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Did O.J. Do It?

The 1995 trial of O.J Simpson for the murders of Nicole Brown Simpson and Ronald Goldman is one of the most well known trials in American history. The trial was so popular because it concerned O.J. Simpson, a football star and also because of Simpson's amazing Bronco ride on the day of his arrest. The televised trial lasted 133 days, and ended with O.J. being acquitted of murder. Simpson's lawyer's, called the "Dream Team" in the media, won the case by undermining the prosecution's evidence concerning motive, and also was suggesting that the key physical evidence against Simpson was either contaminated or planted.

Despite winning the case in the end, Simpson's defense team experienced some setbacks. One particular setback in their case was after Simpson's doctor, Robert Huizenga, testified that O.J. was in poor physical condition and physically could not kill his wife. In response to this the prosecution showed a video of O.J. leading demanding workouts shortly before the murders. One of these exercises included Simpson punching his arms in the air; during this "punching" exercise Simpson suggested he might try this workout "with his wife".

By the time trial began, the trial had already broken the California state record for the longest trial at 133 days. The trial ended with Simpson being acquitted, but it also had other effects; it enlightened the public to racism in law enforcement, domestic violence, and it introduced a new type of "immersion" journalism, which still flourishes today.