

Samuel Greenberg



Strongman workout

Unique Iron Samson Isometric Exercise System



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Annotation

Alexander Zass, stage name “Amazing Samson”, “Iron Samson” or simply “Samson” was a Russian-born strongman and circus artist, who was proclaimed the most powerful man in the world in his time.

The childhood and youth of Alexander Zass passed in Saransk, the Penza province of the Russian Empire. From a young age, he showed outstanding results. So, with his own weight of 66 kg, the young Zass could twist (bench press with a deflection of the body) with his right hand 80 kg.

Not possessing great physical data (with the height - 167.5 cm and weight not more than 75 kg at the peak, chest circumference when inhaling - 119 cm, biceps size - 41 cm), he developed his own training system aimed at strengthening tendons, on the basis of which were isometric exercises, not traditional muscle contractions under load. His unique system of isometric exercises has gained great popularity not only among ordinary people who wanted to become stronger, but also among professional athletes.

As practice shows, a large person is not always strong, and the owner of a modest physique is weak. The strength of a person lies in invisible tissues, which in density are second only to bones, such tissues are called tendons.

How to increase endurance and strengthen tendons? How to speed up fat burning, improve skin condition, but without hours of training? Surprisingly, Alexander Zass, the creator of circus tendon exercises, answered all these questions in a

unique isometric exercise system that he created! This book presents his system of isometric exercises with pictures and explanations.

Table of contents:

[Chapter 1. Methodology of Alexander Zass \(Iron Samson\)](#)

[Chapter 2. General recommendations](#)

[Chapter 3. Exercises for developing pectoral muscles](#)

[Chapter 4. Exercises for developing back muscles](#)

[Chapter 5. Exercises for developing the biceps muscles](#)

[Chapter 6. Exercises for developing the triceps muscles](#)

[Chapter 7. Exercises for the trapezius and deltoid muscles](#)

[Chapter 8. Exercises for abdominal muscles](#)

[Chapter 9. Exercises for the development of leg muscles](#)

[Chapter 10. Exercises with rubber bandage](#)

[Chapter 11. Exercises with stone](#)

[Chapter 12. Crossbar exercises](#)

[Chapter 13. Exercises with metal stick](#)

[Chapter 14. Exercises on the gymnastic wall](#)

[Chapter 15. Exercises with chairs](#)

[Conclusion](#)

[About Author](#)

Chapter 1. Methodology of Alexander Zass (Iron Samson)

The owner of large muscles without strong tendons cannot maximize the use of his muscles at the time of the test of strength. The real power of such people is an illusion. The strength of the tendons increases during maximum resistance, for example, when the power of the tendons is applied to a stationary object.

The ingenious system for the development of body power that was created by Alexander Zass, aka Iron Samson, uses tendon exercises to achieve a fantastic power. He could break chains and horseshoes, hold moving to opposite directions horses, defeated large opponents, although he was not tall and weighed 66 kg.

The Iron Samson system focuses on the development of muscles, especially tendons, rather than increasing their volume.

The system of Alexander Zass contains exercises with a bag and other improvised means. His rather complicated tendon training involves both statics and pumping of the entire articular volume. The complex of exercises includes such modes as weight lifting, emphasis, maximum force, tension and relaxation, mobilization, warming up and others.

It's very important to perform all the exercises using proper technique. Tension is dangerous to health from the point of view of violation of physiological and energy regimes that occur during uneven and improper breathing.

I also want to note that even women can engage in this system. When performing gymnastics for tendons, the total energy metabolism is turned on as much as possible and subcutaneous fat is burned. In the first seconds, the supply of ATP is burned up, then glycogen goes into action and fat starts to be burned for 40 seconds.

However, for all this, you need to be smart when choosing exercises. A wooden stick, a chain, a metal bar, a doorway, a wall, furniture can all be used for tendon exercises. Try to squeeze a wooden stick, bend the iron rod or lift the door leaf: the muscles and tendons are tensed as much as possible, the whole body gains maximum density and ... and slowly returns to rest. Repeating such exercises several times, your power wave increases and along with it the strength of the whole body increases.

Advantages of the Zass isometric techniques

1. Quick result. In his booklet, Alexander says that you won't have to wait 3 months to record the first increase in strength, because the effect will be noticeable from the very beginning.
2. Strengthening tendons. Zass often repeats that he is strengthening with tendons. He developed not the superficial muscles, but the strength of the tendons, that is, the connective tissue. And this allows you to strengthen the whole body. Alexander calls the tendons the secret of his strength and the main key.
3. Save energy. There are no unnecessary movements with raising arms and legs, efforts are not wasted. The Zass technique includes only short movements.
4. Body shape enhancement. Developing tendons, it is impossible not to develop muscles. But at the same time, the muscles will not look hypertrophied (that is, too large). And this option is especially suitable for women: muscle volume does not significantly increase, but the condition of tendons and skin improves, and subcutaneous fat leaves. And men, judging by the figure of Zass, will also be fully satisfied with the body.
5. Fat burning workout. Beginners are advised to hold the strain for no more than 6-8 seconds. During this period, the supply of ATP (adenosine triphosphate), an acid that is in the muscles, burns down. The body seeks to fill the deficit. And

first, it takes creatine phosphate from the muscles. But it lasts another 5 seconds. Therefore, the body then connects the carbohydrates: it starts the glycolysis process.

During glycolysis, each glucose molecule breaks down, forming 2 ATP molecules. Then glycogen is connected, which is broken down to glucose (and it, in turn, to ATP molecules). And only then, after training, the processes of splitting fat are connected.

Of course, I speak of these chemical processes only in general terms. Chemists would explain in more detail. But the main point is this: when you keep the strain for 40 seconds or more, excess fat burns faster.

However, this does not mean that you need to make a minute effort on each approach from the very first trainings - this way the body expires quickly, breathing fails and the load on the cardiovascular and nervous systems increases sharply. And instead of creative processes, destructive ones will begin. But we don't need such an outcome. Therefore, planning, training after training, increase the duration of stress.

The uniqueness of exercises A. Zass

Alexander strengthened his tendons using chains. One can hardly call this method of occupation publicly available to everyone. Therefore, I chose those exercises that anyone can perform at home. An alternative to chains is a towel, a dense fabric (for example, linen sheets, bedspreads), a thick cord.

In the 60s of the last century in the USA, the Zass system was “rediscovered” again. And they called his exercises isometric / static. Since then, they have been included in the training package for many athletes. Especially in situations where you need to overcome a dead center.

Attention! Any exercises and gymnastics may have contraindications! Consult your doctor if you have chronic or acute diseases, problems with the cardiovascular and musculoskeletal systems. Caution: pregnant!

Important rules in performing tendon exercises of A. Zass

1. Breath: calm, smooth, not frequent.
2. Maximum effort throughout the body. Exercise should be performed, trying to maximize involve the whole body from the sole to the projectile. Zass called it a power wave.
3. Smoothness. The entrance to the power wave is smooth and the way out, too.
4. Tension alternates with relaxation. This is a very important nuance. You cannot perform exercises, continuously tensing.
5. 30-60 seconds - the minimum interval between exercises.
6. 5-8 seconds - the duration of the tension at the beginning of training. Gradually, you can increase the duration of the strain state.
7. 5-8 exercises - the recommended amount for beginners.
8. 3 approaches - the recommended number of repetitions for each exercise. In the first approach, use approximately 60% of the tension, in the second - 90%, in the third - 75%.
9. Daily workouts - an important component of training, if you want to strengthen the tendons.
10. No more than an hour and no more than 2 times per week. This is for a complete workout. In a full workout, the number

of repetitions is 5, and the effort is distributed as follows: 75-90-95-90-75%.

11. Your object is your body. Despite the fact that when using Zass exercises we use chains, towels, a tight cord, a wooden stick, etc., the main focus is on the body. With the power of tense muscles, Zass could break the chain entwined around the torso. But he directed his effort not to metal links, but to his own muscles.

12. Test. Once a week, you need to conduct a test that will show the effectiveness of training. Stand up straight, hands down. Stretch the towel with 95% of the effort. Hold the strain. Then release the towel, relax and listen to the sensations in the muscles: healthy hands almost after that will rise to the sides and up. And they will stay there to “soar.” If this does not happen, you overstrain during training, do not get enough sleep, overeat, or are overly worried every day.

- Excellent result: the ability to stretch a towel longer than 90 seconds.
- Satisfactory result: the ability to stretch the towel 60 seconds.
- Unsatisfactory result: less than 60 seconds. This indicates overstrain; it is necessary to reduce the load.

Chapter 2. General recommendations

A. Zass exercises are an effective means of harmonious development that has stood the test of time. They can be recommended to all those who set themselves the task of general physical improvement, who want to be strong, hardy, healthy. Weights exercises improve the activity of internal organs, increase blood circulation and metabolism, with their help it is possible to eliminate physical development defects - stoop, poor posture, strengthen the bone-ligamentous apparatus, underdeveloped muscles, etc. Regular exercises with weights develop the ability to strain and relax muscles, which is very important in sports and in the performance of any physical work.

Starting independent studies, it is necessary to remember that physical exercises are a big load, which, if used incorrectly, can harm the body. Therefore, first of all, you need to consult with specialists and carefully study the methodology of sports training. In the future, during classes, you should conduct self-control by measuring the heart rate, respiration, weight, determining overall well-being, sleep, appetite, working capacity, mood, etc.

Classes are best done outdoors or in a well-ventilated room. Clothing should be light and not interfere with movement. After class, be sure to take a shower and wipe dry with a towel.

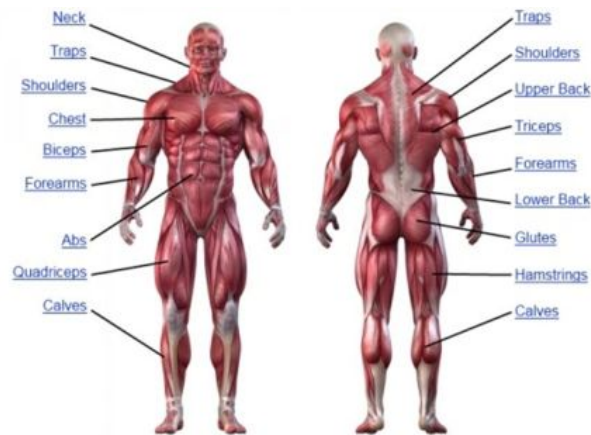
You can do it in the afternoon or in the evening, but not earlier than two hours after eating. Lighter exercises should be

included in morning exercises.

It must be remembered that the weight of the dumbbells, weights, the number of springs in the expander, the thickness of the rubber band must correspond to the age and strength of the person involved. This also applies to the number of repetitions of each exercise. Performing exercises, monitor well-being; if the indicated dosage is difficult for you, then reduce the number of repetitions or the weight of weights. The gradual increase in load is the main principle when doing physical exercises. Let the young people not be confused by the small initial weight of the burdens with which they begin to engage - only a phased increase in the load gives positive results. The principle of a gradual increase in load was known in ancient times.

Alexander Zass in his notes on his system of physical development wrote that it is impossible to force the increase in weight. He believed that systematic exercises (mainly with weights) and the correct mode of work and rest will help maintain efficiency and strength until old age.

Regular physical activity exercises and feasible dosages will surely bring positive results, forcing loads and occasional exercises will not only nullify the athletic form, but can also adversely affect health.



Never set yourself the task of building muscle mass by any means, as bodybuilders preach. With the goal of using physical exercises to strengthen health and achieve a physique, it is very important to have at least general concepts about the human muscular system, to know what functions these or other muscles perform and how to develop them. From anatomy, it is known that muscles are of two types: smooth, which line the walls of internal organs, blood vessels, skin, and skeletal, which consist of transversely striped muscle fibers; their number determines the strength of the muscle. The fibers are bundled and surrounded by connective tissue that passes into the tendons. Using them, the muscles attach to the bones.

You need to start with exercises that affect large muscle groups, and then pull up the lagging ones.

The above diagram gives an idea of the location of the main muscles.

Chapter 3. Exercises for developing pectoral muscles

It is necessary to develop all the muscles of the body proportionally, harmoniously. Immoderate development of the pectoral muscles can prompt stoop, so practices for the pectoral muscles must be joined with practices for the back muscles. For exercises, you can take a special time or include them in the morning exercises. Each exercise can be performed 10-15 times, and as you train, increase the number of approaches to 3-5. Between exercises, pause (40-60 seconds). Walk around this time, relax the muscles that have experienced a lot of exercise. Then take a deep breath, raising straight arms through the sides up, stretch as high as possible, then lower your relaxed arms and exhale.

1. Push-ups between two chairs or stools, putting hands wider than the shoulders (so the chest muscles get a lot of stress). Push up, trying to go deeper between the seats. Note that the torso and legs were in line. Bending your arms, inhale, and unbending - exhale (Fig. 1).

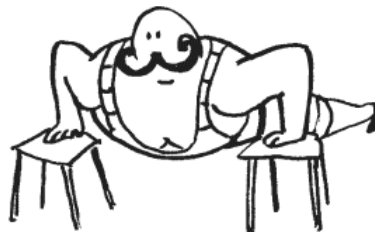


Fig. 1

2. Lie on your back on a bench. A soft roller can be placed under the blades. Pick up a metal stick or dumbbell and place it on your hips without bending your arms. Then lift the weights up on straight arms and lower as low as possible behind the head. Take a breath. Return to the starting position - exhale. You can use 5–10 kg weights (Fig. 2).



Fig. 2

3. Lying on your back (on a bench or on the floor), lift the dumbbells up. Take your arms to the sides and make a deep breath. Return to the starting position - exhalation (Fig. 3).



Fig. 3

4. Lying on your back (on a bench or on the floor), squeeze a bar or metal stick from your chest with a wide grip. Extending your arms, take a breath, bending - exhale (Fig. 4).



Fig. 4

5. Fasten the rubber bandages at shoulder or waist level to the two opposite walls. Put your legs wider than your shoulders, grab the ends of the bandages and raise your arms to the sides. Bandages should be tight. Cross your straight arms in front of your chest and exhale, then slowly return to your starting position and take a deep breath. As you train, you can increase the number of rubber bandages and the degree of tension (Fig. 5).



Fig. 5

6. Measure the circumference of the chest with a centimeter. Take a deep breath and notice the number. Take a deep breath again, tighten your chest and latissimus dorsi muscles (the largest muscle of the upper part of the body) and try to increase the result by a centimeter or more. After each breath, take a long and complete exhalation, while relaxing the muscles that were exerted (Fig. 6).



Fig. 6

Chapter 4. Exercises for developing back muscles

1. Place your legs wider than your shoulders. Lift the dumbbells up. Make tilts with a swaying hand movement resembling a lumberjack. While making tilts, exhale, and try to make sure your hands pass as far as possible between the legs. When straightening your body, bend down and take a deep breath. Do not bend your knees while doing the exercise (Fig. 7).

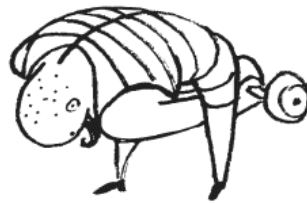


Fig. 7

2. Tighten on the bar with a wide grip so as to touch her neck. Bending your arms, inhale, unbending - exhale (Fig. 8).



Fig. 8

3. Put your left hand on the chair seat, take a dumbbell in your right and lower your hand down. Put your feet shoulder width apart. Bending the right hand and lifting the elbow up, lift the dumbbell to the chest - inhale, return to the starting position - exhale. Do the exercise with each hand (Fig. 9).



Fig. 9

4. Put your legs apart, lift the dumbbell by the head and hold it with your hands, take your elbows back. Without bending your legs, bend forward. Leaning, exhale, while straightening - inhale (Fig. 10).



Fig. 10

5. Sit on the floor, rest your feet on a fixed support, raise your hands forward and grab the ends of the rubber bandage, the middle of which is fixed at head level. Overcoming the resistance of the rubber bandage and keeping your back in a

straight position, lie on your back - inhale. Then return to the starting position - exhalation (Fig. 11).

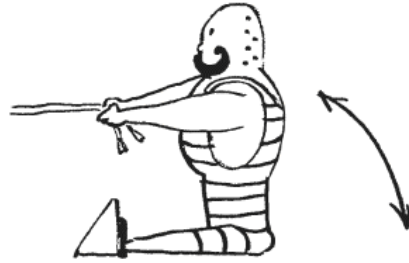


Fig. 11

Chapter 5. Exercises for developing the biceps muscles

At first, it is better to include part of the exercises in the morning exercises, and then it is already possible to set aside a whole special time for the whole complex. Repeat each exercise 15–20 times; as you exercise, perform the exercises in three or four approaches. Pause between exercises for 40-50 seconds to relax the muscles that had the greatest load.

1. Take the dumbbells, lower them down, palms turn forward (grip from the bottom). Bend and pull out your arms at the elbow joints at the same time. When bending your arms, take a breath, when unbending - make an exhale. During the exercise, keep your elbows motionless, look straight ahead. Then do the exercise, holding your hands with a grip on top (Fig. 12).



Fig. 12

2. Pull yourself in the hanging position on the bar until you touch it with chin. Pulling up, take a breath, descending into the lower position - exhale. You can perform the exercise,

holding the bar with a grip from below, a grip from above, a wide grip from above to touch the crossbar with the back of the head, and pull yourself up with weights attached to the belt or legs (Fig. 13).

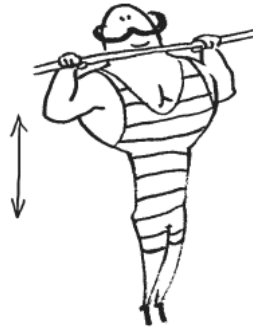


Fig. 13

3. Sit on a chair, put your feet shoulder width apart, lower your elbows to your knees. Bend and pull out your arms at the elbow joints. When bending your arms, take a breath, when unbending - make an exhale, Fig. 14.



Fig.14

4. Attach the rubber bandages to the two opposite walls. Put your feet shoulder width apart, grab the ends of the bandages in your hands and lift them to the sides. The rubber bandage should be in a tight position. Bend your arms at your elbows -

inhale, smoothly, with resistance, bend your arms at your elbows and exhale (Fig. 15).



Fig. 15

Chapter 6. Exercises for developing the triceps muscles

1. Lift the dumbbells up. Bend the arms in the elbow joints and lower the dumbbells behind the head, after which, pull out the arms, return to the starting position. Doing exercise, do not lower your elbows. When pulling out your arms - take a breath, when bending - exhale (Fig. 16).



Fig. 16

2. Starting position: stand up in the middle of the rubber bandage, wrap its ends on your hands and raise it to your shoulders, press your elbows against your body. The bandage should be pulled. Raise your hands up - inhale. Then gradually, with resistance, lower your arms to your shoulders - exhale (Fig. 17).



Fig. 17

3. With support on the uneven bars or the backs of two chairs, bend and unbend your arms. During the training, you can perform the exercise by tying a weight to the belt. When bending your arms, inhale, when unbending - exhale (Fig. 18).

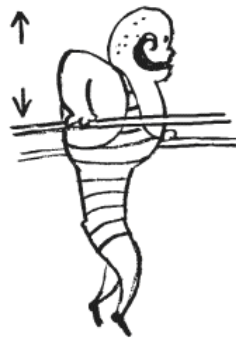


Fig. 18

4. Fold the rubber bandage in half or four, grasp its ends so that your hands are slightly wider than your shoulders, and take the bandage, pulling it well, behind the back. Pull out your arms to the sides until fully extended - inhale, bending your arms, return to the starting position - exhale (Fig. 19).



Fig. 19

Chapter 7. Exercises for the trapezius and deltoid muscles

1. Dumbbells in arms lowered along the torso. Raise your shoulders as high as possible and inhale, lower your shoulders and exhale. Then the same exercise can be performed by making circular movements of the shoulders forward and backward (Fig. 20).



Fig. 20

2. Legs at shoulder width, arms with dumbbells are along the body with palms inward. Raise your straight arms to the sides and inhale, lower to the starting position and exhale. Stand up straight and look in front of you (Fig. 21).



Fig. 21

3. Put your feet shoulder width apart with torso slightly forward. Perform such movements with your hands, as when you swimming the crawl on your chest. Bend and raise the right hand and take a breath, straighten it forward and exhale (Fig. 22).



Fig. 22

4. Place your legs apart and lower your arms with dumbbells along the body with your palms inward. At the same time, perform circular movements with straight arms first forward and then backward. Raise your hands up and take a breath, lower them down and exhale (Fig. 23).



Fig. 23

5. When sitting on a bench, squeeze the bar with a wide grip from behind your head. Raise the bar up and take a breath, lower them behind the head and exhale (Fig. 24).

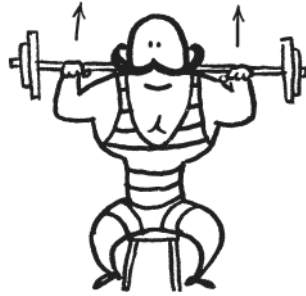


Fig. 24

Chapter 8. Exercises for abdominal muscles

Developed abdominal muscles not only give slimness to the figure, but also perform important vital functions: maintain internal organs in the right position, protect against hernia, etc. Do each exercise 15 to 20 times, and as you train, repeat it in three or four approaches.

1. Starting position: a balance on the crossbar or a gymnastic wall. Lift the outstretched legs to the right angle, hold them in this position for 2-3 seconds, and then slowly lower down. As you master exercise, try to touch the crossbar with your socks. In the original position, take a breath, and lifting the legs - exhale (Fig. 25).

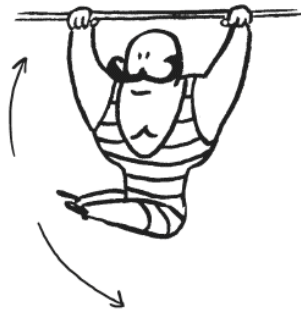


Fig. 25

2. Legs at shoulder width, on the shoulders behind the head a metal stick or a light barbell. Without shifting the feet from the place, make slow turns of the torso to the failure left and right. Turning the torso, exhale, returning to the original position - inhale (Fig. 26).



Fig. 26

3. Sitting on a chair, catch your toes at a stationary support, raise your hands behind your head. Slowly tilt the torso backwards, trying to bend more - inhale. Then return to the original exhalation position. Gradually, during the tilt of the torso begin to make turns to the left and right. You can complicate the exercise by performing it with dumbbells (Fig. 27).



Fig. 27

4. Lie with your back on a sloping bench, set at a 30-45-degree angle, head down. Put your feet behind the strap loop, bend your knees slightly, and raise your hands behind your head. Taking a breath, tilt the torso forward and try to touch the elbow of the right hand of the left knee - exhale. Get back to your starting position. The next time you tilt your left arm with your elbow, tap your right knee (Fig. 28).



Fig. 28

5. Starting position: lie on your back with arms along the torso. Lift the straight legs and lower them behind your head before touching the floor with socks - exhale. Slowly return to your original position - take a breath. This exercise can be complicated - going back to the original position, do not touch the heels of the floor (Fig. 29).



Fig. 29

6. Upfront, crouching on the left foot, right - to the side. Transferring the weight of the body on your hands, push off both feet and, without touching the feet of the floor, change the position of the legs. Transferring the weight on your hands, take a breath, in the original position - exhale (Fig. 30).



Fig. 30

7. Starting position: lie on your back with arms along the torso. Lifting your legs 10 to 20 centimeters from the floor, alternately bend and bend them in the hip and knee joints, without touching the heels of the floor. Breathing is random. As you exercise, exercise with weight attached to your feet (Fig. 31).



Fig. 31

8. Put your legs wider than the shoulders, raise your arms behind your head, make circular movements of the torso to the left side, and then to the right. When tilting the torso forward, exhale, and bending - inhale. Exercise can be complicated by holding the weight on the head (Fig. 32).



Fig. 32

Chapter 9. Exercises for the development of leg muscles

Some exercises can be included in the morning exercise. If you feel that your leg muscles are not developed enough compared to other muscles in the body, set aside a special time for the whole complex. Difficult exercises perform first without weights, in the future use two-kilogram dumbbells or light weight barbell (8-10 kg), but always remember that the load should be possible and increase it should be gradually. Perform each exercise 15 to 20 times, and as you train, do the exercises in two or three approaches. Between exercises, pause (40-50 seconds), during which shake, rub and knead the muscles that were the most stress. Do all exercises correctly and clearly. Don't hold your breath. In addition to these exercises for the development of leg muscles, you need to walk a lot, as well as include running in the mode of the day.

1. Sit on a chair. Put your foot on your leg. Make a circular movement of the feet of the right foot to the left, then to the right. Repeat the exercises with your left foot. Breathing is uniform (Fig. 33).



Fig. 33

2. Sit on a chair. Attach a belt to the feet with weight (dumbbell, sand bag). At the same time or alternately bend and straighten your knees. Straighten your leg, hold it in this position for two to three seconds, and then slowly lower it. Repeat until your thigh muscles are tired (Fig. 34).



Fig. 34

3. Place your feet on shoulder width, place a bar 5 centimeters high under the heels. Put a rod or a metal stick on the shoulders of the head. Take a deep breath and sit down - exhale. Go back to your original position - take a breath. During the exercise, keep the torso straight (Fig. 35).



Fig. 35

4. Take turns to move your feet to the side, back and forth, overcoming the resistance of the rubber bandage fixed on the

ankle. The other end of the bandage is attached at waist height to a stationary support at a distance of 1.5-2 meters (Fig. 36).



Fig. 36

5. Do squats on your toes, holding the barbell on outstretched arms with a narrow grip with palms back, behind the sacrum. On squat make exhale, when straightening the legs – inhale, (Fig. 37).



Fig. 37

6. Springy swaying up - down in a lunge (one by one) one foot forward, hands on the belt. As you master exercise, exercise while holding dumbbells in your shoulders. Breathing is uniform, (Fig. 38).



Fig. 38

7. Place your feet on shoulder width, place a bar 5-7 centimeters high under your fingers. Climb on your socks - inhale, then lower on your heels - exhale. Gradually move on to the exercise with weight in the hands, performing it on one leg. Repeat until the shin muscles are tired (Figure 39).



Fig. 39

8. Bend your left leg, place it on the seat of the chair, in the left hand take a dumbbell. After transferring the weight of the body to your left leg, straighten it and stand on the seat. Bending your leg, drop the body to the starting position. First time, do the exercise without weights. Straightening the leg, take a breath, sinking into the original position - exhalation (Fig. 40).



Fig. 40

9. Squat on one leg; pull the other forward (“gun” exercise). The first time, performing the exercise, you can stick one hand for the support, in the future, crouching, stretch your arms forward. Squat, exhale, straightening - inhale. Repeat until the leg muscles are tired (Fig. 41).



Fig. 41

10. Sit on a chair. Put your feet on the width of the shoulders, hands on the hips, near the knees. Overcoming the ceding resistance of the hands, connect the knees, and then return to the original position. Connecting the legs - exhale, returning to the original position - inhale. As you master exercise, you should increase the number of repetitions, and change the degree of tension from small to maximum (Fig. 42).



Fig. 42

11. Put your feet together. Transferring the weight of the body on the heels, spread the socks as wide as possible, then, transferring the weight of the body on the socks, spread the heels. Then spread your socks and heels again. The legs will be much wider than the shoulders. After that, making similar movements in the opposite direction, return to the original position. Breathing is uniform (Fig. 43).



Fig. 43

12. Place a chair in front of you at an incomplete step distance. Lift the straight right leg and carry it from left to right over the back of the chair, and then make the same movement in the opposite direction. Do the same exercise with your left foot. As you exercise, exercise by attaching weight to your ankle (Fig. 44).



Fig. 44

13. Jumping on socks through a rope. The length of the rope should correspond to the growth: if you stand in the middle of the rope, the ends of it should reach the armpits. You can make jumps by pushing off the floor with two legs, one leg or jumping from foot to foot. The rope rotates not only forward, but also backwards, making one or two turns. After 3-5 minutes, start walking, performing breathing exercises at this time. As you master exercise, gradually increase the time and pace of movement (Fig. 45).



Fig. 45

Chapter 10. Exercises with rubber bandage

A rubber bandage for exercising is a rubber band 3.5 meters long and 5 centimeters wide with weigh of about 200 grams. In a rolled-up form, he is no bigger than a tennis ball. Compactness and low weight allow you to always have it with you and practice in any, even not equipped for sports activities. Classes with rubber bandage are very effective, and for good reason athletes widely use it for warm-up and special training. Compared to the expander, the rubber bandage provides much more possibilities. With rubber band it can be done such exercises, which with the expander simply will not work.

Classes with rubber bandages can be included in the morning exercise or give them a special time. When practicing, follow the following rules: in the original position, the bandage should be slightly stretched. All exercises should be done with full amplitude and without sudden movements, and return to the original position should be smooth and with resistance. Repeat each exercise 10 to 15 times, first in one approach and then in two or three.

After each exercise, pause for 30-40 seconds, relaxing the muscles that were the most stressed.

1. Lift your hands with a rubber bandage up the width of your shoulders. Stretching the bandage, lower straight hands to the sides, so that the bandage was in front of the chest, and make a

breath. Then gently raise your hands to the original position - exhale (Fig. 46).



Fig. 46

2. Stand in the middle of the rubber bandage, the ends of it put on the hands and lower down. Turn the palms forward and, without bending the hands, lift them through the sides upwards - inhale, then gently lower to the original position - exhale (Fig. 47).



Fig. 47

3. Place your feet on shoulder width, stepping on the middle of the bandage. Tilt the torso forward, take the ends of the bandages in your hands and hold them on the back of the head. Straighten the torso - inhale, then return to the original position - exhale (Fig. 48).



Fig. 48

4. Stand in the middle of the bandage, legs at shoulder width. Take the ends of the bandages in your hands and lower them along the torso with your palms forward. Alternately bend and flex your arms in the elbow joints. Breathing is arbitrary, uniform (Fig. 49).



Fig. 49

5. Stand in the middle of the bandage, hold the ends of it in your hands behind your head, and lift your elbows up. Straighten your arms without changing the positions of your elbows, take a breath. Return to the original position - exhale (Fig. 50).



Fig. 50

6. First of all, fix the middle of the rubber bandage in front of you at the waist level. Then take the ends of the bandage in your hands, tilt the torso forward and stretch your arms forward. Make straight hands simultaneous circular movements forward, as in the way of swimming “dolphin.” Don’t hold your breath. Raising your hands, take a breath, and lower - exhalation (Fig. 51).

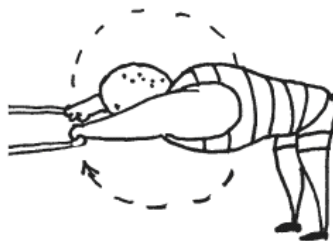


Fig. 51

7. Fix the middle of the rubber bandage on the ceiling, raise your hands up and grab the ends of the bandages so that they are in a tight position. Without bending your hands in the elbows, lower them through the sides down to touch the hips, then slowly lift them to the starting position. Raising your hands up, take a breath, lowering down - exhalation (Fig. 52).



Fig. 52

8. Lie on your back, foot socks secure for a stationary support, fasten the middle of the bandage behind the head and, holding up its ends, bend your hands to the shoulders. Without bending your knees, lift the torso to the sitting position, and then smoothly return to the starting position. In the original position, take a breath, lifting the torso - exhalation (Fig. 53).

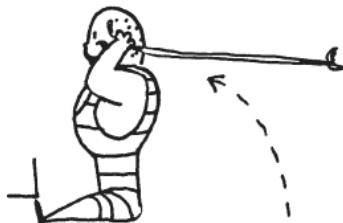


Fig. 53

9. Lie on your back, fix the rubber bandage behind your head and raise your hands up. Dip the ends of the bandage on the hands and, without bending them in the elbows, lower down to the touch of the thighs - exhale, then raise your hands in the original position - inhale (Fig. 54).



Fig. 54

10. Lying on your stomach, bend and flex your knees, overcoming the resistance of the rubber bandage attached to the ankles. The middle of the rubber bandage is fixed for a stationary support. Exercise until muscle fatigue (Fig. 55).

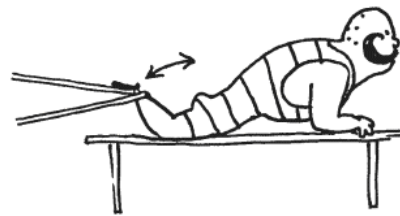


Fig. 55

11. Stand in the middle of a rubber bandage with your feet on the shoulder width. Sit down and take the ends of bandages with your hands so that the bandage is stretched, hold your hands near the shoulders, hold the torso straight. Stand - inhale, then, bending your legs, return to the original position - exhale. Repeat exercise until muscle fatigue (Fig. 56).



Fig. 56

12. Rubber bandage behind the back. Squeeze a straight left hand to the hip, and bend your right hand to the shoulder, stretching the bandage in a tense position. Expand your right hand up to full straightening - inhale, bending your hand, return to the original position - exhale. As you do the exercise, keep your torso straight. Do the exercise with your other hand (Fig. 57).



Fig. 57

Chapter 11. Exercises with stone

Perform the proposed exercises while walking in the fresh air. Before starting classes, do a small warm-up, including movements that imitate the implementation of recommended exercises. Be careful when throwing a stone. Make sure that no one is in the radius of the throw. Choose an exercise stone smooth, weighing 3-8 kg. Repeat exercise 6-10 times.

1. Starting position - standing, feet shoulder width apart, stone on the ground near the feet. Lean over, take the stone with both hands - exhale. Straightening the torso, lift the stone to your chest - inhale. Take a break. Then lift the stone up - exhale. Clearly fix the top position of the stone, in the reverse order, lower it to the ground and return to its original position (Fig. 58).



Fig. 58

2. Starting position - standing, feet shoulder width apart, a stone in straightened arms above his head. Bending your elbows, lower the stone behind your head - inhale. Bend your

legs slightly, bend and, straightening up sharply, throw the stone forward upwards and exhale (Fig. 59).



Fig. 59

3. Starting position - standing, feet shoulder width apart, a stone in bent arms on the chest. Bend your legs slightly and bend - inhale. Straightening your legs and arms sharply, push the stone from the chest forward - exhale (Fig. 60).

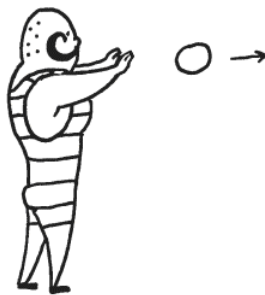


Fig. 60

4. Starting position - standing, feet shoulder width apart, a stone in straight hands below. Turning the body to the left, throw the stone back - exhale. Then do the same with turning the body to the right (Fig. 61).

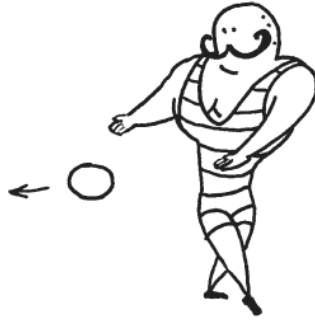


Fig. 61

5. Starting position - standing, feet shoulder width apart, stone in straight hands below. Leaning forward, swing your arms back between your legs - exhale and, while straightening, throw the stone forward upwards and exhale (Fig. 62).



Fig. 62

6. Starting position - standing, feet shoulder width apart, stone in lowered hands. Lean forward - exhale, then, while straightening, raise your hands up and throw the stone back - inhale (Fig. 63).



Fig. 63

7. Starting position - standing, heels together, socks apart, a stone in lowered hands. With an arc up to the left, with straight arms, raise the stone above your head - inhale, then lower the stone to its original position - exhale with the arc down to the right. At each repetition of the exercise, reverse the direction of movement (Fig. 64).



Fig. 64

8. Stand up, heels together and socks apart, a stone in bent arms on the chest. Sit on your toes while squeezing the stone up - exhale. Lower the stone on the chest while straightening the legs - inhale (Fig. 65).



Fig. 65

Chapter 12. Crossbar exercises

These simple exercises develop well the muscles of the shoulder girdle and arms, chest and abdominals; develop flexibility and coordination of movements.

The starting position for all exercises is hanging on a high bar. The body should be slightly bent, you need to look directly in front of you. Repeat each exercise 5-10 times.

1. Grasp the top (palms away from you) of the bar with your hands shoulder width apart. Swing forward - back and left - to the right. When moving back, inhale, and forward - exhale. When rocking to the right - inhale, to the left - exhale (Fig. 66).



Fig. 66

2. Grasp the bar with your hands shoulder-width apart, grip on top. Lower your left hand and hang for 2-3 seconds on your right. Then do the hanging on your left hand. The breathing is even, (Fig. 67).



Fig. 67

3. Grasp the bar with your hands (already shoulders, grip on top). Catching your hands, move from one end of the bar to the other. Do not bend your knees; breathing is even (Fig. 68).



Fig. 68

4. Grasp the bar with your hands shoulder-width apart, grip on top. Take a breath. Bend your legs and raise your knees as high as possible - exhale. Gently lower your legs to their original position - inhale. As you train, lift your extended legs to a right angle, and then until your feet touch the crossbar (Fig. 69).



Fig. 69

5. Grasp the crossbar with your hands shoulder width apart, with a grip from the bottom (palms toward you). Bending your arms, pull yourself up so that you touch the crossbar with your chin. Extending your arms, gradually return to the starting position. The body should not sway. Pulling up, take a breath, descending to its original position - exhale. You can pull yourself up and grasping the crossbar with a grip from above, holding your hands shoulder width apart, narrower than the shoulders and wider than the shoulders (Fig. 70).



Fig. 70

6. Grasp the bar with your hands shoulder width apart, with a grip on top. Bending at the hip joints, lift your legs up and carry them under the bar between your arms until you bend over. Having fixed your body in this position, you can

smoothly lower your legs. When in the starting position - inhale, when raising legs - exhale. This exercise should be performed with a partner who must hold the person performing the exercise with one hand behind his back and the other with his hand, (Fig. 71).



Fig. 71

7. Grasp the crossbar with your hands shoulder width apart, grip on top. Raise your bent legs, carry them between your hands and hook under the knees on the crossbar. Then lower your arms to the sides and, slowly straightening the body, hang on the bar upside down. Having fixed the adopted position for 3-5 seconds, grab the bar again with your hands and, with your legs unbent, lower them to their original position. Do not hold your breath. This exercise must also be performed with insurance (the partner should hold by the shoulder) (Fig. 72).

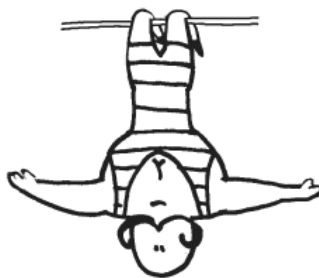


Fig. 72

Chapter 13. Exercises with metal stick

For the exercises you will need a metal stick, for example, a metal pipe about a meter long, with a diameter of 3-5 centimeters. The initial weight is about 5–8 kg. As you master the exercise, you can increase weight by adding sand to the pipe. Repeat each exercise 15–20 times.

1. Starting position - while standing, hold the stick horizontally in lowered hands with a grip from above, wider than the shoulders. With straight arms, lift the stick up and take a breath. Slowly lower to the starting position - exhale. Exercise develops the muscles of the shoulder girdle (Fig. 73).



Fig. 73

2. Standing, a stick in lowered hands with a grip from below. Bending your arms, raise a stick to your chest - inhale, slowly lower it down - exhale. When doing the exercise, do not move your torso and legs. Exercise develops the biceps of the shoulder, (Fig. 74).



Fig. 74

3. Standing, stick horizontally behind the head, arms wider than the shoulders with a grip on top. Keep straight, look in front of you. Lift the stick up and take a breath. Having clearly fixed the stick at the top, gently lower it to its original position - exhale. Exercise develops the muscles of the shoulder girdle and triceps muscles of the shoulder, (Fig. 75).



Fig. 75

4. Standing, feet shoulder width apart, stick horizontally behind the head. Holding the stick with your hands, slowly turn left, then right. In the starting position, inhale, while cornering - exhale. Doing exercise, do not move your feet. Exercise develops muscles of the back, abdominals and mobility of the lumbar spine (Fig. 76).



Fig. 76

5. Sit on a chair and keep your feet shoulder width apart. Take a stick with a grip from the bottom and put your elbows on your knees. You have to bend and extend your arms at the elbow joints. When bending your arms, take a breath, unbending - exhale. Exercise develops the muscles of the shoulder (biceps), (Fig. 77).



Fig. 77

6. Stand up with feet shoulder width apart. Take the stick by the middle with a different grip, extend your arms so that the stick is upright. Slowly turn the hands to the left and right. The breathing is uniform. Exercise develops the muscles of the arms and shoulder girdle (Fig. 78).



Fig. 78

7. Sit on the floor, fasten the soles of the feet to the fixed support, and lift the stick to the chest. Slowly lower yourself on your back - inhale, return to the starting position - exhale. Exercise develops abdominal muscles (Fig. 79).



Fig. 79

8. Lie on your back with stick on the floor behind your head. With outstretched hands, take a stick, take a breath, slowly lift it, then lower it to your hips - exhale. Lift the stick again and lower it onto the floor behind your head. Exercise develops the muscles of the shoulder girdle and pectoral muscles (Fig. 80).



Fig. 80

9. Lie on the floor on your back, grab a stick with your hands wider than your shoulders and lay it on your chest. Squeeze the stick up - exhale, slowly lower it to your chest and take a deep breath. Exercise develops the muscles of the shoulder girdle, chest and triceps muscles of the shoulder (Fig. 81).



Fig. 81

10. Standing, feet shoulder width apart, stick horizontally behind the head. Holding the stick with your hands, lean forward, do not bend your knees. Return to starting position. In the starting position, inhale, while leaning forward, exhale. Exercise develops back muscles (Fig. 82).



Fig. 82

11. Stick horizontally in lowered hands behind his back, grip on top. Bending your arms, raise the stick as high as you can - inhale. Lower the stick to its original position - exhale. Exercise develops the muscles of the shoulder girdle and arms (Fig. 83).

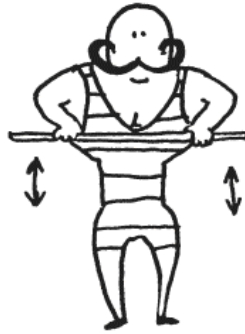


Fig. 83

12. Standing, legs apart, stick horizontally behind the head. While holding the stick with your hands, lean to the left, and then return to the starting position. Then tilt to the right. In the starting position - inhale, while tilting - exhale. Exercise develops lateral abdominal muscles and increases the mobility of the lumbar spine (Fig. 84).



Fig. 84

13. Standing, heels together, socks apart, stick horizontally behind your head. After inhaling, slowly sit down on your toes, while squeezing the stick up - exhale. Return to starting position. Exercise develops the muscles of the legs, the muscles of the shoulder girdle and the triceps muscles of the shoulder (Fig. 85).



Fig. 85

14. Lift the stick with both hands on the chest, look directly in front of you. Do spring swaying up and down in the lunges (in turn) with one foot forward. The breathing is uniform. Exercise develops the muscles of the legs (Fig. 86).



Fig. 86

Chapter 14. Exercises on the gymnastic wall

1. Hang your back to the gymnastic wall. Raise bent legs up - exhale. Drop down - inhale. Then raise your legs to a horizontal position and fix the “angle” for 3-5 seconds, then slowly lower your legs to their original position. As you train, raise your legs with a stuffed ball sandwiched between your feet (Fig. 87).



Fig. 87

2. Lie hips on the gymnastic horse face down, fasten the legs to the rail of the gymnastic wall, raise your hands behind your head. Bend the body up - inhale, lower down - exhale. As you exercise, hold the weight in your hands. Exercise develops back muscles (Fig. 88).



Fig. 88

3. Sit on a gymnastic horse, fasten your straight legs to the rail of the gymnastic wall, and raise your hands behind your head. Slowly lean as far back as possible - inhale. Return to the starting position - exhale. As you train, perform the exercise with the weights in your bent arms on your chest, and at the moment of tilting back, turn the body to the left and then to the right. Exercise develops abdominal muscles (Fig. 89).



Fig. 89

4. Lie on the floor on your back with your head to the gymnastic wall and grasp the lower rail with your hands. Raise your legs and pelvis to the position of the rack on the shoulder blades - exhale. Slowly lower your legs to the starting position - inhale (Fig. 90).



Fig. 90

5. Hang facing the gymnastic wall. At the same time, take your legs back up, tilt your head back and bend - inhale. Return to the starting position - exhale. Exercise develops the muscles of the shoulder girdle, back, gluteus muscles and muscles of the posterior thigh (Fig. 91).



Fig. 91

6. Standing with your left side to the gymnastic wall, at a distance of one step, grasp with your left hand the staff at the waist level with a grip from the bottom, and with your right hand grasp the staff at a level slightly above your head. Try to raise your legs and body to a horizontal position and fix the “flag” for 3-5 seconds. Exercise develops the muscles of the shoulder girdle and abdominal muscles (Fig. 92).

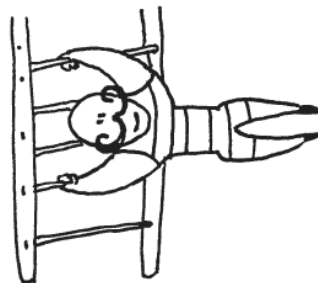


Fig. 92

Chapter 15. Exercises with chairs

Recommended exercises requiring certain dexterity, strength and coordination of movements can be included in the physical training pauses of the working day. They will add variety to your outdoor activities, help relieve fatigue and restore performance.

1. Take the chair by the back and with straight arms slowly lift it up - inhale, then slowly lower it down - exhale. Repeat the exercise 5-10 times (Fig. 93).



Fig. 93

2. Place two chairs side by side with the seats inward at a distance slightly wider than the shoulders. Accept the emphasis lying, leaning your hands on the seat of chairs. Insure that the trunk and legs are in a straight line. Bend your arms to failure - inhale, straighten your arms to the starting position - exhale. Repeat the exercise 10-15 times (Fig. 94).



Fig. 94

3. Push-ups between the backs of two chairs. Place two chairs with their backs to each other at a distance slightly wider than their shoulders. From the stop position on the backs of chairs, bending your arms, slowly lower yourself as low as possible - inhale. Extending your arms and bending your legs, return to the starting position. When doing the exercise, try to keep your torso straight and look straight ahead. Exercise develops triceps, pectoral and deltoid muscles (Fig. 95).

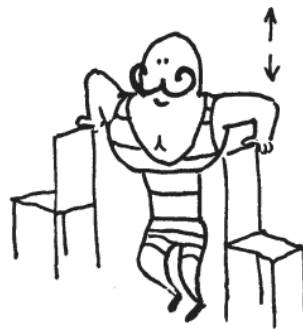


Fig. 95

4. Place the two chairs as in the previous exercise and lie between them on the floor on your back. Put a thick stick on the back of the chair, which will serve as the crossbar. Grasp the stick with both hands at shoulder width with a grip on top and, bending your arms, pull yourself up to touch the stick with your chest - inhale. Slowly unbending your arms, return to the starting position - exhale. When doing the exercise, try

to keep the trunk and legs in line. Exercise develops the biceps of the shoulder, pectoral muscles and muscles of the shoulder girdle (Fig. 96).



Fig. 96

5. Put the chair in front of you with the seat toward you, and take the stop lying on the floor so that your head is next to the seat. Transfer the weight of the body to the right hand, and bend the left one and place it on the chair seat. Then transfer the weight of the body to the left hand and place the right hand on the chair seat. Straighten your arms - inhale. Rearranging your hands in reverse order, return to the starting position. Exercise develops the muscles of the arms and shoulder girdle (Fig. 97).

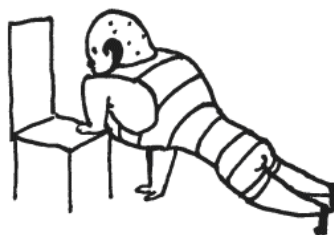


Fig. 97

6. Place the chair to your left one step away. Lift your straight leg to the side and place it on the chair seat. Without bending

your legs, make three springy inclinations forward, trying to reach the floor with your fingers - exhale. Return to starting position - inhale. Repeat the exercise 5-8 times, standing on one leg and then on the other. Exercise develops mobility in the hip joints (Fig. 98).



Fig. 98

7. Lay the chair on the floor with your back up. Sit in front of the chair so that your straight legs almost touch the feet of the chair seat. Do circular movements with straight legs around the back of the chair to the left, then to the right. Perform circles first with your hands resting on the floor at the back, and then placing your hands on your belt. Repeat the exercise 10-15 times in each direction. Exercise develops abdominal muscles. When raising your legs - exhale, when lowering - inhale (Fig. 99).



Fig. 99

8. To perform this exercise, you need to lie on the floor on your back, stretch your arms along the torso and rest your palms on the floor. The chair should stand behind your head, at arm's length. Without lifting your hands from the floor, raise your straight legs up and, lowering them behind your head, touch the back of the chair. If performing this exercise is straightforward, turn the chair with the seat toward you and place your feet on the seat. Raising your legs, exhale, lowering - inhale. Repeat the exercise 10-15 times. Exercise develops abdominal muscles and increases the mobility of the lumbar spine (Fig. 100).



Fig. 100

9. The usual push-ups when lying down can be complicated by resting the toes on the chair seat. Bending your arms, touch the floor with your chest and take a breath, unbending your arms - exhale. The main effect of this exercise is on the pectoral muscles, triceps and deltoid muscles. As you train, you can change the position of the hands, thereby changing the load on certain muscle groups. For example, if you turn your palms inward, the effect on the triceps and deltoid muscles increases. If you put your hands wider than your shoulders, the load will increase on the pectoral muscles. Repeat the exercise 10-15 times. This number of repetitions is indicative, but minimal (Fig. 101).

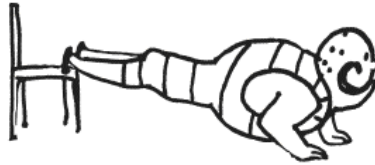


Fig. 101

10. Lie on the floor on your back, lay the chair behind your head, legs to you. Grasp the two legs of the chair with straight hands and lift it up to the vertical position of the hands - exhale. Slowly lower the chair to its original position - inhale. Exercise develops the muscles of the chest, shoulder girdle, and forearm muscles. Repeat the exercise 10-15 times (Fig. 102).



Fig. 102

11. While holding the chair seat with your hand, sit on one leg and straighten the other. At first, transfer part of the effort to a hand resting on a chair, and then only touching it with your hand to maintain balance. Squatting, exhale, while straightening - inhale. Exercise develops leg muscles and abdominal muscles (Fig. 103).



Fig. 103

12. Sit on the edge of the chair, rest your hands on the seat, straighten your legs and place their heels on the floor. Bending your arms, try to sit on the floor with straight legs. Then, unbending your arms, without the help of your legs, return to the starting position. Sinking to the floor, exhale, returning to its original position - inhale. Exercise develops triceps and deltoid muscles (Fig. 104).



Fig. 104

13. Stand one step from the back of the chair. After taking a deep breath, lean forward, put your straight arms on the back of the chair and do four springy bends forward - exhale. Return to starting position - inhale. Repeat the exercise 8-10 times. Exercise increases mobility in the shoulder joints. Another option to tilt can be done using two chairs, standing on the right and left. Raise your straight arms to the sides and, laying them on the backs of the chairs, do the springy inclinations forward (Fig. 105).

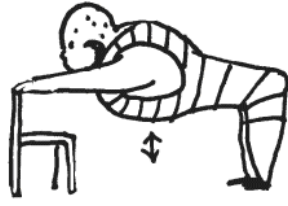


Fig. 105

Conclusion

Having familiarized yourself with the complexes of physical exercises and the recommendations published in the book, you can choose one or another of them for training, taking into account your physical abilities and the goal that you set for yourself. Systematic and focused exercises, of course, will bring tangible results in increasing strength, shaping an athletic figure, stamina and overall well-being. The effect of your classes will be much greater if you combine training with running, swimming and outdoor games.

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I will glad to answer your questions and use them in my upcoming books.