



ISOMETRIC GENERAL

PROGRAM 2023

Supine Transversus Abdominis Bracing - Hands on Stomach

REPS: 10 | SETS: 2 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 5



SETUP

Begin lying on your back with your knees bent, feet resting on the floor or bed, and your fingers resting on your stomach just above your hip bones.

MOVEMENT

Tighten your abdominals, pulling your belly button toward your spine pressing your low back down into the surface. You should feel your muscles contract under your fingers. Hold this position, then relax and repeat.

TIP

Make sure to not hold your breath as you tighten your muscles, don't tilt your pelvis, or engage your neck. Just work on finding your abdominal muscles.

Supine Hip Adduction Isometric with Ball

REPS: 10 | SETS: 2 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 5



SETUP

Begin lying on your back with your legs bent, feet resting on the floor, and a soft ball around 6 in across positioned between your knees.

MOVEMENT

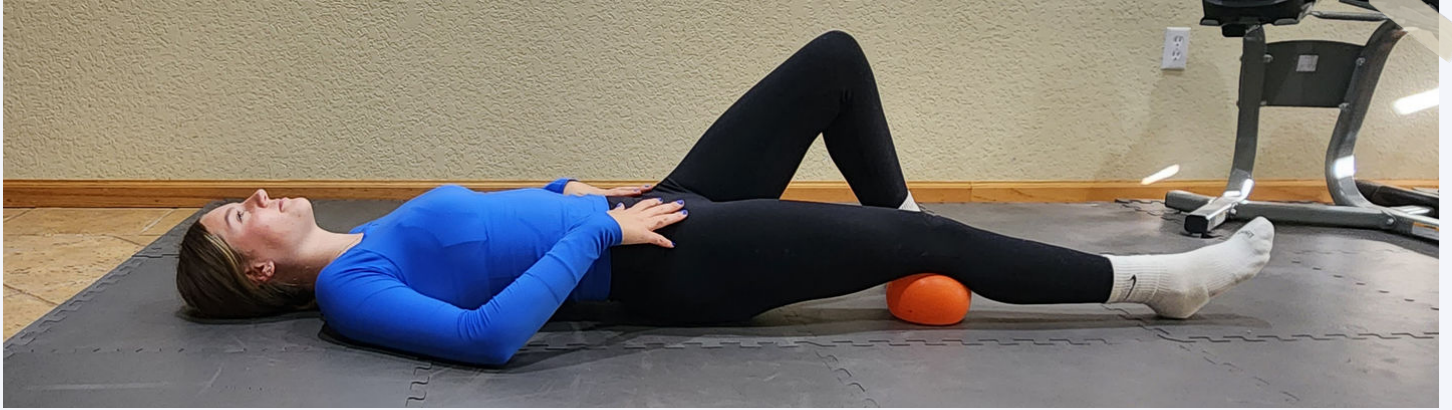
Squeeze your knees together into the ball, hold if able, then control the release and repeat.

TIP

Don't let your back come up while doing the exercise. Make sure you use your inner thigh muscles and not your lower leg/ feet, back or neck.

Supine Quad Set

REPS: 10 | SETS: 2 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 5



SETUP

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll or small pillow.

MOVEMENT

Gently squeeze the muscles on the top of the thigh, pushing the back of your knee down into the towel.

TIP

Don't hyperextend your knee but you should feel your knee cap move up toward your hip. Don't rotate your leg and only use your thigh muscle. Not your back or hip or the back of your leg to do this.

Hooklying Isometric Hip Abduction with Belt

REPS: 10 | SETS: 2 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 5



SETUP

Begin lying on your back with your knees bent and a belt or a strong band around your knees.

MOVEMENT

Nice and easy press your knees out into the belt, hold briefly, then relax and repeat.

TIP

Use the muscles on the outside of your hips, not your inner thigh, back, or lower leg muscles. Control the movement in a nice and easy motion.



Supine Gluteal Sets

REPS: 10 | SETS: 2 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 5



SETUP

Begin lying on your back.

MOVEMENT

Tighten your buttock muscles, then release and repeat.

TIP

Make sure not to use or arch your low back or hold your breath as you tighten your muscles. Focus on just engaging your glut muscles without your hamstrings. If you get a charlie horse spasm you are using the wrong muscles.

Standing Isometric Shoulder External Rotation with Doorway

REPS: 10 | SETS: 2 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 5



SETUP

Begin in a standing to the side of a doorframe with your arm bent and a towel between the back of your hand and the doorframe.

MOVEMENT

Gently press your hand outward into the towel. Hold, then relax and repeat.

TIP

Don't extend or move your wrist. Keep everything in neutral and use the muscles in the outside of the shoulder. Not your neck, elbow or wrist to engage the movement. If you are creating pain, don't push so hard.

Supine Cervical Retraction with Towel

REPS: 10 | SETS: 2 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 5



SETUP

Begin lying on your back with a towel roll or pillow placed at the back of your head.

MOVEMENT

Gently press the back of your head against the towel without tilting your head, by engaging the muscles in your neck. Hold, then relax and repeat.

TIP

Make sure to keep your shoulders relaxed and do not lift your chest from the ground. If you get pain, try to press lighter.