

## 1-Rep for Cardio

Replace Hours of Boring Cardio with 15 Minutes on the 1-Rep Gym™

That's right, you can use the 1-Rep gym for cardio, too.

And whether you've done "long, slow, distance" or "high-intensity interval training (HIIT)" you've never experienced anything like doing a cardio workout on the 1-Rep Gym™. You'll burn more fat and build more energy in just 15 minutes, once or twice a week.

Shawn Bennet, creator of Measured Intensity Training (MIT), developed the 1-Rep Cardio program based on the work of Japanese researcher, Izumi Tabata, Ph.D., a former researcher at Japan's National Institute of Fitness and Sports in Kanoya.

While the 1-Rep Cardio program is designed for building your aerobic capacity, it'll also increase your strength, without interfering with the recovery needed by an intense 1-Rep Gym strength workout.

The 1-Rep Cardio program isn't just better than conventional aerobics, it's better than interval training as well.

Now, let me be clear, this 1-Rep Cardio isn't just doing a Tabata-inspired workout... in fact, when Tabata tested his system, most of the Olympic-level athletes doing it couldn't complete the workout!

Shawn's work with hundreds of clients has refined the process into something that anyone can do and produces fast results.

And, you'll get this absolutely free as a bonus with your purchase of a 1-Rep Gym™.