
THE ISOMETRICS/SUSPENSION TRAINER



EXERCISE MANUAL

“You are only as good as your last workout. You are what you eat”

- pierini

Thank you for your purchase and congratulations! You have now greatly expanded the capabilities of your Hook Gym to include Bodyweight and Isometric exercises with the **The Hook Bodyweight/Isometrics Strap!**

Bodyweight

Secure your Hook Door Attachment at the top of a door and then drape your B/I Strap over it. Place the hook of one of your handles into loop #1. Place the hook of your other handle into a loop that will enable you to perform a chosen bodyweight exercise at a level you are comfortable with. You will initially want to experiment to determine which loop will be the right one to use. I would suggest recording the name of the exercise and the loop number used. Do this for all other bodyweight exercises you intend to include in your routine. You can set up your exercises anyway you choose; One set, or multiple sets, perhaps moving a handle up or down the strap with each set for progressions. See the included Bodyweight Exercises.

Isometrics

Isometrics strengthens the smaller stabilizer muscles and tendons, in a sense, training the muscles from the inside out and strengthening the weakest link in a chain. If you are now working out with The Hook, you could include some isometrics as a last rep for any number of exercises. For example, add an isometrics biceps curl after you have completed your Hook with Resistance Bands curls. The quick change aspect of the BW/Iso Strap also makes 3-point isometrics feasible. Isometrics effects 15% of the surrounding muscle in any given isometric movement, so, by performing an isometric at the beginning, the middle, and the top of an exercise, you are subjecting a particular muscle, or set of muscles, to full development.

Using The Hook Bodyweight/Isometrics Strap for Isometrics

Place the hook of one of your handles into loop #1. Place the hook of your other handle into a loop that will enable you to perform a chosen isometric exercise. Refer to the Isometric Exercises depicted in this booklet. You will initially want to experiment to determine which loop will be the right one to use. There are two routine sheets at the back of this booklet that will help you. One is a sample sheet that depicts numbers representing the approximate numbered loops for each exercise, and the other has blanks for you to fill in as you determine which loops work best for you.

Isometrics Routine

Hack Squats: ____

Back Row: ____ - ____ - ____

Back Pull

Overhead Lat Pull

Shoulder Shrug: ____

Wrist Curls: ____

Curls: ____ - ____ - ____

Triceps Extensions: ____ - ____ - ____

Hammer Curls: ____ - ____ - ____

Triceps Pushdown: (____) ____ - ____ - ____

Bench Press: ____ - ____ - ____

Push Out: ____

The Archer: ____ - ____ - ____

Chest Expansion: ____ - ____ - ____

Front Shoulder Raise: ____

Shoulder Raise: ____ - ____ - ____

Press: ____ - ____ - ____

Triceps Curls: ____ - ____ - ____

Sample Isometrics Routine

Hack Squats: 5

Back Row: 8-9-10

Shoulder Shrug: 10

Back Pull — Hook the handles together at chest level and attempt to pull them apart

Overhead Lat Pull - Hook the handles together, and with your palms facing outward, extend your arms straight up and attempt to pull the handles apart

Wrist Curls: 11

Curls: 11-13-15

Triceps Extensions: 11-13-15

Hammer Curls: 13-15-17 - just grab hold of the loops

Triceps Pushdown: *(5) 3-2-1 *The loop placed over the door attachment

Bench Press: 5-7-9 — Drape the strap around your neck, take hold of the handles and then work the strap down your back

Push Out: 7

The Archer: 1-2-3 — Alternate from left to right on each number.

Chest Expansion: 1-3-6

Front Shoulder Raise: 18

Shoulder Raise: 12-16-21

Press: 21-23-26

Triceps Curls: 23-25

In looking over the Sample Isometrics Routine, you'll notice that many of the exercises share common loops as indicated by their numbers. For example, the Biceps Curl and the Triceps Extensions share the same loops in their 3-point progression. So rather than do the three isometric positions for the curl and then go back and do the three for the triceps extensions, you can just go back and forth between the two exercises using each of their mutual loops. You'll notice that not all of the exercises are 3-point. For some of them, I felt the 3-point was unneeded or would just be too awkward. You may feel differently. That's why you experiment with the routine.

The included routine is a guide only. You might not want to perform 3-point isometrics, or you might not want to perform all of the isometrics shown. You can pick and choose, and you might even come up with some isometric exercises of your own. There are only so many hours in a day, and your goal should be to blend the power of the Hook, Bodyweight, and Isometrics into a cohesive routine that is doable for you.

Performing Isometrics

When performing an Isometric exercise, don't rush right up to your maximum effort and then strain with all your might. Instead, take a deep breath and then ease into the exercise, spending a second or so to build up to maximum effort and then hold it for ten seconds. Do not hold your breath. Exhale slowly while performing the isometric. When finished, relax for a few seconds and then go on to the next exercise.

Combining Isometrics with Resistance Bands

The Hook Bodyweight/Isometrics Strap's design enables you to use it with your resistance bands for the best of both worlds! Combining isotonic with isometrics has been a strength training technique used for years by competition weight lifters. Hit those sticking points hard!

Combining resistance bands with isometrics for the chest expansion exercise is an ideal use of the bands with the strap. In a chest expansion movement, stress on your shoulders decreases as your arms spread out. Set your strap and bands up so that you hit an isometric with your outstretched arms. Give it a good solid push with each rep, and then push out hard on the last rep, holding it for seven seconds.

Isometric Exercises



Hack Squat



Back Row



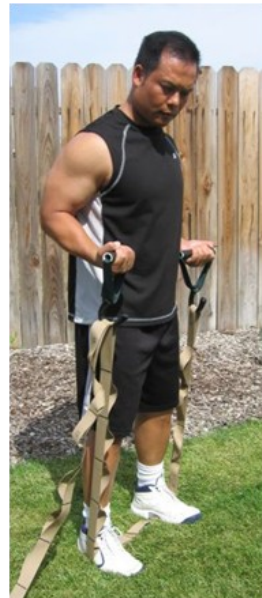
Shoulder Shrug



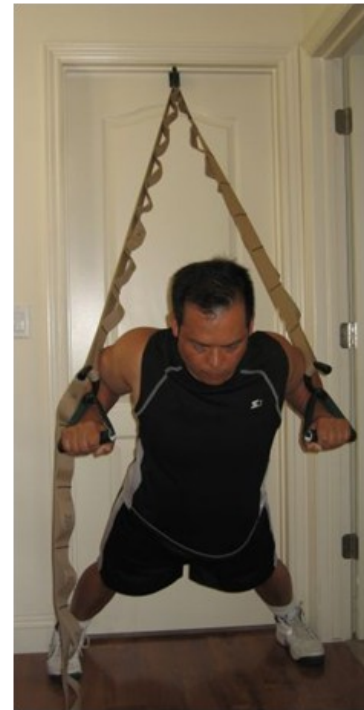
Underhand Wrist Curl



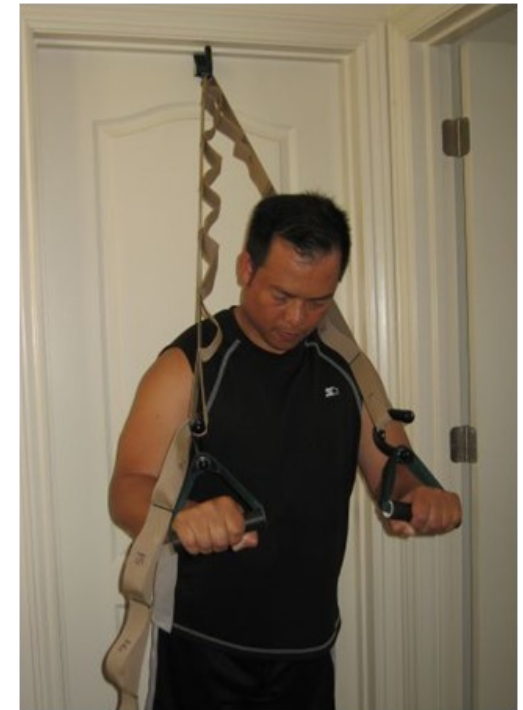
Overhand Wrist Curl



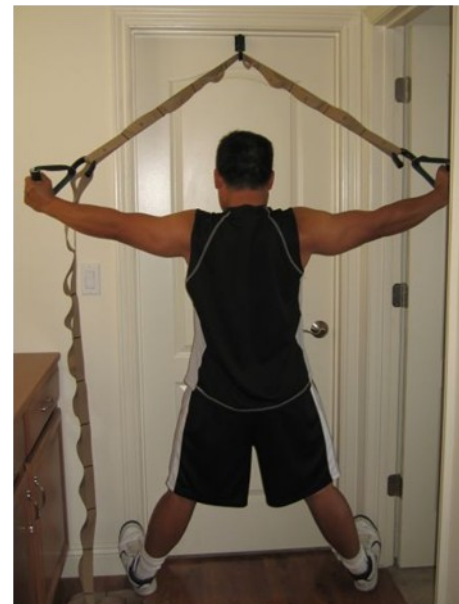
Biceps Curl



Pushups



Triceps Pushdowns



Shoulder Flyes

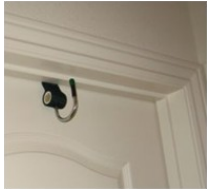
Squats

With the BW/ISO Strap draped over the door attachment, place the Hook Handles into the last loops on either end of the strap. Facing the door, take hold of the handles, and step back until the strap is taut. With arms outstretched in front of you and leaning back slightly, begin doing squats. Holding onto the handles will enable you to maintain your balance and will enable you to perform one-legged squats.

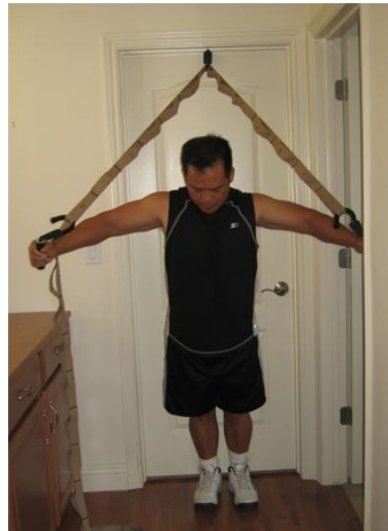
If there isn't enough room to extend the strap fully, then place the door attachment down on the side of the door at a desired height and then select numbered loops that work for you.

Bodyweight Exercises

- Always close a door onto the hook end of the door attachment as shown in the pictures below. Make sure that the door is latched, and push on the door to make sure that it will not open. If using the door attachment under a door, make sure that there is a **maximum clearance** of no more than 1".



Back Rows



Pec Flyes



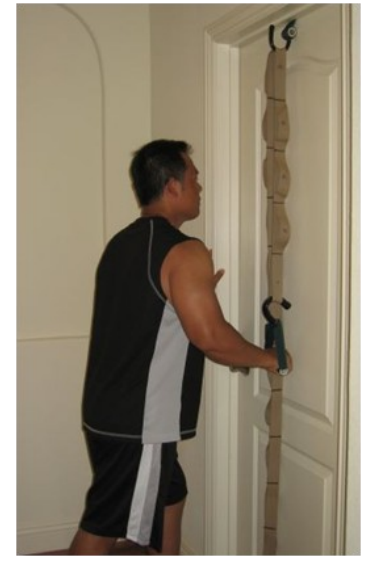
Wrist Curls



Biceps Curl



Triceps Extension



Triceps Pushdown



Bench Press



Push Out



Chest Expander

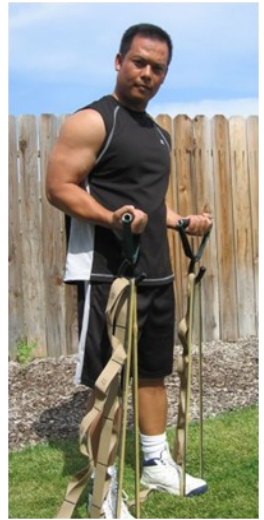


Front Shoulder Raise



Chest Expansion

Examples of combining Resistance Bands with the BW/Iso Strap



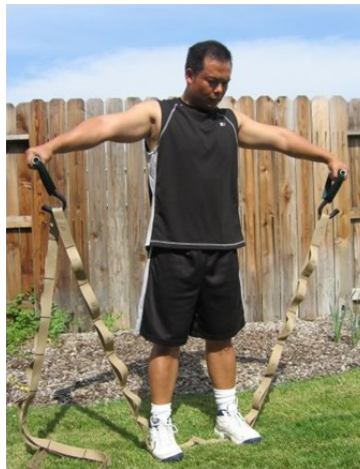
Biceps Curl



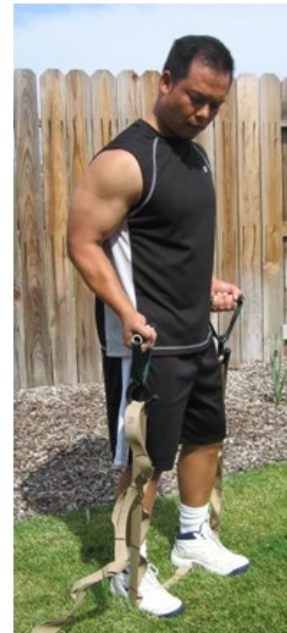
Triceps Curl



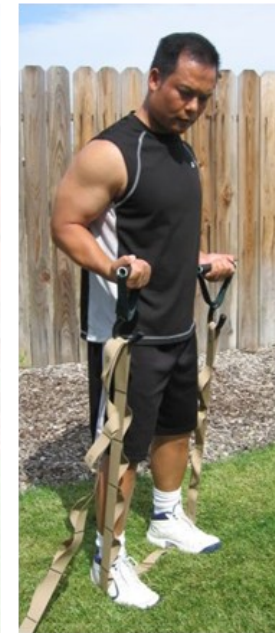
Press



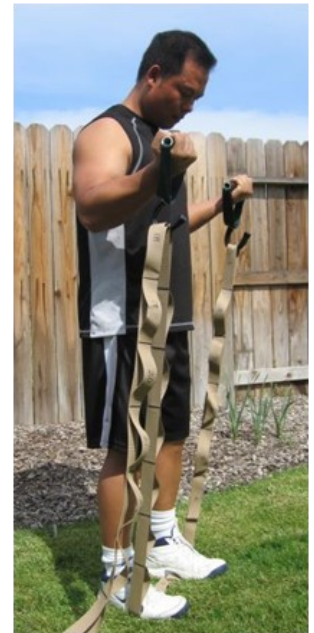
Shoulder Raise



Beginning



Middle



End

Example of 3-point Isometrics