Isometric Drawing Notebook is a triangular graph paper which uses a series of three guidelines forming grid of 1/2 inch triangles. The triangles are arranged in groups of six to make hexagons. The name suggests the use for isometric views or pseudo-three-dimensional views. Among other functions, they can be used in the design of triangle point embroidery. It can be used to draw angles accurately. Ideal for engineer, artist, college. A lot of gamers and other artists use the Isometric paper for many different purposes. Product Details: Premium Matte-Finish cover design 1/2 inch equilateral triangles 200 pages of Isometric graph paper Printed on high quality, bright white paper stock Portable Size 8.5 x 11 (21.59cm x 27.94cm) Printed on chlorine-free, acid-free paper 3D drawing for student ,engineering graphics technical, architecture drafting, woodworking, landscape, interior design, and art drawings

**Making Isometric Social Real-Time Games with HTML5, CSS3, and JavaScript** Mario Pagella,2011-09-02 Walk through the process of designing and implementing from scratch an isometric real time game such as some of the most succesful Facebook Games. Applying HTML5, CSS3, and JavaScript, this piece shows how to build games using isometric map making, sprite animations, networking, social network integration, high performance rendering and game design.

**Functional Isometric Contraction System** Dennis B. Weis,2021-12-04 The Functional Isometric Contraction System (is a method of developing strength through static contraction of the muscles in the joint-specific position the muscle is being used, be it pushing or pulling.) aka-THE SECRET ANABOLIC STEROID was used by the Russian Weightlifting team in the 1950s. It (FICS) was revealed to the OFFICIAL PHYSICIAN at several World Championship Weightlifting Meets a Dr. John Bosley Ziegler, a highly regarded rehab doctor, from Olney, Maryland.

ISOMETRIC and FLEXIBILITY TRAINING Rahul Mookerjee,2020-11-27 Dear Reader, The Great Gama of India needs no introduction, does he? Or Bruce Lee, perhaps. He needs no introduction either, does he? I dont think so my friend. But what is not known, or so widely known, is that Lee was an active advocate of the way the Gama trained, and an active advocate of the exercises I have put out in my books and courses. Hindu pushups. Fingertip pushups (which he is pretty much the only person that I've read of that came close to truly mastering this great, great exercise). Pull-ups. And so forth. But what is NOT known is that all these three men mentioned above, and ALL the strongmen of yore, or most - used a little known secret in their training that allowed them to catapult their already scary strength and fitness (and flexiblity) levels through the roof. This secret has been known throughout the ages by those that did it. In fact, it's sheer efficacy is quite literally - the stuff of LEGEND (is it any wonder that the

legends all practiced it?) It not only built freakish levels of strength, but strengthened one's bones, muscles and tendons BEYOND belief. And above all, it ... ah, but we'll get to the REAL benefit and the reason YOU want this course the MOST soon enough! For now, suffice it to say that (much like a lot of the other training methods I advocate that are the best EVER when it comes to strength, health, fitness and conditioning from the INSIDE OUT (not the other way around! - it doesn't work that way!)) these methods have all been cast by the way side in favor of modern day "machine sheen" and boobybuilding. And the pumping and toning, and irrational "trying to outdo the other" in lifts that by their very nature are not just harmful to the body, but add little, if any, functional strength and fitness and benefit to YOU! Big mistake, my friend, and one I aim to rectify HERE, and RIGHT NOW. What is it, you might ask now. What are these methods? Well, I'll tell you ... but first, a bit of a blast from the past. This was known to me before, but a reader of my books and courses let me know what I already did in a manner way better than I could ever say it! I have to admit that I'm no "expert" when it comes to how Gama or any other Hindu wrestlers train/trained but I remember reading a book about Joseph Greenstein "the mighty atom" which details the conversation Gama had with Greenstein when they met in America when Greenstein was a young boy. Greenstein asked Gama how he got so strong and Gama replied that he wrestled a tree every day (isometric strength/endurance) and that he tried with all his might to throw that tree to the ground, to which Greenstein asked did you ever succeed in throwing that tree to the ground? Gama laughed and said "no" little one but, after you have wrestled a tree human beings are not a problem, which is probably a big contributor to why Gama retired undefeated. And it's true, my friend! And what's more, the "Atom" himself did a lot of isometric training. For those not familiar with the Mighty Atom, here are a few of his feats - Pulling an airplane with his HAIR once Bending horseshoes for fun and at strongman events with his bare hands Driving spikes through ... METAL with the PALM of his hand! Biting through NAILS Bending steel bars with his hand ... He was also 5'4", weighed in at 150 lbs soaking wet, and therefore got the name the "Mighty Atom" - and was pound for pound one of the STRONGEST men alive at the time, if not THE STRONGEST MAN! He was also a huge, huge advocate of isometric training. Alexander Zass, the "Amazing" Samson strongman of yore ... and in case you haven't heard of him? Zass was born in 1888. While still a young man, Zass' strength training included "bending green branches" i.e. Tree branches! During World War One, he's taken as a prisoner of war four times, but ended up escaping EACH AND EVERY TIME! How? Certainly not by wining any pardons! As a prisoner, he quite literally worked out on a daily (and then some) basis by pushing and pulling against the STEEL bars of his cell (and they made 'em REAL back then to say the least!). And if you were to conclude that his escapes involved him 'breaking chains and bending bars' - well, you'd be SPOT ON, bro! If it worked for the Gama, the Atom, Charles Atlas (him of the famous isometric training course), Bruce Lee, Alexander Zass and the Gama, will it work for you? Hell yes it will! You will not just build strength through these and get better at your existing exercises, rep counts etc. You will FEEL LIKE A BILLION BUCKS while doing it, and that alone is worth the price of admission! Not only that, you'll feel more spiritually "connected" to the universe as you BREATHE right and "melt" into the stretches. Problems will fade away. You will become "at peace with yourself" and "at One with the Universe". And just in case you think that was IT, here is a more exhaustive list of the BENEFITS you can expect from this course - Massive increase in brute STRENGTH over a period of time, and better performance in all your exercises. Increased FLEXIBILITY throughout your entire body, and vastly improved health and digestion as a result. Insomnia will be a thing of the past. Get on a regular program involving stretching, isometrics and LOOSENING the joints and you'll sleep as well as you did when you were a BABY! (no, I'm not kidding!) Increased fat loss around the core and midsection. There is great truth to the saying "stretch and burn FAT!" Increased muscular definition all over the body. Improved bone strength. You'll never have to worry about osteoporosis or bone decay, for one, once you get on programs such as these! As stated above so many times, you'll not only look good - great, actually - but you'll FEEL GREAT - and you'll radiate happiness all around you, but most importantly, YOU will be happy internally and relaxed! Yours muscles will become loose and limber - and

STRONGER than ever at the same time, “coiled and ready”, “ready to pounce at a moment’s notice”, much like a tiger or other wild animals! Increased tendon and connective tissue strength and flexibility. It’s well known that this is a weak area for most, and is also the reason why there are so many injuries out there in many regards. Strengthen ALL weak areas. You’re only as strong as your WEAKEST link, my friend, and my programs/routines here will DO that, and then some. A sense of “sang froid” and “calmness” that attracts SUCCESS in all its shapes, forms and guises to you when you follow a regular stretching/loosening program such as I’ve laid out for you. It’s well known that excess stress in the muscles, joints etc affects not only the body, but the most important muscle the MIND as well, and when you get on this program – you can FORGET about stress, period. A few minutes of doing these movement will leave you feeling “loose and limber”, “light as a feather” and “cracking with energy” – and those are but a few of the descriptors I’ve used for myself after these exercises/routines! And much, much more my friend. You’ll find out for yourself soon enough! So, now it’s time to say what I should have at the start. Congratulations on your upcoming purchase, my friend. It truly is one of the best purchases you’ll ever make! Best, Rahul Mookerjee

Isometric and Flexibility Training – The COMPILATION! Rahul Mookerjee, 2022-02-01 Dear Reader, I’m excited, so I’ll keep this short and “brief”! My first book on isometrics “Isometric and Flexibility Training” was VERY well received in many quarters. It is truly, as a reader commented “the missing link in your training”, and if you’re looking to learn how the old time strongmen built their incredible strength and flexibility – then you’ll want to get this book NOW. Lots did (the DOERS). And the reviews kept pouring in, but yet, as I myself kept training, testing new techniques, taking my own flexibility to NEW levels – I always wanted to put out MORE. Remember, you’re never a master at anything until you are, which usually doesn’t happen to most people, and Masters like the Great Bruce Lee – or the Great Gama of India – would be the first to tell you that. You keep learning, improving, simple. And it is in that spirit that I then put out “ADVANCED, PROFOUND Isometric and Flexibility Training”, another very well received book indeed! And NOW? I’m putting out BOTH books – in one, as it were! That’s right, you don’t need to buy “two” books to learn the secrets of real, superior strength and flexibility that have been KEPT from you by the mainstream – so the modern day gyms can prosper, while you LANGUISH. These exercises require no gym, but they give you results better than any gym ever could. These are the exercises, all 102 of them – that the oldtimers ALL used to build their extreme strength, flexibility – and most importantly, ROBUST overall health. We didn’t see the old timers complaining about aches and pains, constantly being sick and so forth – did we? I don’t think so. If you’re interested into going deep – and learning – the secrets the old time strongmen used – the secrets I use – the secrets that have been used by the centuries, but KEPT from you by the mainstream (so the gyms can prosper, while you shell out big bucks for memberships usually unused, and even when they are – you never really benefit like you want to, eh – sound familiar??) – then you’ll want to get this book NOW. Some of the secrets modern day gyms have kept from you – note, this is by NO MEANS exhaustive ... And that they will NEVER tell you, so they can keep FATTENING THEIR OWN WALLETS at YOUR EXPENSE. You’re all well aware, or should be, at any rate – that pull-ups are far superior to the monkey (uh, lat) pulldown machine – but did you know that pushing and pulling against an IMMOBILE object builds far more strength than yanking the cords on some moronic machine in the gym? In this book, you’ll see why – and how. You’ll see how isometrics builds the tendons and ligaments of the upper body far more than the PROFOUNDLY idiotic bench press does – and how. The gyms will never tell you that though, they’d rather show you pictures of so called monsters benching up a ton to get you to “buy”. You’ll find out how to train the core isometrically – and train the muscles that really make up the core, as opposed to the “for show” six pack that most gym goers target. The gym, of course, would rather sell you the gadgets you see on late night TV and claim “you can easily spot reduce” and other utter B.S. (hint – you can’t). (And the proof is in the pudding) You’ll find out why Hindu wrestlers for one are a huge proponent of isometrics and why the Great Gama for one did isometrics the way he did. The Gym-Bozos will, on the other hand tell you that the tricks and secrets

that the man who went UNDEFEATED in real wrestling, not WWE pantomines in FIFTY YEARS - are "too simple". And perhaps most importantly, the #1 secret the Gyms want to keep from you - is this - you dont need to be "strong naturally" - or do "Extreme" stuff to build the sort of strength the old timers did. Thats right, I'll say that again. Nigh anyone, even if you're a beached whale that cannot do a single pushup now - or a person with the grip of a limp fish and four year old rolled into one - or someone that cannot climb a flight of stairs without collapsing (I've been there) - can DO these - and benefit IMMENSELY. Of course, that would mean the gym's revenues go down, eh! The gyms will never tell you to use your fingers to build the grip. Instead, they'll sell you fancy shmancy so called equipment to do it. They'll never, for one, tell you that towels - or thick grips - can be used to build the grip ISOMETRICALLY in a manner that anyone, even if you've got the grip of a limp fish - can do - and build solid, superior strength throughout the arms to boot. The gyms will always try and separate isometric and flexibility training - saying both are separate. Yet, they aren't. The gyms do it so they can sell you expensive training "packages" for each of them - yet, what they dont tell you (but know deep down inside) that both go together, and both can be done IN the privacy of your living room - with NO Trainers required whatsoever (this ain't lifting heavy weights where you can injure yourself, this ain't Jassy, a girl I know who likes her trainer to "massage" her after every repetition, and so forth).. The gyms will never ... Ah, but we have covered enough of that already. Skip the modern day nonsense that doesn't work, period. If you're at this page, you want to learn about the secrets of the oldtimers - how they bent iron bars - how they pulled aeroplanes by their hair (no kidding) - how they routinely broke tree branches - and how they literally turned their upper bodies into "indestructible iron" as it were ... And the secrets ain't what are taught by the gym i.e. bench a ton, lat pull a monkey, and deadlift an elephant. Its about training your own body, the way it was MEANT to be trained. With your own body. If that sounds "contradictory", well, read the book, and you'll see what I mean. Your body is not only all you need to get a great workout in, it's also all you need to build strength, flexibility, inhuman "pulling power" - or pressing power - conditioning - animal like ligament/tendon strength ... Without further ado - The Benefits you can expect to achieve from following the routines, tips, exercises and WORKOUTS in this compilation! Extreme "animal like" flexibility and "Trance like", "cat like" grace, agility and fluidity in all your movements, exercises, and "in general". These stretches improve overall well being and flexibility beyond any sort of BELIEF! Massive increase in brute STRENGTH over a period of time, and better performance in all your exercises. Increased FLEXIBILITY throughout your entire body, and vastly improved health and digestion as a result. Insomnia will be a thing of the past. Get on a regular program involving stretching, isometrics and LOOSENING the joints and you'll sleep as well as you did when you were a BABY! (no, I'm not kidding!) Increased fat loss around the core and midsection. There is great truth to the saying "stretch and burn FAT!" Increased muscular definition all over the body. Improved bone strength. You'll never have to worry about oosteoporosis or bone decay, for one, once you get on programs such as these! As stated above so many times, you'll not only look good - great, actually - but you'll FEEL GREAT - and you'll radiate happiness all around you, but most importantly, YOU will be happy internally and relaxed! Yours muscles will become loose and limber - and STRONGER than ever at the same time, "coiled and ready", "ready to pounce at a moment's notice", much like a tiger or other wild animals! Increased tendon and connective tissue strength and flexibility. It's well known that this is a weak area for most, and is also the reason why there are so many injuries out there in many regards. Strengthen ALL weak areas. You're only as strong as your WEAKEST link, my friend, and my programs/routines here will DO that, and then some. A sense of "sang froid" and "calmness" that attracts SUCCESS in all its shapes, forms and guises to you when you follow a regular stretching/loosening program such as I've laid out for you. It's well known that excess stress in the muscles, joints etc affects not only the body, but the most important muscle the MIND as well, and when you get on this program - you can FORGET about stress, period. A few minutes of doing these movement will leave you feeling "loose and limber", "light as a feather" and "cracking with energy" - and those are but a few of the descriptors I've used for myself after these exercises/routines! "2 minutes to improving your flexibility by leaps and

bounds". YES, you CAN dramatically increase your flexibility within the space of TWO minutes - or less - even on stretches you've NEVER been able to do before. This course will show you HOW! If my previous course on isometrics gave you a feeling of "sang froid" and being "on cloud nine" all day, then this one gives you that x 10 and SPIRITUAL benefits like you've never imagined. Let me tell you, some of the groin, hip and hamstring stretches do more than open the muscles and body up. They literally open your LIFE up. Watch results in EVERY area of your life flow effortlessly to you once you get on the routines herein, and watch your performance in every physical activity SKYROCKET. Achieve extreme, elastic, animal like "martial arts style" flexibility in your entire lower body - and open up the back and traps like never before. You may have trained the back of your body before, but anything you've done before will PALE in comparison to the profound exercises and workouts listed herein Ever wondered how some people can do extreme stretches with little to no effort? While others STRAIN - and FAIL? In this course, you'll learn it's about RELAXING, and BREATHING, and you'll learn how to harness the power of your BREATHING, and the GROUND to achieve things you previously thought impossible to do "you dont want to stretch like that, you might want to have kids one day!" - dangerous - painful - or simply "not doable". Not only THAT, you'll be kicking, moving, and sliding into these positions with EASE, and PEACE. Your extreme flexibility combined with the increase in strength (lets face it, no-one wants a wet noodle - or sock) will make you not just the "star of the party" - but will also result in dramatically, and drastically improved physical health and appearance on the outside - and the inside. The pounds will fly off you at record "warp" speed once you stretch the fat away; literally. Your conditioning will improve like NEVER before once you combine these movements with other workouts I teach (and even if you just follow the "workouts" section in this book). You'll build a core of super rebar - strong, tough, durable - yet CAT LIKE FLEXIBLE to the extreme! Your toes, fingers, neck and other extremities will stretch and strengthen beyond BELIEF. Improved sleep, superior digestion, and a massive boost to your lungs and cardio system. And thats just off the top of my head, I'm sure I could think of a 1000 more to write here! Get this NOW, my friend. You owe it to yourself to do so. Best, Rahul Mookerjee

### **Isometric Drawing: A Treatise On Mechanical Illustrating Dealing With Typical Constructions and Outlining; a Course in the Art**

Alpha Pierce Jamison, 2022-10-27 This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Isometric Embedding of Riemannian Manifolds in Euclidean Spaces Qing Han, Jia-Xing Hong, 2006 The question of the existence of isometric embeddings of Riemannian manifolds in Euclidean space is already more than a century old. This book presents, in a systematic way, results both local and global and in arbitrary dimension but with a focus on the isometric embedding of surfaces in  $\mathbb{R}^3$ . The emphasis is on those PDE techniques which are essential to the most important results of the last century. The classic results in this book include the Janet-Cartan Theorem, Nirenberg's solution of the Weyl problem, and Nash's Embedding Theorem, with a simplified proof by Gunther. The book also includes the main results from the past twenty years, both local and global, on the isometric embedding of surfaces in Euclidean 3-space. The work will be indispensable to researchers in the area. Moreover, the authors integrate the results and techniques into a unified whole, providing a good entry point into the area for advanced graduate students or anyone interested in this subject. The authors avoid what is technically complicated. Background knowledge is kept to an essential minimum: a one-semester course in differential geometry and a one-year course in partial differential equations.

*Advanced, PROFOUND Isometric and Flexibility Training* Rahul Mookerjee, 2022-01-29 Dear Reader, Everything seems so much more ...

PROFOUND! Everything, my friend. Everything. I was going to make this one about pushups (although I KNEW it was going to be the opening part in the sales letter for this product), but that would be doing a very gross disservice indeed to the rest of it. Meditation. Mental visualizations. Women. (yes, hehe). LUST (ties into the above). ATTRACTION (ties into it all). Back to the physical, PUSHUPS. They just feel - each rep feels DIFFERENT internally, as I feel my heart and cardio system not even getting out of breath, but when it does, oh boy. I can literally FEEL the fat burning, and new muscle forming. I can literally FEEL myself sliding into advanced stretches I have never done for years. (not in the initial book *Isometric and Flexibility Training*, but in THIS ONE). I can feel my joints moving in a natural manner and getting LUBRICATED with not just each stretch, but each movement. Life - everything - just seems much more profound when you remove the "attachments", and just BE - just DO. Ive always done that. Now, I'm taking it to the very next level. I highly suggest YOU too follow my lead if you so choose, and truly feel what it feels like to be an ANIMAL, free and UNFETTERED, and so forth. Speaking of which ... My ELASTICITY has improved, and I was already pretty flexible so thats saying a lot. It ain't even been 48 hours into the fast, 40 and 15 minutes thus far. I'm going to tell you one damn thing. People say the effects start to kick in after 24 hours, so do the hunger pangs, and all the negative so called side effects. For me, a whole new world is opening up, both mentally, spiritually, and PHYSICALLY. That isn't to say I plan on, as my "wife" likes to say "Hawa Pani pe Jeena" i.e. live on air and water. Hehe. Though certain saints meditating on one leg in the Himalayas seem to do it ... I'll stick with the saintly (truly - crack the book open, you will see what I mean) - "meditation" pull-ups I describe in Pull-ups - from STUD to Super STUD - within WEEKS! It's an exercise that has not been put out by anyone out there, period. It's a style of pull-up that will CHANGE your life - if you just DO it. And it'll give you flexibility in the groin and lower back that you can only dream of now, not to mention "build control" down there. Anyway ..... I highly, highly suggest YOU to do - if you so choose - what I am - occasionally. You dont have to go for as long as I like, even a few hours without stuffing your gourd, and if youre in tune with your body, you'll see and feel the results (provided you exercise normally otherwise). Well, my friend, thats it for now. The only other exercise combo I can think of that gives you this PROFOUND feeling - without any change in diet whatsoever - are the combos mentioned in "Profound 70% Gorilla 30% Human Handstands". Get this book NOW if you have not already. Oh and, Pushup Central is a must grab, if just for the sheer plethora of movements in it. You'll never ever get bored with exercise again! Combine with Kiddie Fitness if you have kids. YES! And, remember one thing; if you haven't got my initial book on Isometrics i.e. "Isometric and Flexibility Training", then get that NOW. That book is a must and pre-requisite to master before you jump into these stretches here. Lets dive into it now! PRE-REQUISISTES Well, my friend, just what the heck was the above about? Well, for those in the know, it was about a fast I was on - completely unplanned - and it was DURING that fast that I literally made quantum leaps in my flexibility, endurance, muscle strength and much more , not to mention feeling like a billion bucks all over again. People think fasting is supposed to be a period where you "lose", feel deprived, "feel weak", have no energy ... and so forth .... Well, I'm here to tell you the REVERSE is true. I should be fatigued, exhausted, "have nothing left", and so forth. Yet, it's the polar opposite. So I thought 36.5 hours into the fast (at the time of writing this bit, it's almost 44). I'm truly FEELING It. Not what the neighsayers kept telling me for years about complete fasts i.e. NOTHING at all eaten for > 24 hours, the only thing I did make an allowance for was black tea - with no milk, obviously - but thats only because the idea for the fast never came to me until about 14 hours into it anyway. Which is usually when I break most of my fasts, which in itself sends the purists into a tizzy given my extreme workout routines. As I wrote about earlier today though, and as several old time strongmen have gone on record saying. "If you cannot go for 24 hours eating nothing and NOT feeling exhausted, run down, or anything like that - there is something wrong". Naturally, this don't need to be taken to extremes. (and I paraphrased this, obviously, but the sum and substance of it remains the same). In fact, you dont need to do it at all if you dont



want i.e. fasting – the body obviously has it’s own systems to cleanse, etc. But I’ll tell you this much. Almost 26 hours into the impromptu fast – NOT planned – if there is one thing I can tell you about now – it is MENTAL clarity – my mind has never ever felt clearer. Not that it doesn’t normally anyway, which is key, but now? It’s like mind x 100 – on steroids, and I’m only 26 hours into it! I thought of food, tried thinking of all different types of FOOD, which by now, if you go by what people say “I’m supposed to be starving to death”. Oddly enough, if you put a plate of most of it in front of me NOW? I’d probably inhale it at most. Hehe. Do I feel cravings? Do I feel “starved”? Do I feel deprived? Any of that nonsense? A huge fucking NO. I DO however, as I write this, feel my body starting to CLEANSE internally – more so than it does with the isometrics and everything else I do. Which in and as of itself is just HUGE, my friend ... you have to feel it to believe it. Now, the one thing I didnt mention before is I didnt (not by design) do this fast “cold turkey”. (ie I didnt gorge for weeks, and then suddenly drop it all cold turkey) You (at least those on the list) will remember me ending the last email on a note of “the subconscious mind works in wonderful ways!”. So I did. Over the last couple of days (but NOT before that) – either by design or not – I’ve been eating fruits for one. Oranges it was the day before yesterday, plenty of potatoes too – and a bit of wheat. Yesterday was “Bulgarian oats” (not as fancy as it sounds!) – and the infamous, by now, Ramen noodles adventure. Ugh. Today, ZERO. And while I wrote to you earlier after lots of workouts till this evening, I’ll have you know I just got through more club swinging – pull-ups – and 100 solid Hindu squats – which the last one felt like I literally FLEW through them. So much for loss of strength, or conditioning, or “I have nothing left!”. I remember my friend Rueben once getting antsy while moving. “Gotta eat, Rahul!”, he just paused in the middle of it all. “Can’t keep going like this!” Admittedly we then ate a hearty meal at “Albertson’s” I believe, or brought the chicken back home or something. But just like my fitness routines, both my eating habits – and it seems, now, my fasting habits – throw the rule book outta the window, and then some. I’ll keep you posted on it tomorrow, of course – probably a good 35 or so hours post start fast. But I’ve got a feeling I’ll be feeling AWESOME – and exercise wise too, it will show. And if you haven’t yet gotten the 0 Excuses Fitness System as yet, the only fitness system out there that builds WARHORSES – with all the strength of an ox – and the flexibility and agility (and power) of a jungle cat, along with the sixth sense too – well, you’re missing out. If you choose to rectify that, I’m HERE for ya. Now, after reading all this, I have one more thing to do, or – tell you, actually. Fasting – in any of it’s guises, shapes and forms is NOT a pre-requisite for this course. The goal of this course is to give you extreme and advanced flexibility – with all the benefits of the previous course x 10 – without necessarily changing your daily routine one damn bit. Sure, you COULD change up if you wanted to, and watch the quantum leaps you make, and how quickly you do so. You COULD follow what I do to the letter, and watch your fitness abilities EXPLODE through the roof – and your agility and strength, conditioning, all of it. But following my lead diet wise ain’t a pre-requisite here. Neither is fasting. Do it if you want, or must, or so choose, I recommend it, but you’ll still get all the benefits of what I got by getting on the exercises and programs herein – and not lose a lick of strength while you’re at it – while on your REGULAR diet and other routines. Sound incredible? It won’t. Not once you get on these exercises, my friend, and not if you’ve read “Eat More – Weigh Less”, my books literally give you results – by the hour, as it were, with proof attached. Onward, to the benefits. But first, a bit about what makes this book “that much different” from the rest of the books I’ve written (well, not different, I emphasize those principles in all the books, but it really stands out in this one). 500 slow steps, easy peasy ... Back in the day, for shits and grins, I’d often wear this dinky little “wristband” put out by Xiaomi (a girl next to where I worked then, I’d often show up to flirt with her, gave it tome) – when I went for my walks. It tracked the total number of steps you took, not more, not less. No heart rate monitors or anything, just steps. On an average, and I have got the results to prove this, it was “30,000” odd steps DAILY – simply during the workout – that isn’t considering all else I did throughout the day, because I wouldn’t wear it after the workout. I was just curious, but I must admit the number stunned me, the hell, for one, I think it was 1000 non steps steps ... Of course, this was counting the entire workout, the walking when I did the pushups, pull-ups, the walks DOWN, to and fro the hill, all

of it. But anyway ..... 500, the magic number. Yesterday, I did 500 SLOW AND EASY reps - well, i should say SLOW - of an exercise in an animal like manner that we often did in Taekwondo class back in the day (except there not for that many reps). Its the frog walk, my friend, a great, great exercise, and I mixed in stretches for the entire lower part of the body and CORE in while I was doing 'em, and also advanced animal like plyometrics after every 100. Let me tell you,after my squats, it got me breathing like nothing else can. More importantly, it got me WORKING my body - my entire midsection for one - in a way very few exercises can. MOST importantly? I didnt time myself. That is right, I keep telling you about quick workouts, but for this one, I didnt time myself, I just did it. If you're just starting out, I dont care if you time yourself or not, probably about ONE of these is all you'll be able to do. That is one of the great, yet unsunng benefits of animal like training. You can move FAST, or you could choose to move SLOW. Either way, the workout is hellatious, and you not only burn fat, but develop springy, stellar, superior, animal like strength throughout the entire body - especially the legs - and you build your tendons and ligaments in a manner you couldn't even with regular bodyweight exercises. Choose to walk the way the animal does, my friend, part of that is focusing on the BACK of the body. When you lift your leg up, for one, how many of you focus on the back of the leg when doing so? I'll bet not very many people at all ... An animal moves on it's TOES - or the equivalent thereof. An animal pays attention to both slow - and QUICK, explosive movements. An animal, the tiger being one example, can go from 0 to 60 with very little warming up at all. THAT is the sort of fitness you want, my friend, and while you'll never become a tiger, gorilla or bear when training the way these animals move in the wild, you will certainly turn into a human beast - or as close to it as it gets. Move the way an animal does, my friend, it is well worth it. I realize much like with isometrics, there'll be idiots complaining it's too simple. If you're part of that group, please dont bother. But if you're part of the group that truly gets it, then pick up my book on Animal Kingdom Workouts NOW my friend. This book will not only change you - it will TRANSFORM you in a manner you've never seen before. Get it now (if you have not already). And back to "backing it up", which I should titled this post. There is good reason the saying is there in English i.e. "Can you back it up". Your body derives it's power from the BACK of the body (and the core). If you're a boxer, your punches and sleek, cat like jabs come from the core - back - and TRICEPS. If you're a marital artist, those stupendous kicks come only with hamstring and groin power and flexibility (sure, thigh strength counts, but not as much as you think). If you're not a combat athlete, but just an "ironman" in general into doing thousands of Hindu squats daily, guess what. You'll never get to that level if you think its all about quads. It's not, it's about the BACK of the body. Your BUTT. Your hamstrings, and the entire BACK of the body. While this course focuses on the whole body, you'll notice the movements are meant to be done through the BACK of the body - specifically. Your hamstrings and butt in particular will feel sore, sore, sore once you get on these routines. And funnily enough, you don't need to POWER into any of the stretches mentioned. The goal is to SLIDE into them. And you will, if you pay attention to your breathing, stay in tune with your body, and so forth. "Oh so simple" isometrics to build AMAZING LEVELS OF "unheard of" strongman strength! The great Gama of India, UNDEFEATED in over 50 years - used ISOMETRICS, the oh so simple kind as one of the tools in his toolkit to build his PRODIGIOUS STRENGTH. One fine day, there I was in the park around 330 PM or so, watchin the "Evenings" sink in. Or, I should say, watching afternoon turn into evening. 'twas a peaceful afternoon, very much so, and I kept remembering another park - the one I CLIMB the mountain in - the one where I have spent some of the best and more pleasurable hours of my life thus far - and no doubt will keep doing. In all my travels, I dont know , that park stands out! Maybe it's because it's near where I lived, it's near where I lived when I FIRST went to China in 2003, maybe, I dont know, the workout is so solid, so severe, yet, it's not that huge a hill to completely wipe you out for days (although most first time climbers like yours truly with Ann Lee in 2004 - yes, you'll feel like a Mack truck ran over you the next day). Anyway ... So I was so relaxed, at peace with the world and so forth. Suddenly, my eye chanced upon a STICK. Hiding in the grass, it was one of those "rattan cane sticks x 10" i.e. a short, stout, bamboo stick you could say. Or, an "extra thick" twig - almost a branch.

Instantly, I picked it up. I knew this was going to be good! I looked around for its owner. There was none. No Glyn Bozo around either to shove it in his rear end. Ugh. The movie I saw yesterday, Statham literally puts the end of a gun into a lard ass's back side while wanting info from him, and "rams it in" - big time! (ya'll on the list know who Glyn Bozo is, hehe) Crank 2 is truly one of "those" movies. Ugh. Before doing that, Statham even dips the gun barrel in some icky black construction sludge ... The look on his face when he sees Bozo's ass (I mean, the Bozo in the movie who had man tits flapping down to his ankles like Glyn does) - just priceless! Anyway ..... I started doing isometrics with it. I tried to bend it as hard as I could. Couldn't! Then I tried doing it behind my back. Couldn't! Then, I employed different gripping techniques. Same thing! The stick fighting scenes from Rambo III came to mind - I did some imaginary moves (believe me, stick fighting is very real, very deadly too if you do it right). Then, I took it home with me. My wife and daughter were at the time in another park, so I ended up going to that other park to "find em". First thing my wife said? "We're not cows to herd home!" Hehe. But of course, as I knew, my little girl, who loves collecting stuff from parks would LOVE it, and she DID. She appropriated it almost instantly. Much to my surprise, so did my wife! She instantly did stretching exercises with it. My wife grew up in an area where grown men pound the heck out of each other and where "honor killings" etc occur regularly - and they don't use these sticks - they use massive thick BAMBOO sticks - oiled too. So she knows a thing or two about Nature in that regard. But anyway ... You, or some of you reading this might be inclined to yawn and say "so what". "So simple". Indeed, idiots, Bozos and morons globally will say that - some who have bought Isometric and Flexibility Training and complain about it being too simple. And I didn't even put "trying to bend a stick" in the book - the Bozos would have coronaries instantly. Yet, the smarties? Ever hear of Alexander Zass, who performed feats of strength like breaking thick iron chains with his bare hands, or bending steel prison bars to literally escape from prison during the War? The great Alexander Zass, performing one of his world famous STUNTS - guess how HE built that prodigious strength? Yes, oh so simple isometrics! Or, maybe the Mighty Atom Joseph Greenstein who once pulled a plane by his HAIR? You might think the above two instances are heresay, but they ain't either. There's videos out there on it, and I just watched a couple of them before writing this to you I've got a video out there on training like this too, if you go to my Youtube Channel . . . Now, a lot of you - even those of you that pooh poohed the style of training above as being "too easy" might love the video above. I know I did. (as much as I did creating it) But - back to Zass and the greats did you know how these guys all trained? Did you know the Great Gama did isometrics to build his nigh prodigious pushing strength - and what he did was this - he simply pushed against a massive oak tree for a while daily. That is all. If I put that in the book, idiots have coronaries, yet, here we have one of the world's best wrestlers period, swearing by this, and several other training methods I teach. "When I can push that tree down, a man will be easy!" The Gama often said. Now, he never did push the tree down as far as I know. Neither did I manage to break that branch. But my grip was singed, my shoulders, triceps, chest, all were worked in a way they were NEVER worked before when I did this, my friend. In China, there is a tool which you can actually bend in this way behind your back in various positions - a rubber springy kinda thing, its great. But doing it with a stick you cannot break - far better! Anyway, so how did the great Zass train? I commenced now to think a lot about developing great strength in my fingers. Many things I tried, all helping, some of which I will tell you. I bent thick, green twigs with my hands, these being better than dry wood, which would not bend much before it would snap. I practised this a good deal until my hands became so strong that I could bend even small boughs of trees till they broke. Also I tried lifting stones off the ground with my thumb and fingers, carrying them in my grip for some distance. Or, this - The Russian Training Secret Alexander Zass was very innovative and started bending green branches and twigs to develop his grip strength. Perhaps this was the start of his great belief in the application of isometrics and "maximum tension" (a concept that is present in Russian training methods to this day) for the development of strength. He believed such an approach superior to the use of weights in developing strength. While a POW he continued to develop his strength with the use of isometrics by pulling on the bars and chains that imprisoned

him. This episode and the knowledge that he obtained from it later became the basis of his mail order course which featured isometrics in the form of pulling on chains of various lengths. Alexander Zass lived a very full and exciting life on many fronts. In addition to being a strongman, he was also an accomplished animal trainer, as well as a superspy. Again, Bozos globally complaining the book on isometrics is too simple would be well served by reading the above. And to these Bozos, I wonder - have they even DONE the thing before commenting? Have you FELT the soreness in your hamstrings with some of the stretches I teach in the book - have you GOTTEN in the patented Rahul Mookerjee squat - have you TRIED pushing against a wall till the back of your arms literally feel swollen and the triceps are screaming out loud? In most cases, the answer is NO. A resounding NO at that! Here is one of those silly rants from an idiot in Italy who was apparently ticked off that Sylvester Stallone's photographer didn't do the photos... Awful! Honestly, one of the worst fitness ebooks I've ever read (and I've read quite a few); it's a simple bunch of static stretches and bodyweight exercises. A shallow recommended programming, and the photos quality is simply unwatchable. And never, never all of this for € 46! Not recommended 'nuff said on the bozos. (I do not know where he got the 46 Euro figure from - maybe I was offering the book at a discount then - and this is also precisely I price my books high, period to ensure Bozos in general don't get at them). My friend, this book goes ABOVE and BEYOND what a lot of the greats did. And I'm just getting started - there is far more to isometrics than what is in this book, i.e. the 51 exercises and then the workouts I give you, but for most people, it is also MORE than plenty to get you in great shape - loose, limber, and improve your strength by leaps and bounds. Obviously, isometrics are not the ONLY workout you should do - but you'd be amazed at how getting better at isometrics improves rep counts and performance on other seemingly unrelated exercises - like pushups, for one. Combine isometrics with the workouts in the 0 Excuses Fitness System, or any of my other books - and you simply cannot go wrong, period. And below, you'll see just why in the "stick isometrics section". BENEFITS (manifold and PROFOUND!) Extreme animal like flexibility and Trance like, cat like grace, agility and fluidity in all your movements, exercises, and in general. These stretches improve overall well being and flexibility beyond any sort of BELIEF! 2 minutes to improving your flexibility by leaps and bounds. YES, you CAN dramatically increase your flexibility within the space of TWO minutes - or less - even on stretches you've NEVER been able to do before. This course will show you HOW! If my previous course on isometrics gave you a feeling of sang froid and being on cloud nine all day, then this one gives you that x 10 and SPIRITUAL benefits like you've never imagined. Let me tell you, some of the groin, hip and hamstring stretches do more than open the muscles and body up. They literally open your LIFE up. Watch results in EVERY area of your life flow effortlessly to you once you get on the routines herein, and watch your performance in every physical activity SKYROCKET. Achieve extreme, elastic, animal like martial arts style flexibility in your entire lower body - and open up the back and traps like never before. You may have trained the back of your body before, but anything you've done before will PALE in comparison to the profound exercises and workouts listed herein. Ever wondered how some people can do extreme stretches with little to no effort? While others STRAIN - and FAIL? In this course, you'll learn it's about RELAXING, and BREATHING, and you'll learn how to harness the power of your BREATHING, and the GROUND to achieve things you previously thought impossible to do you don't want to stretch like that, you might want to have kids one day! - dangerous - painful - or simply not doable. Not only THAT, you'll be kicking, moving, and sliding into these positions with EASE, and PEACE. Your extreme flexibility combined with the increase in strength (let's face it, no-one wants a wet noodle - or sock) will make you not just the star of the party - but will also result in dramatically, and drastically improved physical health and appearance on the outside - and the inside. The pounds will fly off you at record warp speed once you stretch the fat away; literally. Your conditioning will improve like NEVER before once you combine these movements with other workouts I teach (and even if you just follow the workouts section in this book). You'll build a core of super rebar - strong, tough, durable - yet CAT LIKE FLEXIBLE to the extreme! Your toes, fingers, neck and other extremities will stretch and strengthen beyond BELIEF. Improved sleep, superior digestion, and a massive boost to your

lungs and cardio system. And thats just off the top of my head, I'm sure I could think of a 1000 more to write here! Get this book NOW, my friend.

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### Isometric Introduction

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