

MIKE MENTZER HIGH INTENSITY TRAINING (HIT) PLAN

FULL URL: <https://thefitnessphantom.com/mike-mentzer-workout-routine-with-pdf>

Mike Mentzer's high-intensity training is about building muscular strength and size without spending hours in the gym.

His HIT workout involves performing one working set of 8-10 reps with maximum effort, ensuring you have no energy left to do even one full rep at the end of the set.

Here are some techniques Sir Mike uses during the Heavy Duty Training for building mass and shaping physique:

1. Train Larger Muscles First

Mike Mentzer used to train his muscles in sequence, starting from large to small. For example, if his session includes [training chest and triceps](#), he hammers his chest before striking the three-headed arm muscle.

2. Full Range of Motion

Mike Mentzer suggests performing every rep with a full range of motion to ensure your muscles are activated nicely. To do this,

perform each rep with full extension and contraction with a 1-2 second pause between reps.

3. Progressive Overload

Mike Mentzer recommends constantly increasing weight or the number of reps and sets to challenge your muscles and stimulate muscle growth. To do this, know your strengths and [make a little increment every week or two](#) to push yourself a little harder.

4. Low Volume Training

Mike Mentzer's training emphasizes training less, focusing on heavy-duty, high-intensity workouts to failure, and allowing ample rest for optimal muscle growth.

For example, he said in an [interview](#) that he only trains 30 minutes per session, four times a week, which is only two hours in seven days.

Mike said too much volume leads to overtraining and keeps you from making the best possible gains.

5. Forced Reps

Forced reps allow you to push yourself a bit harder. It involves taking your partner's help to perform one or more reps when you can't do them on your own. Many professional lifters use this technique to intensify their muscle growth and strength.

6. Optimal Recovery

You don't have to think about recovery if you train in Mike Mentzer's style. His training involves training a maximum of two hours a week, allowing your muscles ample time for recovery.

12-Week Mike Mentzer HIT Workout Routine (A)

This routine follows a 20-day cycle (1 day workout, 4 days off).

It includes training two body parts a day with 6-8 sets per muscle group.

- **Day 1 – Chest and Back**
- 4 Days OFF
- **Day 6 – Legs**
- 4 Days OFF
- **Day 11 – Delt and Arms**
- 4 Days OFF
- **Day 16 – Legs Workout**
- 5 Days OFF
- **Day 22 – Chest and Back...**
- Repeat

Follow this split for 12 weeks (4 cycles) and see if it works for you.

Warm up before lifting weights. Follow this [guide](#) for activating the muscle before hitting weights.

Perform 1-2 warm-up sets (at 60-75% of your 1RM) of each exercise before going heavy in the working sets.

I'll only include working sets in the table. Try to lift as heavy as possible and ensure the last 1-2 reps feel pretty challenging.

Try to lift a little heavier every week.

So, here's the complete routine:

Day 1st – Chest and Back

Exercise	Sets	Reps	Rest
Pec Deck Flies	1	6-10	No Rest
Incline Bench Press	1	3-4	1-2 min
Narrow Grip Pull-down	1	6-10	No Rest
Conventional Deadlift	1	5-8	–

Instructions for day one:

- Perform dumbbell flyes or [cable crossovers](#) if you don't have access to the pec deck machine.
- Use the machine to do the incline bench presses. If the machine is unavailable, use free weight.
- Use a shoulder-width grip to perform the incline bench press.
- Grip the handle with an underhand grip (palms under the bar) to perform the lat pulldown.
- Perform barbell shrugs if you can't do the deadlifts.

Day 6th – Legs Workout

Exercise	Sets	Reps	Rest
Leg Extension + Leg Press (Superset)	1	8-15	1-2 min
Standing Calf Raises	1	12-20	–

Instructions for day two:

- You can substitute the leg press with the Smith machine back squats.

Day 11th – Delts and Arms

Exercise	Sets	Reps	Rest
Dumbbell Lateral Raises	1	6-10	1-minute
Bent-Over Lateral Raises	1	6-10	1-2 minutes
Straight Barbell Curl	1	6-10	1-minute
Triceps Press Down	1	6-10	No Rest
Parallel Bar Dips	1	3-5	–

Instructions for day three:

Use a straight or V bar to perform the press down (avoid rope), and if you don't have access to the cable pulley, you can do lying French presses as an alternative.

Use weight if you easily perform five dips, but if you can't even perform one, do 10 negative dips.

Day 16th – Legs Workout

Exercise	Sets	Reps	Rest
Leg Extension	1	8-15	No rest
Free Weight Squat	1	8-15	2-3 minutes
Standing Calf Raises	1	12-20	–

Instructions for day four:

Perform leg extension with a full range of motion using more weight than the previous day. Perform one additional static hold rep to finish your leg extension. To do this, hold your legs extended for 10-25 seconds (until you can no longer hold), then slowly return your legs with strict control to the start.

Day 22nd – Chest and Back

Exercise	Sets	Reps	Rest
Dumbbell Flyes	1	6-10	No Rest
Incline Machine Bench Presses	1	3-4	1-2 min
Medium Grip Pull-downs	1	6-10	No Rest
Conventional Deadlifts or Heavy Shrugs	1	5-8	–

Day 27th – Legs Workout

Exercise	Sets	Reps	Rest
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Smith Machine Back Squats + Leg Press (Superset)	1	8-15	1-2 min
Standing Calf Raises	1	12-20	-

Day 32nd – Delts and Arms

Exercise	Sets	Reps	Rest
Bent-Arm Machine Lateral Raises	1	6-10	1-minute
Bent-Over Rear Delt Raises	1	6-10	1-2 minutes
Chin-ups (weighted)	1	4-6	1-minute
Concentration Curl	1	6-10	1-minute
Close-Grip Bench Press	1	6-10	No Rest
Parallel Bar Dips	1	3-5	-

Day 37th – Legs Workout

Exercise	Sets	Reps	Rest
Leg Extensions + Leg Curls (superset)	1	8-15	No rest
Stiff-Leg Deadlift	1	6-8	2-3 minutes
Seated Calf Raises	1	12-20	-

Day 43rd – Chest and Back

Exercise	Sets	Reps	Rest
Cable Crossover	1	6-10	No Rest
Nautilus Chest Press	1	3-4	1-2 min
Barbell Row	1	6-10	No Rest

Nautilus Pullover 1 8-10 –

Day 48th – Legs Workout

Exercise	Sets	Reps	Rest
Leg Extension + Leg Press (Superset)	1	8-15	1-minute
Lying Leg Curls	1	10-12	1-minute
Standing Calf Raises	1	12-20	–

Day 53rd – Delts and Arms

Exercise	Sets	Reps	Rest
Overhead Press (Free Weight or Machine)	1	6-10	1-minute
Upright Row	1	6-10	1-2 minutes
Rear Delt Flyes	1	6-10	1-minute
Straight Barbell Curl	1	6-10	1-minute
Lying Triceps Extension	1	6-10	No Rest
Triceps Pushdown	1	3-5	–

Day 58th – Legs Workout

Exercise	Sets	Reps	Rest
Smith Machine Reverse Lunges	1	10-12	No rest
Back Squat	1	6-8	2-3 minutes
Romanian Deadlift	1	6-8	2-3 minutes

Standing Calf Raises 1 12-20 –

Day 64th – Chest and Back

Exercise	Sets	Reps	Rest
Pull Ups	1	6-10	No Rest
Pec Deck Flies	1	6-10	1-minute
Incline Bench Presses	1	3-4	2-minute
Close Grip Pull-downs	1	6-10	1-minute
Conventional Deadlifts	1	5-8	–

Day 69th – Legs Workout

Exercise	Sets	Reps	Rest
Leg Extension + Leg Press (Superset)	1	8-15	1-minute
Seated Leg Curls	1	10-12	1-minute
Standing Calf Raises	1	12-20	–

Day 74th – Delts and Arms

Exercise	Sets	Reps	Rest
Lateral Raises	1	6-10	1-minute
Rear Delt Row	1	6-10	1-minute
Barbell Shrug	1	6-8	1-minute
Weighted Chin-up	1	4-6	1-minute

Straight Barbell Curl	1	6-10	1-minute
Weighted Dips	1	6-10	1-minute
Triceps Overhead Extensions	1	6-10	-

Day 79th – Legs Workout

Exercise	Sets	Reps	Rest
Barbell Back Squat	1	8-15	2-minute
Smith Machine Reverse Lunges	1	8 per leg	1-minute
Lying Leg Curls	1	10-15	1-minute
Seated Calf Raises	1	12-20	-

Related Workout Programs

[12 Week Dorian Yates Workout Routine](#)

[12-Week Arnold Schwarzenegger Workout Program](#)

[12-Week Ronnie Coleman Training Schedule](#)

[12-Week Lee Haney Workout Routine w/PDF](#)

[12-Week Phil Heath Workout Routine for Ultimate Growth](#)

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