



Poker Isometrics: and Poker Fitness

Anton Drake

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This is the well known Poker Isometrics book, first published in the Summer of 2011. It presents a highly practical system for covertly using isometrics, which was forged in the crucible of competitive tournament poker. It provides a toolbox for anyone, anywhere, to effectively use isometrics for fitness, strength building and muscle control, as well as lowering blood pressure and reducing stress--whether they're playing poker, driving, flying, watching TV or working at a desk-job.

An increasing mountain of evidence suggests that the modern sedentary lifestyle presents a significant long term risk to health and well-being. This book is a contribution to the literature on the subject and offers a series of practical techniques for combating this devastating problem, which unfortunately affects millions of adults worldwide who are obliged to sit long hours every day in order to work and survive in the information age. Drawing from extensive 20th Century Western literature on the subject, and extrapolating from the ancient techniques of yoga and the martial arts, this highly detailed book reveals remarkable secrets about the practice of isometrics and explains how to generate real power and intense fat-burning energy from the inside out, engaging and controlling one's muscles effectively through advanced techniques of kinesthetic control. It teaches clearly, through detailed photographs and illustrations, all of the positions, subtle tricks and adjustments that allow one to truly "feel the burn" of intense muscular activity without moving around. Many people have reported that the techniques in this book have allowed them to get some of the most efficient and intense leg, butt and upper body workouts that they have ever experienced.

Poker Isometrics teaches you how to use your body's natural "fight or flight" response to burn fat and energize your muscles, rather than letting it soak into your body to result in stress, inflammation and obesity. It contains a wealth of insight into the deep application of isometrics that will be of benefit both to the beginning and the advanced practitioner, and also includes comprehensive chapters on diet and nutrition and a concise guide to the most effective nutritional supplements.

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