THE ULTIMATE LAZINESS WORK-OUT

ISOMETRIC CONTRACTIONS
WHO AM I?

Justin Timmer

23 years

Human movement science

Fitness instructor

QS-Meetup organizer Groningen
INTERESTS

Sleep
Movement
Aging
Brains
Psychology
Social experiments
Exercise and contracting muscles
You can do what I did
WHAT I WANT YOU TO DO

Make a fist and contract your right arm muscle as long as the next couple slides
Ready?

GO!
You can easily listen to what I’m saying
Can you add your Left arm as well?

Can you add your abdominals also?

What about your legs?
THAT’S WHAT I DID FOR 4 WEEKS

- Right leg
- Abdominals
- Right chest
- Right arm
WHEN DID I DO IT?

• At least 4 times a day

  at a bar

  Shower

  Brushing teeth

  Watching tv

  During college

  While typing essay’s

  Etc. etc.
HOW DID I DO IT?

As long as possible

All muscles separately
Every week Progress
- Muscle concentric strength
- Body variables
Legs

Weeks:
- Week 1: 20 reps (2018)
- Week 2: 25 reps
- Week 3: 30 reps
- Week 4: 30 reps
- Week 5: 41 reps

Reps:
- Week 1: 20
- Week 2: 25
- Week 3: 30
- Week 4: 30
- Week 5: 41
Chest and arms

REPS

WEEKS

20 KG
Body variables

Mass (kg)

Weeks

Body mass (kg) vs Fat Free Mass

60.5, 61.6, 61, 61.8, 61.4

71.3, 72.3, 72.5, 72.8, 72.4

58 - 74

0 1 2 3 4

WEEKS
WHAT DID I LEARN?

• This training type is very effective

• It’s easy to do
WHAT DID I LEARN?

• Easily train complete muscles groups

• Train small muscles

• Train complete extremities
WHAT DOWNSIDES DID I LEARN?

Rising fluids when contracting abdominals?
WHAT DOWNSIDES DID I LEARN?

• Unexplainable little muscle pains in legs
BUT

• Shortening muscles can be dangerous

• Overtrain muscles

• More research necessary!
THANKS FOR LISTENING!

QUESTIONS?

Contact info:
Justin Timmer
Groningen, the Netherlands
Timmerjustin@hotmail.com
+31653947296