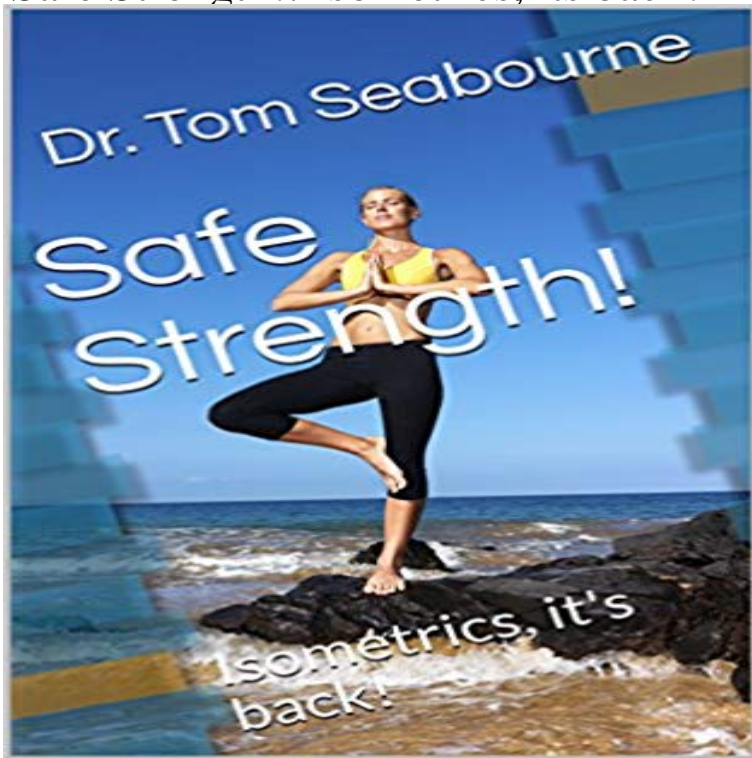


## Safe Strength!: Isometrics, its back!



Finally, both men and women recognize the value of resistance training. Men have always attempted to get big biceps and a huge chest. But women have shied away from the weight room because they thought that they would get too big. Research has demonstrated that resistance training is GREAT for women to tone and firm their muscles and they won't get huge unless their genetics predispose them to (not many), or they are taking illegal supplements. The problem for both men and women in the weight room however is that many times they hurt themselves because they perform some exercises incorrectly (especially squats, bench presses, and deadlifts). The purpose of Safe Strength is to provide you and your client some food for thought regarding resistance training and how to keep it safe so that you all can train injury-free for the rest of your lives. We tackle a variety of exercise programs including isometrics. Isometrics has generally been scoffed at unless you're trying to get past a sticking point or you believe in the old-timey ads in comic books. There is a place for isometrics especially when you are trying to target and isolate hard-to-reach muscles, and I hope you try some of the isometric exercises presented in Safe Strength. Do you love to get on the machines in the weight room or do you get a nagging dread when it comes time to do weight work? Recent evidence presented by high-school strength coach Mark Cibrario of Chicago suggests that machine weights may not improve athletic performance. Machine weights don't build your stabilizer muscles, Cibrario says. He believes that your stabilizer muscles can actually atrophy because they're not being used. Stabilizer muscles must be strong so that your prime movers, your main muscles, can be used for maximum effort. Any machine that fits everybody fits nobody, says Tom Purvis, a physical therapist from Oklahoma

City. Its hard for one machine to fit any persons body perfectly. Isometric training improves strength and stability. So what should you do to strengthen and balance your muscles? Try isometrics. Here are some of the benefits of Isometrics: Isometrics are safe and user-friendly. You can work any muscle group at any angle with Isometrics. Isometrics allows you to move without momentum, so they are safe.

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