

# **HITMAN**

**High Intensity  
Training Manual**

# Hitman High Intensity Training Manual

**Jürgen Giessing**



## **Hitman High Intensity Training Manual:**

**The New High Intensity Training** Ellington Darden, 2004-10-01 Presents the high intensity training philosophy with key training points a specialized two week course for developing certain areas of the body a nutrition plan for boosting body mass and stories of well known HIT users *High-Intensity Training the Mike Mentzer Way* Mike Mentzer, John R. Little, 2003-01-03 A PAPERBACK ORIGINAL High intensity bodybuilding advice from the first man to win a perfect score in the Mr Universe competition This one of a kind book profiles the high intensity training HIT techniques pioneered by the late Mike Mentzer the legendary bodybuilder leading trainer and renowned bodybuilding consultant His highly effective proven approach enables bodybuilders to get results and win competitions by doing shorter less frequent workouts each week Extremely time efficient HIT sessions require roughly 40 minutes per week of training as compared with the lengthy workout sessions many bodybuilders would expect to put in daily In addition to sharing Mentzer s workout and training techniques featured here is fascinating biographical information and striking photos of the world class bodybuilder taken by noted professional bodybuilding photographers that will inspire and instruct serious bodybuilders and weight lifters everywhere

*Mike Mentzer's Heavy Duty Training and High Intensity Training (HIT)* Mick Southerland, 2023-12-18 Mike Mentzer s Heavy Duty Training and High Intensity Training HIT is a comprehensive exploration of one of the most influential training philosophies in bodybuilding Authored by renowned fitness experts this book delves into the principles and practices of Mike Mentzer the legendary bodybuilder and architect of the Heavy Duty training method This insightful volume begins with a detailed overview of Mentzer s life tracing his journey from a passionate bodybuilder to an iconic figure in the fitness industry It provides a deep understanding of his philosophical foundation emphasizing the importance of high intensity over volume in workouts The book meticulously outlines the principles of Mentzer s training approach focusing on the role of intensity progressive overload and the often overlooked aspect of recovery in muscle growth Structured to cater to practitioners of all levels the book offers specific workout splits and routines for beginners intermediates and advanced bodybuilders Each section presents detailed day by day workout plans including exercises sets reps and guidance on execution For advanced practitioners the book introduces more intensive techniques such as drop sets and rest pause demonstrating how to push muscles beyond their limits The book also addresses critical aspects of avoiding overtraining emphasizing the importance of rest and recovery in line with Mentzer s teachings It acknowledges the role of cardio and flexibility offering advice on balancing these with weight training The final chapters encourage readers to adapt and experiment with these principles ensuring their relevance in today s fitness landscape Mike Mentzer s Heavy Duty Training and High Intensity Training HIT is more than just a book it s a tribute to a legendary figure and a testament to a training philosophy that has shaped the world of bodybuilding **High-Intensity Training** John Philbin, 2004 With the complete training system profiled in this book readers can hit a new level of intensity and get maximum results in the weight room

With High Intensity Training they can push their bodies to the limit and produce fast safe results **High Intensity Training (HIT)** Jürgen Giessing, 2016-05-17 This book is about High Intensity Training HIT and its scientific background for building lean muscle mass and reducing body fat with two or three workout per week that last only 30 to 50 minutes each There is a lot of confusion about how to train properly with an incredible variety of suggestions that often contradict each other These questions can be solved by looking at the main questions a How does training work and b What makes our body adapt in the way we want it to do Sports science has the answers to these questions High Intensity Training is the logical consequence of the answers that sport science provides us with Muscle Growth with HIT Bodybuilding: How to Get a Superhero Body with High Intensity Training Jonathan Bukowski, 2015-11-09 How to get a Superhero Body with High Intensity Training You're About to Discover the Step By Step Way to Get a Superhero Looking Body Man of steel There are several ways that you can get a superhero body though there is none yet as effective as using high intensity training This specialized type of training focuses on building your muscles with a low volume of exercises approximately twice or thrice a week that have a high level of intensity Implement What Leading Bodybuilders Are Doing The results of this training are seen through leading body builders who have fully adopted these methods and their bodies clearly display the results To grow your muscle you need to do more than simple weight training This book offers you a guide on how you can start high intensity training what it means the different types of exercises and the best way to attain results whether you are a novice or beginner or a seasoned bodybuilder Benefits of HIT Training Rapid Fat Loss Aesthetic Body Shape Improved Fitness Levels Fast Metabolism Higher Levels of Energy A Small Preview High Intensity Training Exercises for the Upper Body High Intensity Training Exercises for the Lower Body Ways that HIT Training is done Full Body Workouts Split Light Full Body Workout The Giant Set HIT Bodybuilding Secrets that Will Guarantee Results Benefits of HIT bodybuilding Much Much More What Others Are Saying I workout religiously and I have read many books on the subject This one though has taken a different route it explains about HIT something I have rarely done However I have been implementing the workouts from this book at a faster pace than normal and the results are great Joseph I've been a big advocate of hit style training for the past six years the book is well written and leaves you with plenty of examples to help you coordinate routines and workouts I would definitely recommend buying the book and learning more about hit Christopher Mosley If you're a newbie on HIT bodybuilding you will take a great decision buying this title H Lee So far I am very happy and also my friends are asking about it lately I think that is a sign of positive results Gordon Gutierrez **HIT-HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS** David Groscup, 2015-12-31 In HIT HIGH INTENSITY TRAINING ROUTINES for RAPID MUSCLE GAINS author David Groscup DR HIT provides the reader with effective muscle building training routines using the time and science tested HIT high intensity training protocol which was pioneered by Arthur Jones inventor of the famous Nautilus machines A companion to his other books this volume gives the reader easy to follow routines for practical application of the many different HIT variables or

techniques designed to add muscle size and strength rapidly Topics include The right way to use pre exhaust and double pre exhaust techniques to blast your muscles to new growth How to push your muscles past exhaustion a great way to dramatically escalate gains Use negatives build strength and muscle size faster Slow things down to speed gains up Using static holds to break through sticking points Proper micro loading to prevent stagnation How to determine proper training intensity and frequency to avoid overtraining Using a single set to thoroughly train a muscle And much much more Author s blog on high intensity training at <http://drhitshighintensitybodybuilding.blogspot.com> Amazon Author page <http://www.amazon.com/e/B009Q509DI>

**HIT Blueprint** Davide Guerra,2023-09-05 Welcome to Maximum Muscle Gains a comprehensive guide to achieving optimum results through High Intensity Training HIT Within this book we will explore the core principles of HIT including warmups stretching fundamental exercises and recovery strategies We will also delve into why high intensity training is so effective providing you with a solid understanding of its benefits To ensure practicality we will present ten carefully curated workouts designed to maximize your muscle gains Let s embark on this transformative journey together and unlock your true strength potential

*DR HIT's Effective High Intensity Variables* David Groscup,2012-10-14 NEWLY REVISED Gain Muscle Fast with HIT Volume 1 of the DR HIT s series on HIT High Intensity Bodybuilding Training This book focuses on the many different techniques available to increase the intensity of your workouts Each technique or variable is explained step by step in clear concise language making it easy to implement in your training right away to dramatically improve gains in muscle and strength The author has been training using the high intensity techniques contained in this book for over 40 years and is very knowledgeable on the subject He is a successful trainer and has written numerous magazine and online articles

**Dr HIT's Ultimate BodyBuilding Guide** David Groscup,2013-02-06 This comprehensive manual thoroughly explains the effective scientific principles and techniques of high intensity training or HIT Practical training routines are given for all levels of trainees from beginner through advanced bodybuilders Build a strong powerful well developed chest quickly with this manual

*Advanced High Intensity Training Variables* David Groscup,2014-04-20 A companion to the popular book DR HIT s *Effective High Intensity Variables* this volume focuses on the incredibly effective HIT Variables Burn Reps Partial Reps Super X Contractions and Rolling Static Partial These techniques have been used by many bodybuilders to rapidly increase muscle growth and have been proven in the gym to be a superior way to build physiques using brief intense workouts Everything is explained in precise detail so the bodybuilding enthusiast can implement these techniques into their workouts right away Delivers incredible muscle gains I highly recommend this book Another great book on HIT training Increased my results in no time Buy the Author s other best selling books DR HIT s *Effective High Intensity Variables* DR HIT s *Ultimate Bodybuilding Guide* Chest DR HIT s *Ultimate Bodybuilding Guide* Arms *Successful Bodybuilding With Machines* *Ask The Trainer* *Expert Answers to Your Training Questions* *The Training Bible* <http://drhitshighintensitybodybuilding.blogspot.com> David Groscup has over 35 years HIT training experience and is certified by

the IART Med Ex as a HIT High Intensity Training Specialist     Mike Mentzer's High Intensity Training Mick Southerland,2024-01-05 Dive into Mike Mentzer s High Intensity Training a holistic guide that transcends typical workout manuals by integrating fitness principles into every aspect of your life This book grounded in Mike Mentzer s innovative approach to High Intensity Training HIT and the Heavy Duty program places a strong emphasis on the importance of nutrition reflecting Mentzer s belief in the synergy between diet and exercise for fitness success Inside you ll discover a detailed nutrition plan that perfectly complements your training regimen highlighting the interplay between diet and physical activity But this guide goes beyond nutrition and exercise It encourages a comprehensive view of well being incorporating elements of stress management active recovery and daily practices in line with HIT philosophies Learn about the transformative impact of consistency in your routines adapt exercises to align with your fitness objectives and gain deep insights into advanced HIT techniques all informed by Mentzer s expertise Mike Mentzer s High Intensity Training is more than just a physical transformation manual it s a framework for cultivating mental strength fostering a resilient mindset and rejuvenating your spirit Suitable for both fitness veterans and newcomers this book is an indispensable resource for a complete HIT approach paving the way to wellness both in and outside the gym Embark on an enlightening journey into High Intensity Training and explore its extensive influence on your overall health and well being     *High Intensity Training* Jürgen Giessing,2016-01-08 High Intensity Training HIT is the most efficient training method for building lean muscle mass and improving fitness and health This book gives an overview on the scientific background of High Intensity Training and explains why less is sometimes more Two or three short but intense workouts per week are all it takes to gain muscles reduce body fat and improve overall fitness The book includes several illustrations and sample training routines that can be adapted to each person s needs     **The Program** Markus Reinhardt,2015-12-10 The ultimate guide to High Intensity Training Learn how to train the HIT way and build muscles in minutes in less time ever imagined This is manual will teach anyone from beginner to advanced on how get in shape fast safe and in less then 90 mins a week     **The Mike Mentzer Method** Fitness Research Publishing,2023-12-06 The Mike Mentzer Method offers an in depth exploration of the revolutionary High Intensity Training HIT approach pioneered by the legendary bodybuilder Mike Mentzer This book meticulously outlines the core principles of HIT contrasting them with traditional training methods to highlight their effectiveness in muscle growth and strength gains It delves into the specifics of Mentzer s training regimen including training to failure the importance of recovery and the psychological aspects of bodybuilding The book is not just a training guide but a comprehensive look at Mentzer s philosophy offering practical advice and inspiration for bodybuilders and fitness enthusiasts seeking efficient and results driven workouts This Guide Includes Introduction to Mike Mentzer Explores his background and the development of his training philosophy HIT vs Traditional Training A detailed comparison of Mentzer s High Intensity Training with conventional bodybuilding methods Principles of HIT Breaks down the key components of High

Intensity Training Training to Failure Discusses the technique and importance of pushing muscles to their limits Recovery and Growth Emphasizes the role of rest in muscle development Mentzer s Nutritional Approach Details his dietary recommendations for bodybuilders Mindset and Philosophy Explores Mentzer s philosophical approach to bodybuilding and life Implementing the Mentzer Method Practical guidance on applying his methods to your routine **High Intensity Training** Jürgen Giessing,2018-05-06 This book is about High Intensity Training HIT and its scientific background for building lean muscle mass and reducing body fat with two or three workouts per week that last only 30 to 50 minutes each

Hitt Tom Craig,2015-05-23 High Intensity Interval Training Workout A Beginners Guide to Fast Intense HIIT workouts to maximize results in losing weight and gain muscle Wanna take your training to the next level Studied all kinds of training methods from weightlifting to crossfit You want a serious intense training regiment with no crap attitude or waste of time program Its time to change your life and take your body to a level never felt or looked like before What is HITT Heard of it and always wanted to know more but quick and is it available for you This book is it simple fast and right to the point Your able to take action right now today with just one click SO JUST HITT CLICK **High Intensity Interval Training**

**Workouts** Tom Craig,2015-08-25 High Intensity Interval Training Workout A Beginners Guide to Fast Intense HIIT workouts to maximize results in losing weight and gain muscle Wanna take your training to the next level Studied all kinds of training methods from weightlifting to crossfit You want a serious intense training regiment with no crap attitude or waste of time program Its time to change your life and take your body to a level never felt or looked like before What is HITT Heard of it and always wanted to know more but quick and is it available for you This book is it simple fast and right to the point Your able to take action right now today with just one click SO JUST HITT CLICK **Mike Mentzer and Me** Paul

Becker,2023-11-03 Introducing The New Mike Mentzer High Intensity Training Book Who am I My name is Paul Becker I am a natural competitive bodybuilder I was a student and personal training client of Mike Mentzer I am a personal trainer and bodybuilding consultant who specializes in high intensity training for natural bodybuilders Why I wrote this book Mike Mentzer was the one who introduced me to High Intensity Training he became my idol and my mentor And that s why this book is dedicated to Mike Mentzer for his influence on me and on bodybuilding in general If you want to make the best progress with High Intensity Training you can t just follow a routine you found online you need to fully understand the theory and practice of it so you can make any necessary adjustments so that it will actually work for you I wrote this book to share with you everything I learned over the past 45 years what works what doesn t and how to tailor High Intensity Training for your own unique body exercise tolerance and recovery ability Here s what I cover in my book My Journal covering 45 years of Heavy Duty training My story of training in the gym with Mike Mentzer High Intensity Training from rank beginner to super advanced Mike Mentzer s best workout routines My most productive training programs Body part specialization including Heavy Duty arms chest back shoulders and legs The best High Intensity techniques High frequency training to bring up

lagging body parts fast The program I used to literally build muscles in minutes a day Heavy Duty nutrition and diet Natural bodybuilding competition preparation training and diet Developing both the mind and body And much more **HIIT High Intensity Interval Training and Agile Periodization** Mladen Jovanovic,2018-10-16 In the field of Strength Conditioning coaches are always striving to help their athletes display their skills at the highest level with as little drop off as possible throughout a contest From the outside looking in the solution to getting an athlete in shape may seem simple However this has been one of the most contentious problems in athletics for some time



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