20 Minute Home Strength Training Routine With Isometric Holds

Exercise	Sets	Reps	Iso-hold
Bicep Curl	2-3	10	30 sec hold, elbows bent at 90°, after each set
Push-Ups	2-3	10	5 sec hold half-way down on each push-up
Lateral Raises	2-3	10	15 sec hold after each set
Squats	2-3	10	30 wall sit sec after each set
Crunches	2-3	10	After every 2 crunches, hold half way up for 5 secs
Hip Bridges	2-3	10	10 sec hold after each set

Full Force
Self-Defense & Fitness
Personal Training | Karate | Reality Based Self-defense

Don Judkins, ACSM Certified Exercise Physiologist | www.fullforceSDfit.com | fullforceselfdefense@gmail.com