

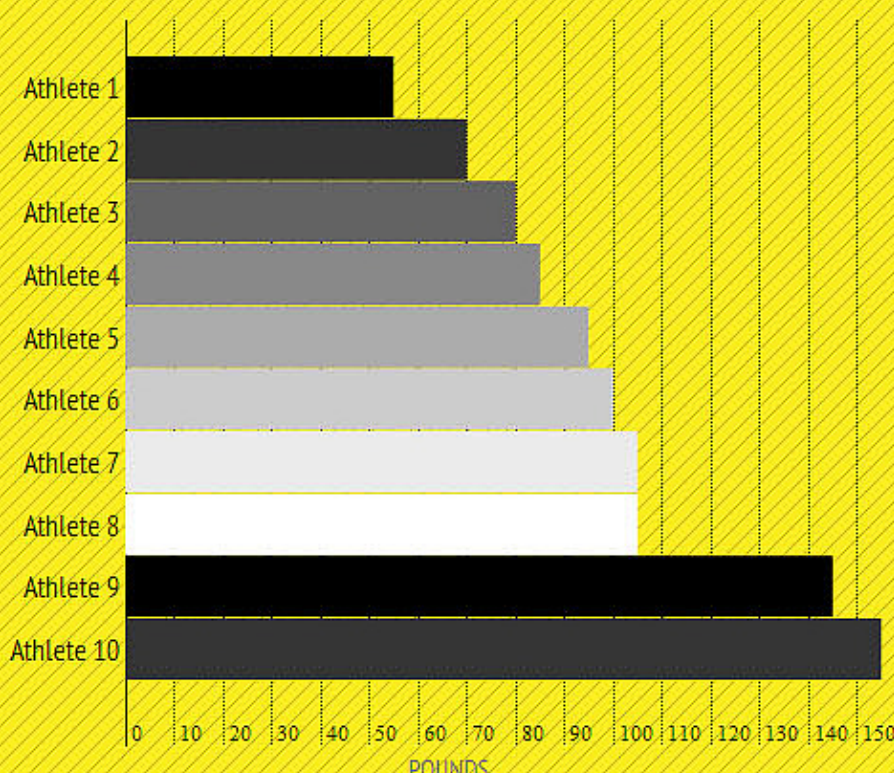
ONE MAN ONE BARBELL

WE TOOK ONE MAN ONE BARBELL TO 10 ATHLETES (7 MEN AND 3 WOMEN) TO PUT IT TO THE TEST. WHEN WE SAY ATHLETE, WE MEAN THOSE WHO PARTICIPATED IN ONE MAN ONE BARBELL, BECAUSE TO PARTICIPATE IN THE PROGRAM...YOU BECOME AN ATHLETE. BUT TO BE SPECIFIC WE TOOK IT TO FORMER CROSSFIT GAMES COMPETITORS, STAY AT HOME MOMS, 50+ YEAR-OLDS, COLLEGE STUDENTS, ETC.. HERE WERE THEIR RESULTS:

 10 of 10

Those who got stronger.

TOTAL POUNDS ADDED PER ATHLETE. EACH ATHLETE DID BETWEEN 1 AND 3 CYCLES OF ONE MAN ONE BARBELL, AND PERFORMED EITHER 4 OR 5 LIFTS IN THE PROGRAM.



995

Total pounds added to the lifts of the 10 athletes.



23.6

Average pounds added per lift.

WANT TO GIVE IT A TRY?