

About Us

1-Rep Gym™ is a division of Technical Solutions SE, a Florida-based engineering consulting company. The owner, Michael Hefner, quickly approaching retirement age, realized that his body was no longer capable of enjoying the retirement lifestyle he had worked so hard to attain. He knew that dedicated and regular trips to the gym for extensive workouts using conventional bodybuilding- or powerlifting-style techniques were not realistic, so he began in-depth research into regaining the strength and endurance of his youth.

This led to a much greater understanding of fitness and muscle physiology and to the value and effectiveness of intense, isometric workouts.

The documented results from using the exercise regimen of Static Contraction Training (now marketed as Lifetime Fitness, see Links) as developed by Pete Sisco and John Little, appeared to be the best course of action.

Like many people who apply this protocol in the gym, Mike quickly realized that using free weights and standard exercise machines for isometric training has severe limitations (not the least of which being able to leg press more weight than the machine can hold). Inspired by the pioneering work of Tony Reno, Mike knew that he could design and build a simple, small-footprint isometric exercise machine that would be easy to set-up and use.

After building a "one-off" machine for his and his family's personal use, Mike realized he created something of great value for anyone seeking improved fitness and health.

Mike approached Shawn Bennett of Absolute Advantage Training, who decided to test the 1-Rep Gym in his fitness facility and found that not only did his clients prefer the 1-Rep to any other machine they had ever used, they were getting better results. Shawn applied his knowledge to show his clients how to get the maximum value out of their workouts with the 1-Rep Gym.

Seeing the value of working together to provide the best fitness solution possible, Mike and Shawn bring the 1-Rep Isometric Exercise machine to you.

Contact Mike Hefner [here](#)