

THE PRECIOUS SET OF MONKS' ISOMETRICS

The "Black Monk" Demonstrates How To Maintain Strength & Well-Being In Restrictive Situations

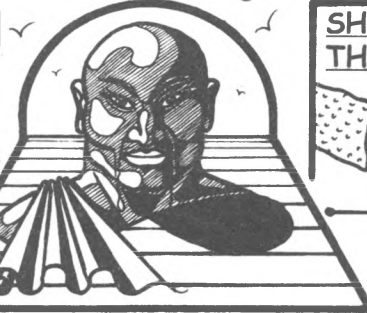
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1.

BACK - BUTTOCKS - BACK OF LEGS

BALANCE on
elbows & heels &....

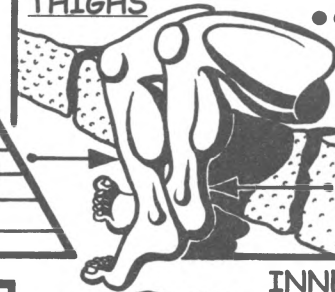
...lift body
high here.



SHINS-KNEES -FRONT & BACK THIGHS

● CROSS ANKLES
only - Push one
leg forward &
the other back -
Then swap.

6. x2.



STOMACH - NECK - CHEST - FRONT OF THIGHS

Press

Press

2.

Lift

Lift



- STOP - READ THIS FIRST

● **ISOMETRICS ARE**
exercises in which the
muscles are prevented
from contracting by
tensing against a
fixed object (or
another muscle).

● **MEALS REQUIRE**
the bodies energy &
attention for efficient
digestion - **So don't**
exercise for 1-2
hours after eating.

● **WARM UP** by other
moderate activity for
a few minutes **before**
starting this exercise
set.

● **SETS:** Each position
is assumed & tensed -
2 times for **children** -
3 times for **women** -
4 times for **men.**

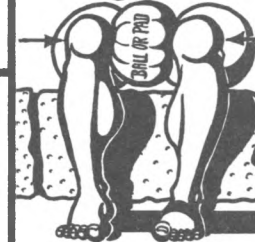
● **BREATHING:** As
you **tense the muscle**
exhale (& count)
slowly thru the mouth
- As you relax the
muscle **inhale thru the**
nose - Rest for 1 com-
plete respiratory cycle
before the next set
(unless you are alter-
nating the sets - e.g. to
left then to right etc).

● **TIMING** of each
tensing of the muscles
(1 exhalation thru
the mouth) is ideally -
7, 9, 11, 13 or 15 secs
for girls/women - &
8, 10, 12, 14 or 16
secs **for boys/men.**

INNER THIGHS - GROIN - KNEES

● **SIT DOWN**
- Put a pad
between knees
- Force them
together
hard.

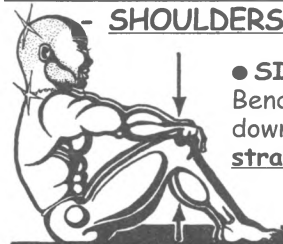
7.



STOMACH - INNER ARMS - BACK - SHOULDERS - CHEST

● **SIT ON floor** -
Bend knees - Push
down with **semi-**
straight arms.

8.



BACK OF ARMS - SHOULDERS - BACK

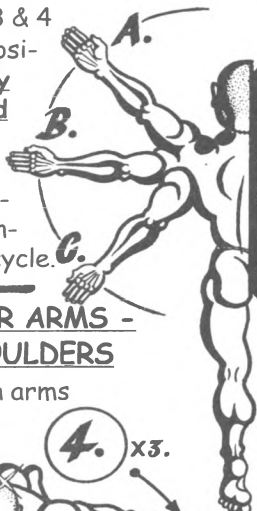
● **LIE ON back** with arms out - **Palms**
up - Press down hard.

● **DON'T** forget breathing.

3. x3.



NOTE: NUMBERS 3 & 4
are each done in 3 posi-
tions as shown - **They**
are often executed
consecutively & in
rotation (A, B, C, A,
B, C etc.) & also with-
out the usual interven-
ing respiratory rest cycle.



FRONT & INNER ARMS - CHEST - SHOULDERS

● **LIE ON front** with arms
out - **Palms down** -
Press down hard.

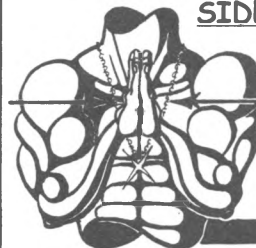
4. x3.



CHEST - INNER FOREARMS - SIDES - BICEPS

● **PRESS** palms
together (at
chest level) hard
- **Don't forget**
breathing.

9.



UPPER BACK - SHOULDERS - FOREARMS - BICEPS

● **HOOK** fingers
together **at level**
shown - Pull hard.

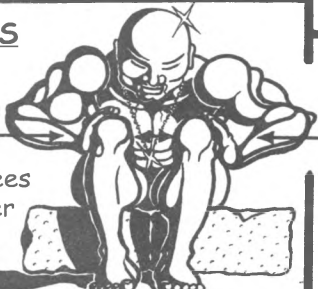
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OUTER THIGHS - CHEST - SHOULDERS

● **IN SITTING**
position - Push knees
towards each other
very hard
with palms
(don't touch).

5.



FRONT & BACK OF ARMS - CHEST - UPPER BACK - SHOULDERS

● **CLASSIC**
muscle
pose - One bent arm
palm up (to side) -
The other (**palm**
down) pressing hard
- Then swap.

11. x2.

