



# ISO-MICRO-GYM Keep fit without exercise equipment with isometrics

*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". Today's 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 ads - "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 it's 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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### **From reader reviews:**

#### **Diane Williams:**

The book ISO-MICRO-GYM Keep fit without exercise equipment with isometrics gives you the sense of being enjoy for your spare time. You can utilize to make your capable far more increase. Book can for being your best friend when you getting pressure or having big problem using your subject. If you can make studying a book ISO-MICRO-GYM Keep fit without exercise equipment with isometrics for being your habit, you can get considerably more advantages, like add your capable, increase your knowledge about many or all subjects. It is possible to know everything if you like open up and read a reserve ISO-MICRO-GYM Keep fit without exercise equipment with isometrics. Kinds of book are a lot of. It means that, science e-book or encyclopedia or other folks. So , how do you think about this e-book?

#### **Robert Brown:**

This ISO-MICRO-GYM Keep fit without exercise equipment with isometrics tend to be reliable for you who want to be considered a successful person, why. The reason why of this ISO-MICRO-GYM Keep fit without exercise equipment with isometrics can be one of several great books you must have is usually giving you more than just simple reading food but feed anyone with information that might be will shock your prior knowledge. This book will be handy, you can bring it everywhere you go and whenever your conditions throughout the e-book and printed versions. Beside that this ISO-MICRO-GYM Keep fit without exercise equipment with isometrics giving you an enormous of experience for example rich vocabulary, giving you test of critical thinking that we understand it useful in your day activity. So , let's have it and revel in reading.

#### **Arthur Smith:**

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#### **Frances Barrett:**

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needs. As we know that on this period of time, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore this ISO-MICRO-GYM Keep fit without exercise equipment with isometrics can make you sense more interested to read.

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