Overcoming Isometrics_ Beginner Level

Here is a series of videos to understand the first steps and the history of isometry from which I was inspired to define the system I use for training and which I have named: **"Under 2ms" (under 2 milliseconds)**
These materials are free. But those who want to train with me and understand what I am doing faster took me a few years to contact me privately.

Note. Isometry is the signal or the command for muscles, tendons and ligaments to develop.
Be patient. At least 12 months. Tendons and ligaments don't develop as quickly as muscles.
The other part of the equation is fulfilled by the building materials (amino acids). Only together the 2 parts of the equation will produce the spectacular results we have obtained. Don't forget. You need both.
To learn about these, you need to read my articles. After the list of videos you will find the list of articles.

Overcoming Isometrics - "under 2ms" sources of inspiration:
Alexander Zass
Part1
https://vm.tiktok.com/ZN8RTGUp4/
Part2
https://vm.tiktok.com/ZN8RT7Kjj/

https://vm.tiktok.com/ZN8hW5MbE/

The Chinese. Jin Gu Method (yin jin jing)
Part1
https://vm.tiktok.com/ZN88g6Mhx/
Part2
https://vm.tiktok.com/ZN88gFLkg/

Pavel Tsatsoulin
Isometric exercises for knees

- https://vm.tiktok.com/ZN88WM3eC/ L

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- https://vm.tiktok.com/ZN88WBP8s/
- https://vm.tiktok.com/ZN88WYygq/
- https://vm.tiktok.com/ZN88WJ3jo/

For the back:
https://vm.tiktok.com/ZN88WASmt/

https://vm.tiktok.com/ZN8NxNkES/

https://vm.tiktok.com/ZN8Nb7HB7/

https://vm.tiktok.com/ZN8Ng6Bj3/

Building Base
https://vm.tiktok.com/ZN8MJtsUS/

https://vm.tiktok.com/ZN8MS3MFC/

https://vm.tiktok.com/ZN8rqyYLL/

https://vm.tiktok.com/ZN8httjTu/
The squat - stay on vines 90sec per day minimum.

https://vm.tiktok.com/ZN8hnruJt/
https://vm.tiktok.com/ZN8hnhqFB/
https://vm.tiktok.com/ZN8hnhqFB/

Basic calisthenics
https://vm.tiktok.com/ZN8hWy4NP/

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Sarcopenia and osteopenia. Modern solutions for prevention and reversal of problems with the help of amino acids and isometric training ("Under2ms"/"Sub2Milliseconds" system). Metabolic augmentation and antiaging applied at any age through biohacking techniques and advanced nutrition.

- Gabriel Pesa aka Bralgei Shackry

6 Source articles written by me:

- **Sarcopenia, Osteopenia, Muscles, Bones – Do you need muscle and bone density?**
  Give me 10 minutes of your time and you will thank me for the rest of your life
  The equation about sarcopenia and osteopenia that no one has explained to you – *and why it costs years of life. Modern solutions exist and are within our reach.*
  https://bralgei.com/ro/sarcopenie-osteopenie-muschi-oase/

- **Super Isometric vs. Classic Training — Why Does Signal Under 2ms Change Everything?**
  I started doing sports at the age of 50. After 2 and a half years I recovered my whole body. Muscles, endurance, shape, elasticity, mobility. Everything. No gym (but you can also go to the gym, it's fun). No heavy weights. No physical therapy. Just the right system, science, and the patience to understand what really happens in the body.
  https://bralgei.com/ro/super-antrenament-izometric-vs-clasic-sport/

- **From Plate to Cell – 2026**
  The path of protein from the plate to the cell – How much of the protein we eat do we actually use and how? Leucine is the key.
  https://bralgei.com/ro/de-la-farfurie-la-celula-2026/

- **New Biohacks for Muscle Hypertrophy with Creatine and Nano-Molecular Leucine in 2026**
  How to grow and develop muscles more effectively with creatine, leucine and caffeine? Plus sport, of course.
  Creatine Monohydrate vs. Creatine HCL: Benefits, Personalized Dosages, and Optimizations for Biohackers and Advanced Nutrition Enthusiasts
  https://bralgei.com/ro/biohack-uri-pentru-hipertrofie-musculara-cu-creatina-si-leucina-nano-moleculara/

- **Muscle growth and protein synthesis. Biohacks and suggestions**
  Keys to the success of body recomposition
  - **Progressive training**: isometry, weights, calisthenics
  - **High protein intake**: 1.6–2.2 g/kg body weight
  - **Moderate calorie deficit**: for the preservation of muscle mass
  - **Optimal recovery**: sleep, stress reduction, natural adaptogens

  Body recomposition is not just a nutritional strategy. It is a dance between deficit, training, recovery and biochemistry – and when it is correctly calibrated, the results are extraordinary.
  https://bralgei.com/ro/cresterea-musculara-si-sinteza-proteica/

- **50 Years of Nutrition Lie and the Paradigm Shift in 2026**
  The equation that official nutrition missed — and why it costs lives. What can I say? We've all been on the fence. So what's the 50-year-old lie in nutrition?
  It wasn't about sugar and fat but about essential amino acids
  https://bralgei.com/ro/minciuna-de-50-de-ani-din-nutritie/

  These are some of the articles and sources they use to help people recover their muscles and bones, or progress in sports or augmentation activity.
  Everyone has tools at their fingertips that can be used and the results can be scientifically verified in a simple way.

- Specific articles written by me about nano-molecular essential amino acids can be found here, for each individual. Benefits and uses. All available information mocca. Just read:

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Blog - Thot Nutrition - Power of Essential Amino Acids

- The key to the equation is LEUCINE - About Leucine and its roles: https://thotnutrition.com/ro/l-leucina-cea-mai-buna-cheie-pentru-recuperarea-musculara-sanatate-si-longevitate-in-2023/

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