

Bully Xtreme.net

**Motivating
People To
Reach Their
Full Physical
Potential**



*Time... where
does it go?
Without your
Bully Xtreme
how do you
get a quick
workout in?*

Isometric Exercise: Quick Workout and Quick results!

***Follow these simple and
quick exercises for fast
results...***

Isometric Exercise

There are always going to be times when we're on the road for a day or three, and we are going to miss workouts. You forgot to take your Bully Xtreme 2 with you. But there is one way to hit body parts and maintain some muscle tone: isometric training.

Employing isometric training - using manual resistance to tax your muscle groups - is a good way to bring nitrogen-rich blood into the muscle groups in order to maintain some level of muscle mass when no heavy weights are available. Here are some movements that work each major muscle group, using only the tools available in most hotel rooms.



©Frank Sherrill

Bully Xtreme
www.BullyXtreme.net

January 08

www.BullyXtreme.net

- **Chest Pushups:** (flat, incline, and decline with feet on a bed), most muscular poses, and extended chest stretching on door jams.
- **Shoulders:** Lateral side towel raises & overhead presses with any compact items you can locate which are easy to balance.
- **Triceps:** Bodyweight dips from bed/couch & towel resistance kickbacks.
- **Thighs:** Bodyweight squats and lunges.
- **Hamstrings:** Lying hamstring towel curls (requiring a partner) or super-slow stiff-legged toe touches.
- **Calves:** Standing calf raises on stairs or ledge.

- **Back:** Shrugs with couch or other balanced heavy object for traps, and towel resistance pulls for lat training.
- **Biceps:** Mirror flexing & standing towel resistance curls.
- **Forearms:** Forward & reverse wrist curls using towel or small heavy objects.

Training Schedule

- If you'll be on the road for one day - enjoy the rest, or do one set of all exercises.
- If you'll be on the road for two days, employ a push/pull split (Day 1 is chest, shoulders, triceps calves, and thighs, while Day 2 is hamstrings, back, biceps, and forearms.)
- If you'll be on the road for three days, use the following split; (Day 1- chest/shoulders/triceps, Day 2- thighs, hamstrings, calves, and Day 3- back, biceps, forearms.)

So don't use the excuse of leaving your Bully Xtreme at home... at least get a workout in... by the way this workout shouldn't take more than 7 to 10 minutes MAX!

For more information:

[Visit www.BullyXtreme.net](http://www.BullyXtreme.net)

To receive 4 FREE eBooks on:

- "Incredible Stretching: From Beginner to Advanced"
- Daniel Craig's "The New James Bond" training program.
- The first chapter of the Bully Xtreme Training Program"
- The secret Bruce Lee "Strength and Speed training Program"

www.bullyxtreme.net/Optin.html