

This 30-minutes program is the first attempt to integrate separate IsoTone exercises described in the ISOTONE COLLECTION on YouTube, <https://www.youtube.com/playlist?list=PLvyQGnNGy2vaMdHxSI9z51IXqybe4GlsJInto> Into a self-contained program that can be performed either in a group setting, either physical or online, or in a privacy of one's home or office. In the presentation we tried to accommodate the real time flow of the program, as close as possible.

Here is the program.

Athletic IsoTone 30-Minutes Program (High-Intensity)

Objective: A dynamic, high-intensity full-body workout emphasizing strength, endurance, and coordination.

1. Warm-Up (5 minutes)

1. IsoTone Arm Circles

- **Execution:** Hold IsoTone overhead, perform controlled arm circles.
- **IsoTone Operation:** Squeeze during the upward motion (1.5 seconds), expand during the downward motion (2 seconds).
- **Duration:** 17 cycles in 60 seconds.
- **Cue:** "Circle up and squeeze; circle down and expand."

2. IsoTone Cross Punches

- **Execution:** Punch diagonally across your body while squeezing IsoTone, retract while expanding. Alternate sides.
- **IsoTone Operation:** Squeeze during the punch (1.5 seconds), expand during retraction (2 seconds).
- **Duration:** 17 cycles in 60 seconds.
- **Cue:** "Punch left and squeeze; retract and expand; punch right and squeeze."

2. Resistance Circuit (20 minutes)

Format: Perform **3 rounds of 4 exercises**, 40 seconds each with 20 seconds rest.

1. IsoTone Chest Press

- **Execution:** Hold IsoTone at chest height, press forward while squeezing, retract while expanding.
- **IsoTone Operation:** Squeeze during the press (1.5 seconds), expand during retraction (2 seconds).

Note: Please emphasize that expansion of IsoTone it is not just "release". It is a forceful pull that can be explosive during main exercise phase, and a gentle pull during cool-down period.

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- **Duration:** 11 cycles in 40 seconds.
- **Cue:** "Press forward and squeeze; retract and expand."

2. IsoTone Jump Squats

- **Execution:** Lower into a squat while squeezing IsoTone, jump up and expand during the descent.
- **IsoTone Operation:** Squeeze during the squat (1.5 seconds), expand during the jump (2 seconds).
- **Duration:** 8 cycles in 40 seconds.
- **Cue:** "Squat and squeeze; jump and expand."

3. IsoTone Split Lunge with Overhead Lift

- **Execution:** Step into a lunge holding IsoTone at chest height, lift IsoTone overhead while squeezing, return to standing while expanding. Alternate legs.
 - **IsoTone Operation:** Squeeze during the lift (1.5 seconds), expand during the return (2 seconds).
 - **Duration:** 11 cycles in 40 seconds.
 - **Cue:** "Step back, lift and squeeze; return and expand."
4. **IsoTone Side-to-Side Lateral Shuffle**
- **Execution:** Shuffle laterally while holding IsoTone at chest height. Squeeze IsoTone during each shuffle step, expand during pauses.
 - **IsoTone Operation:** Squeeze during shuffle (1.5 seconds), expand during the pause (2 seconds).
 - **Duration:** 11 cycles in 40 seconds.
 - **Cue:** "Shuffle left and squeeze; pause and expand; shuffle right and squeeze."
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3. Aerobic Blast (3 minutes)

1. **IsoTone Power Punches**
- **Execution:** Alternate fast punches forward while holding IsoTone. Squeeze IsoTone during each punch, expand during reset.
 - **IsoTone Operation:** Squeeze during the punch (1.5 seconds), expand during reset (2 seconds).
 - **Duration:** 20 cycles in 60 seconds.
 - **Cue:** "Punch forward and squeeze; reset and expand."
2. **IsoTone Lateral Push Press**
- **Execution:** Push IsoTone to the left while squeezing, return to center while expanding, then push to the right.
 - **IsoTone Operation:** Squeeze during the push (1.5 seconds), expand during the return (2 seconds).
 - **Duration:** 11 cycles in 60 seconds.
 - **Cue:** "Push left and squeeze; return and expand; push right and squeeze."
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4. Cool-Down (5 minutes)

1. **IsoTone Overhead Side Stretch**
- **Execution:** Hold IsoTone overhead, lean to one side while squeezing, return to center while expanding. Alternate sides.
 - **IsoTone Operation:** Squeeze during the stretch (1.5 seconds), expand during the return (2 seconds).
 - **Duration:** 8 cycles in 60 seconds.
 - **Cue:** "Stretch left and squeeze; return and expand; stretch right and squeeze."
2. **IsoTone Seated Forward Stretch**
- **Execution:** Sit on the floor with legs extended, reach forward with IsoTone while squeezing, return while expanding.
 - **IsoTone Operation:** Squeeze during the stretch (1.5 seconds), expand during the return (2 seconds).
 - **Duration:** 8 cycles in 60 seconds.
 - **Cue:** "Reach forward and squeeze; return and expand."
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Summary

- **Athletic Program:** Includes *IsoTone Jump Squats* and *IsoTone Split Lunge with Overhead Lift* for high-intensity engagement.
- **Practical Execution:** The program ensures feasible exercises while holding IsoTone and maintaining proper squeeze-and-expand cycles.

AGEING AND VESTIBULAR APPARATUS

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Personal Insights

You first notice it when you realize that you have to pay attention to how you walk in straight line, or how you have to quickly move from one place to another place in short proximity, or how you handle and move physical objects not messing up.

We tried to investigate the origins of the vestibular apparatus losing its precision and thus requiring help from our brain's cognitive part of operation. Until that moment, it worked practically on its own, automatically. From now on, it's a joint operation. Obviously, its automatic function operates on a different time scale, your brain being much slower in providing its input. And it is understandable, it was not designed for this function. As a result, we start walking slower, less fluently, and with a lessened certainty: we became prone to errors in handling things while the probability of falls increases substantially. With falls being one of the leading causes of our physical injuries, small and big, especially in advanced age, any means for repairing our vestibular apparatus becomes and high priority challenge.

In addition, since we designed the IsoTone fitness and physical fitness device, we tried to understand how it can be used to either stop and reverse the deterioration of vestibular apparatus, slow its progress, or mitigate its effects.

Some info on IsoTone. IsoTone is a light and portable resistance fitness and physical therapy device that automatically adjusts resistance based on the force applied. This unique feature allows individuals to engage in exercises tailored to their needs, enhancing strength and flexibility comfortably and effectively. In addition, IsoTone provides a 360-degrees resistance, so every move – squeeze or expand – during exercises engages muscles by delivering 100% aerobic efficiency.

Here is what we found.

Background

The vestibular apparatus, a critical component of our inner ear and neural pathways, plays a vital role in balance and spatial orientation. Over time, natural aging processes impact this system's accuracy due to a range of factors, including neurological changes, decreased nerve cell efficiency, and genetic predispositions that can make some individuals more susceptible to early decline. Early signs of vestibular deterioration include increased difficulty in coordinating movements, reliance on visual cues for stability, and a heightened risk of tripping or stumbling. While some of this decline is inevitable with age, preventive measures, particularly those involving physical therapy (PT) and targeted balance training, may help delay its onset. Engaging in exercises that strengthen muscles supporting balance and

that stimulate proprioceptive awareness can promote resilience in the vestibular system. Preventive PT-based interventions, such as regular balance and resistance exercises, can reinforce neural pathways and may slow down the rate of vestibular deterioration, allowing individuals to maintain better control over balance as they age.

Specifics of Deterioration and General Recommendations

Vestibular deterioration involves diminished function of the inner ear's balance structures, which can be aggravated by age-related muscle weakness, delayed reflexes, and reduced proprioception. These changes increase reliance on cognitive processes to maintain balance, which lengthens reaction times and results in a greater risk of falls. General recommendations to counteract these effects include consistent strength training, proprioceptive exercises, and movements that challenge balance to stimulate neuroplasticity in the vestibular system. Daily activities incorporating controlled movements, weight shifting, and resistance can support balance retention and improve overall stability, making devices like IsoTone particularly useful. IsoTone's resistance-based exercises can facilitate multidirectional stability training, enhancing coordination and reinforcing the neural circuits involved in balance.

Suggested IsoTone Exercises for Vestibular Function

Based on information we have, here are 10 exercises designed to improve balance and support the vestibular system:

1. **Standing Balance with Arm Circles:** Hold IsoTone handles while standing with feet together. Slowly perform small arm circles to engage the core and challenge balance.
2. **Single-Leg Balance Holds:** Stand on one foot, holding IsoTone handles. Alternate feet after holding for 30 seconds to strengthen stabilizing muscles and improve balance.
3. **Weight Shifts with Resistance:** With feet hip-width apart, hold IsoTone and shift weight from side to side, maintaining upright posture. This exercise engages the vestibular system by encouraging lateral balance.
4. **Slow Rotational Twists:** Hold IsoTone in front with both hands and slowly rotate from side to side, engaging the core and challenging spatial orientation.
5. **Walking Lunges with IsoTone Holds:** Step forward into a lunge while holding IsoTone handles. Maintain balance throughout the motion to improve coordination and leg strength.
6. **Forward and Backward Stepping:** Stand with feet together, hold IsoTone, and step forward and backward, challenging proprioception and vestibular coordination.
7. **Overhead Reach with IsoTone:** Stand with feet hip-width apart, raise IsoTone overhead, and balance on your toes. This encourages spatial awareness and upper body stability.
8. **Dynamic Side Lunges:** Hold IsoTone with both hands and perform slow side lunges, alternating sides. This lateral movement improves balance and strengthens core muscles.

9. **IsoTone Arm Presses with Heel Raises:** While holding IsoTone, press upward and simultaneously raise onto your toes. This adds a balance challenge while engaging the vestibular apparatus.
10. **Core Rotations with IsoTone Resistance:** Hold IsoTone close to the chest and perform controlled core twists, focusing on keeping balance through controlled movement.
11. **Alternating Toe Taps with IsoTone:** While holding IsoTone, balance on one leg and gently tap the opposite foot in front, side, and behind, focusing on maintaining a steady core.
12. **Knee Raises with IsoTone Hold:** Lift one knee toward the chest while holding IsoTone handles in front of you, engaging core muscles to improve single-leg balance.
13. **IsoTone Half-Squats with Arm Reach:** Perform a half-squat while holding IsoTone and reaching forward with both arms. This engages the core and enhances stability through the lower body.
14. **Marching in Place with IsoTone:** While holding IsoTone at chest level, alternate lifting knees in a marching motion, focusing on control and maintaining upright posture.
15. **Lateral Arm Lifts with One-Leg Stance:** Stand on one foot while lifting IsoTone to shoulder height with arms extended, challenging balance and coordination.
16. **IsoTone Side Step and Hold:** Step to the side while holding IsoTone, hold the position, and then return to the center. This engages lateral stabilizers and core.
17. **Balance Tilt Forward and Backward:** Hold IsoTone at your chest and tilt forward on your toes and backward on your heels, focusing on keeping balance throughout the range of motion.
18. **IsoTone Cross-Body Reach:** Stand with feet hip-width apart and hold IsoTone. Reach across the body with IsoTone, alternating sides to engage core muscles and balance.
19. **Diagonal Step with IsoTone Reach:** Step forward and diagonally to one side while reaching IsoTone in the opposite direction, improving stability and spatial awareness.
20. **Standing Heel-to-Toe Walk with IsoTone:** Perform a heel-to-toe walk while holding IsoTone, focusing on maintaining stability and balance through controlled, slow movement.

These exercises enhance vestibular health by combining resistance with dynamic movements that challenge balance and proprioception. Performing them regularly can strengthen muscles, support neural pathways involved in balance, and potentially slow the progression of vestibular decline, contributing to improved stability and reduced risk of falls.

RESISTANCE EXERCISES WITH ISOTONE: ISO-SQUAT FRONT and ISO-SQUAT BACK

Similar to other IsoTone exercises, the high-power Iso-Squat engages your entire body in highly aerobic workouts as part of strength and endurance training. Iso-Squat will work great for workouts of any load, and may be a go-to exercise when the aerobic state is needed to be reached quickly and engage and warm up the entire body.

There are two versions of this exercise working in tandem: ISO-SQUAT FRONT and ISO-SQUAT BACK. These two versions can be integrated in the same set of exercises by alternating the FRONT and BACK versions, 10-15 cycles of each.

Below are detailed instructions

1. ISO-SQUAT FRONT

STARTING POSITION

- a. Assume a medium-deep squat position while holding the fully expanded IsoTone in your straight arms in front of you. Keep your upper body upright during the entire exercise, and head up: this will make your posture shine. Stress your chest and neck slightly.
- b. Pull in your abdominal muscles firmly, fully engaging your core and keep all muscles in your body tense. Avoid over-straining; maintain tension without excessive force.
- c. Hold the IsoTone's ball handles firmly with your palms so your thumbs face up.

EXERCISE

Squeeze Phase: Begin by slowly pressing the IsoTone handles toward each other, applying controlled force against IsoTone resistance and, at the same time, in sync with your arms movement, start straightening your legs getting slowly to a standing straight position. End your getting into a standing position at the moment when IsoTone is completely collapsed (contracted). This completes the first half of the Iso-Squat Front exercise cycle ("squeeze," "contract," or "push" phase). Now you are ready for the second phase – Expand Phase.

Expand Phase: Once your IsoTone is fully contracted, immediately (a) initiate an explosive "pull" or "expand" phase expanding the handles apart with your maximum strength and speed and (b) start bending your legs while moving your body into squat position. In this phase you will move the IsoTone handles outward against its resistance until IsoTone is fully expanded and your body is in a squat position – same as at the beginning of the Squeeze Phase.

Cycle Repetition: After reaching full expansion, immediately transition back into the Squeeze Phase, repeating it as described above to continue the exercise cycle. ISO-SQUAT FRONT exercise will become aerobic: it is extremely important to breathe in and out forcefully, making a special effort to do so; this will energize your lungs and help to ignite the cardio-vascular system, a bonus!

2. ISO-SQUAT BACK

STARTING POSITION

- a. Assume a medium-deep squat position while holding the fully expanded IsoTone in your straight arms down, behind your back. Keep your upper body upright during the entire exercise, and head up: this will make your posture shine. Stress your chest and neck slightly.

From this point on, the instructions to the ISO-SQUAT BACK (Starting Position and Exercise) are identical to ISO-SQUAT FRONT exercise, with the only difference that the arms holding IsoTone remain behind your back.

Note that ISO-SQUAT BACK exercise is a little more challenging, so you may start the tandem by doing more ISO-SQUAT FRONT cycles than ISO-SQUAT BACK cycles. As you practice more, try to do the same number of cycles for each exercise.

Important: Listen to the *IsoTone Exercise Instructions* available in the *IsoTone Collection* podcast. When performing the High Press Flat exercises, be sure to follow the guidelines outlined in the instructions. These steps are simple yet essential for the safe and effective execution of all IsoTone exercises.

Happy IsoToning!

RESISTANCE EXERCISES WITH ISOTONE: THIGH DOUBLE SWING

The Thigh Double Swing is a full-body aerobic exercise that spans a wide spectrum of fitness levels, thanks to the IsoTone device's unique ability to dynamically adjust its resistance to the force applied. The Thigh Double Swing can be performed either lying on the floor or in bed, making it ideal for a morning tune-up or as a wind-down routine before sleep. Similar to other IsoTone exercises, the Thigh Double Swing engages your entire body, with a particular focus on your thighs. It works well as part of strength and endurance training, fits into workouts of any intensity, and can be your go-to exercise when you need to quickly achieve an aerobic state while warming up your entire body.

Below are detailed instructions:

STARTING POSITION

- a. Lie down on your back, bend your legs, and lift them off the floor so that your thighs form about a 45-degree angle with the floor, close to your chest. Your back should be slightly bent, with your head lifted slightly off the floor.
- b. Take the fully extended IsoTone (in its neutral position) in your arms while firmly gripping its spherical handles, with your thumbs pointing upward. Hug your raised legs with your arms holding IsoTone, placing your hands just below your knees. In this position, IsoTone will rest horizontally between your elevated knees.
- c. Hold IsoTone with your hands so its handles do not directly touch your legs: let your pinkies serve as padding between the handles and your legs resting near your knees. This adjustment makes the Squeeze Phase comfortable and effective.

EXERCISE

Squeeze Phase: Engage your thighs and begin slowly pressing IsoTone's handles toward each other using your legs, applying a controlled squeezing force against IsoTone's resistance. The pressure should be directed onto the handles, with your pinkies serving as padding. Since this exercise focuses on your thighs, minimize arm involvement. Your head and upper body will move forward slightly, in sync. Once IsoTone is fully contracted, you will have completed the first half of the exercise cycle (the "squeeze," "contract," or "push" phase). Now you are ready for the second phase.

Expand Phase: Once IsoTone is fully contracted, immediately initiate an explosive "pull" or "expand" movement with your thighs as you pull the IsoTone handles apart with maximum strength and speed. As in the previous phase, keep arm involvement minimal—all force should come from your thighs. Your thighs will push against your hands holding IsoTone. It may take practice to perform this phase smoothly. At the same time, pull your upper body back to its original position. This phase ends when IsoTone is fully expanded against its resistance.

Cycle Repetition: After reaching full expansion, immediately transition back into the Squeeze Phase, repeating the cycle as described. Start with 10 cycles and increase the number as you progress. The Thigh Double Swing can become aerobic: it is extremely important to breathe in and out forcefully, making a deliberate effort to do so. This will energize your lungs and help activate your cardiovascular system—a bonus!

Important Notes

- Listen to the IsoTone Exercise Instructions available in the IsoTone Collection podcast.
- Follow all guidelines outlined in the instructions to ensure safe and effective execution of your IsoTone exercises.

Happy IsoToning!

RESISTANCE EXERCISES WITH ISOTONE: ISO-BRIDGE FRONT and ISO-BRIDGE BACK

This exercise transforms a standard bridge exercise into a full-body engagement aerobic exercise spanning a wide spectrum of fitness due to unique IsoTone resistance device's capability to dynamically adjust its resistance level to the force applied. Iso-Bridge can be performed either lying on the floor or in bed, as part of the morning tune up.

Similar to other IsoTone exercises, the high-power Iso-Bridge engages your entire body in highly aerobic workouts as part of strength and endurance training. Iso-Bridge will work great for workouts of any load, and may be a go-to exercise when the aerobic state is needed to be reached quickly while engaging and warming up your entire body.

There are two versions of this exercise working in tandem: ISO-BRIDGE FRONT and ISO-BRIDGE BACK. These two versions can be integrated into the same set of exercises by alternating the FRONT and BACK versions, 10-15 cycles of each.

Below are detailed instructions

1. ISO-BRIDGE FRONT

STARTING POSITION

- a. Lie down on your back, your feet on the floor, the toes facing forward – position typical for a standard bridge exercise. Take IsoTone in your arms, each hand holding its spherical handle, extend your arms comfortably in front of you. Curl up your tailbone and roll yourself up so that your upper body and thighs form a straight line, body, and becomes flat. Lift your arms holding IsoTone, fully expanded, holding the IsoTone's handles firmly in your palms so your thumbs facing you.

EXERCISE

Squeeze Phase: Begin by slowly pressing the IsoTone handles toward each other, applying controlled squeezing force against IsoTone resistance. At the same time, in sync with your arms movement, start rolling down your body until your back is on the floor, along with lifting your head, shoulders forward as far as you can. This completes the first half of the Iso-Bridge Front exercise cycle ("squeeze," "contract," or "push" phase). Now you are ready for the second phase – Expand Phase.

Expand Phase: Once your IsoTone is fully contracted and your back is on the floor, immediately (a) initiate an explosive "pull" or "expand" phase by pulling the handles apart with your maximum strength and speed and (b) start rolling up and straiting your body by moving your body into the starting position with IsoTone fully expanded. In this phase you will be moving the IsoTone handles outward against its resistance until IsoTone is fully expanded.

Cycle Repetition: After reaching full expansion, immediately transition back into the Squeeze Phase, repeating it as described above to continue the exercise cycle. ISO-BRIDGE FRONT exercise can become aerobic: it is extremely important to breath in and out forcefully, making a

special effort to do so; this will energize your lungs and help to ignite the cardio-vascular system, a bonus!

2. **ISO-SQUAT BACK** **STARTING POSITION**

- a. Assume a medium-deep squat position while holding the fully expanded IsoTone in your straight arms down, behind your back. Keep your upper body upright during the entire exercise, and head up: this will make your posture shine. Stress your chest and neck slightly.

From this point on, the instructions to the ISO-SQUAT BACK (Starting Position and Exercise) are identical to ISO-SQUAT FRONT exercise, with the only difference that the arms holding IsoTone remain behind your back.

Note that ISO-SQUAT BACK exercise is a little more challenging, so you may start the tandem by doing more ISO-SQUAT FRONT cycles than ISO-SQUAT BACK cycles. As you practice more, try to do the same number of cycles for each exercise.

Important: Listen to the *IsoTone Exercise Instructions* available in the *IsoTone Collection* podcast. When performing the High Press Flat exercises, be sure to follow the guidelines outlined in the instructions. These steps are simple yet essential for the safe and effective execution of all IsoTone exercises.

Happy IsoToning!

RESISTANCE EXERCISES WITH ISOTONE: ISO-CRUNCH

This exercise is performed either lying on the floor or in bed. As other IsoTone exercises it fully engages your core, chest, back, abdomen, neck, shoulders, arms and, to a smaller extent, legs. This exercise allows an entire range of loads, from relaxed and warm ups to highly aerobic workouts and strength training.

Below are detailed instructions. Follow them and enjoy your workouts. As we will discuss somewhere else, ISO-CRUNCH will be recommended for your morning, an in-bed, day-start-up program, along with HIGH PRESS FLAT, and some others.

1. ISO-CRUNCH: Starting Position

- a. Lie on your back on the floor or your bed holding your IsoTone in both hands, with your arms folded and IsoTone kept slightly above your chest and arms aligned with your shoulders and held close to the sides of your body.
- b. Engage your chest by stressing it slightly. Lift your head off the floor (or bed) and keep it up; this will have your neck working throughout the exercise.
- c. Lift your both legs up while bending them completely, and arrange them as close to your chest as possible – a tight crunch-on-the-back position. Keep your back curved making your upper body lean forward, and pull in your abdominal muscles firmly, fully engaging your core and keep all muscles in your body tense. Avoid over-straining; maintain tension without excessive force.
- d. Hold the IsoTone's ball handles firmly with your palms such that you can see your thumbs.

2. ISO-CRUNCH: Exercise

Squeeze Phase: Begin by slowly pressing the IsoTone handles toward each other, applying controlled force against IsoTone resistance. At the same time, in sync with your arm movement, propel your upper body forward as much as you can and, at the same time try to get your thighs as close to your chest as possible. This movement initiates the first half of the exercise cycle, we commonly refer to as the "squeeze," "contract," or "push" phase. Keep squeezing IsoTone until it contracts fully. Now you are ready for the second phase – Expand Phase.

Expand Phase: Once your IsoTone is fully contracted, immediately initiate an explosive "pull" or "expand" phase expanding the handles apart with your maximum strength and speed. In this phase you will move the IsoTone handles outward against its resistance until IsoTone is fully expanded. At the same moment of switching from push to pull, start slowly lowering your upper body back and lowering your legs back to their starting position (relaxing the tight crunch reached in the Squeeze Phase. A note: if you want to reach an aerobic state quicker, quickly start the explosive expansion BEFORE you have IsoTone fully contracted. This way you can significantly increase the frequency of your exercise and thus, the load on your body.

Cycle Repetition: After reaching full expansion, immediately transition back into the Squeeze Phase, repeating it as described above to continue the exercise cycle. Depending on the duration of your exercise, ISO-CRUNCH exercise can become pretty aerobic; in such a case it is

extremely important to breath in and out forcefully, making a special effort to do so: it will energize your lungs and help to ignite the cardio-vascular system, a bonus!

Important: Listen to the *IsoTone Exercise Instructions* available in the *IsoTone Collection* podcast. When performing the High Press Flat exercises, be sure to follow the guidelines outlined in the instructions. These steps are simple yet essential for the safe and effective execution of all IsoTone exercises.

Happy IsoToning!

RESISTANCE EXERCISES WITH ISOTONE: ISO-BRIDGE FRONT

This exercise transforms a standard bridge exercise into a full-body engagement aerobic exercise spanning a wide spectrum of fitness due to unique IsoTone resistance device's capability to dynamically adjust its resistance level to the force applied. Iso-Bridge Front can be performed either lying on the floor or in bed, as part of the morning tune up.

Similar to other IsoTone exercises, the high-power Iso-Bridge Front engages your entire body in highly aerobic workouts as part of strength and endurance training. Iso-Bridge Front will work great for workouts of any load and may be a go-to exercise when the aerobic state is needed to be reached quickly while engaging and warming up your entire body.

Below are detailed instructions

ISO-BRIDGE FRONT STARTING POSITION

- a. Lie down on your back, your feet on the floor, the toes facing forward – position typical for a standard bridge exercise. Take IsoTone in your arms, each hand holding its spherical handle, extend your arms comfortably in front of you.
- b. Curl up your tailbone and roll yourself up so that your upper body and thighs form a straight line, body, and becomes flat.
- c. Lift your arms, fully expanded while holding IsoTone, grasping IsoTone's handles firmly in your palms so that your thumbs are facing up.

EXERCISE

Squeeze Phase: Begin by slowly pressing the IsoTone handles toward each other, applying controlled squeezing force against IsoTone resistance. At the same time, in sync with your arms movement, start rolling down your body until your back is on the floor, along with lifting your head, shoulders forward as far as you can. This completes the first half of the Iso-Bridge Front exercise cycle ("squeeze," "contract," or "push" phase). Now you are ready for the second phase – Expand Phase.

Expand Phase: Once your IsoTone is fully contracted and your back is on the floor, immediately (a) initiate an explosive "pull" or "expand" phase by pulling the handles apart with your maximum strength and speed and (b) start rolling up and straiting your body by moving your body into the starting position with IsoTone fully expanded. In this phase you will be moving the IsoTone handles outward against its resistance until IsoTone is fully expanded.

Cycle Repetition: After reaching full expansion, immediately transition back into the Squeeze Phase, repeating it as described above to continue the exercise cycle. ISO-BRIDGE FRONT exercise can become aerobic: it is extremely important to breath in and out forcefully, making a special effort to do so; this will energize your lungs and help to ignite the cardio-vascular system, a bonus!

Important: Listen to the *IsoTone Exercise Instructions* available in the *IsoTone Collection* podcast. When performing the High Press Flat exercises, be sure to follow the guidelines outlined in the instructions. These steps are simple yet essential for the safe and effective execution of all IsoTone exercises.

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RESISTANCE EXERCISES WITH ISOTONE: HIGH PRESS FLAT

This exercise is almost a carbon-copy of the HIGH PRESS exercise, however performed either lying on the floor or in bed. Importantly, it engages your core significantly more, your back, chest, press (list of major core muscles), all will be loaded, and you will be in charge of the level of core engagement. The arms and shoulders will be loaded approximately as much as in the regular, “vertical” HIGH PRESS exercise. So, let’s get into the specifics.

1. High Press FLAT Starting Position

- a. Lie on your back and hold your IsoTone in both hands, with your arms fully extended and resting on the floor or bed behind your head, aligned with your shoulders. Keep your arms as straight as possible. Engage your chest by stressing and lifting it slightly, creating a slight curve in your back. Pull in your abdominal muscles firmly, fully engaging your core, and aim to keep all muscles tense. Extend this engagement to your thighs and legs, achieving a "fingertips to toes" body activation. Avoid over-straining; maintain tension without excessive force.
- b. Hold the IsoTone’s ball handles firmly with your palms, placing your four fingers on top of each ball handle. Curl your thumbs around the balls so they are securely held, allowing your thumbs to comfortably rest on the floor behind and slightly above your head.

2. High Press FLAT Exercise

Squeeze Phase: Begin by slowly pressing the IsoTone handles toward each other, applying controlled force against IsoTone resistance. This movement initiates the first half of the exercise cycle, commonly referred to as the "squeeze," "contract," or "push" phase. As you become fluent with this exercise, start lifting your upper body and your legs as soon as you begin squeezing IsoTone. Start lowering the upper body and legs back to the floor as soon as you begin the explosive expansion of IsoTone in the Expand Phase that follows.

Expand Phase: Once the IsoTone is fully contracted, immediately switch to an explosive pull, expanding the handles apart with maximum strength. This movement is the "pull" or "expand" phase, where you move the IsoTone handles outward against its resistance until IsoTone is fully extended. If you are doing enhanced exercise as explained above by lifting your upper body and legs, start lowering the upper body and legs as soon as you start expansion.

Cycle Repetition: After reaching full expansion, immediately transition back into the Squeeze Phase, repeating it as described above to continue the exercise cycle. If you perform the enhanced version of the exercise, you can vary the load by lifting the body and legs higher or lower. This exercise can quickly become aerobic – breath in and out forcefully: it will clear up your lungs too, a bonus!

Important: Listen to the *IsoTone Exercise Instructions* available in the *IsoTone Collection* podcast. When performing the High Press Flat exercises, be sure to follow the guidelines outlined in the instructions. These steps are simple yet essential for the safe and effective execution of all IsoTone exercises.

Happy IsoToning!

RESISTANCE EXERCISES WITH ISOTONE: HIGH PRESS

1. High Press Starting Position

- Hold your IsoTone in both hands, with your arms kept straight and directly above your head. Keep your chest lifted, core fully engaged, and hands aligned with your shoulders.
- Grasp the IsoTone's ball handles in the palms of your hands. Position four fingers along the top side of the ball handles, with your thumbs clasping the balls and directed toward your back.

2. High Press Exercise

- *Squeeze Phase:* Slowly press the IsoTone handles toward each other, squeezing with controlled force. This is the first half of the exercise cycle, referred to as the “squeeze,” “contract,” or “push” phase.
- *Expand Phase:* Once the IsoTone is fully contracted, immediately switch to an explosive pull, expanding the handles apart with all your strength. This is the “pull” or “expand” phase, moving IsoTone against its resistance until fully extended.
- *Cycle Repetition:* After reaching full expansion, transition smoothly back into the squeeze phase, repeating the cycle from Step 1.

IMPORTANT NOTES APPLICABLE FOR ALL ISOTONE EXERCISES

Note 1: IsoTone exercises are designed to engage the entire body to the maximum extent possible. Keep your entire body—chest, back, core, thighs, shoulders, neck, arms, and legs—engaged, slightly tensed, and ready for physical load.

Note 2: At the transition point between squeeze and expand, adjust your grip on the ball handles so that most of the pulling load is supported by your fingers, with the tips of your fingers facing each other. This adjustment aligns with IsoTone's philosophy: to activate as many muscle groups as possible during each exercise (see Note 1).

Note 3: Aim to make the duration of the push and pull movements equal. This will help distribute the load evenly between the opposing muscle groups involved. Consistent timing may require some practice.

Note 4: During both push and pull phases, keep opposing muscle groups engaged to prevent asymmetry in load distribution. Avoid relaxing one side while loading the other.

Note 5: At the slightest sign of discomfort, pain, or cramping, immediately apply IsoTone's massage technique to the affected area, as outlined in our two podcasts on cramp prevention.

Note 6: As with any physical exercises, warming up is essential before starting intense aerobic workouts. Begin with a set of low-resistance IsoTone exercises until you feel warm and relaxed.

For more details on IsoTone's unique features, such as its portable design and auto-adjusting resistance, visit the [IsoTone website](#), where the device adapts to the user's applied force, making it suitable for all fitness levels.

IsoTone's website also provides recommended exercise routines. For a deeper understanding of IsoTone's benefits in health and fitness, explore our [YouTube podcast series](#), where we discuss IsoTone's potential to enhance wellness and fitness training.

Resistance Exercises with IsoTone: Front Press

This exercise is similar to the Elbow Squeeze. We recommend to alternate them during workouts, for example 10 and 10 of each.

Setup Position

- Hold your IsoTone device with both hands in front of your chest, ensuring the ball handles are aligned with your shoulders.
- Grip the ball handles firmly in your palms, with four fingers on top and thumbs positioned close to your chest
- Bend your arms at the elbows, keeping your arms horizontal to the floor.

2. Front Press Exercise

Push Phase:

Slowly squeeze the IsoTone by pushing the handles toward each other, engaging your chest and arm muscles. This is the contraction phase, also known as the squeeze or push part of the cycle.

Pull Phase:

Once the IsoTone is fully contracted, immediately switch to pull. Explosively. This is the pull phase: you are pulling the handles from each other applying as much force as you can. This will engage the opposite muscle groups.

Repeat:

As soon as the IsoTone reaches its maximum expansion, immediately transition back to the Push Phase.

NOTES:

Note 1. Grip Adjustment: During the transition from push to pull, adjust your grip on the ball handles so the pulling load shifts primarily to your fingers. This change ensures your fingers face each other, adding a strong engagement of your finger muscles, aligning with IsoTone's philosophy of involving as many muscle groups as possible in each exercise.

Note 2. Balance the Push and Pull Phases: Aim to keep the push and pull phases equal in duration. This balance distributes the load evenly across opposing muscle groups. Achieving this may require practice, but it's recommended to maintain this push-pull timing consistency across all IsoTone exercises.

Note 3. **Important:** Listen to the *IsoTone Exercise Instructions* available in the *IsoTone Collection* podcast. When performing the Front Press exercises, be sure to follow the guidelines outlined in the instructions. These steps are simple yet essential for the safe and effective execution of all IsoTone exercises.

GENERAL INSTRUCTIONS FOR ISOTONE EXERCISES

N5Digital, Inc.
Lev Neymotin, PhD

As you have learned elsewhere, our IsoTone device has a huge, practically unlimited range of applications in various areas: general fitness, aerobic workouts of different intensity, sports endurance, speed improvement and strength training, as well as post-operation and general physical therapy.

In order to fully and safely utilize IsoTone it is very important to learn and follow several rules discussed in this podcast. It is important to recognize that while IsoTone is an easy-to-use device, it is full of sophisticated features that are not present in many other portable fitness devices in the market. Therefore, IsoTone's unique features presently have a patent-pending status at the USPTO.

To mention just a few IsoTone's main features: (a) it self-adjusts its resistance in responding to the amount of force applied to it, (b) it provides resistance regardless whether you squeeze or expand it giving you a 100% load every moment of its use, and (c) it allows you no monitor intensity of your exercises with high precision.

In addition, IsoTone is designed to help you to self-perform therapeutic or sport-related muscle massage delivering rigorous or gentle massage that will deliver relief exactly at the point of pain or discomfort. IsoTone also is extremely effective in stopping development of cramps, either during exercises, during your regular activities, or in the bed when you wake up.

With this introduction, let us review each of the following IsoTone rules of engagement describing key points you need to keep in mind while during exercises. These instructions are also available in the podcast information area. We recommend printing them and consult them regularly.

OK, lets discuss each of the 6 rules of engagement!

Rule 1: Each IsoTone exercise is designed to engage the entire body to the maximum extent possible. Keep all parts of your body—chest, back, core, thighs, shoulders, neck, arms, and legs—engaged, slightly tensed, and ready for physical load.

Rule 2: At the transition point between squeeze and expand, adjust your grip on the ball handles so that most of the pulling load is supported by your fingers, with the tips of your fingers facing each other. This adjustment aligns with IsoTone's philosophy: to activate as many muscle groups as possible during each exercise (see Note 1).

Rule 3: Aim to make the duration of the push and pull movements equal. This will help distribute the load evenly between the opposing muscle groups involved. Consistent timing may require some practice.

Rule 4: During both push and pull phases, keep opposing muscle groups engaged to prevent asymmetry in load distribution. Avoid relaxing one side of the muscle group while engaging the other.

Rule 5: At the slightest sign of discomfort, pain, or cramping, immediately apply IsoTone's massage technique to the affected area, as outlined in our two podcasts on cramp prevention.

Rule 6: As with any physical exercise, warming up is essential before starting intense aerobic workouts. Begin with a set of low-resistance IsoTone exercises until you feel warm and relaxed.

Resistance Exercises with IsoTone: Elbow Squeeze

1. Setup Position

- Hold your IsoTone device with both hands in front of your chest, ensuring the ball handles are aligned with your shoulders, positioned slightly forward.
- Place the IsoTone just beneath your chin.
- Grip the ball handles firmly in your palms, with four fingers on top and thumbs positioned close to your shoulders.
- Bend your arms at the elbows, keeping your upper arms comfortably alongside your body.

2. Elbow Squeeze Exercise

Push Phase:

Slowly squeeze the IsoTone by pushing the handles toward each other, engaging your chest and arm muscles. This is the contraction phase, also known as the squeeze or push part of the cycle.

Pull Phase:

Once the IsoTone is fully contracted, quickly switch to an explosive pull, separating the handles as far as possible, which engages the opposite muscle groups in the expansion phase.

Repeat:

As soon as the IsoTone reaches its maximum expansion, immediately transition back to the push phase, repeating Step 1.

NOTES:

Note 1. Grip Adjustment: During the transition from push to pull, adjust your grip on the ball handles so the pulling load shifts primarily to your fingers. This change ensures your fingers face each other, adding a strong engagement of your finger muscles, aligning with IsoTone's philosophy of involving as many muscle groups as possible in each exercise.

Note 2. Balance the Push and Pull Phases: Aim to keep the push and pull phases equal in duration. This balance distributes the load evenly across opposing muscle groups. Achieving this may require practice, but it's recommended to maintain this push-pull timing consistency across all IsoTone exercises.