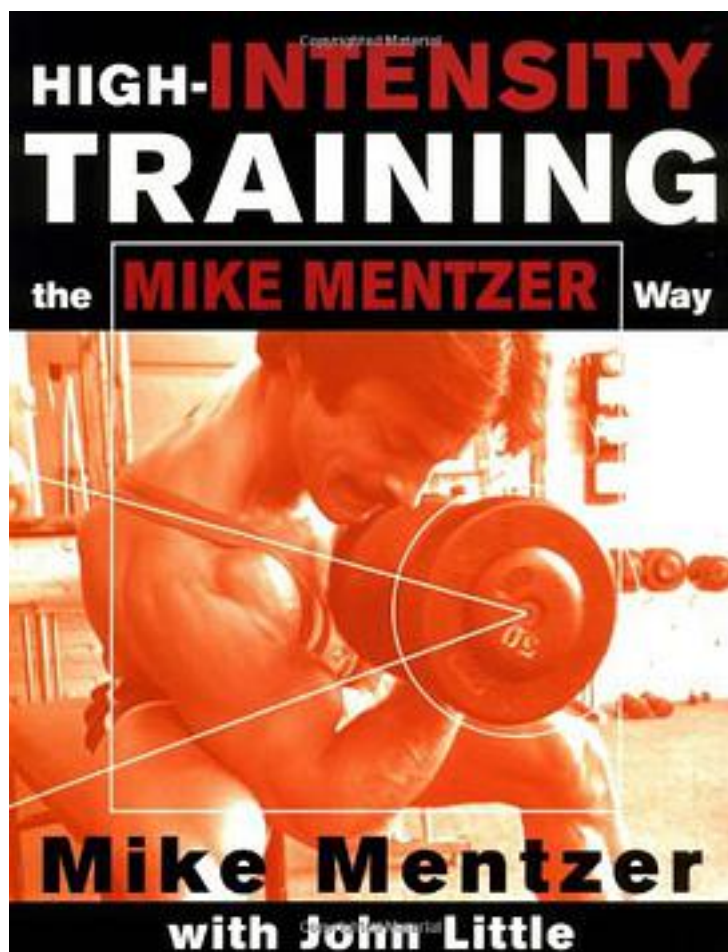


# High-intensity Training the Mike Mentzer Way



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著者:Mike Mentzer\John R Little

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This title presents the advanced techniques, most productive workouts, and life-transforming personal philosophies of bodybuilding legend Mike Mentzer. Whatever your level of fitness, you can kick your muscles - and your mind - into high

gear with the radical training philosophies and advanced bodybuilding techniques of Mike Mentzer, the first bodybuilder to ever garner a perfect score in the Mr. Universe competition. The thinking man's bodybuilder, Mike revolutionized the art of training with his Heavy Duty[trademark] system, proving that "less is more" when it comes to making great gains. But Mike's most advanced ideas have never been revealed - until now. Direct from Mentzer's inner circle - friend and colleague John Little along with Joanne Sharkey, the CEO of Mentzer-Sharkey Enterprises, Inc. "The Wisdom of Mike Mentzer" gives you an insider's look at his most intense, in-depth lessons. Inside these pages you will learn all the fundamentals of: hunger - the code of integrity for displaying a heroic physique; philosophy and character building - why you need never again fear your competition; the science of productive bodybuilding exercise - Mentzer's fail-safe principles for building maximum size and strength; consolidation training - a lightning-quick workout that works "like magic" for producing phenomenal muscle growth; and, advanced heavy duty[trademark] techniques, such as omni-contraction training, infitonic training, and rest-pause training. "The Wisdom of Mike Mentzer" provides readers with a unique insight into the world of Mike Mentzer - the man, the philosopher, and the legend.

作者介绍:

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