

Download High Intensity Training The Mike Mentzer Way

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. High-intensity training (HIT) is a form of strength training popularized in the 1970s by Arthur Jones, the founder of Nautilus. The training focuses on performing quality weight training repetitions to the point of momentary muscular failure. Mike Mentzer's Heavy Duty, high-intensity training is the hottest topic in bodybuilding. The Heavy Duty site provides the latest information on training, nutrition and the mind's relationship to bodybuilding. Mike Mentzer's High Intensity Training Program (All Natural Muscular Development) [Mike Mentzer] on Amazon.com. *FREE* shipping on qualifying offers.