

MIKE MENTZER WORKOUT ROUTINE

MIKE MENTZER WORKOUT ROUTINE IS AN ICONIC APPROACH TO BODYBUILDING THAT HAS INSPIRED ATHLETES AND FITNESS ENTHUSIASTS FOR DECADES. IN THIS COMPREHENSIVE ARTICLE, WE WILL EXPLORE THE PRINCIPLES BEHIND MIKE MENTZER'S UNIQUE WORKOUT PHILOSOPHY, DELVE INTO THE STRUCTURE OF HIS ROUTINES, AND EXAMINE THE SCIENCE AND RESULTS THAT HAVE MADE HIS METHODS LEGENDARY. YOU'LL DISCOVER HOW THE "HEAVY DUTY" SYSTEM REVOLUTIONIZED TRAINING WITH ITS EMPHASIS ON INTENSITY, RECOVERY, AND MINIMALISM. WE'LL BREAK DOWN SAMPLE WORKOUT ROUTINES, DISCUSS THE CRITICAL ROLE OF NUTRITION, AND REVIEW TIPS FOR MAXIMIZING RESULTS. WHETHER YOU'RE NEW TO BODYBUILDING OR SEEKING TO TAKE YOUR TRAINING TO THE NEXT LEVEL, THIS GUIDE PROVIDES EVERYTHING YOU NEED TO UNDERSTAND AND APPLY THE MIKE MENTZER WORKOUT ROUTINE EFFECTIVELY. READ ON TO UNLOCK THE SECRETS OF ONE OF THE MOST INFLUENTIAL FIGURES IN FITNESS HISTORY.

- UNDERSTANDING MIKE MENTZER'S TRAINING PHILOSOPHY
- THE CORE PRINCIPLES OF HEAVY DUTY WORKOUTS
- STRUCTURING THE MIKE MENTZER WORKOUT ROUTINE
- SAMPLE MIKE MENTZER TRAINING SPLIT
- INTENSITY TECHNIQUES IN MENTZER'S ROUTINE
- NUTRITION AND RECOVERY FOR OPTIMAL RESULTS
- COMMON MISTAKES AND TROUBLESHOOTING
- MIKE MENTZER WORKOUT ROUTINE FOR BEGINNERS
- ADVANCED TIPS FOR EXPERIENCED LIFTERS
- FREQUENTLY ASKED QUESTIONS

UNDERSTANDING MIKE MENTZER'S TRAINING PHILOSOPHY

THE MIKE MENTZER WORKOUT ROUTINE IS BUILT ON A FOUNDATION OF SCIENTIFIC PRINCIPLES AND PRAGMATIC EXPERIENCE. MIKE MENTZER CHAMPIONED THE "HEAVY DUTY" TRAINING SYSTEM, WHICH PRIORITIZES BRIEF, INFREQUENT, AND HIGHLY INTENSE WORKOUTS OVER TRADITIONAL HIGH-VOLUME ROUTINES. HIS APPROACH WAS ROOTED IN THE BELIEF THAT EXCESSIVE TRAINING LEADS TO DIMINISHED RETURNS AND HAMPERS MUSCLE GROWTH. BY FOCUSING ON MAXIMUM EFFORT AND ALLOWING AMPLE RECOVERY, MENTZER'S PHILOSOPHY CHALLENGES THE NORM OF SPENDING HOURS IN THE GYM. THE ROUTINE ADVOCATES FOR WORKING SMARTER, NOT HARDER, BY LEVERAGING THE BODY'S ADAPTIVE MECHANISMS THROUGH TARGETED OVERLOAD AND REST.

THE CORE PRINCIPLES OF HEAVY DUTY WORKOUTS

BRIEF AND INTENSE TRAINING SESSIONS

A CORNERSTONE OF THE MIKE MENTZER WORKOUT ROUTINE IS BREVITY. EACH SESSION IS DESIGNED TO BE SHORT YET EXTREMELY DEMANDING. THE GOAL IS TO PUSH EACH MUSCLE GROUP TO FAILURE WITHIN A LIMITED TIME FRAME, STIMULATING MAXIMUM GROWTH WITHOUT OVERTRAINING. THIS METHOD ALLOWS FOR GREATER FOCUS AND HIGHER INTENSITY DURING EACH EXERCISE.

Low Frequency with Maximum Recovery

Contrary to conventional wisdom, Mentzer advocated for infrequent training sessions. The Heavy Duty system typically involves training each muscle group once every 5-7 days, ensuring full recovery and supercompensation. This approach helps prevent burnout, injury, and stagnation, supporting continual progress.

Progressive Overload and Tracking

Progressive overload is vital in Mentzer's routine. By gradually increasing resistance or reps, athletes can ensure ongoing muscle adaptation and growth. Meticulous tracking of workouts helps identify progress and areas for improvement, making each session purposeful.

Structuring the Mike Mentzer Workout Routine

Workout Frequency and Splits

The Mike Mentzer workout routine is typically structured around split routines, allowing for targeted intensity and recovery. Common splits include two-day or three-day per week programs, with each day focusing on specific muscle groups. This structure is adaptable for individuals at different experience levels.

Exercise Selection and Sequence

Exercise selection in the Heavy Duty system favors compound movements that engage multiple muscle groups. Each workout begins with the largest muscle groups and progresses to smaller muscles, ensuring optimal energy allocation and muscle fatigue.

- Chest and Back
- Legs
- Shoulders and Arms

The sequence and selection are carefully planned to maximize effectiveness and efficiency, reducing the risk of overtraining while encouraging balanced development.

Sample Mike Mentzer Training Split

Two-Day Split Example

A classic Mike Mentzer workout routine often follows a two-day split. Below is a sample layout:

1. Day 1: Chest, Back, Shoulders
2. Day 2: Legs, Arms

EXAMPLE EXERCISES AND REP SCHEMES

EACH WORKOUT INCLUDES A HANDFUL OF EXERCISES PERFORMED FOR 1-2 SETS EACH, TAKEN TO MUSCULAR FAILURE. REP RANGES TYPICALLY FALL BETWEEN 6-10 FOR UPPER BODY AND 10-15 FOR LOWER BODY MOVEMENTS. REST BETWEEN SETS IS KEPT MINIMAL TO MAINTAIN INTENSITY.

- BENCH PRESS (1-2 SETS TO FAILURE)
- BENT-OVER ROW (1-2 SETS TO FAILURE)
- SQUAT OR LEG PRESS (1-2 SETS TO FAILURE)
- BICEPS CURL (1 SET TO FAILURE)
- TRICEPS EXTENSION (1 SET TO FAILURE)

THIS STRUCTURE IS DESIGNED TO EXHAUST MUSCLES THOROUGHLY, TRIGGERING GROWTH AND ADAPTATION DURING RECOVERY.

INTENSITY TECHNIQUES IN MENTZER'S ROUTINE

TRAINING TO FAILURE

A HALLMARK OF THE MIKE MENTZER WORKOUT ROUTINE IS TRAINING EACH SET TO ABSOLUTE MUSCULAR FAILURE. THIS MEANS PERFORMING REPETITIONS UNTIL NO FURTHER MOVEMENT IS POSSIBLE WITH GOOD FORM. TRAINING TO FAILURE ENSURES MAXIMUM MUSCLE FIBER RECRUITMENT AND GROWTH STIMULUS.

ADVANCED INTENSITY METHODS

MENTZER INCORPORATED ADVANCED TECHNIQUES TO FURTHER STIMULATE GROWTH, INCLUDING:

- FORCED REPETITIONS
- NEGATIVES (ECCENTRIC FOCUS)
- REST-PAUSE SETS
- PRE-EXHAUSTION

THESE METHODS ARE USED SPARINGLY TO PREVENT OVERTRAINING AND OPTIMIZE RESULTS, PARTICULARLY FOR INTERMEDIATE AND ADVANCED LIFTERS.

NUTRITION AND RECOVERY FOR OPTIMAL RESULTS

DIETARY GUIDELINES

PROPER NUTRITION IS ESSENTIAL FOR SUCCESS WITH THE MIKE MENTZER WORKOUT ROUTINE. A BALANCED DIET RICH IN PROTEIN,

COMPLEX CARBOHYDRATES, HEALTHY FATS, AND MICRONUTRIENTS SUPPORTS MUSCLE REPAIR AND GROWTH. MENTZER EMPHASIZED INDIVIDUALIZED NUTRITION PLANS TAILORED TO EACH ATHLETE'S NEEDS AND GOALS.

IMPORTANCE OF REST AND SLEEP

RECOVERY IS AS CRUCIAL AS TRAINING IN THE HEAVY DUTY SYSTEM. ADEQUATE SLEEP, REST DAYS, AND STRESS MANAGEMENT ARE FUNDAMENTAL TO MAXIMIZING PROGRESS. OVERTRAINING IS AVOIDED BY ALLOWING MUSCLES SUFFICIENT TIME FOR REPAIR, ENSURING CONTINUOUS IMPROVEMENT AND INJURY PREVENTION.

COMMON MISTAKES AND TROUBLESHOOTING

OVERTRAINING AND INSUFFICIENT RECOVERY

A FREQUENT MISTAKE IS UNDERESTIMATING THE NEED FOR REST. TRAINING TOO OFTEN OR ADDING EXTRA SETS CAN UNDERMINE RESULTS AND INCREASE INJURY RISK. FOLLOWING THE RECOMMENDED FREQUENCY AND MONITORING RECOVERY IS VITAL FOR SUCCESS.

POOR EXERCISE FORM

EXECUTING EXERCISES WITH IMPROPER FORM, ESPECIALLY AT HIGH INTENSITY, CAN LEAD TO SETBACKS. MAINTAINING STRICT TECHNIQUE THROUGHOUT EACH SET IS ESSENTIAL FOR SAFETY AND EFFECTIVENESS.

NEGLECTING PROGRESS TRACKING

FAILING TO RECORD WORKOUTS AND PROGRESS CAN STALL RESULTS. KEEPING DETAILED LOGS OF WEIGHTS, REPS, AND RECOVERY HELPS IDENTIFY WHAT WORKS AND WHERE ADJUSTMENTS ARE NEEDED.

MIKE MENTZER WORKOUT ROUTINE FOR BEGINNERS

STARTING OUT SAFELY

BEGINNERS SHOULD APPROACH THE MIKE MENTZER WORKOUT ROUTINE WITH CAUTION, FOCUSING FIRST ON MASTERING FORM AND GRADUALLY BUILDING INTENSITY. INITIAL ROUTINES CAN BE SIMPLIFIED WITH FEWER EXERCISES AND EXTENDED RECOVERY PERIODS TO ACCOMMODATE ADAPTATION.

BEGINNER-FRIENDLY SAMPLE ROUTINE

- DAY 1: CHEST PRESS, SEATED ROW, LEG PRESS
- DAY 2: SHOULDER PRESS, BICEPS CURL, TRICEPS EXTENSION

EACH EXERCISE IS PERFORMED FOR 1 SET TO NEAR FAILURE, WITH AT LEAST 3-5 DAYS OF REST BETWEEN SESSIONS. THIS ALLOWS BEGINNERS TO DEVELOP FOUNDATIONAL STRENGTH AND LEARN PROPER TECHNIQUE.

ADVANCED TIPS FOR EXPERIENCED LIFTERS

OPTIMIZING INTENSITY AND RECOVERY

EXPERIENCED LIFTERS CAN INTEGRATE ADVANCED INTENSITY METHODS, SUCH AS FORCED REPS AND REST-PAUSE, TO FURTHER CHALLENGE MUSCLES. ADJUSTING SPLITS, EXPERIMENTING WITH EXERCISE SELECTION, AND FINE-TUNING NUTRITION CAN YIELD CONTINUED PROGRESS.

MONITORING RESULTS AND MAKING ADJUSTMENTS

REGULAR ASSESSMENT OF PERFORMANCE, PHYSIQUE CHANGES, AND RECOVERY IS NECESSARY. ADVANCED ATHLETES MAY BENEFIT FROM PERIODIC DELOAD WEEKS, STRATEGIC CHANGES IN VOLUME, OR PROFESSIONAL GUIDANCE TO BREAK PLATEAUS.

FREQUENTLY ASKED QUESTIONS

Q: WHAT MAKES THE MIKE MENTZER WORKOUT ROUTINE DIFFERENT FROM OTHER BODYBUILDING PROGRAMS?

A: THE ROUTINE EMPHASIZES BRIEF, INFREQUENT, AND HIGHLY INTENSE WORKOUTS RATHER THAN HIGH-VOLUME, DAILY TRAINING. ITS FOCUS ON RECOVERY AND TRAINING TO FAILURE SETS IT APART FROM TRADITIONAL PROGRAMS.

Q: HOW OFTEN SHOULD I TRAIN WITH THE MIKE MENTZER WORKOUT ROUTINE?

A: TYPICALLY, EACH MUSCLE GROUP IS TRAINED ONCE EVERY 5-7 DAYS, ALLOWING FOR COMPLETE RECOVERY. TRAINING FREQUENCY MAY BE ADJUSTED BASED ON INDIVIDUAL PROGRESS AND RECOVERY CAPACITY.

Q: DO I NEED SPECIAL EQUIPMENT FOR THE HEAVY DUTY ROUTINE?

A: BASIC GYM EQUIPMENT SUCH AS BARBELLS, DUMBBELLS, AND MACHINES IS SUFFICIENT. COMPOUND MOVEMENTS USING FREE WEIGHTS ARE CENTRAL TO THE ROUTINE.

Q: CAN BEGINNERS USE THE MIKE MENTZER WORKOUT ROUTINE?

A: YES, BUT BEGINNERS SHOULD START WITH SIMPLIFIED ROUTINES, FOCUS ON LEARNING PROPER FORM, AND ALLOW LONGER RECOVERY PERIODS AS THEY ADAPT.

Q: HOW LONG SHOULD A TYPICAL MIKE MENTZER WORKOUT SESSION LAST?

A: SESSIONS ARE BRIEF, OFTEN LASTING 30-45 MINUTES, AS EACH EXERCISE IS PERFORMED FOR ONLY 1-2 SETS TO FAILURE.

Q: ARE ADVANCED INTENSITY TECHNIQUES NECESSARY FOR RESULTS?

A: ADVANCED TECHNIQUES LIKE FORCED REPS AND NEGATIVES CAN ENHANCE RESULTS FOR EXPERIENCED LIFTERS, BUT THEY ARE NOT ESSENTIAL FOR BEGINNERS.

Q: WHAT ROLE DOES NUTRITION PLAY IN THE MIKE MENTZER WORKOUT ROUTINE?

A: NUTRITION IS CRITICAL FOR MUSCLE REPAIR AND GROWTH. ADEQUATE PROTEIN, BALANCED MACRONUTRIENTS, AND PROPER HYDRATION ARE ALL ESSENTIAL.

Q: CAN I MODIFY THE MIKE MENTZER WORKOUT ROUTINE TO FIT MY SCHEDULE?

A: YES, THE ROUTINE IS FLEXIBLE AND CAN BE ADAPTED TO VARIOUS SPLITS AND REST PERIODS TO SUIT INDIVIDUAL NEEDS AND GOALS.

Q: IS THE MIKE MENTZER WORKOUT ROUTINE SUITABLE FOR WOMEN?

A: THE PRINCIPLES APPLY TO ALL GENDERS. WOMEN CAN BENEFIT FROM THE HEAVY DUTY APPROACH BY CUSTOMIZING EXERCISE SELECTION AND INTENSITY.

Q: HOW DO I KNOW IF I'M RECOVERING PROPERLY?

A: SIGNS OF GOOD RECOVERY INCLUDE INCREASED STRENGTH, MUSCLE GROWTH, HIGH ENERGY LEVELS, AND ABSENCE OF CHRONIC FATIGUE OR SORENESS. ADJUST REST PERIODS AND NUTRITION AS NEEDED.

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mike mentzer workout routine: Mike Mentzer's Heavy Duty Training and High Intensity Training (HIT) Mick Southerland, 2023-12-18 Mike Mentzer's Heavy Duty Training and High Intensity Training (HIT) is a comprehensive exploration of one of the most influential training philosophies in bodybuilding. Authored by renowned fitness experts, this book delves into the principles and practices of Mike Mentzer, the legendary bodybuilder and architect of the Heavy Duty training method. This insightful volume begins with a detailed overview of Mentzer's life, tracing his journey from a passionate bodybuilder to an iconic figure in the fitness industry. It provides a deep understanding of his philosophical foundation, emphasizing the importance of high intensity over volume in workouts. The book meticulously outlines the principles of Mentzer's training approach, focusing on the role of intensity, progressive overload, and the often-overlooked aspect of recovery in muscle growth. Structured to cater to practitioners of all levels, the book offers specific workout splits and routines for beginners, intermediates, and advanced bodybuilders. Each section presents detailed day-by-day workout plans, including exercises, sets, reps, and guidance on execution. For advanced practitioners, the book introduces more intensive techniques, such as drop sets and rest-pause, demonstrating how to push muscles beyond their limits. The book also addresses critical aspects of avoiding overtraining, emphasizing the importance of rest and recovery, in line with Mentzer's teachings. It acknowledges the role of cardio and flexibility, offering advice on balancing these with weight training. The final chapters encourage readers to adapt and experiment with these principles, ensuring their relevance in today's fitness landscape. Mike Mentzer's Heavy Duty Training and High Intensity Training (HIT) is more than just a book; it's a tribute to a legendary

figure and a testament to a training philosophy that has shaped the world of bodybuilding.

mike mentzer workout routine: Mike Mentzer's High Intensity Training Mick Southerland, 2024-01-05 Dive into Mike Mentzer's High Intensity Training, a holistic guide that transcends typical workout manuals by integrating fitness principles into every aspect of your life. This book, grounded in Mike Mentzer's innovative approach to High Intensity Training (HIT) and the Heavy Duty program, places a strong emphasis on the importance of nutrition, reflecting Mentzer's belief in the synergy between diet and exercise for fitness success. Inside, you'll discover a detailed nutrition plan that perfectly complements your training regimen, highlighting the interplay between diet and physical activity. But this guide goes beyond nutrition and exercise. It encourages a comprehensive view of well-being, incorporating elements of stress management, active recovery, and daily practices in line with HIT philosophies. Learn about the transformative impact of consistency in your routines, adapt exercises to align with your fitness objectives, and gain deep insights into advanced HIT techniques, all informed by Mentzer's expertise. Mike Mentzer's High Intensity Training is more than just a physical transformation manual; it's a framework for cultivating mental strength, fostering a resilient mindset, and rejuvenating your spirit. Suitable for both fitness veterans and newcomers, this book is an indispensable resource for a complete HIT approach, paving the way to wellness both in and outside the gym. Embark on an enlightening journey into High Intensity Training and explore its extensive influence on your overall health and well-being.

mike mentzer workout routine: HIT-HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS David Groscup, 2016-01-01 In "HIT-HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS", author David Groscup, DR HIT, provides the reader with effective muscle-building training routines using the time and science tested HIT, high intensity training protocol, which was pioneered by Arthur Jones, inventor of the famous Nautilus machines. A companion to his other books, this volume gives the reader easy-to-follow routines for practical application of the many different HIT variables, or techniques, designed to add muscle size and strength rapidly. Topics include: The right way to use pre-exhaust and double pre-exhaust techniques to blast your muscles to new growth How to push your muscles past exhaustion-a great way to dramatically escalate gains Use negatives build strength and muscle size faster Slow things down to speed gains up Using static holds to break through sticking points Proper "micro-loading" to prevent stagnation How to determine proper training intensity and frequency to avoid overtraining Using a single set to thoroughly train a muscle And much, much more!

mike mentzer workout routine: Mike Mentzer John Little, 2025-05-20 Bodybuilding's foremost nonconformist and strikingly handsome intellectual, Mike Mentzer, rose to the top of his sport despite opposition from industry insiders like rival Schwarzenegger. Written by his close friend of two decades, Mike Mentzer: American Odysseus chronicles Mentzer's journey in a fiercely competitive world to become one of the most iconic bodybuilders of all time. REBEL. PHILOSOPHER. BODYBUILDING ICON. Mike Mentzer was a strikingly handsome man with a brilliant mind and a "perfect" physique — the first bodybuilder to receive a perfect score in both amateur and professional competitions. In the late '70s, Mentzer rose to the very top of his sport (despite the efforts made by industry power brokers, such as Arnold Schwarzenegger), was featured in GQ magazine, and profiled on national television. But he was also a man who wrestled with mental illness his entire life and ended up living on the streets and being sent to prison. Just when it seemed his career was over, he found it within himself to reboot his intellect and revolutionize bodybuilding training, arguing bodybuilders should not forsake their mental development in favor of developing their bodies. He became a pariah in the fitness industry (which only cared about selling supplements and other products) but a hero to legions of fans who earnestly sought truth. Mike Mentzer: American Odysseus is the first biography of Mike Mentzer to appear in North America written by his close friend of 21 years, John Little, "one of the leading fitness researchers in North America" (Iron Man magazine). Drawing upon audio recordings, letters, diary excerpts, as well as interviews with those closest to him, this is the true story of one man who stood up to an entire

industry — and paid the ultimate price.

mike mentzer workout routine: Mike Mentzer and Me Paul Becker, 2023-11-03 Introducing The New Mike Mentzer High Intensity Training Book... Who am I? My name is Paul Becker I am a natural competitive bodybuilder, I was a student and personal training client of Mike Mentzer. I am a personal trainer and bodybuilding consultant who specializes in high intensity training for natural bodybuilders. Why I wrote this book? Mike Mentzer was the one who introduced me to High Intensity Training, he became my idol and my mentor. And that's why this book is dedicated to Mike Mentzer, for his influence on me and on bodybuilding in general. If you want to make the best progress with High Intensity Training you can't just follow a routine you found online, you need to fully understand the theory and practice of it so you can make any necessary adjustments so that it will actually work for you. I wrote this book to share with you everything I learned over the past 45 years, what works, what doesn't and how to tailor High Intensity Training for your own unique body, exercise tolerance and recovery ability. Here's what I cover in my book... My Journal covering 45 years of Heavy Duty training. My story of training in the gym with Mike Mentzer. High Intensity Training from rank beginner to super advanced. Mike Mentzer's best workout routines. My most productive training programs. Body part specialization including Heavy Duty arms, chest, back, shoulders and legs. The best High Intensity techniques. High frequency training to bring up lagging body parts fast. The program I used to literally build muscles in minutes a day. Heavy Duty nutrition and diet. Natural bodybuilding competition preparation training and diet. Developing both the mind and body. And much more!

mike mentzer workout routine: DR HIT'S Ultimate Bodybuilding Guide:Chest David Groscup, 2013-02-12 This comprehensive manual thoroughly explains the effective scientific principles and techniques of high intensity training or HIT. Practical training routines are given for all levels of trainees, from beginner through advanced bodybuilders. Learn how to properly use forced reps, negative reps,negative-accentuated reps, super contraction holds,partial reps and more to build a strong,powerful, well-developed chest quickly!

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mike mentzer workout routine: BODYBUILDING PHYSIOLOGY AND TRAINING Massimo Spattini, Riccardo Gaspari, 2023-08-09T00:00:00+02:00 This volume clarifies the importance of training techniques and methods for those looking for a notable hypertrophic response within a body recomposition process. Too often, the world of bodybuilding and fitness is the victim of myths or false beliefs; in recent years, in the seductive perspective of proposing fast results with little effort, unfortunately, there has been a real demonization of the volume of training in favor of techniques that require very little. While it is true that the intensity of training is a fundamental variable and that normally must be inversely proportional to the volume, there is however a meeting point which, in our opinion, in order to optimize the results, should not penalize the volume. This book reports the results of the most accredited research and the best scientific studies carried out on the volume and intensity of training, all enriched by personal experiences and training plans, to understand the

fundamental aspects and the great importance that both the volume and intensity of training, and understand how to use them and, above all, how to derive maximum benefits.

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beginners in mind, this book is light years beyond mere basic instruction in the art and science of adding muscle to reshape personal physique.

mike mentzer workout routine: Training the Steve Reeves Way Sushinsky, Before Arnold, cinematically and in bodybuilding annals, there was Steve Reeves. With the breathtaking lines and classic style, the man took his genetic blueprint and raced away with it, creating arguably the most impressive physique in the history of the planet. No, not the biggest (though he had great size), and no, not the most ripped (though he had considerable definition), but certainly as greatly and carefully proportioned, shaped and attended a physique as we've ever seen. You might get a vastly better physique by incorporating something of the Reeves approach to training. Not that you'll be Reeves--you don't get Larry Scott's arms by doing his arm workout, but in the case of Reeves-style training, your chances are very good that you'll be on the road to achieving your own best physique, with your own individual style. Sound good? Let's go.

mike mentzer workout routine: Gold's Gym Mass Building, Training, and Nutrition System Ed Connors, 1992 Bodybuilders around the world look to Gold's Gym for state-of-the-art instruction. This widely awaited book offers expert advice on training and nutrition and includes techniques from the champions themselves--Arnold Schwarzenegger, Lee Haney, Lou Ferrigno, Lee Labrada, Debby McKnight, and others. 250 photographs.

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mike mentzer workout routine: DR HIT's Ultimate Bodybuilding Guide: Arms David Groscup, 2012-12-05 This guide uses techniques like forced reps, negative-accentuated, super contractions, specialized holds, partial reps, confusion training, and much more, to give the beginning bodybuilder as well as the advanced bodybuilding enthusiast alike the most practical, scientifically-based method to build award-winning arms quickly! The author introduces the reader to such concepts like: The proper way to use HIT variables Cycling your training intensity to experience continued growth How to shock your arms to new growth after hitting a sticking point Using confusion training to prevent sticking points The difference between strength and size gains and the proper way to train for both Why HIT is the best way to build your arms fast Much, much more!

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