



# **The Wisdom of Mike Mentzer: The Art, Science and Philosophy of a Bodybuilding Legend**

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The last word on how to build a better body--from the late, great Mike Mentzer

With his revolutionary "Heavy Duty" system, Mike Mentzer changed the way bodybuilders train, showing them that "less is more" when it comes to making great gains. In "The Wisdom of Mike Mentzer," you will discover Mike's most advanced training techniques and philosophies--previously known only to his inner circle and personal clients.

Drawing upon never-before-released materials, his longtime colleague John Little reveals Mentzer's most powerful lessons and workout plans, including: The importance of working to failure Techniques for pushing past mental and physical plateaus How overtraining impedes progress A complete advanced "Heavy Duty" training system

The workout that worked "like magic" for Mr. Universe himself More than an instruction manual, this thorough compendium brings together a lifetime of insights, training truths, and personal philosophies from one of the greatest bodybuilders of all time.

## The Wisdom of Mike Mentzer: The Art, Science and Philosophy of a Bodybuilding Legend Details

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# **From Reader Review The Wisdom of Mike Mentzer: The Art, Science and Philosophy of a Bodybuilding Legend for online ebook**

**Andrew Robinson says**

Great follow-up to 'High-Intensity Training the Mike Mentzer Way'.

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**Art says**

When I was a teenager, Mike Mentzer was a hero of mine. Like most heroes, I later found him to be a very flawed individual. Nevertheless, Mentzer greatly influenced my life. Mentzer was viewed by many as "the thinking man's bodybuilder." He was as comfortable discussing the philosophies of Ayn Rand, Jean-Paul Sartre, and Friedrich Nietzsche as he was discussing weightlifting and nutrition. Because of Mentzer, I started reading Nietzsche when I was 15. I eventually earned a B.A. in Philosophy, specializing in Existentialist philosophers (Kierkegaard to Camus). I consider myself an expert on Nietzsche's writings. As a committed Objectivist, Mentzer had little use for faith. Reason and science were his guide. I personally have nothing against reason and science, but I do believe there is more to reality. I'll spare you the epistemological reasons for my assessment.

Mentzer was a strong advocate of High Intensity Training (HIT). Training to failure, pre-exhaustion, negative resistance, and static contractions are all HIT methods. Generally, I believe Mentzer was correct to advocate HIT. However, Mentzer tended to sometimes run wild with a good idea. In this book, the author says that Mentzer normally advocated 1 set to failure after completing 1 to 2 warm-up sets. That I agree with. However, I know in Heavy Duty II, Mentzer advocated 1 set to failure with no warm-up sets. For me, that is just asking for joint and tendon trouble. Best to get the blood flowing before doing an all out set to failure. Mentzer was always experimenting with exercise and nutrition routines. Each individual is different and should, after learning the basics, experiment with what works best for him.

In the mid-80's, Mentzer's life spun out of control. A failed business venture, his father's death, the loss of a long time girlfriend, and an amphetamine addiction pushed Mentzer over the edge. Strange stories began to surface. He was supposedly seen running naked through the streets, directing traffic, prophesying the end of the world, drinking his own urine, etc. He was reportedly arrested numerous times and institutionalized. With the support of the author (John Little) and a former girlfriend, Mentzer eventually kicked the amphetamine habit and went back to writing and training. After a productive decade, Mentzer died of an unexpected heart attack in 2001. He was 49.

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**Davor Katusic says**

After reading Schwarzenegger and many other articles from Muscle and fitness and after a lots of exercising at the gym, I came across this book. What is written inside, I feel is true. Arnold is great, but if you follow his advice on training volume (9 times per week) and you are not on steroids, it will kill you. Mentzer says that the reason why most folks are short of progress is overtraining. So, get yourself a book, find a training partner who comprehends your training and hit the iron!

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**Oliver Bateman says**

It seems Mentzer wrote a grand total of 60 pages, plus his seminar talks, and while he was right about a lot of stuff (about HIT and rest, for example), his devotees have managed to squeeze a good deal more verbiage out of it. Some interesting biographical and philosophical bits here, plus useful training advice, but it's akin to those Chris Tolkien notebooks. There are even quotes from a Mentzer short story in here that was apparently about...being a bodybuilder. Who'da thunk it?

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**Fred says**

A good book to get you geeked up before training.

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**Mike Hood says**

Yes! Yes! Yes!

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**Hawk Allerby says**

Scientific training for best results in complete conditioning.

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