

Get MIT with your 1-Rep Gym

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Shawn Bennett has trained more people using measured isometric training than anyone in the world.

And because of our commitment to your results, you get a special gift with your 1-Rep Gym.

As a result of Shawn's work, he's developed a protocol he calls "Measured Intensity Training" or MIT which reveals the best way to maximize your progress toward your strength and fitness goals. Some of the points he's discovered may seem minor -- like where to put the bar to get the best contraction in your biceps for a bicep curl -- but when you experience the difference between Shawn's methods and any other, you'll be stunned by the changes you feel.

Now when you get a 1-Rep Gym you'll also get Shawn's 1RepGym MIT multi-media training course -- video and printed material. A great value that you get free, thanks to our desire to see you succeed.