

Dr. Dodson LOVES the 1-Rep

Sunday, 27 July 2008

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A few weeks ago, sports training expert, Dr. Dan, Dodson of Director of Research for Exercise and Sports Scienc at the Oklahoma Bone and Joint Clinic, came in to Shawn Bennett's gym to try a 1-Rep.

He was blown away...

First, like most people who come into the gym, he was a bit skeptical.

Even after doing the workout, he said, "That's it?"

But about an hour later, I got a call... "Shawn?" he said, and I couldn't tell if he was nervous or excited, "I've never felt anything like this."

"And," he added, "I think I have some ideas to improve the 1-Rep!"

Those ideas have already been built into the 1Rep Gym you can get today.