



ISO-MICRO-GYM Keep fit without exercise equipment with isometrics

Keith Fairfield

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The ISO-MICRO-GYM - now available for download. The hard copy in the format of a laminated pocket size flip chart of 21 pages contains full body workout of 19 proven exercises to build muscle, burn fat and build core strength from DAY 1..

You can still take the program with you anywhere and do the exercises anytime as no equipment is required. Each exercise is illustrated along with easy to follow instructions and is a system of exercises that strengthens and shapes the whole body. Each workout takes approximately 15 mins. The exercises can be done as gentle or as dynamic as your body will allow making this system suitable for all ages and ability. Email support via my website www.isopower.co.uk if required.

Hi, I'm Keith Fairfield and at 57 these exercises were key in rebuilding my body after a serious road traffic accident took me out for over two years. Exercises I had learned at the age of 16, inspired by the "ISO" masters like Charles Atlas, George F Jowett and Alexander Zass (The Amazing Samson). Isometrics are used in the physical fitness training of the US Marines, the S.A.S. and other "special forces". Today's athletes and their coaches swear by isometrics. Exercise techniques I have used all my life and now (June 2010) put together in the unique ISO-MICRO-GYM.

Sue from Brighton emailed me after I contacted her on her 2nd order for the hard copy of the ISO-MICRO-GYM :-

"Dear Keith, Thank you for your email, and yes I have benefited from the ISO-MICRO-GYM. Many people have noticed my flatter stomach and have been amazed how this has helped me through very stressful times when I haven't had much time to exercise.

I loaned the book to a friend and as they are now benefiting from it I re-order one for myself - the other is for another friend for Christmas - she was extremely obese but with help from her doctor has now lost a lot of weight and asked me what the secret of my flattening stomach was so I thought this was a good Christmas present for her. I am so glad I spotted this in the Caravan magazine it has so improved my body image.

Happy Christmas and New year

Sue "

Resistance training builds strength of muscles, bones and surrounding soft tissue as well as burning off calories fighting the aging process in both men and women.

Gareth - age 30 from Grimsby writes :-

"A great exercise system that really does work. I have seen and felt the difference within two weeks. I use the isometric exercises alongside my Mixed martial arts training to keep working my muscles whilst i'm away from the gym or unable to train due to injuries but can also see how this could be invaluable for rehabilitation purposes too".

You will begin to see results within the 1st two weeks.

I received the following email from Sarah of Market Rasen :-

Hi i'm Sarah, 41 years old from Market Rasen Lincs! I have been doing isometrics now for about ten weeks and i'm delighted with the results. Ten years ago i had a major operation which left my stomach considerably scarred. Due to this i lost self confidence and would never wear a bikini on a beach. Through these exercises i now have a body in which i am happy with, so this year i was proud to wear a bikini on holiday! Thanks so much for giving me my self esteem back.

Burning Fat whilst Building Muscle results in a GREAT SHAPE

Whether your young and fit or recovering from injury or illness you will be amazed at the results you can

achieve with these proven techniques.

I received the following comments from Dave of Penwortham two weeks after receiving the ISO-MICRO-GYM (hard copy) :- "Everyone should have one - great idea & it's working. Thanks *****"

Dave also ads - "I'm finding it quite addictive & usually work out while the adverts are on!"

"The ISO-MICRO-GYM is a system for all ages and ability that does live up to it's claims" - Great Physical Culture Historian and enthusiast - Gil Waldron. See Gil's work on the Sandow Plus site.

Check hundreds POSITIVE reviews and feedback

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From reader reviews:

Rocio Linville:

In this 21st hundred years, people become competitive in each and every way. By being competitive now, people have do something to make all of them survives, being in the middle of the actual crowded place and notice by surrounding. One thing that oftentimes many people have underestimated the idea for a while is reading. Yes, by reading a reserve your ability to survive enhance then having chance to endure than other is high. To suit your needs who want to start reading a new book, we give you this ISO-MICRO-GYM Keep fit without exercise equipment with isometrics book as beginning and daily reading guide. Why, because this book is greater than just a book.

Ronald Stallings:

People live in this new day time of lifestyle always attempt to and must have the time or they will get large amount of stress from both daily life and work. So , whenever we ask do people have free time, we will say absolutely without a doubt. People is human not a robot. Then we question again, what kind of activity are there when the spare time coming to a person of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative throughout spending your spare time, the book you have read is ISO-MICRO-GYM Keep fit without exercise equipment with isometrics.

Leon King:

Reading can called mind hangout, why? Because when you find yourself reading a book mainly book entitled ISO-MICRO-GYM Keep fit without exercise equipment with isometrics your mind will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely can be your mind friends. Imaging each word written in a reserve then become one form conclusion and explanation which maybe you never get prior to. The ISO-MICRO-GYM Keep fit without exercise equipment with isometrics giving you yet another experience more than blown away your mind but also giving you useful data for your better life within this era. So now let us explain to you the relaxing pattern the following is your body and mind are going to be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

Earl Parker:

Reading a e-book make you to get more knowledge from this. You can take knowledge and information from your book. Book is created or printed or outlined from each source which filled update of news. With this modern era like at this point, many ways to get information are available for you actually. From media social such as newspaper, magazines, science book, encyclopedia, reference book, new and comic. You can add your understanding by that book. Do you want to spend your spare time to spread out your book? Or just searching for the ISO-MICRO-GYM Keep fit without exercise equipment with isometrics when you necessary it?

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