

The Ninety Seconds A Day Workout Using Hand Towel

I bought a book called Muscle Blaster System in the year 1996 by Joe Nazario. It is an exercise on how to build or double your muscle in just 90 seconds a day. I do this kind of workout since I bought this book until now. I workout using this book not to build broad muscles but just to keep me fit and healthy. These exercises called “Tonometrikon” in which Isometric exercise and Isotonic Exercise are combined.

Isometric Exercise – By putting a strong pressure on muscles that are not moving. Just like sitting in a low set and pushing it with pressure but in actual the low set did not moved.

Isotonic Exercise – By putting a strong pressure on muscles that are moving. Just like lifting a dumb bells or pushing-ups. All kinds of exercises are based into these two categories. If you are weighing seventy kilos and you were sitting-ups, the result of these is just the same as lifting seventy kilos of barbell plates and similarly by putting seventy kilos pressure in isotonic method by using vertical device.

This system is easy and very effective medium of exercise that is one hundred percent sure. Anybody can do this, men and women from fifteen years of age up to fifty years old. You do not need spend expensive gadgets and go to gym. The only gadget you will have to use is “Hand Towel”.



Exercise No. 1 (Lower Portion of your Back)

Hook the hand-towel in a doorknob. Hold both edges of the hand-towel, spread your feet, and lower your knees and pull. Stay for five seconds by putting some pressure on your back.



Exercise No. 2 & 3 (Legs and Buttocks)

Lie down facing the floor, support your chin with the other hand, hook the hand towel in your ankle and hold both edges of the hand towel with the other hand. Push the hand towel with your feet with strong pressure and hold stay for five seconds. Repeat with the other legs. This exercise will help to revive muscles in your upper leg and back.

Exercise No. 4 (For Legs muscles, Ankles and Feet).



Lie down with your back level on the floor. Move your feet upward and do not fold your knees. Hook the hand towel near toes and keep both hands vertically stretch. Push the hand towel with your feet and put a strong pressure. Continue doing this and stay for five seconds. This exercise is good for blood circulation for those who are always standing.



Exercise No. 5 (For upper portion of Feet and Legs).

This position is similar as Exercise No. 4 but your knees being fold here. Hook the hand towel in your hills. Push the hand towel with strong pressure and stay for five seconds.

Exercise No. 6 (For Back)



Step on the hand towel both feet, hold the hand towel just like in the picture below and move your body upward with steady pressure. Continue doing this and stay for five seconds. This exercise also helps if you have back pain.



Exercise No. 7 (For Hips, Shoulders and upper Back).

Hold both edges of the hand-towel and put around your neck. Put a steady pressure on the hand-towel and begin twisting your body side by side. Repeat this exercise five times. This exercise will help to develop muscles on your neck, shoulders and chest.

Exercise No. 8 (For Neck)



Put the hand-towel behind your head hold with steady pressure both edges of the hand-towel and push up and down using head. Repeat this exercise five times.



Exercise No. 9 & 10 (For Shoulders, Triceps, Back & Chest)

Put the hand-towel at the back just like in the picture. Hold the hand-towel with the hand stretch upward while the hand holding the hand-towel folded behind. Put a steady pressure by pushing. Hold your breath for five seconds and repeat with the other hand.

Exercise No. 11 & 12 (For Shoulders & Triceps)



Hold the hand-towel with your both hands while the other hand folded and the other hand stretch upward. Put a strong pressure and hold your breath for five seconds. Repeat with the other hand.



Exercise No. 13 & 14 (Additional exercise for Shoulders and Triceps)

Fold your hand behind your back while the other hand moving upward with your elbow. Try to raise it higher and hold your breath for five seconds. Repeat with the other hand.

Exercise No. 15 &16 (Two Variations. For Biceps)



Hold the hand-towel with hands and fold your hand in front while the other hand stretches downward. Put a strong pressure on your both hands and stay for five seconds. You can do this in standing position or sitting position.



Exercise No. 17 (For Chest, Shoulders and Back).

Hold the hand-towel in front of you. Your hand should be forty to fifty centimeters in distance with the other hand. Twist your hand by putting a steady pressure and do not fold your elbow. Stay for two seconds every twist and do this five times.

Exercise No. 18 (For Abdominals)



Lie down on the floor just like in the picture. Put the hand-towel behind hips. Hold the hand-towel with steady pressure. Raise both legs in thirty-degree centimeters and stay for five seconds. Repeat this exercise fifty to 100 times every morning and evening before you sleep.