

# 1-Rep Isometric Gym

Are You Ready For A Full-Body  
Workout in Only 4 Minutes...  
Per WEEK ?!

Prepare to throw away everything you THOUGHT you knew about burning fat, building muscle, losing weight and getting STRONG.

Introducing the world's fastest workout, the 1-Rep Gym™.

Watch the video below and you'll see an INTENSE full-body workout that only takes minutes and requires just ONE REPETITION of each exercise.

{youtube}cOUkVZE4DHI{/youtube}

Watching this video you may have some questions, like:

- How come nothing is moving? Don't you need to go through a full range of motion?
- What's that meter reading? Did he REALLY bench 614!?
- Isn't this just isometrics?
  
- Is that REALLY a workout?

Well, let me answer the last question first. OH, YES that is REALLY a workout. In fact, what you just saw is probably a more intense workout than you've ever had. Using the 1-Rep Gym, you'll engage more muscle fibers than you could possibly activate with a traditional workout (we've soon post scientific studies demonstrating that fact!).

So, not only is the 1-Rep workout intense, it's something you can only do with the 1-Rep gym (okay, to be fair, you could do it with the EF-7000 from ExplosiveFitness, too... but the EF-7000 will cost you 50% more, take up more space, weigh 50% more, and take twice as long to use).

PLUS, with the 1-Rep Gym, you can replace hours of traditional, long, slow cardio or high-intensity intervals (HIIT) with just 15 minutes of 1-Rep Cardio. That's right you can use this same isometric exercise equipment for strength and cardio.

If you're already familiar with Pete Sisco's Static Contraction Training, John Little's Max Contraction Training, or Shawn Bennet's Measured Intensity Training, then let me cut to the chase:

You're looking at the easiest-to-use, and most versatile, functional isometric exercise equipment that exists to give you the best workout of your life.

And we'll back up that claim by letting you try the 1-Rep Gym, risk free!

If you want to know WHY the 1-Rep can deliver these results in only minutes, check out: [Why Isometrics](#)

Want to see how the 1-Rep works? [Click here](#) .

View pictures of some of the exercises you can do , in just 1-Rep.

Questions (including how the 1-Rep stacks up against other machines and workouts)? Check out the [Frequently Asked Questions](#) .

Or, if you're ready to get started on the fastest, most powerful workout you've ever experienced, order now, risk free .