

The background features a teal-to-blue gradient with a starry, particle-like texture. On the left side, there are several circular elements: a large scale with numerical markings from 140 to 260, and several smaller circles with dashed lines and arrows indicating motion or rotation. The text is positioned on the right side of the image.

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

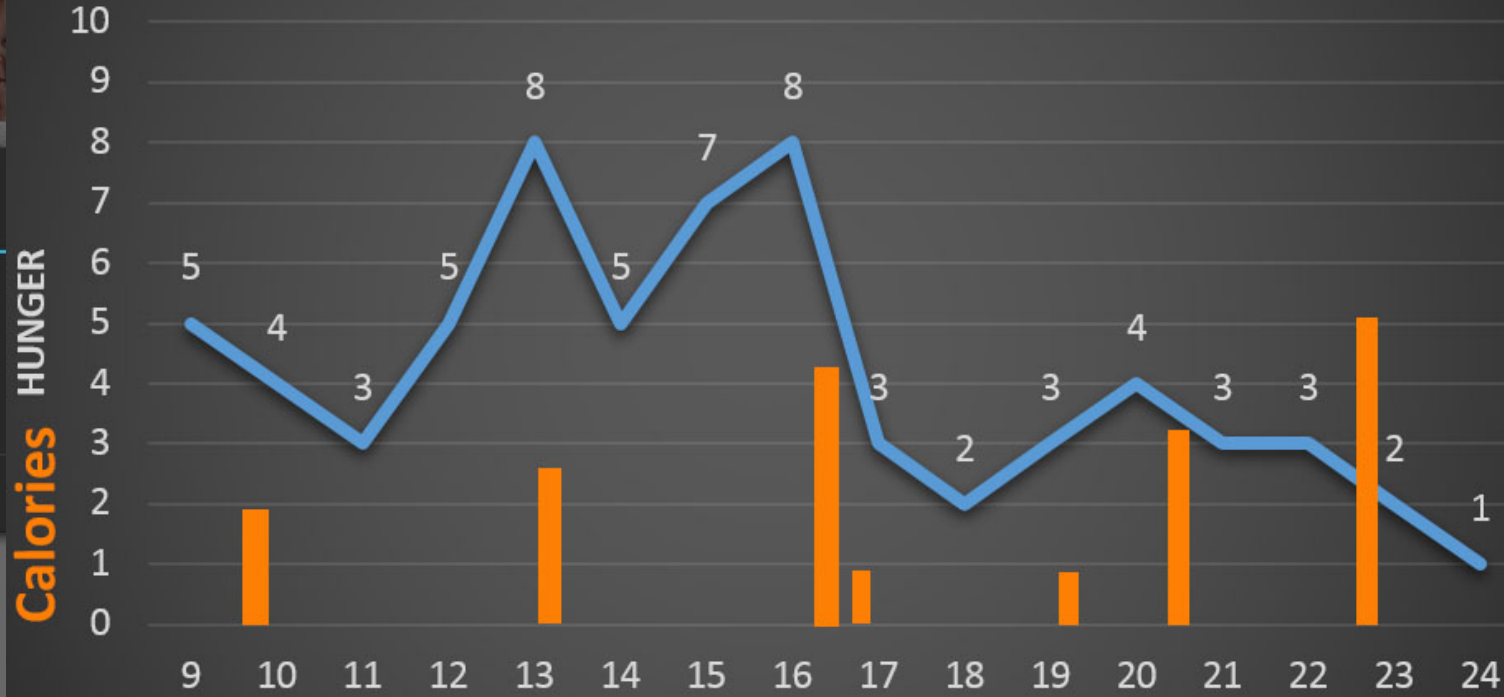
⏪ ⚡ 1 ❤️ 4

★ Results

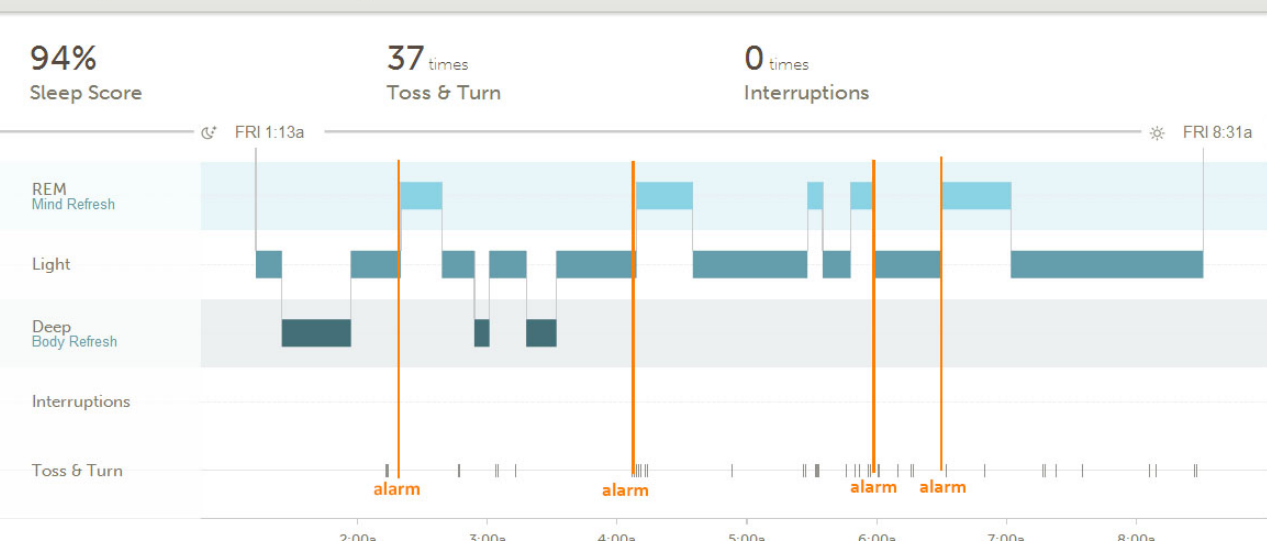
Raw Score: 496
 Standard Score: 123
 Percentile: 94
 Classification: Advanced
 Play again?

No Top Scores Yes

Hunger & Eatmoments during the day

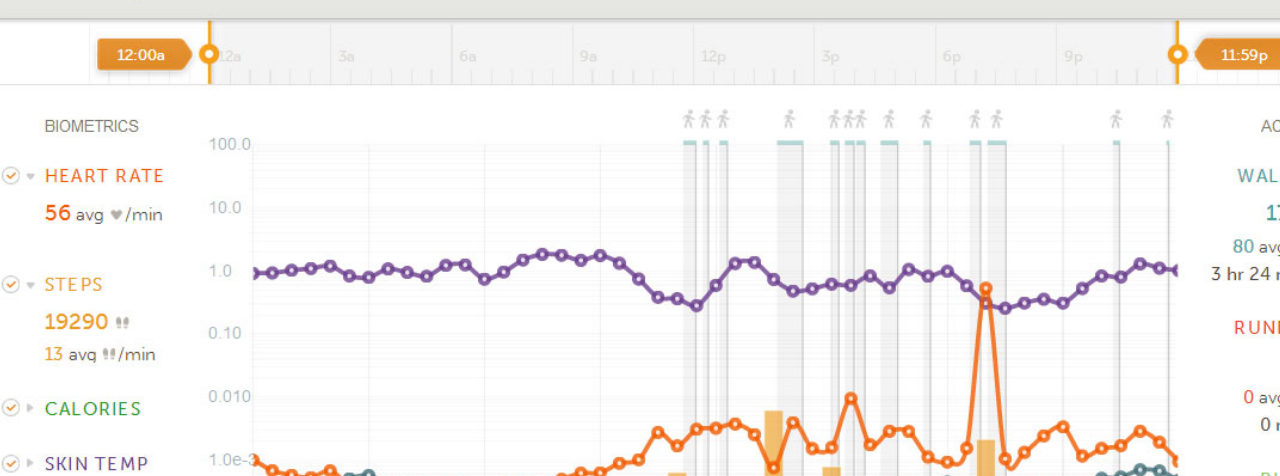


Asleep at 1:13a Friday for 7 hr 18 min



HOUR EATMOMENTS

Activity Details



Exercise and contracting muscles

The background is a teal-to-blue gradient with a subtle pattern of small white dots. On the right side, there are several faint, semi-transparent technical diagrams. These include circular gauges with numerical scales (e.g., 150, 160, 170, 180, 190, 200) and arrows, and circular flow diagrams with arrows indicating direction. The overall aesthetic is clean and scientific.



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

The background is a teal-to-blue gradient with a subtle pattern of small white dots. On the right side, there are several technical diagrams: a large circular gauge with a scale from 80 to 200, a smaller circular gauge below it, and a dashed circular arrow in the bottom right. On the left side, there are also some faint circular arrows and lines.

Ready?

GO!



CONTRACT!

You can easily listen to what I'm saying

CONTRACT!

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

KEEPING UP WITH THE PROGRESS

Every week Progress

- Muscle concentric strength
- Body variables



Legs

100 KG

REPS

45

40

35

30

25

20

15

10

5

0

1

2

3

4

5

WEEKS

20
18

25

30

30

41

16

17

16

23

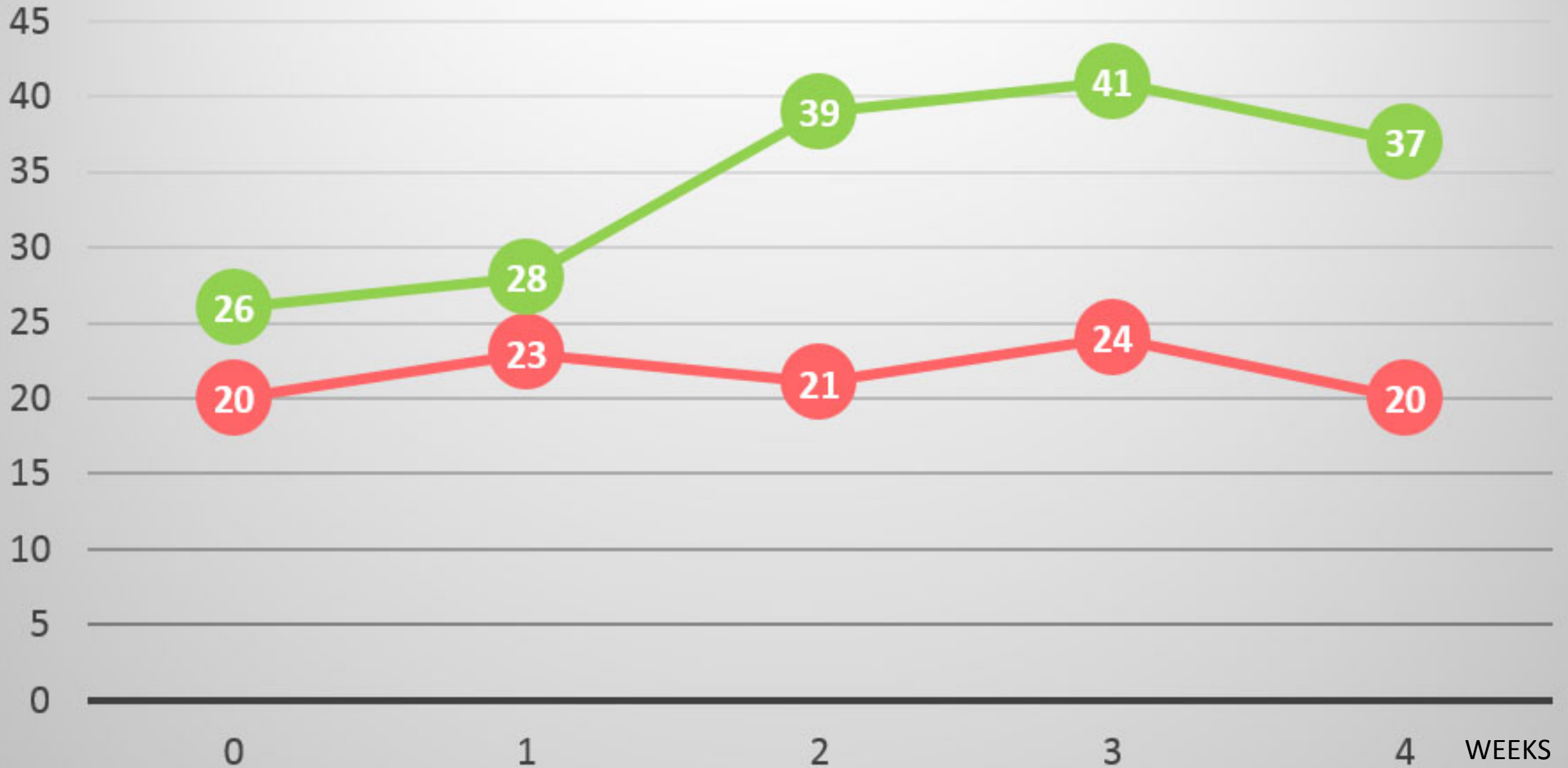




Chest and arms

20 KG

REPS





Abdominals

Time(sec)



0

1

2

3

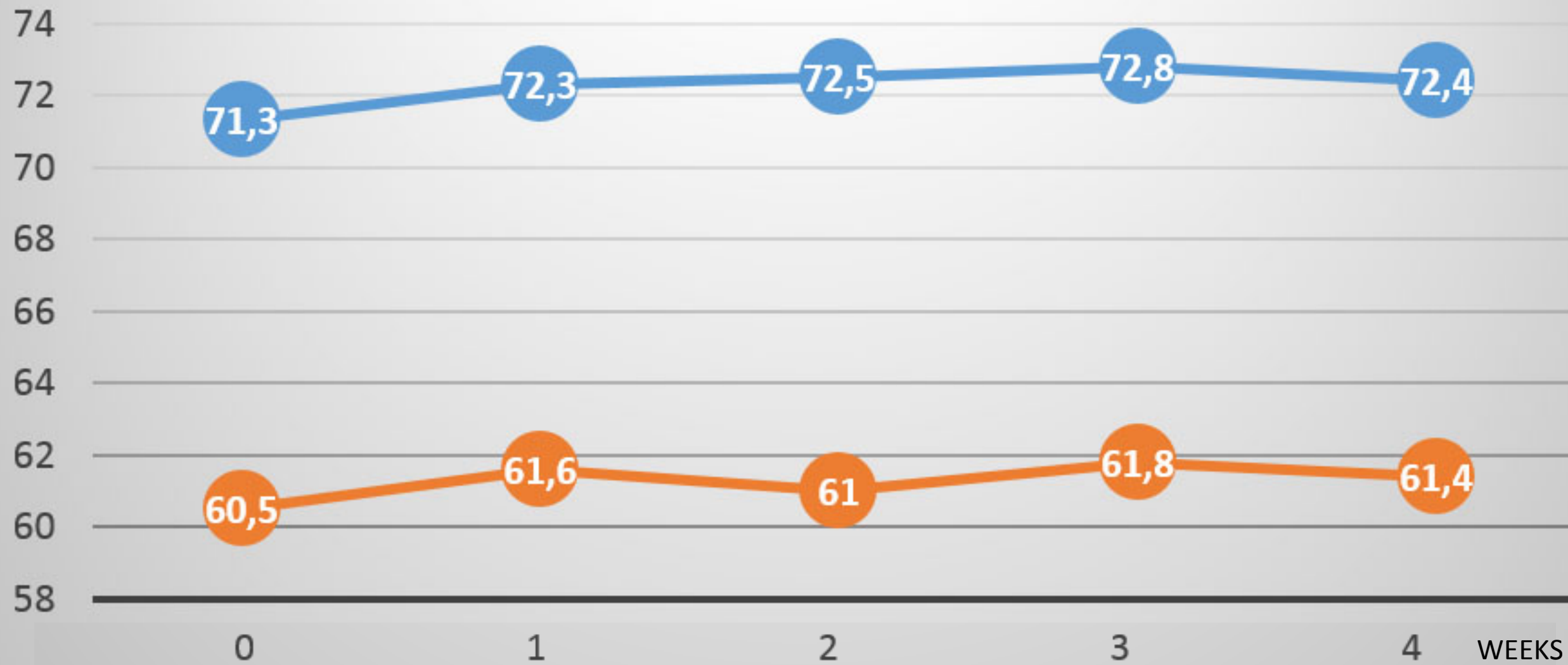
4

WEEKS



Body variables

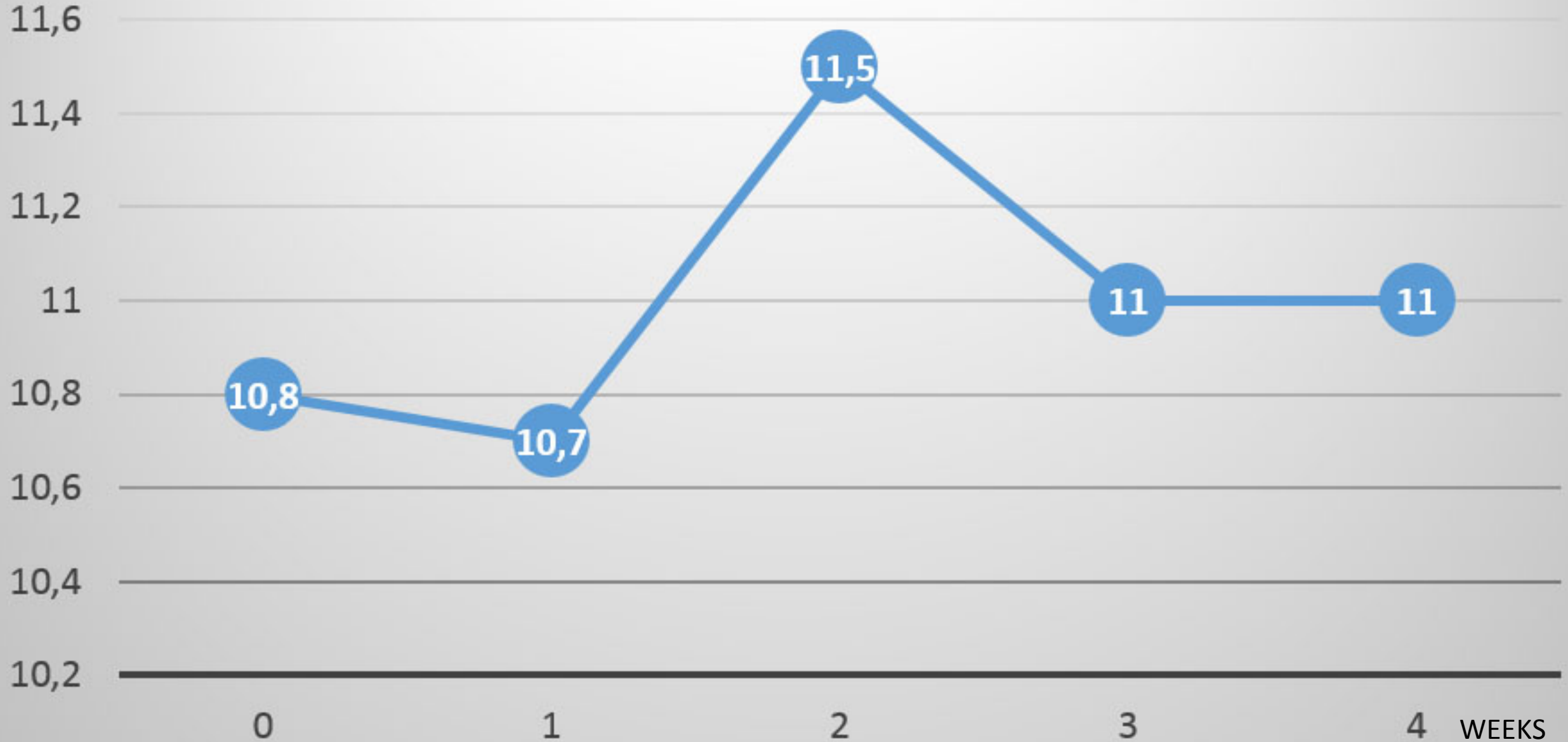
Mass(kg)



—●— Body mass(kg) —●— Fat Free Mass

Fat mass (kg)

Mass(kg)



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?

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