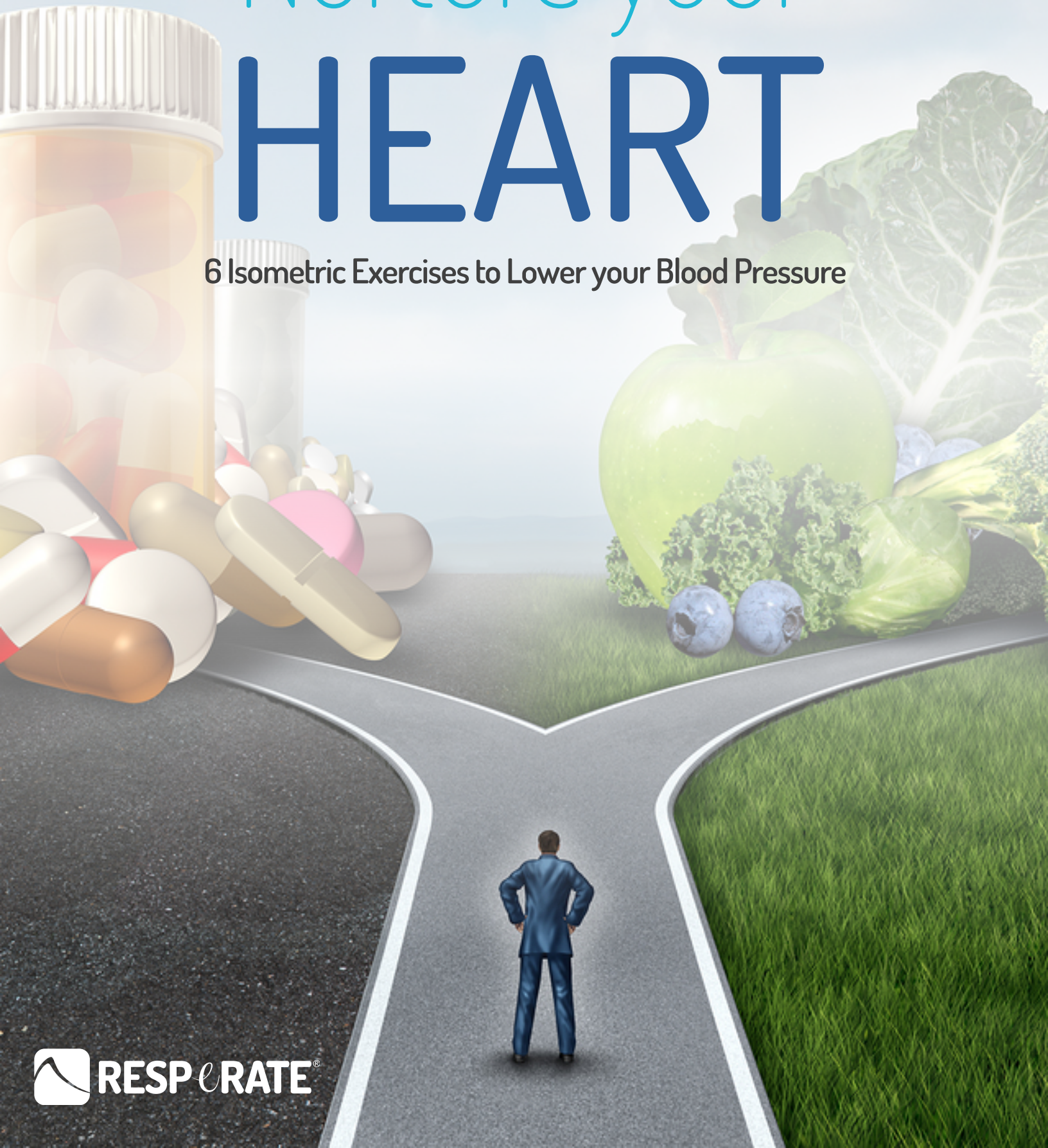


Nurture your HEART

6 Isometric Exercises to Lower your Blood Pressure



Introduction

Isometric exercises can be done anytime, anywhere, and they don't require you to bend or lift. That's right, something as simple as squeezing your inner thigh muscles together while you sit may help reduce your blood pressure.

In a handful of studies, folks with normal blood pressure who did three 15 to 20 minutes sessions of isometric exercises every week for 10 weeks experienced more than 10-point plunge in their systolic blood pressure. And their diastolic pressure fell almost 7 points. Not bad for not lifting a finger! .

About high blood pressure

Let us state the obvious. Uncontrolled blood pressure is a medical condition and our tips are not intended to replace proper consultation with your doctor. The aim of the tips is to better inform you about the latest evidence-based ways to lower blood pressure naturally.

About us

RESPeRATE is a medical device company that has helped hundreds of thousands of patients to reduce high blood pressure naturally. Over the past two decades, our founders, Dr. Benjamin Gavish and his son Erez Gavish, have created a new non-drug hypertension treatment device category that is now recommended by the American Heart Association. In the process, we gained very specific knowledge and expertise in the hypertension area which we wish to share.

We hope you benefit from these exercises.

The RESPeRATE Team



Table of Contents

Exercise 1: Plank Bridge	4
Exercise 2: Isometric Push Up	5
Exercise 3: Isometric Bicep	6
Exercise 4: Shoulder Raises	7
Exercise 5: Ball Squeeze	8
Exercise 6: Athletic Gripper Hold	9

Exercise 1: Plank Bridge

This is one of the simplest forms of isometric exercises, and it can be performed daily.

- (A) Lie down in the push up position and place your elbows under your chest.
- (B) Rest your body on the floor.
- (C) Now, the entire weight of your body should be concentrated on your forearms.
- (D) Push up your body and count to 10.
- (E) Hold this position for 10 seconds and repeat 2 to 3 times.

Elbow plank



Exercise 2: Isometric Push Up

Most isometric exercises are not very tiring, but you must take it slowly if you're a beginner.

- (A) Get into the pushup position as before and lie down with your arms extended.
- (B) Lower your body to the halfway position and hold for about 10 seconds or count slowly until 10.
- (C) This exercise **can** be repeated for 2 or 3 times, depending on your fitness level.–

Push up



Exercise 3: Isometric Bicep

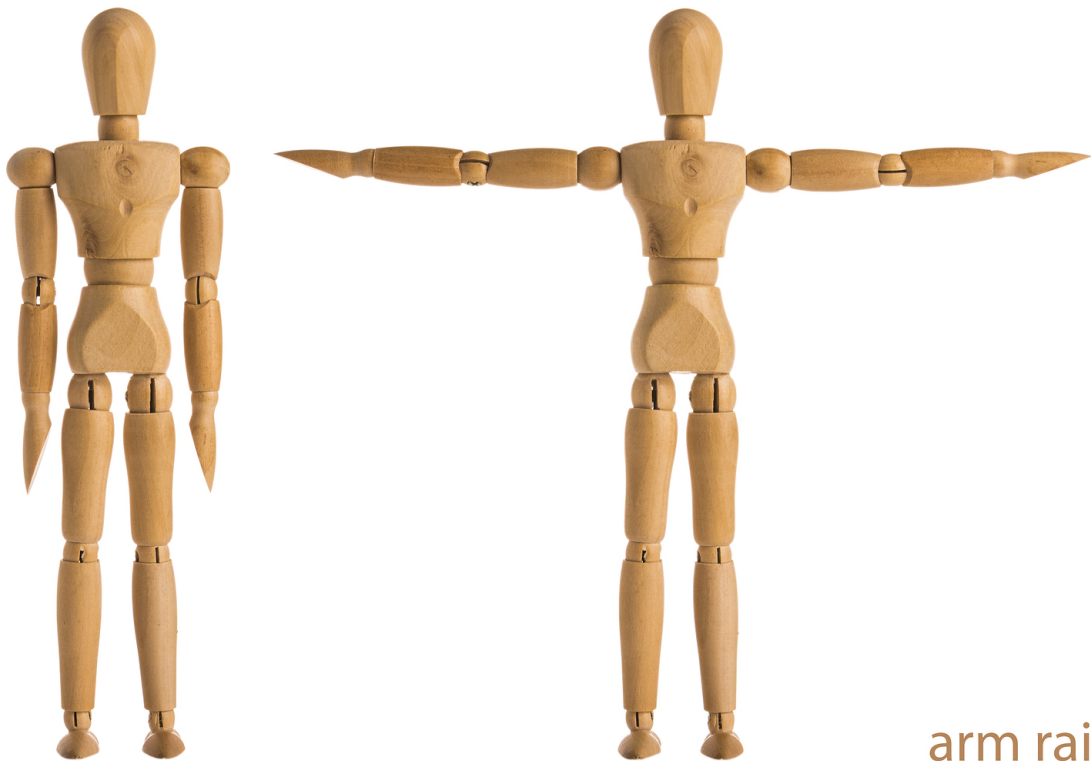
This is the simplest type of isometric exercise, and it can be easily done at the office.

- (A) Put your hands under the desk and place them against the tabletop, with your palms up.
- (B) Now, press against the tabletop, keeping your elbows tight against your ribs.
- (C) Hold your hands in this position for 10 seconds or count slowly until 10, and then repeat 2 to 3 times.

Exercise 4: Shoulder Raises

This exercise requires a pair of dumbbells.

- (A) Hold one dumbbell in each hand and stand with your feet shoulder width apart.
- (B) Raise both arms upwards from the side until they're parallel to the ground.
- (C) Hold them in this position for about 10 to 25 seconds, and repeat 2 to 3 times.
- (D) If you find it difficult to raise both hands at the same time, you can start by raising one hand at a time.



arm raises

Exercise 5: Ball Squeeze

This exercise requires only a tennis ball or any other small ball.

- (A) Hold the ball in one hand and squeeze it for 60 to 90 seconds.
- (B) Place the ball in your other hand and repeat the squeeze for the same amount of time.
- (C) Repeat the exercise three times with each hand.



Exercise 6: Athletic Gripper Hold

Athletic grippers can be found at nearly any sporting good store. Grippers generally come in different resistances so you'll have to choose one appropriate for you. Ideally, you should use one that you are able to squeeze for two minutes before your muscles fatigue.

- (A) Hold the athletic gripper in one hand and squeeze it for two minutes
- (B) Switch hands and repeat the exercise.
- (C) Complete the exercise twice with each hand.



That's all for now

For more exercises, tips and Interesting articles on lowering
blood pressure naturally visit our website at
www.resperate.com

Live Long and Prosper.