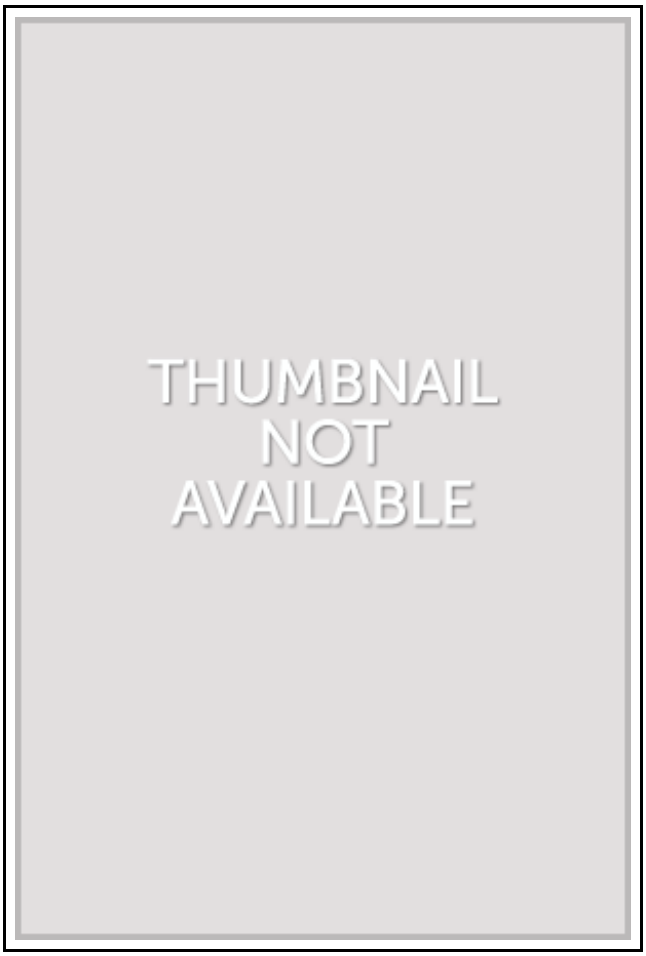
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THE WISDOM OF MIKE MENTZER: THE ART, SCIENCE AND PHILOSOPHY OF A BODYBUILDING LEGEND

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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Wisdom of Mike Mentzer: The Art, Science and Philosophy of a Bodybuilding Legend, John R. Little, Joanne Sharkey, More than any other bodybuilding writer or authority, Mike Mentzer single-handedly changed the way bodybuilders the world over have looked at exercise. A logical (and necessary) companion volume to Mentzer's last book ("High Intensity Training The Mike Mentzer Way", which was also co-authored by Little), "The Wisdom of Mike Mentzer" goes much further. Whereas the former book revealed the fundamentals of Mentzer's revolutionary "Heavy Duty" training system, the latter presents not only Mentzer's final and most recent discoveries and innovations, but also never-before-released "advanced" training techniques that were known only to Mentzer's inner circle and personal clients. Illustrated with the most motivational photographs ever taken of Mentzer (in the gym, posing, and at work) as well as a gallery of his greatest inspirational physique shots, "The Wisdom of Mike Mentzer" is THE definitive book on the exacting science of building muscle - fast.Some of the materials revealed for the first time within the pages of this book are: how excessive training is slowing down your progress; the importance of working to the "point of failure"; Mentzer's pioneering use of the early Nautilus machines: a complete "Heavy Duty" seminar; Mike Mentzer's "Most Productive" Routine; advanced "Heavy Duty" training techniques; a workout of two sets performed once a week - and why Mentzer thought it worked "like magic" compared to any other bodybuilding program; and, how to push past mental and physical plateaus. Additionally, the Mentzer estate has made available to the author never-before-released written, audio and video materials (including Mentzer's research into a revolutionary workout that consists of but two sets performed once every seven days that caused one client to actually...

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