

high intensity training the mike mentzer way pdf

high intensity training the mike mentzer way pdf is a sought-after resource for fitness enthusiasts looking to optimize their workout routines through scientifically backed methods. Mike Mentzer, a legendary figure in the bodybuilding community, revolutionized training with his unique approach emphasizing quality over quantity. This article explores the fundamental principles behind Mentzer's high intensity training (HIT), the benefits it offers, and how the "high intensity training the mike mentzer way pdf" serves as a comprehensive guide for practitioners. Readers will gain insight into the philosophy, exercises, workout structure, and recovery strategies integral to this training method. Additionally, the article will cover practical tips on integrating Mentzer's techniques into modern fitness regimes, making it an essential read for those aiming to enhance muscle growth efficiently and safely. Below is a detailed overview of the content to follow.

- Understanding High Intensity Training
- The Philosophy of Mike Mentzer's HIT
- Key Components of the Mike Mentzer Training Method
- Structure and Design of HIT Workouts
- Benefits of High Intensity Training According to Mentzer
- How to Use the High Intensity Training the Mike Mentzer Way PDF
- Practical Tips for Implementing Mentzer's HIT Principles

Understanding High Intensity Training

High intensity training (HIT) is a strength training methodology that focuses on performing brief, intense workouts to stimulate maximal muscle growth. Unlike traditional volume-based routines that emphasize numerous sets and exercises, HIT prioritizes the quality and intensity of each repetition. The goal is to push muscles to complete fatigue with a minimal number of sets, thereby minimizing time spent in the gym while maximizing results.

High intensity training the mike mentzer way pdf elaborates on this concept by integrating Mentzer's unique scientific approach to exercise intensity and recovery. Mentzer's version of HIT stresses the importance of training only to failure, ensuring that every repetition counts. This approach contrasts with conventional methods that often involve multiple sets with moderate effort, potentially leading to overtraining and diminished gains.

Origins of HIT

The concept of high intensity training dates back to the early 20th century but gained widespread recognition through Arthur Jones, inventor of Nautilus machines. Mike Mentzer adopted and refined these principles during the 1970s and 1980s, applying rigorous scientific analysis to optimize the approach specifically for bodybuilding. His interpretation of HIT, documented in the high intensity training the mike mentzer way pdf, has influenced countless athletes and trainers worldwide.

Core Principles

Key principles behind HIT include:

- Performing exercises with maximum effort and intensity.
- Training to momentary muscular failure to ensure full muscle fiber recruitment.
- Limiting workout volume to reduce fatigue and promote recovery.
- Allowing adequate rest and recovery periods between sessions.

The Philosophy of Mike Mentzer's HIT

Mike Mentzer's philosophy centers on the belief that muscle growth is stimulated not by prolonged training but by brief, intense efforts followed by sufficient recovery. He argued that traditional bodybuilding routines, which often involve multiple sets and frequent workouts, actually hinder progress by causing overtraining and insufficient recovery.

The high intensity training the mike mentzer way pdf delves into his belief that intensity is the single most important variable in training. Mentzer viewed the act of reaching momentary muscular failure as the key stimulus for hypertrophy. His approach rejected the notion that more is better, instead advocating for fewer, more focused workouts that prioritize intensity over volume.

Training to Failure

Mentzer emphasized that to maximize muscle recruitment, each exercise set must be taken to complete muscular failure, meaning the point at which no further repetitions can be performed with good form. This level of exertion ensures the muscle is fully stimulated, triggering the growth process. The high intensity training the mike mentzer way pdf provides detailed guidance on achieving this safely and effectively.

Recovery and Overtraining

Another cornerstone of Mentzer's philosophy is the critical importance of recovery. Since HIT workouts are extremely demanding, muscles require extended rest to repair and grow. Mentzer challenged the bodybuilding norm of frequent training, advocating for longer rest periods between

sessions. This principle helps prevent overtraining syndrome, which can lead to stagnation or regression in muscle development.

Key Components of the Mike Mentzer Training Method

The training method outlined in the high intensity training the mike mentzer way pdf is composed of several essential components that work together to optimize muscle growth and strength. These components include exercise selection, training frequency, workout duration, and progressive overload.

Exercise Selection

Mentzer's method emphasizes compound movements that target multiple muscle groups simultaneously. These exercises are highly effective in producing strength and mass gains when performed with high intensity. Examples include:

- Squats
- Deadlifts
- Bench presses
- Rows
- Overhead presses

Isolation exercises are used sparingly and primarily to address specific weak points or muscle imbalances.

Training Frequency and Volume

Unlike traditional bodybuilding programs that involve training multiple times per week, Mentzer's HIT advocates for infrequent sessions, often only two to three times per week or even less depending on individual recovery. Each workout consists of a minimal number of sets, sometimes as little as one or two per exercise, performed with maximum intensity.

Progressive Overload

Progressive overload remains a fundamental principle in Mentzer's HIT system. The high intensity training the mike mentzer way pdf explains how gradual increases in resistance, repetitions, or exercise difficulty ensure continuous adaptation and muscle growth. Tracking progress and consistently challenging the muscles are vital for sustained results.

Structure and Design of HIT Workouts

The structure of workouts in the Mike Mentzer system is designed to maximize efficiency and results. The high intensity training the mike mentzer way pdf provides detailed templates and examples of how to organize training sessions effectively.

Warm-Up and Preparation

Each workout begins with a thorough warm-up to prepare muscles, joints, and the nervous system for intense exertion. Mentzer recommended light aerobic activity and progressively heavier warm-up sets to safely ramp up intensity.

Main Workout Routine

The main workout consists of performing each selected exercise for a low number of sets, typically one to two, executed to absolute failure. The focus is on slow, controlled movements emphasizing form and muscle tension. Rest periods between exercises are adequate to allow partial recovery but not so long as to decrease workout intensity.

Recovery Periods

Post-workout recovery is as critical as the workout itself. Mentzer's HIT prescribes sufficient rest days, often several days between workouts targeting the same muscle groups, to allow complete recovery and muscle growth. The high intensity training the mike mentzer way pdf outlines optimal recovery timelines based on individual response and workout intensity.

Benefits of High Intensity Training According to Mentzer

The high intensity training the mike mentzer way pdf highlights numerous benefits of this training philosophy, making it appealing for many athletes and fitness enthusiasts.

Time Efficiency

HIT workouts are typically short but intense, allowing individuals with busy schedules to achieve significant muscle gains without spending hours in the gym. This efficiency is one of the most attractive features of Mentzer's system.

Reduced Risk of Overtraining

By limiting training volume and emphasizing recovery, Mentzer's HIT approach minimizes the risk of overtraining and injury. This enables steady progress over time without the setbacks commonly

associated with excessive training.

Improved Muscle Growth and Strength

Training to failure with maximal intensity stimulates muscle fibers effectively, promoting hypertrophy and strength gains. The high intensity training the mike mentzer way pdf supports these outcomes through scientifically grounded methods and practical workout plans.

Enhanced Focus and Mental Discipline

Due to its demanding nature, HIT requires mental concentration and discipline, which can improve workout quality and adherence. This focused approach often leads to better overall training results.

How to Use the High Intensity Training the Mike Mentzer Way PDF

The high intensity training the mike mentzer way pdf serves as a comprehensive guide to implementing Mentzer's principles. It offers detailed explanations, exercise demonstrations, workout templates, and recovery guidelines tailored to various fitness levels.

Step-by-Step Guidance

The PDF provides clear instructions on performing exercises with proper form and intensity, ensuring safety and effectiveness. It also outlines how to progressively increase training difficulty and adjust rest periods according to individual needs.

Customizable Workout Plans

Users can adapt the provided workout plans to their goals, whether focusing on mass gain, strength, or maintenance. The flexibility of the program allows for modifications based on recovery capacity and personal preferences.

Tracking Progress

The document encourages systematic tracking of workouts, including weights lifted, repetitions performed, and recovery status. This data-driven approach aids in making informed adjustments to optimize results.

Practical Tips for Implementing Mentzer's HIT Principles

Successfully adopting high intensity training the mike mentzer way pdf requires attention to detail and commitment. The following tips facilitate effective implementation of Mentzer's methods.

1. **Prioritize Form:** Always maintain proper technique to prevent injury and maximize muscle engagement.
2. **Train to Failure Safely:** Use spotters or safety equipment when lifting heavy to failure.
3. **Listen to Your Body:** Adjust frequency and intensity based on recovery and fatigue levels.
4. **Focus on Nutrition:** Support intense training with adequate protein and calories to promote muscle repair.
5. **Be Patient:** Progress may be slower compared to high-volume training but is sustainable and effective long term.
6. **Track Workouts:** Keep detailed records to monitor progress and make informed adjustments.

Frequently Asked Questions

What is 'High Intensity Training the Mike Mentzer Way' PDF about?

The PDF covers Mike Mentzer's High Intensity Training (HIT) principles, focusing on brief, intense workouts with adequate rest for muscle growth and recovery.

Where can I find a free PDF of 'High Intensity Training the Mike Mentzer Way'?

Free PDFs might be available on various fitness forums or websites, but it is recommended to purchase or access the book through legitimate sources to support the author and ensure quality content.

Who was Mike Mentzer and why is his High Intensity Training popular?

Mike Mentzer was a professional bodybuilder known for developing HIT, a training method emphasizing short, intense workouts with sufficient rest, which many find effective for muscle growth and avoiding overtraining.

What are the key principles outlined in 'High Intensity Training the Mike Mentzer Way'?

Key principles include training to momentary muscular failure, low training frequency, high intensity, brief sessions, and prioritizing recovery to maximize muscle growth.

Is 'High Intensity Training the Mike Mentzer Way' suitable for beginners?

While the method can be adapted, beginners should approach HIT cautiously and may benefit from guidance to avoid injury due to the high intensity and technical nature of the workouts.

How does Mike Mentzer's HIT differ from traditional bodybuilding training?

Unlike traditional bodybuilding with multiple sets and frequent workouts, Mentzer's HIT focuses on fewer sets performed with maximum effort and longer rest periods between sessions.

Can 'High Intensity Training the Mike Mentzer Way' PDF help improve workout efficiency?

Yes, by emphasizing brief, intense workouts and adequate recovery, the program aims to maximize muscle gains in less time compared to conventional training regimes.

What equipment is needed to follow the training outlined in 'High Intensity Training the Mike Mentzer Way'?

Basic gym equipment like free weights, machines, or resistance tools is needed, but the focus is more on intensity and proper technique rather than specific machines.

Additional Resources

1. High-Intensity Training the Mike Mentzer Way

This book is a comprehensive guide to Mike Mentzer's unique approach to high-intensity training (HIT). It details his philosophy of brief, infrequent, but extremely intense workouts designed to maximize muscle growth and recovery. The book includes sample routines, nutritional advice, and insights into Mentzer's theories on exercise science.

2. Mentzer's Heavy Duty: The Ultimate HIT Training Manual

Dive deep into the Heavy Duty training principles pioneered by Mike Mentzer. This manual emphasizes the importance of short, high-effort training sessions with adequate rest to avoid overtraining. It is ideal for those looking to optimize muscle gains while minimizing time spent in the gym.

3. The Art and Science of High-Intensity Training

This title explores the scientific foundations behind high-intensity training methods, including

Mentzer's contributions. It provides readers with a balanced perspective on how to safely execute intense workouts and the physiological benefits associated with HIT.

4. *Mike Mentzer's Blueprint to Bodybuilding Success*

A motivational and instructional book that outlines Mentzer's principles for achieving bodybuilding excellence. It covers workout strategies, mindset, nutrition, and recovery, aiming to help athletes break through plateaus and achieve sustained progress.

5. *High-Intensity Training Revolution: Mentzer's Legacy*

This book examines the impact of Mike Mentzer's training philosophy on modern fitness and bodybuilding. It includes interviews, workout plans, and critiques of traditional training methods, advocating for a more efficient and scientific approach to muscle building.

6. *The Science of Muscle Growth: HIT and Beyond*

Focused on the science behind muscle hypertrophy, this book explains why high-intensity training like Mentzer's is effective. It also compares HIT with other training styles and offers practical advice for incorporating intensity principles into various fitness routines.

7. *Heavy Duty HIT: Training for Maximum Results*

A practical guide for athletes interested in adopting Mentzer's Heavy Duty system. The book provides detailed workout schedules, progression techniques, and tips on managing intensity and recovery to ensure consistent strength and size gains.

8. *Breaking Limits with Mentzer's HIT Philosophy*

This inspirational book encourages readers to push beyond conventional training limits using Mentzer's HIT approach. It discusses mental toughness, goal setting, and the importance of rest, emphasizing quality over quantity in training sessions.

9. *Efficient Muscle Building: The Mike Mentzer Approach*

Designed for those seeking time-efficient workouts, this book highlights Mentzer's strategy of training smarter, not harder. It covers key concepts like training to failure, exercise selection, and optimal rest periods to maximize muscle growth with minimal effort.

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High Intensity Training: The Mike Mentzer Way

Unleash Your Muscle-Building Potential with the Revolutionary High-Intensity Training Method

Are you tired of endless hours in the gym, grueling workouts that leave you exhausted and sore, yet with minimal results? Do you feel like your current training regime is spinning its wheels, failing to deliver the muscle growth and strength gains you crave? Are you frustrated by the overwhelming amount of conflicting fitness advice available online, leaving you confused and unsure of what truly works?

This ebook provides the answer. Inside, you'll discover the secrets of Mike Mentzer's revolutionary High-Intensity Training (HIT) method – a system designed to maximize muscle growth and strength in minimal time, using fewer sets and exercises, with maximum intensity.

This book, High-Intensity Training: Mastering the Mentzer Method, by [Your Name/Pen Name Here], will guide you through:

Introduction: Understanding the principles of HIT and why it differs from traditional bodybuilding approaches.

Chapter 1: The Mentzer Philosophy: Delving into Mike Mentzer's training philosophy, his background, and the scientific rationale behind HIT.

Chapter 2: The Mechanics of HIT: A detailed explanation of the core principles of HIT: single-set-to-failure workouts, the importance of proper form, exercise selection, and rest periods.

Chapter 3: Designing Your HIT Workout: Practical guidance on creating effective HIT workout routines tailored to your individual goals and experience level, with example workout templates.

Chapter 4: Nutrition and Recovery for HIT: Essential strategies for optimizing your diet and recovery for maximum muscle growth, including macronutrient targets and supplementation advice.

Chapter 5: Avoiding Common HIT Mistakes: Identifying and correcting common errors that can hinder your progress with HIT, helping to overcome plateaus and maximize results.

Chapter 6: Advanced HIT Techniques: Exploring advanced HIT techniques, such as variations in set intensity, and periodization strategies for continuous progress.

Chapter 7: Case Studies & Success Stories: Real-world examples of individuals who have successfully implemented HIT and achieved remarkable results.

Conclusion: Recap of key concepts and a roadmap for long-term success with HIT.

High Intensity Training: The Mike Mentzer Way - A Deep Dive

Introduction: Understanding the Principles of High-Intensity Training

High-Intensity Training (HIT), as pioneered by Mike Mentzer, is a revolutionary approach to bodybuilding that contrasts sharply with traditional methods emphasizing high volume and multiple sets. Instead of prolonged workouts with numerous sets and exercises, HIT focuses on intense, single-set-to-failure training targeting specific muscle groups. This approach leverages the body's natural capacity for growth by pushing it to its absolute limit during each session, resulting in optimal muscle stimulation with reduced training time and improved recovery.

The core principle is maximizing intensity, not volume. This means performing each set until complete muscle failure, where you can't perform another repetition with proper form. The intensity of the workout, not the number of repetitions or sets, is the primary stimulus for muscle growth and

strength development according to this method.

(SEO Keyword: High-Intensity Training, HIT, Mike Mentzer, Bodybuilding)

Chapter 1: The Mentzer Philosophy

Mike Mentzer wasn't just a bodybuilder; he was a highly intelligent individual with a deep understanding of training science. His philosophy wasn't about simply building muscle; it was about optimizing the training process for maximum efficiency and effectiveness. His approach was heavily influenced by his studies of strength training research.

Mentzer believed that excessive training volume actually hinders muscle growth, leading to overtraining, reduced recovery, and ultimately, slower progress. He argued that the body's capacity for muscle growth is finite and overtraining can impede the recovery process needed for growth to occur. By intensely stimulating the muscles with single sets to failure, he felt he could trigger the most efficient response. He dismissed the idea that more is better, focusing instead on quality over quantity.

(SEO Keyword: Mike Mentzer Philosophy, HIT Principles, Muscle Growth, Overtraining)

Chapter 2: The Mechanics of HIT

The mechanics of HIT involve meticulous attention to detail in several key areas:

Single-Set-to-Failure: This is the cornerstone of HIT. Each exercise should be performed until complete muscle failure, meaning you've reached the point where you cannot perform another repetition with proper form. This ensures maximal muscle fiber recruitment and activation.

Proper Form: Maintaining correct form is paramount in HIT. Poor form reduces the effectiveness of the exercise and increases the risk of injury. Focus on quality over quantity, ensuring each repetition is performed with precise technique.

Exercise Selection: HIT emphasizes compound exercises that work multiple muscle groups simultaneously. This maximizes muscle stimulation and hormonal response. Examples include squats, deadlifts, bench presses, and overhead presses.

Rest Periods: Rest periods between sets should be long enough to allow for complete recovery before the next set. This typically ranges from 3-5 minutes, ensuring maximal intensity for the next set.

(SEO Keyword: HIT Mechanics, Single-Set-to-Failure, Proper Form, Exercise Selection, Rest Periods)

Chapter 3: Designing Your HIT Workout

Designing a HIT workout requires a strategic approach. It's not about randomly choosing exercises; it's about systematically targeting muscle groups with well-selected exercises. A sample weekly workout might involve:

Monday: Chest & Triceps (Bench Press, Triceps Extensions)
Tuesday: Back & Biceps (Pull-ups, Barbell Rows, Bicep Curls)
Wednesday: Rest
Thursday: Legs & Shoulders (Squats, Overhead Press, Leg Extensions)
Friday: Rest
Saturday: Rest
Sunday: Rest or light cardio.

This schedule allows for adequate rest and recovery between workouts, critical for optimal muscle growth. The key is to focus on intensity over volume. Every set needs to be taken to the point of true muscle failure.

(SEO Keyword: HIT Workout Routine, Workout Plan, Exercise Selection, Training Schedule)

Chapter 4: Nutrition and Recovery for HIT

Nutrition and recovery are equally important in HIT as in any training method. A balanced diet rich in protein is crucial for muscle growth and repair. Adequate calorie intake to support training and recovery is also essential. Sufficient sleep is vital, ensuring the body can repair and recover from the intense workouts. Supplementation, such as creatine, can help to further enhance performance and recovery.

(SEO Keyword: HIT Nutrition, Recovery, Diet, Supplementation, Sleep)

Chapter 5: Avoiding Common HIT Mistakes

Common mistakes in HIT include:

Insufficient Intensity: Failing to train to true muscle failure.
Poor Form: Compromising form to perform more repetitions.
Overtraining: Doing too much too soon.
Neglecting Recovery: Not getting enough sleep or consuming enough calories.
Incorrect Exercise Selection: Choosing ineffective exercises or doing too many exercises per workout.

(SEO Keyword: HIT Mistakes, Overtraining, Recovery, Exercise Selection, Training Intensity)

Chapter 6: Advanced HIT Techniques

Advanced HIT techniques involve refining the basic principles and introducing variations to continue stimulating muscle growth. These could include:

Variation in Set Intensity: Introducing variations in the weight or repetitions performed, but always aiming for near failure on each set.

Periodization Strategies: Cycling training intensity and volume to prevent plateaus and continue to stimulate muscle growth.

Advanced Exercise Selection: Incorporating more challenging variations or exercises to continuously challenge your muscles.

(SEO Keyword: Advanced HIT, Periodization, Variation, Training Optimization)

Chapter 7: Case Studies & Success Stories

This section features real-world examples of individuals who have implemented HIT successfully. These accounts highlight the effectiveness of the method and show that sustainable muscle growth and strength gains are achievable with a focus on intensity rather than volume.

(SEO Keyword: HIT Success Stories, Case Studies, Testimonials, Results)

Conclusion: A Roadmap to Long-Term Success

The essence of HIT is quality over quantity. By understanding the fundamental principles of this high-intensity training method and implementing the strategies outlined, individuals can achieve their muscle-building goals efficiently and effectively while reducing training time and the risk of injury.

FAQs

1. What is the difference between HIT and traditional bodybuilding training? HIT prioritizes intensity over volume, using single sets to failure, whereas traditional methods often involve multiple sets and higher overall volume.

2. How often should I train with HIT? A typical HIT schedule involves training each muscle group once a week, allowing for adequate recovery.
3. How long should my HIT workouts be? HIT workouts are usually shorter than traditional workouts, typically lasting 30-60 minutes or less.
4. Is HIT suitable for beginners? Yes, but beginners should start with lighter weights and focus on proper form before gradually increasing the intensity.
5. What are the benefits of HIT? Benefits include maximized muscle growth in minimal training time, improved recovery, and reduced risk of overtraining.
6. What are the potential drawbacks of HIT? The intensity can be challenging, requiring a high level of discipline and commitment.
7. What kind of supplements are recommended for HIT? Creatine is commonly used to enhance performance and recovery.
8. Can I combine HIT with other training methods? While purists advocate for pure HIT, some individuals may find benefits in incorporating other methods strategically.
9. How do I know if I am training to true failure? You should be unable to perform another repetition with correct form. If you can do another repetition, you haven't reached failure.

Related Articles:

1. Mike Mentzer's Heavy Duty Training: A deeper dive into the philosophy and principles behind Mentzer's training system.
2. The Science Behind High-Intensity Training: A detailed analysis of the physiological effects of HIT on muscle growth and strength development.
3. Creating a Personalized HIT Workout Plan: Guidance on tailoring a HIT routine to suit individual goals and experience levels.
4. Nutrition Strategies for Optimal HIT Results: A detailed look at dietary requirements and supplementation strategies for success with HIT.
5. Avoiding Overtraining with High-Intensity Training: Tips and strategies for preventing overtraining and maximizing recovery.
6. HIT for Beginners: A Step-by-Step Guide: A comprehensive introduction to HIT for those new to the training method.
7. Advanced HIT Techniques for Experienced Lifters: Exploration of more advanced strategies for continued progress with HIT.
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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.

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points, a specialized two-week course for developing certain areas of the body, a nutrition plan for boosting body mass, and stories of well-known HIT users.

high intensity training the mike mentzer way pdf: If You Like Exercise ... Chances Are You're Doing It Wrong Gary Bannister, 2013-02-25 In *If You Like Exercise... Chances Are You're Doing It Wrong*, author Gary Bannister tells us that "the power-to-be have all but destroyed the value of muscle isolation, discredited the use of machines in general, ignored everything related to the work of Arthur Jones and replaced it with a ten-cent solution." He claims that until the field of exercise defines what is true and what is not, it will never have the impact that it could. Muscle strength, the only factor that can produce human movement and the only factor that performs work, is disappearing from today's training regimens. This study and guide analyzes current concepts and training systems-such as Pilates, "functional" training TRX, cross-training, kettlebells, and more-and compares their benefits to those of proper strength training to provide a clear picture for everyone. *If You Like Exercise... Chances Are You're Doing It Wrong* rekindles the high intensity strength-training principles of Arthur Jones, the founder of Nautilus. Bannister focuses on the concepts of intensity, form, frequency, duration, number of repetition, speed of movement, and muscle fatigue, supporting them with current research. Logically applied, proper strength training is the only system capable of satisfying all five potential benefits of exercise-an increase in strength, flexibility, cardiovascular condition, body-composition, and injury prevention.

high intensity training the mike mentzer way pdf: The Time-Saver's Workout John Little, 2019-04-09 There is something terribly wrong with the state of exercise as we know it presently. Sales of treadmills, running shoes, gym memberships, and yoga classes are at an all-time high, but so too are our national levels of obesity and type II diabetes. Ever since the 1960s the exercising public has been told to stretch for flexibility and to perform low-intensity steady-state aerobic exercise for their cardiovascular systems and some form of resistance training to keep their muscles strong. With regard to diet, they have been told to restrict or omit macronutrients such as fats and carbohydrates and lots of other advice with regard to calorie-counting. Could it be that this information, however well intended, was mistaken? And is it really necessary to devote so much time to the pursuit? Fitness researcher and pioneer John Little has spent more than twelve years researching the actual science underpinning our most prevalent beliefs about exercise and has come away from the enterprise convinced that we need an entirely new paradigm, one that would involve reliance on briefer workouts. He presents this revolutionary new approach in *The Time-Saver's Workout*. Among the fascinating revelations presented in this book: • Certain types of exercise can actually make you less healthy and fatter. • Taking large doses of food supplements might actually shorten your life and put you at greater risk for disease. • Stretching to become more flexible or to recover quicker from injury has been found to do neither of these things. • Resistance training, once considered to be the weak sister of exercise, is now looking like the best form of exercise one should engage in. The new protocols that Little exposes offer a far safer alternative for those looking to become stronger, fitter, and healthier without spending their lives in the gym.

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program—slow strength training—that will forever change the way Americans work out. Power of 10 seems to contradict nearly everything we're accustomed to hearing about exercise. Forget hours on the treadmill, and forget daily visits to the gym. Power of 10 is based on a remarkably advanced yet simple discovery: By lifting weights in a series of ultra-slow movements that last 10 seconds each, you can stimulate lean muscle formation far more efficiently and safely than regular weight lifting or aerobics. Together with a healthy nutrition plan, Power of 10 is so powerfully effective that as little as one 20-minute workout per week is enough to build muscle, burn fat, and improve cardiovascular health at any age.

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it. Gary has important lessons to teach, and you'll find the exercises fun and beneficial. --Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental muscle. Mind Gym will give you the head edge over the competition.

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