



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

*John Little, Joanne Sharkey*

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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.

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