

# 100-DAY MIKE MENTZER WORKOUT ROUTINE TO GET JACKED

Created by: [Murshid Akram](#)  
Check out [article](#) for more info

## Mike Mentzer High-Intensity Training Philosophy

Mike Mentzer's high-intensity training is about building muscular strength and size without training 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 Muscle First

Mike Mentzer used to train his muscles in sequence, from large to little. 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](#) 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.

# 100-Day Mike Mentzer Workout Routine Challenge (Program A)

- **Day 1** – Chest and Back
- 4 Days OFF
- **Day 2** – Legs
- 4 Days OFF
- **Day 3** – Delt and Arms
- 4 Days OFF
- Day 4 –
- 4 Days OFF
- Repeat

It will take 20 days to complete one round of this training program, so try this program for 100 days to see if it works for you.

## Day 1 – Chest and Back

Exercise	Reps	Rest
Pec Deck Flies	6-10 x 1	No Rest
Incline Bench Presses	3-4 x 1	1-2 min
6-10 Narrow Grip Pull-downs	6-10 x 1	No Rest
5-8 Conventional Deadlifts	5-8 x 1	–

### Instructions for day one:

- Perform dumbbell flies 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 weights.
- Use shoulder-width grip to perform 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 2 – Legs Workout

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

### Instructions for day two:

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

## Day 3 – Delts and Arms

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

### 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 4 – Legs Workout

Exercise	Reps	Rest
Leg Extension	8-15 x 1	No rest
SM Back Squat or Free Weight Squat	8-15 x 1	2-3 minute
Standing Calf Raises	12-20 x 1	–

### 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.

# Mike's Heavy Duty Workout Plan for Advanced Lifters (Program B)

In the above video, Mike Mentzer mentioned he used to train four times weekly. His split involved training chest, shoulder, and triceps on day 1; back and biceps on day 2, and legs on day 3.

- **Monday:** Chest, Shoulder, and Triceps
- **Wednesday:** Back and Biceps
- **Friday:** Legs

This program involves lifting more than the above one and can be used after completing the 100-day challenge.

## Day 1 – Chest, Shoulder, and Triceps

Exercise	Warm-up Set	Working Set
Cable Crossover	15-20 reps	8-10 reps
Incline Bench Press	15-20 reps	6-8 reps
Lateral Raises	15-20 reps	8-10 reps
Bent-Over Lateral Raises	15-20 reps	8-10 reps
Triceps Press down	15-20 reps	8-10 reps
Nautilus Triceps Extension	15-20 reps	8-10 reps

## Day 2 – Back and Biceps

Exercise	Warm-up Set	Working Set
<b>Nautilus Behind The Neck</b>	15-20 reps	8-10 reps
Close Grip Underhand Pulldown	15-20 reps	6-10 reps
Bent-Over Barbell Rows	15-20 reps	6-8 reps
Shrugs	15-20 reps	6-8 reps
Upright Row	15-20 reps	6-8 reps
Nautilus Curls	15-20 reps	8-10 reps

## Day 3 – Legs

Exercise	Warm-up Set	Working Set
Leg Extension	15-20 reps	8-10 reps
Leg Press	15-20 reps	6-10 reps
Standing Calf Raises	15-20 reps	6-8 reps

## Final Thoughts

If you want to get huge by exercising a little, Mike Mentzer's high-intensity training program can help you.

In this article, I shared two splits: one that involves lifting only once out of five days, and another has three sessions per week.

One might think he trains very little, but those routines plus diet helped him achieve many titles in his professional bodybuilding lifespan.

You can try one of Mike's routines to see whether it works for you or not.

Besides his workout program, if you want to learn more about him and his exercise wisdom, I highly recommend exploring [his YouTube channel](#), where he has published hundreds of videos about health and fitness.

## Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

### *1. Pre-Workout Meal*

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

**Examples of pre-workout foods include:**

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

### *2. Workout When You Feel Energetic*

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

### *3. Keep yourself hydrated during the workout*

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

### *4. Post-Workout Stretching and Cool Down*

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

### *5. Post-workout Meal*

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

### **Examples of Post-Workout Meals:**

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

### *6. Make Progress*

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

### *7. Make Adjustment*

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

## **Recommended Brands:**

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

## **Helpful Resouces:**

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

## **Related Workout Programs**

- [12 Week Dorian Yates Workout Routine](#)
- [12-Week Arnold Schwarzenegger Workout Program](#)
- [12-Week Ronnie Coleman Training Schedule](#)
- [12-Week Phil Heath Training Program](#)
- [12-Week Lou Ferrigno Workout Routine](#)
- [The Ultimate 200 Rep Workout \(Ft. John Meadows\)](#)
- [12-Week Jay Cutler Training Program with Free PDF](#)

**Help us grow online so we can reach to large audience:**

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#) | [Flipboard](#)