



High-Intensity Training the Mike Mentzer Way

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A PAPERBACK ORIGINAL

High-intensity bodybuilding advice from the first man to win a perfect score in the Mr. Universe competition

This one-of-a-kind book profiles the high-intensity training (HIT) techniques pioneered by the late Mike Mentzer, the legendary bodybuilder, leading trainer, and renowned bodybuilding consultant. His highly effective, proven approach enables bodybuilders to get results--and win competitions--by doing shorter, less frequent workouts each week. Extremely time-efficient, HIT sessions require roughly 40 minutes per week of training--as compared with the lengthy workout sessions many bodybuilders would expect to put in daily.

In addition to sharing Mentzer's workout and training techniques, featured here is fascinating biographical information and striking photos of the world-class bodybuilder--taken by noted professional bodybuilding photographers--that will inspire and instruct serious bodybuilders and weight lifters everywhere.

High-Intensity Training the Mike Mentzer Way Details

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From Reader Review High-Intensity Training the Mike Mentzer Way for online ebook

Christo van Wyk says

This book is so unlike its modern counterparts that promises all kinds of quick fixes regarding bodybuilding/Fitness training. Even today's bodybuilders will share the same philosophies with regard to progressively reducing workout time and training with higher intensity.

As someone already mentioned, Mike Mentzer truly was ahead of his time. If you're into bodybuilding or fitness training give Mentzer a fair hearing. And if you are really serious about building muscle - this book will very soon reserve a space on your classic bookshelf.

Guilherme Nunes says

My favorite lifting book ever. Even if lots of what Mike firmly claimed to be truth is already disproved by science, and he constantly criticized people for their lack of logic Mike had himself lots of logical fallacies which he often could hide behind charisma.

Nonetheless way ahead of his time. Someone who could figure out how not to live in a gym while 95% of his competing peers were doing so deserves to be called a legend.

Nick Maverick says

Too repetitive

Ryan says

This book needs a revision to fulfill its potential. Mike Mentzer is no longer with us, so I implore the publisher to hire either Mike's most successful student, Dorian Yates, or the bodybuilding journalist Peter McGough to edit a new edition. Updates to three areas in particular would turn this into a 5-star training manual. The first area is training frequency. Mentzer recommended lifting as little as once per week using his methods; we've since learned that you can effectively use High-Intensity training more than four to seven times per month. A second topic that could use an upgrade is equipment. Mike's preference for Nautilus machines dates the book just as much as the numerous photos of his handlebar mustache. These days, Hammer Strength makes the best weight machines while Nautilus makes equipment best suited to the casual exercising crowd. In fact, hardcore training on most current Nautilus machines will send you straight to physical therapy. My third suggestion is that all chapters in which Mike shares his Ayn Rand-inspired philosophy be removed. These anecdotes provide nothing of use to the aspiring bodybuilder and are also dubious as far as general inspiration. Mike's clunky jargon in these chapters is such a distraction it has become too easy for his critics to dismiss him as a flake. Despite these flaws, an athlete can still learn a lot from this book. Just do the following: 1) Skip all the detours into politics and philosophy 2) Supplement the routines with articles that Dorian Yates has written for Flex and Muscular Development magazines and 3)

use a Hammer Strength machine if doing forced reps or lifting extra-heavy.

C. says

"Many come into the gym in the evening, for instance, feeling defeated, perhaps having been royally chewed out by their bosses just an hour earlier. Their workouts will most likely end up wishy-washy affairs, lacking the ferocious intensity required for optimal progress. What is required if a bodybuilder hopes to realize the most from his workouts and become a champion? The answer: an attitude befitting a hero, one full of fury—an attitude I call siege mentality."

If you are passionate about lifting then most probably at some point you will end up reading this book as well. I recommend you do it sooner rather than later because there are quite a few hidden gems inside.

In the first part of the book you have the general lifting advice that you would expect, however in the second part, more towards the end, philosophy suddenly starts kicking in, and then you just realise that Mike Mentzer was a game changer.

"Reading also serves the purpose of helping to foster a more aggressive attitude in the gym."

Recommended reading are novels by Ayn Rand, and funny enough if you visit the official website of Mike, between all of his books and training protocols that are up for sale, there is a small section that redirects to Rand's official website as well.

M Hewitt says

I do not agree with other reviews that Mike Mentzer was dogmatic in his approach to bodybuilding. His advice changed little from the 1970's to the 90's and only because his was a work in progress. He trained literally thousands of clients during these years and amassed himself countless experiences and results during this time. This book is the culmination of these experiences. If dogma exists, it is purely in the mind of the beholder as time and time again, Mentzer gives explanation and reason to why SOME people are able to gain on high sets and most don't. Just read - and understand! The basis is this - some people MAY gain from 6 workouts a week - EVERYONE can gain from the High Intensity Routines in this book - period !

Andrew Culyer says

I seem to be reading some very counterintuitive stuff at the moment...suits me, that's the way forward.

I enjoyed this book very much, and it is one to keep and reread now and again.

Mentzer's tips on weight training make a lot of sense, it's difficult to argue with what he says when you can see the results throughout the book, and I've started training using his method - too early to say whether it works or not, though am already stepping up the amounts of weight I can lift.

Totally recommended if you're on a training plateau...

Oliver Bateman says

mike mentzer, mike mentzer: ayn rand meets arnold schwarzenegger. this is a strange book, with all kinds of glossy pin-ups of mentzer as well as his weird ron swanson-y individualistic rants, but the training method he created (lift heavy weight to failure, pre-exhaust isolated muscles, don't rack up huge training volume #s, follow a balanced diet) is fantastic. i used rippetoe's books to fix the form on all my major lift, wendler's 5-3-1 to push my numbers into the 405 bench/455 squat/625 deadlift range, but this is next-level shit. it's actually probably better for muscle growth/powerlifting training than bodybuilding, unless you're running a winstrol/anavar cycle or something else that is likely to get you ripped to shreds. the program here will get you strong, will ensure that your body is rested, and will result in some crazy numbers.

my last HIT cycles after 6 mos on this program include bench 315x14 (moving to 320), squat 315x18 (moving to 330 maybe?), deadlift double overhand 405 x 12 (two reps were hooked, all full reset--another technique noted in here), standing shoulder press 205x8 (insane). i weigh 211 pounds, a reasonably heavy weight for me (i've been as high as 265 over the years), but i've never moved loads as effectively as this. but mentzer cautions throughout that rookie lifters should follow simpler programs, should work out more, etc. if you're not thick with skeletal muscle after years of lifting or running some intense steroid cycles (20 mg dianabol and a weekly 400mg test propionate shot doesn't cut it), i don't see why you'd do this instead of rippetoe's 5x5 starting strength (way too many reps for an experienced lifter) or wendler's 5-3-1 (ultimately becomes way too many, esp. if you're doing a 50% weight AMRAP at the end of your set).

Jack says

The amazing Mike Mentzer (with John Little) shares his profound knowledge of physiology and body building. HIT has long been known to be the way to build muscle mass. The book is written in a format to present not only the exercise routines of Mike he also shares his Philosophical point of view in terms of exercise and what it means to excel and push your body to its personal maximum. A profound book on building muscle and one that will not be appreciated for its gravity for many years. He was well ahead of his time. Rest In Peace Mike you are a true legend.

Daniel Gargallo says

This is a book about becoming a multi-dimensional human being. It will teach you about weight-lifting principles and work-outs, but it is so much more than that.

I started reading this book around Thanksgiving. I had for several years accepted the idea that my athletic peak was in high school and in a rare moment of doubting that idea I got this book on a whim. I breezed through this book and in the process was inspired to hit the gym. HIT suits my busy lifestyle and brought me shocking gains in my first few weeks working out.

This book encourages you to dream. It is the mind, at the end of the day, that allows you to achieve your objectives and growth. It is empowering because it teaches you principles and gives you a starter deck that you are encouraged by Mike to doubt and challenge. Your development is placed in your hands, not the hands of a personal trainer. You call the shots.

One of the great lessons of this books is the importance of process and valuing small victories. We are trying not to be perfect but to constantly work at perfecting our process. We aren't competing with anybody in the gym, we are competing with history and that narrative of our ego that makes us doubt ourselves.

I started receiving Zen instruction around the time I started weight-lifting. It was so strange because in Zen you are encouraged to focus on action and the body whereas Mike Mentzer in this book about weight-lifting is telling you to focus on your mind. It's a great combination.

If you are interested in this method practically or are curious about starting your weight-lifting adventure I recommend that you read this book.

Jorge Reyes says

Buen libro, que busca profundizar no solo en la actividad física, sino también en la motivación para realizar la actividad deportiva del fisicoconstructivismo. Quedan ciertas lagunas de cuestiones importantes en la teoría del entrenamiento, que por profundizar en la teoría o "filosofía", quedan sin resolver.

El mayor problema del HIT es sobrevalorar el intelecto humano y generalizar, tal vez sin querer, la biomecánica y desarrollo físico. Sin embargo maneja de una gran manera el tema del desarrollo muscular, el descanso, a recuperación y los diferentes principios que hacen la teoría del HIT funcionar como se plantea. Ciertamente para una persona que busca formar su voluntad o hacer de su estilo de vida el deporte del fisicoconstructivismo, esta metodología no es la adecuada, al menos no como lo menciona el autor ya que el descanso superior a casi una semana por trabajo o por grupos musculares deja muchas "aberturas" y "relativismos" para la disciplina y la fortaleza. Si bien es cierto que la mayoría de los "deportistas" amateur e incluso varios "profesionales" confunden el término de "mas es mejor", esta actividad física, si solo buscara el desarrollo muscular perdería su valor como actividad humana.

Esta metodología es recomendable como medio o herramienta para mejorar en los diferentes deportes que requieran una masa muscular "vasta".

Andy Nieradko says

Mike Mentzer was one of the all-time greats in bodybuilding. He was also a great writer, and a deep thinker. His ideas on training were a bit rigid to say the least. He was a "my way or the highway" kind of guy, but they are a must read if you're at all serious about training with weights. This book was Mike's masterpiece. It's been more than ten years since Mike Mentzer passed away, and his ideas still spark heated debate among bodybuilders.

Justin says

This seemed a bit high level to me.

I agreed with most, if not all, of the principles he laid out but they were nothing new to me

Gareth says

This book literally changed my life! It helped me progress from 12st to 15st in less than 3 months (steroid free) and aim to compete as an All Natural Bodybuilder. This is a book that sends most bodybuilders into fits of laughter because they don't grasp the science behind the theory but once the proof is seen in the results, there is no denying that this is solid science based and fully researched theory and it works! it also proves that Mike Mentzer as with many bodybuilders, was not just a dumb bag of inflated muscle but very clever and insightful man.

well worth buying just for the interesting theory if youre not up for trying out the routine.

Andrew Robinson says

Wow, not only an outstanding set of guiding principles, to realise a champion physic, derived from a life of rigorous pushing of one's self, but an outstanding ideology to realise a champion mindset, derived from a life of rigorous learning of one's self.

Outstanding.
