

ISOMETRIC TRAINING FOR INCREDIBLE STRENGTH

Improve Muscle Definition
& Boost Metabolism

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ISOMETRIC BODYWEIGHT EXERCISES – WORKOUT SHEET

WORKOUT PARAMETERS 1-3 SETS | 3-5 REPS | HOLD 5-20 SEC

Exercises	Date	Sets	Reps	Time	Date	Sets	Reps	Time	Date	Sets	Reps	Time
Squat Variations Variation												
Stork Stance												
Lunge Position												
Glute Bridge												
Push Up Variations Variation												
Inward Press												
Superman Variations Variation												
W Pose												
Plank Variations Variation												
Leg Lift Raise												
V Sit												

WORKOUT NOTES