

Fitness Trend: Isometric Strength Training



By [Mara Miller](#)

Isometric strength training is a [fitness trend](#) that involves exercising in place. It focuses on the way the muscles are supposed to move with no crazy movements like tossing a tire or bouncing around. You don't even need weights to do this type of strength training—the point is to tighten up your muscles without even moving.

Find out more about this fitness

trend!

If you find these [fitness tips](#) are working, you can do some research online to find more exercises to add to your regimen. Yoga, for example, is a type of isometric strength training. Remember, the best thing about this kind of workout is that you don't need equipment to do it. Be sure to always drink plenty of water and to warm your muscles up before your workout. Here are a few poses you can try if you're interested in isometric strength training:

1. High Plank: Get into the top of a push-up position and hold. Be careful not to put your butt up too high or too low. Hold it for as long as you can. This is a great exercise that works out your core and back muscles.

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2. Prayer Pose: If you do yoga, you probably know of this pose. You stand still and place your hands together like you're praying. Only, with this isometric strength exercise, you're actually pressing your palms together to create some force and are thereby working out your muscles. Be sure not to hold your shoulders up high because it can cause them to get too tense. This is a great workout for your chest.

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3. Forearm Plank: This is similar to the high plank, but you are holding yourself up with your forearms. Be sure with this pose not to lift your butt too high or too low like in the other position. It helps to work out your abs since you are placing your muscles in a different position.

What are some of your favorite isometric strength training exercises? Let us know in the comments below!