

Mike Mentzer's Ideal Program

Day 1: Chest - Back

- 1: Peck Deck 6-10 reps - superset
- 2: Incline Press 1-3 reps
- 3: Close Grip Pulldown 6-10 reps
- 4: Deadlift 5-8 reps

Day 2: Legs

- 1: Leg Extensions 8-15 reps - superset
- 2: Leg Press 8-15 reps
- 3: Calf Raise 12-20 reps

Day 3: Delts - Arms

- 1: Lateral Raise 6-10 reps
- 2: Bent Over Raise 6-10 reps
- 3: Barbell Curl 6-10 reps
- 4: Triceps Extensions 6-10 reps - superset
- 5: Dips 3-5 reps

Day 4: Legs

- 1: Leg Extensions 1 rep Static Hold - superset
- 2: Squats 8-15 reps
- 3: Calf Raise 12-20 reps



Heavy Duty Mike Mentzer S Most Productive Routine Iron

Fitness Research Publishing



Heavy Duty Mike Mentzer S Most Productive Routine Iron:

Enjoying the Song of Appearance: An Psychological Symphony within **Heavy Duty Mike Mentzer S Most Productive Routine Iron**

In a world consumed by screens and the ceaseless chatter of instantaneous transmission, the melodic splendor and mental symphony created by the published word often diminish into the background, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Heavy Duty Mike Mentzer S Most Productive Routine Iron** a marvelous fictional value brimming with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that fascinating masterpiece conducts visitors on an emotional trip, skillfully unraveling the hidden tunes and profound impact resonating within each carefully crafted phrase. Within the depths of the poignant evaluation, we can discover the book is main harmonies, analyze its enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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