



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

By 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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Users Review

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Jacob Lehr:

The particular book ISO-MICRO-GYM Keep fit without exercise equipment with isometrics will bring you to the new experience of reading any book. The author style to describe the idea is very unique. Should you try to find new book to study, this book very ideal to you. The book ISO-MICRO-GYM Keep fit without exercise equipment with isometrics is much recommended to you to learn. You can also get the e-book from official web site, so you can quicker to read the book.

Ray Nicolas:

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Ana Jimenez:

This ISO-MICRO-GYM Keep fit without exercise equipment with isometrics is great publication for you because the content which is full of information for you who have always deal with world and have to make decision every minute. This specific book reveal it information accurately using great plan word or we can say no rambling sentences in it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but tough core information with wonderful delivering sentences. Having ISO-MICRO-GYM Keep fit without exercise equipment with isometrics in your hand like finding the world in your arm, information in it is not ridiculous a single. We can say that no guide that offer you world throughout ten or fifteen small right but this e-book already do that. So , it is good reading book. Hey there Mr. and Mrs. occupied do you still doubt that?

Merle Poteet:

Is it anyone who having spare time after that spend it whole day through watching television programs or just lying down on the bed? Do you need something totally new? This ISO-MICRO-GYM Keep fit without

exercise equipment with isometrics can be the reply, oh how comes? It's a book you know. You are and so out of date, spending your spare time by reading in this brand-new era is common not a nerd activity. So what these guides have than the others?

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