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HIGH-INTENSITY TRAINING THE MIKE MENTZER WAY (PAPERBACK)



McGraw-Hill Education - Europe, United States, 2002. Paperback. Condition: New. Language: English. Brand New Book This title presents the advanced techniques, most productive workouts, and life-transforming personal philosophies of bodybuilding legend Mike Mentzer. Whatever your level of fitness, you can kick your muscles - and your mind - into high gear with the radical training philosophies and advanced bodybuilding techniques of Mike Mentzer, the first bodybuilder to ever garner a perfect score in the Mr. Universe competition. The thinking...

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- Authored by Mike Mentzer, John R. Little
- Released at 2002



Reviews

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