

## The New Isometric Exercise Equipment

The new isometric exercise equipment would have changed Charles Atlas's life.

And the reason is simple, isometric equipment like the 1-RepGym™ can do something you can't do with any other form of isometrics, measure.

What stimulates a muscle to grow is progressive overload, asking it to do more work each time you put it under stress. Well, how do you know, for sure, if you're putting out more work without measurement? You can't.

And that's where isometric equipment comes into play...

While there are patents for isometric exercise machines that go back 60 years, it was Tony Reno who built what many consider the first modern device.

In essence, his Explosive Fitness machines (like the EF-7000 Streamline), measures the force you apply to a bar by transferring that force to a rigid metal bar that has a strain gauge attached to it. Imagine it this way: put a scale in your doorway and stand on the scale. Then push your hands up against the top of the doorjam, as if you're doing an overhead shoulder press, or military press. The weight on the scale will go up. That's similar to how the EF machines work.

Mike Hefner's 1-Rep Gym uses a similar idea # measuring the force you apply to a bar-- but reads the force directly from the pressure you put on the bar. Imagine that you had the scale strapped to the top of your door jam and pushed into it, like before; it's a more direct route.

But, again, the important part is this: measurement.

With any type of isometric exercise equipment, you can see exactly how much muscle-building force you're using. And your goal with each workout is simple: apply more force than the last time.

Luckily, this is easy since, if you work out hard (which only takes 5-10 seconds per exercise), and give your body time to rest, it will get stronger to compensate and, the next time you lift, you will be able to apply more force.