

Dynamic exercise	Isometric exercise
Change in the length of the muscle	No change in the length of the muscle
Involves joint movement	Performed against an immovable object
Exercise to gain strength and build muscle	Standing with your hands against a wall
Increases muscle velocity	Improves maximal power
SBP goes up to 150-170mmHg DBP is hardly altered	SBP may exceed 250mmHg DBP can reach 180mmHg*

*sustained muscle contraction in isometric exercises will compress the intramuscular arteries → ↓ oxygen delivery to the contracting muscle → rapid accumulation of lactic acid → stimulation of muscle chemoreflex → elevation of baroreceptor set point and sympathetic drive → ↑ both SBP and DBP → higher mean BP as compared with dynamic exercise.