

Isometric Exercises List and Examples with PDF

Biceps

Triceps

Lower Body

Back

Shoulder and Core

- Single-Arm Isometric Bicep Curl (Up and Down Method)
- Concentration Isometric Bicep Hold
- Isometric bicep flexion on wall
- Isometric Bicep Hold With Towel
- Bicep Isometric Dumbbell Hold
- Isomeric Bicep Bar Hold
- Chin-Up Hold
- Bicep Isometric Leg Hold

- Triangle Press-Up Isometric Hold (on toes or knees)
- Dumbbell Kickback Triceps Hold
- Isometric Single-Arm Triceps Extension Hold With Towel
- Chair Dips Hold
- Isometric Triceps Pushdown Hold
- Dumbbell Triceps Extension Hold

- Leg Extension Hold
- Wall Sit
- Isometric Quadriceps Contraction
- Hamstring Leg Curl Hold
- Lying Leg Curl Hold
- Good Morning Hold
- Isometric Hip Bridge
- Isometric Single Leg Bridge
- Split Squat Hold
- Glutes Bridge Hold
- Hip Thrust Hold
- Standing Calf Raise Hold

- Y Raises Hold
- T Raises Hold
- W Raises Hold
- O Raises Hold
- Bird Dog Hold
- Locus Pose
- The Bridge
- Towel Row Hold
- Pullup Hold
- Inverted Row Hold
- DB Isometric Row
- Isometric Cable Row
- Seated Bodyweight Reverse Fly Hold
- Push up Plus Hold
- Chinup Hold

- Isometric Shoulder Flexion
- Isometric Shoulder Extension
- Standing Shoulder External Rotation
- Isometric Shoulder Internal Rotation
- Shoulder Abduction
- Isometric Shoulder Adduction
- Plank
- Side Plank
- Hollow Hold
- Isometric Wood Chop
- Hanging L-Sit Hold
- Abs Rolling Isometric Hold
- V-Hold
- Dead Bug Hold
- Bilateral Lying Leg Raise Isometric Hold