

# THIS IS ISOPHIT...AND IT MIGHT JUST CHANGE YOUR LIFE!



**[To learn more about ISOPHIT™ - WATCH OUR VIDEO.](#)**

## **WHY ISOPHIT™?**

Isometric exercise is certainly not new...but it is most definitely new again! After years of limited results and cumulative injury with dynamic, movement based exercise, exercise physiologists, personal trainers and a host of academic and medical journals are reawakening interest in isometric exercise as not only the safest, but the most effective form of exercise available.

Simply put, an isometric exercise is a contraction of a muscle without any visible movement in the angle of the joint. The muscle is contracted in a fixed joint position, or against an immovable object. The benefits and results have always been exceptional, but with the advent of fitness as an industry over the past 40 years and the development of weight lifting and cardiovascular machines, Isometric exercise slipped into the background.

Now, for a myriad of reasons, years of repetitive injuries and poor physical health among them, fitness experts and medical professionals are turning their attention to Isometrics with some of the most prestigious health and fitness journals in the world publishing studies that endorse isometric exercise as an exceptional route to improving muscular strength, cardiovascular function and athletic performance with minimal stress to joints, tendons, and the body's other supporting structures. From this thinking and this growing body of knowledge, ISOPHIT was born.

## **WHAT IS ISOPHIT?**

ISOPHIT is an innovative, meticulously researched and carefully developed exercise system that quickly and ingeniously works more than 650 muscles. ISOPHIT harnesses the scientifically proven benefits of Isometric strength training in a way that's never been done before. ([Download the Benefits](#))

## **WHAT CAN YOU ACHIEVE WITH ISOPHIT?**

Whether your goal is to build strength, burn fat, improve bone density, lower blood pressure, decrease muscle and joint pain, correct muscle imbalances or enhance athletic performance, you will achieve it faster with ISOPHIT.

SIGN UP FOR YOUR ISOPHIT INTRODUCTORY PACKAGE (3 X 30 MINUTE ISOPHIT STRENGTH SESSIONS) WITH ONE OF OUR ISOPHIT STRENGTH COACHES (Jenna, Colleen, Kyle, Sebastian, Gill, Mike, Glen or Nick) FOR ONLY \$150 and GET A 4TH SESSIONS FREE. [SIGN UP HERE](#) - OFFER EXPIRES APRIL 8TH, 2016.