



## 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](http://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". Todays 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 adds - "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 its 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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## **ISO-MICRO-GYM Keep fit without exercise equipment with isometrics By Keith Fairfield Bibliography**

- Sales Rank: #406606 in eBooks
- Published on: 2013-03-19
- Released on: 2013-03-19
- Format: Kindle eBook



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##### **Mary Richards:**

Book is actually written, printed, or illustrated for everything. You can realize everything you want by a reserve. Book has a different type. As you may know that book is important factor to bring us around the world. Beside that you can your reading ability was fluently. A guide ISO-MICRO-GYM Keep fit without exercise equipment with isometrics will make you to end up being smarter. You can feel a lot more confidence if you can know about every thing. But some of you think which open or reading any book make you bored. It is far from make you fun. Why they might be thought like that? Have you searching for best book or suited book with you?

##### **Anthony Anderson:**

This ISO-MICRO-GYM Keep fit without exercise equipment with isometrics are reliable for you who want to become a successful person, why. The main reason of this ISO-MICRO-GYM Keep fit without exercise equipment with isometrics can be one of several great books you must have is definitely giving you more than just simple reading through food but feed you actually with information that probably will shock your preceding knowledge. This book is definitely handy, you can bring it everywhere you go and whenever your conditions throughout the e-book and printed ones. Beside that this ISO-MICRO-GYM Keep fit without exercise equipment with isometrics forcing you to have an enormous of experience such as rich vocabulary, giving you demo of critical thinking that we understand it useful in your day activity. So , let's have it and revel in reading.

##### **Philip Cooper:**

As a college student exactly feel bored in order to reading. If their teacher requested them to go to the library or even make summary for some publication, they are complained. Just little students that has reading's soul or real their pastime. They just do what the trainer want, like asked to go to the library. They go to presently there but nothing reading very seriously. Any students feel that reading through is not important, boring as well as can't see colorful pictures on there. Yeah, it is to become complicated. Book is very important for you personally. As we know that on this era, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore this ISO-MICRO-GYM Keep fit without exercise equipment with isometrics can make you really feel more interested to read.

**Edward Lott:**

What is your hobby? Have you heard that will question when you got scholars? We believe that that issue was given by teacher to their students. Many kinds of hobby, Everybody has different hobby. And also you know that little person just like reading or as studying become their hobby. You have to know that reading is very important in addition to book as to be the issue. Book is important thing to provide you knowledge, except your own personal teacher or lecturer. You will find good news or update in relation to something by book. Numerous books that can you take to be your object. One of them is niagra ISO-MICRO-GYM Keep fit without exercise equipment with isometrics.

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