

One&Done

# ONE MINUTE ISOMETRICS MANUAL

Ready, Set, Still!



Meredith Shirk CPT, FNS, WLS

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# Welcome to Your One Minute Isometrics Workout and Exercise Guide!

What You Need for Your Workouts	4
Tips and Tricks	4
When and How to Exercise	6
Workout Routines	7-9

Hey!

I am super happy you are here because that means you are ready to get toned, with your exclusive follow along **One Minute Isometrics Workouts**.

Here, you'll find everything you need to get started right away! Remember, this is only a guide and your follow-along workouts can be found below to download at your convenience.

## What You Need for Your Workouts

The greatest part is that you don't need ANY equipment.

The only things you need are:

- Yourself
- A mat or towel
- A watch (digital or with second hand) or timer
- Water

## Tips and Tricks

There are 6 demos and 6 workouts with different isometric movements for each video.

## Some Basics

Each set of the One Minute Isometrics Workouts is 2 minutes long with:

- 30 second exercises with 10 second active recovery in between
- The workouts are designed for maximum muscle tension without contracting the muscle

## Putting It All Together

Use your One Minute Isometric workouts whenever you want to strengthen your muscles in certain problem areas and tone your body without movement.

For best results, add One Minute Isometrics to your One & Done workout routine.

## How to “Downscale” Each Workout

If you are having a hard time holding the exercise for the full amount of time, IT'S OK! I want you to do your best and remember...

...30 seconds is all you need. Just by giving it your best, you will build a habit structure that will make you MASSIVELY successful in the long-run!

Take your time.

I want you to succeed. If you need to slow down, then slow down, BUT DO NOT stop. Consistency is key, and I want you to do 110% of what your ability can handle. We can build you up!

## How to “Up” Each Workout

Increase the amount of sets. Although you will get amazing results from the traditional One Minute Isometrics, you can always increase the number of sets you perform.

Perform 2 One Minute Isometrics sets before and after you One & Done workout.

# When and how to do One Minute Isometrics

## With the One & Done Workout Program

- Follow your One & Done workout calendar and do 1 One Minute Isometrics exercise after your One & Done Workout, before doing the Flow Down. You can choose any one of the One Minute Isometrics exercises you like.
- If you have purchased One Minute Abs, follow your One & Done + One Minute Abs workout calendar. Do 1 One Minute Isometrics exercise after your One & Done Workout, before doing the Flow Down. You can choose any one of the One Minute Isometrics exercises you like.

## One Minute Isometrics on their own

If you are doing the One Minute Isometrics workouts by themselves, simply do 1 exercise at a time and repeat 2-3 times. Your workout frequency per week will depend on your fitness level.

- At the Beginner Level, you should work out 3 times per week.
- At the Intermediate Level, you should work out 4 times per week.
- At the Advanced Level, you should work out 5+ times per week.

# One Minute Isometrics Exercises

## Workout 1

3 exercises  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Bird-Dog (R)	30 seconds
Active Recovery	10 seconds
Bird-Dog (L)	30 seconds
Active Recovery	10 seconds
Hip Press	30 seconds
Active Recovery	10 seconds
Hip Press with Arms	30 seconds

## Workout 2

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Side Reach (L)	30 seconds
Active Recovery	10 seconds
Side Reach (R)	30 seconds
Active Recovery	10 seconds
Streamline	30 seconds
Active Recovery	10 seconds
Streamline (R)	15 seconds
Active Recovery	10 seconds
Streamline (L)	15 seconds

### Workout 3

30 seconds of exercise  
10 seconds of active recovery  
Total of 1.5 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Lunge Hold (R)	30 seconds
Active Recovery	10 seconds
Lunge Hold (L)	30 seconds
Active Recovery	10 seconds
Bicep Hold	15 seconds
Active Recovery	10 seconds
Bicep Hold	15 seconds

### Workout 4

30 seconds of exercise  
10 seconds of active recovery  
Total of 1.5 minutes for each set  
Repeat 2 times

<b>Exercise</b>	<b>Time</b>
Deltoid Hold	30 seconds
Active Recovery	10 seconds
Tricep Hold	30 seconds
Active Recovery	10 seconds
Arm Hold (R)	15 seconds
Active Recovery	10 seconds
Arm Hold (L)	15 seconds



## Workout 5

30 seconds of exercise  
10 seconds of active recovery  
Total of 1.5 minutes for each set  
Repeat 2 times

Exercise	Time
Squat Hold	30 seconds
Active Recovery	10 seconds
Palm Press	30 seconds
Active Recovery	10 seconds
Ground / Wall Press	30 seconds

## Workout 6

30 seconds of exercise  
10 seconds of active recovery  
Total of 2 minutes for each set  
Repeat 2 times

Exercise	Time
Crab	30 seconds
Active Recovery	10 seconds
Sumo Sit	30 seconds
Active Recovery	10 seconds
Single Leg Crab (	15 seconds
Active Recovery	10 seconds
Single Leg Crab (	15 seconds
Active Recovery	10 seconds
Squat Hold	30 seconds