

See it in action

Here are more pictures of the 1-Rep Gym™ in action

These are just a few of the exercises you can do on the 1-Rep Gym (more pics coming soon). Click on each picture to see a larger version. {gallery}easygallery{/gallery}

Here's a video of the 1-Rep Gym™ in action... notice how you can change to and from most exercises in just seconds. And you can switch from the seated position (for leg press and calf press) in under 30 seconds. Doing SCT in the weight room, you could spend most of your workout time just stacking and unstacking weights for each exercise. And with the Explosive Fitness EF-7000, switching to and from the seated exercises can take minutes. {youtube}RmaKdA0mzWk{/youtube}

If you're ready for the fastest, most efficient, muscle-building, fat-burning workout you've ever experienced, order your 1-Rep Gym™ today, risk-free